

THE ARGENT TIMES

THE OFFICIAL NEWSLETTER
OF PROJECTS ABROAD
ARGENTINA



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Editorial

I hope that this fills you up with energy to make you believe that in life nothing is impossible

Invictus

*Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.
In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.
Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.
It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate:
I am the captain of my soul.*
William Ernest Henley



At the age of 12, Henley became a victim of tuberculosis of the bone. A few years later the disease progressed to his foot, and physicians announced that the only way to save his life was to amputate directly below the knee. It was amputated at the age of 25. In 1867 he successfully passed the Oxford local examination as a senior student. In 1875 he wrote the "Invictus" poem from a hospital bed. Despite his disability, he survived with one foot intact and led an active life until his death at the age of 53.

Many times in our lives we feel discouraged and tired. The same with our volunteers who many times feel frustrated with their work. In these circumstances, what should we do? Give up? Let the time pass until we finish our work?

There are thousands of examples of ordinary people like us who face significant challenges and that teach us a lesson: we have within us a source of inspiration and motivation that can bring us to achieve extraordinary results. Some call it willpower, others find it in God. We are responsible for our lives and we should decide now what we want to do with it.

Service to our fellow peers makes us better, but it is not always easy. I think that most of the time it is challenging, but it is our responsibility to make sure this experience is extraordinary. All of the staff of Projects Abroad in Argentina, we are here to help you reach this goal!

Exitos!

Un abrazo grande,

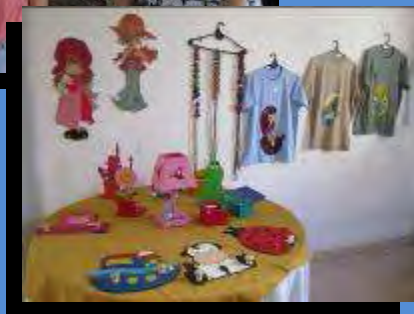
Guillermo Cogorno
Country Director

News & Updates

CeCAM Arts & Crafts Fair



Volunteers came together to support one of our care placements, CeCAM at their annual arts and crafts fair held on November 18. CeCAM, short for Centro Correccional de Adolescentes Mujeres, located in the Nueva Córdoba neighborhood is a correctional facility for teenage girls. The event was open to the public and sold various arts and crafts—from paintings, clothing, pottery and jewelry— that the girls have made throughout the year. The proceeds from this event go back into helping



the center. Almost all volunteers walked away with a piece of artwork as a memory of Córdoba and of CeCAM!

Cooking Class!

Volunteers Melissa Krechting (Holland) and Max von Thierck (Germany) tried their talents in the kitchen when they learned how to make Argentine empanadas with their Spanish teachers, Lucia and Ivan. Melissa also made a traditional Dutch dish, appelflappen that made for a tasty dessert! The final products were delicious empanadas and a dessert that they generously shared with the office and that they can make back home!



Country Count!

November was another busy month for the Projects Abroad Argentina volunteers. We had many new arrivals and even more new countries represented! The country count for November is...

Holland: 9
Germany: 8
Denmark: 7
France: 6
USA: 5

UK: 3

Norway: 2

Belgium: 2

Switzerland: 2

Canada: 2

Australia: 2

Austria: 1

Qatar: 1

Egypt: 1

Bermuda: 1

New Zealand: 1

Italy: 1



Can you identify all the flags?

Trivia!

It's time to test your knowledge of the world. Let's see what you know!

1. This is the flag of what country?



2. How many countries are on the continent of South America?

3. Which country is not on the equator? Egypt, Columbia, Uganda or Somalia?

4. On what continent would you find the indigenous people the Banawa?

5. How many countries are on the equator?

(Answers will be published in next month's newsletter!)

Birthdays!

