

Dear members of access,

My name is Alva Fåhræus. Here is some facts about me:

- I am twenty years old
- I am from a city in north of Sweden called Luleå
- I have, for as long as I can remember, dreamt about working as a volunteer.

Two months ago Staffan Norin told me that I would get to fulfill my dream. That I, through the organization ACCESS, would get a chance to work as a volunteer in Cape Town at Jeremy Wyngaard's project called Life zone. A project which is about organizing physical education at Wingfield Primary School.

When I arrived in Cape Town I was greeted with 30 degrees and sun. At the airport I met up with Jeremy. A wonderful human who instantly made me feel at home.

The day after my arrival, I had my first day at work. Excited, nervous and happy I walked through the gates of Wingfield Primary School. Before I even had a chance to see where I had ended up, the kids ran up to me and gave me hugs. At that second I knew that my four weeks at the project would be fantastic.

Since that day, my colleagues and I have held around twenty classes of physical education per week. During this time I have met hundreds of students. They have all been as welcoming as the first ones who hugged me when I entered the field. The memories, the joy and the love that these kids have given me will stay in my heart forever. I would also like to give a shout out to my amazing colleagues who has played a huge role in making these weeks unforgettable.

Today I spent my last hours at the school. Although It was hard to say good bye to the students and my colleagues, I walked out through the gates of Wingfield Primary School smiling. Thinking of how grateful I am for being able to fulfill my dream.

Last but not least, I would like to thank the people who made this possible. Thank you to Staffan Norin with family, Jeremy Wyngaard at Life zone and ACCESS.

Enjoy the pictures. I hope that you'll get a glimpse of the happiness and love that I have experienced during my time in Cape Town.

Alva