Anna Parkin, Line Wilhelmsen, Alice Aedy, Andrea Lichtsinn, Michelle Peters, Rose Luffingham, Hersha Mistry, Brian Morton, Pierfrancesco Vitale, Marina Huber, Rachel Griffo, Cat Fitzgerald-Carter, Sarah Smith, Claire Archer, Andrea Hernandez, Aurore Neumann, Marta Ravaioli, Tom Woods-Kerruish, Perry Mullings, Bernard Campbell, Wessel van Rietschoten, Nynne Jessen, Ashley Agura, Walker Ewing, Francine Donati, Elizabeth Pattison, Yana Colguhoun, Maria Rocha, Virginie de Finance, Victoria McInnes, Devon Francis, Justine Itorralba, Alexandra MacDonald, Isabelle Nuytten, Judith Picard, April Lee, Julie-Anne Prick, Maxine Van Damme, Lucy Slater, Charlotte Horne, Thea Johanne Kogstad, Roxy Hoosen, Sofie Frøsig, Marie-Cecille Bille, Stephanie Maldonado, Maddalena Olivieri, Martina Pizzicannella, Thomas Ash, Andrea Pflugshaupt, Stephanie Hollis-Smith, Debora Forti, Heather Rogers, Sara Stuebing, Johanna Barbosa, Victoria Robertson, Inge-Mathilde Rasmussen, Agustin Mariani, Ewout Pahud de Mortanges, Amaury Autaa, Pernille Jakobsen, Tine Eriksen, Eja Pedersen



Testimonials!

[Recommendations] "Travel, open your eyes and ears, to as many things as possible and enjoy every minute because time flies!"

Dana-Marie Barrios, US (Care, 3 months)

"Volunteering in Argentina has helped form me into a better versión of myself—I'm more independent and confident!"

Rose Norris, Australia (Teaching, 3 months)

"Cette experience fut exceptionnelle [...]. J'ai beaucoup appris au sein de votre organisation, à travailler avec les différents membres qui la compose et le placement qui m'a été octroyé.[...] Je n'hésiterai pas à recommander cette organisation à des amis et si j'avais l'opportunité de recommencer je le ferais sans aucun doute."

Florian Le Brizaut, France (Teaching 2 months)

[Memorable experience] "The whole experience was valuable, absolutely loved working with the 'alumnos' and learned a lot about enjoying the momento and how being goofy and fun can completely change the atmosphere. I also enjoyed the workshop Vero put on so we could better understand our work."

Zoe Say, Canada (Equine Therapy, 2 months)

Project Articles

The following articles are contributed by volunteers sharing their experience in Argentina

Denise Fuller, USA (Primate Rehabilitation, 1 month)



This is an opportunity of a life-time for the person with the right intentions. Traveling abroad is about experiencing new cultures, not just viewing them from a distance (that's what the Travel Channel is for!). In order to experience anything fully, discomfort usually comes first. However, it is this difficulty that leads you towards the experience you came for.

Primate rehabilitation is not a vacation of leisure, nor is it full of amenities. Expect low levels of sanitation and surprisingly long days of labor. Here in Argentina, work ethic is everything...only second to their kind natured personalities! The 'family' here works 8 am to 10 pm and never have "days off". While this may seem repulsive, their work is their life, not just a piece of their day. With the proper work ethic, an open mind, and the right attitude, you will quickly find that work here is worth every second. After all is done, their "family" dinners never seemed so enticing.

Open your heart and bring a willing power of labor and you will have the opportunity to contribute and be a part of this wonderful family. Due to the nature of this volunteer opportunity, it is important to know that, as a part of their family, it is only respectful to work the long days that they do. However, with your effort to help, they are open to granting you freedoms and providing you with a laid-back, fun atmosphere. We even enjoyed traditional Argentinean mate together in the fields, while overseeing the monkeys!

Welcome some solitude on the monkey mountain; don't let the difficulty wear you thin. This is an experience of a completely different lifestyle that you do not want to miss!

Here are some things you could look forward to: General farm labor (feeding and cleaning monkeys, cows, geese, goats), overseeing baby monkeys and frisky monkeys while they are stretching their legs, participating in releasing groups of monkeys into the wild, and preparing monkey meals. Also, if you can speak Spanish fluently, you can also help guide tourist groups around the reserve!

Also, with time permitted you can help with larger projects around the reserve. I personally got to help clean and paint a new cage for the baby monkeys, plan and build a new cage for an energetic Capuchin monkey, and herd wild cows and llamas away from impending forest fires...A little danger never hurt anyone!


Things to bring: Hand sanitizer, lotion, work boots, jeans, toilet paper, chapstick, a belt (be prepared to lose some pounds!)

Home is where the heart is. RIP Tito, who passed away during my visit.



A day in the life of... Malene Seberg & Alison Maiero

Journalism volunteer Melissa Krechting (Holland) took some time to talk to volunteers Alison Maiero (France, 5 months) and Malene Seberg (Denmark, 2 months) about their expe-



It is not really what you would expect in the middle of Nueva Córdoba, one of Córdoba's most important neighborhoods, filled with students, nice restaurants and shops. In between all the fun you can find CeCAM, short for 'Centro Correccional de adolescentes Mujeres'; a place you would rather avoid.

Big gates let you in, into the world of the thirteen girls with the age of fourteen to eighteen who are currently staying in this correctional centre. My bag gets checked, my pockets are cleared and the staff tell me to watch my jewelry.

The two Projects Abroad volunteers working at this placement (Malene and Alison) are then allowed to take me to the classroom where the girls are at the moment. With the idea this place is a prison for the most terrible crimes I expect the worst. Girls screaming at me, pulling my hair, maybe showing me the knives they carry around in their sleeves if I don't allow them to take my watch...but I think I've watched too many television shows.

These girls come to me and kiss me on the cheek. They compliment me about my hair, they ask me where I'm from and they tell me about their day. They happily smile at me as I'm observing them. The girls look like normal teenagers, with normal teenage problems, too young to really care about anything. But these girls are different, they are here for a reason.

Let's say the least bad crime a girl is here for is theft. And then you have the ones who did drugs or murdered their boyfriend or own child. Just to give an example: a sixteen year old girl already had two kids. She didn't want the third one she was pregnant with, so she killed it. I can't believe this is the same girl I've just been talking with about nail polish and other typical unimportant teenage stuff.

The girls are extremely nice, but have a pretty disturbed childhood. One of the girls has a perfect pattern of scars on both of her arms. She claims it was a dog attack, but the perfection of the lines point out to nothing else than the fact she must have cut herself. Maybe to forget the other pain, of parents not being there, living in poverty, problems nobody but her will ever know about.

It's hard to believe that the oldest kids in CeCAM are my age. Born in the same year, both grew up with Britney Spears and the Spice Girls, but here I am observing them behind their bars while I can walk away at the end of the day, back to my freedom. They are eighteen years old, but they have to be tough to survive this and get out stronger than they were before. Their souls are already marked for the rest of their lives, even when they are seventy years old this dark chapter will be part of them.

Most of the time I don't feel like I'm visiting 'a prison' since the girls are not handcuffed and locked away all day. Reality check when I look down and see all the sneakers without shoe laces (they might strangle someone), the makeup free faces (why would you need that in a correctional centre?) and when I notice they need a staff member to take them to the toilet. Freedom is on the other side of the walls, and years away for some.



I feel like an innocent child in here, without any experience in life. These children all have at least one tattoo, most of them homemade, killed someone or had it tough. And even though the girls seem to be really close, sometimes they have to fight it out. Malene tells me about a big fight a few weeks ago. "It's crazy, sometimes they just start pulling each other's hair and then there is a fight. But the next day everything is fine again."

I am really impressed by CeCAM so I decide to come back the next day to bake pancakes with the volunteers and girls. Malene and Alison try to explain that the pancakes don't need that much sugar, but the girls are too excited to do something to really care.

The influence of foreigners who really want to make a difference is very good for the recovery of the girls. They see that there is more than just their little world and that they can get out of it if they really want to. They can change their situation and make it all better. It's not as easy as it sounds, but with someone to look up to and a little strength it is possible if you give it time.

The girls are making a lot of exciting noises all day because it has been ages since they've had something like this. Especially the jar of Dulce the Leche and the choco-



Socials & Dirty Weekends

November was a busy month for our volunteers and full of many great social activities! We met on the football field for the first ever Projects Abroad World Cup tournament and later relaxed by the river in Mayu Sumaj to picnic and swim. Our monthly social allowed everyone to return to their childhood when we visited the Superpark in Cordoba and later went for dinner at McDonalds for the McDia Feliz fundraiser. We closed out the month with a relaxing visit to a popular restaurant to listen to live music. Gracias to all of you who take the effort to join our socials as you make it possible to have a good time together!



Projects Abroad World Cup

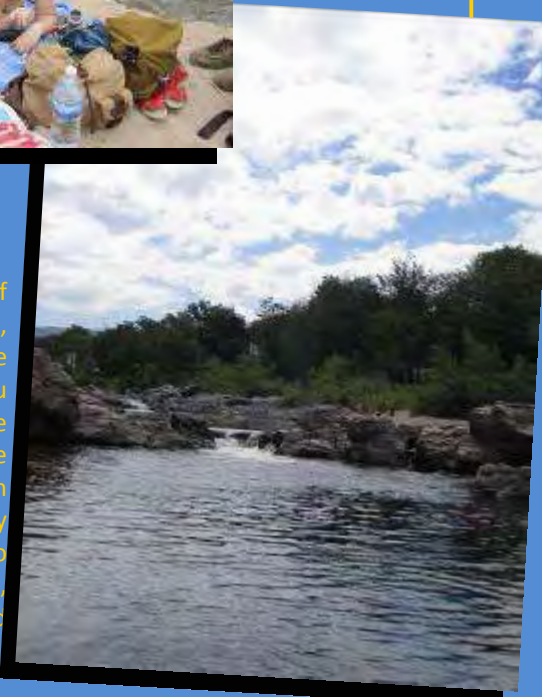
Volunteers met for some friendly competition on the football field for the first ever Projects Abroad World Cup. Four teams battled it out for the championship title, and very proudly the Flying Condors came out on top. Who's up for a rematch?





Mayu Sumaj

Taking advantage of the warm weather, we traveled to the small town of Mayu Sumaj to spend the afternoon along the river to have lunch and relax. Many volunteers dared to go in the water, while others relaxed on the beach!



Estación Güemes

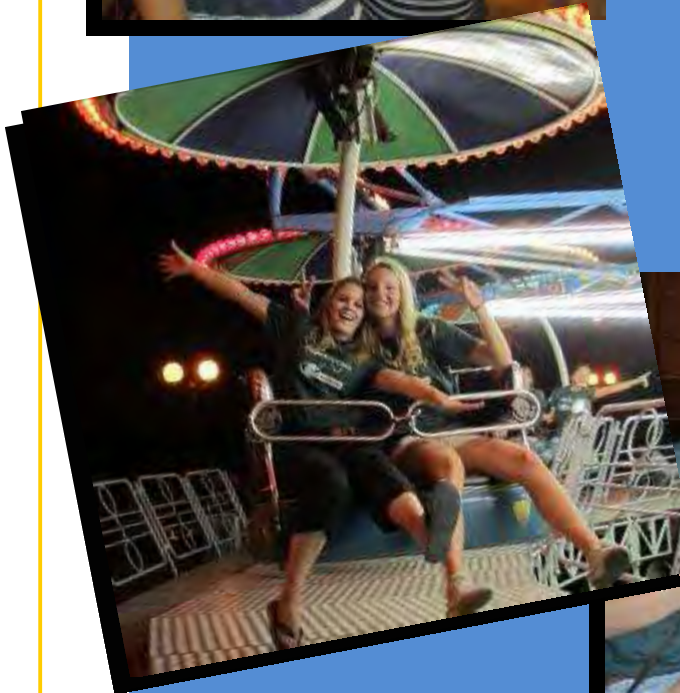
We ended November at Estación Güemes to listen to live music and sit outside on the nice evening. Good company, great night!





Superpark and McDonalds McDia Feliz

Our monthly social took us back to our childhood when we visited the Superpark amusement park in Parque Sarmiento in Cordoba. Volunteers rode on many different rides, and when we were all exhausted (and dizzy) headed to the local McDonalds for dinner. On that particular day McDonalds was holding a fundraiser for the Casa de Ronald McDonald, one of our care placements. Projects Abroad purchased 36 Big Mac combo meals—of which all the proceeds went to support the Casa de Ronald McDonald!



Dirty Day Food Collection!

We held another successful food collection in November! With the help of seven hard working volunteers we set out in the Cerro de las Rosas neighborhood to collect food. After 3 hours and some light rain, we managed to collect another substantial amount of food, which will be donated to the care placements at Copa de Leche and the Asociación Civil Ayuda Solidaria Los Boulevares.

We collected: 5kg of flour, 4kg of sugar, 5.5kg of pasta, 1.5k of polenta, 1 liter of milk, 3kg of rice, 750 of oats, 3 cans of corn, 1 can of peas, 1 can of tomatoes, 2 cans of tuna, and 3 packets of gelatin.

Muchas gracias to those of you who helped out, we hope to see many more volunteers at the next collection in December!



Iguazu Falls: Natural Wonder of the World



Argentina is a country of over 275,000 square kilometers, about one-third the size of the United States. It is a plain rising from the Atlantic Ocean spreading over varying climates and landscapes and filled with many natural wonders – from the glaciers of Patagonia, to the towering Andes peaks. On Friday November 11th, 2011 another natural beauty of Argentina was recognized on an international scale, when the waterfalls at Iguazu were named one of the New Seven Natural Wonders of the World.

Bordering Brazil and Argentina, Iguazu Falls are waterfalls formed by the Iguazu River. The river originates in the Brazilian city of Curitiba, and forms the boundary between Argentina and Brazil. The name 'Iguazu' comes from the indigenous Guarani words 'y' meaning water and *ûasú* meaning big.

Taller than Niagra Falls and twice as wide and with over 275 cascades, the falls at Iguazu spread in a horseshoe shape nearly two miles of the Iguazu River. The falls were formed as the result of a volcanic eruption which left a large crack in the earth. It is difficult to describe the grandeur of the falls without actually being there in person, where an average of 553 cubic feet of water falls per second, thundering down 269 feet.

Surrounding the falls is a rich jungle ecosystem protected by Argentine and Brazilian national parks. Visitors can easily spend days enjoying the falls and at least a full day enjoying the wildlife and fauna of the surrounding jungles.

The Iguazú Falls were chosen as one of the New Seven Natural Wonders, with over one billion votes being cast online from all over the world. The finalists were chosen from a group of 28 candidates, but that had already been narrowed down from 450 bids.

The other six natural wonders chosen are the Amazon Jungle, which spans over eight South American countries, the Bahlong Bay in Vietnam, the Jeju Island in South Korea, the Cómodo Island in Indonesia, the Underground River of Port Princess in the Philippines, and Table Mountain in South Africa.

A visit to Iguazu Falls is a 'must do' on any trip to Argentina and now the country feels even more pride to be the home of one of the New Seven Wonders of the World!

Argentine Cuisine



Budín de Pan

A very traditional and tasty Argentine dessert is budín de pan. A great way to use up leftover, stale bread, many countries have their own version of the economical yet tasty dessert, bread pudding. Argentine *budín de pan* differs from other bread puddings mostly in terms of texture. The Argentine version features a smooth texture, rather than large chunks of bread, since the bread cubes are completely broken down when mixed with the custard. In addition, *budín de pan* usually sports a topping of caramel, just like flan.

Ingredients

3 cups of tightly-packed stale white bread, crusts removed, cubed [approx 12 slices of bread.]
2 cups boiling milk
3 eggs
3 Tbsp. sugar
Pinch of salt
Grated lemon zest or vanilla extract or both
Seedless raisins to taste (optional)

Directions

Preheat the oven to 325°/350°F

In a small saucepan, combine the sugar, water and lemon juice. Caramelize the sugar first and as soon as it is ready, pour it into your baking mold and swirl the caramel around to coat the bottom and sides of the mold. Set the mold aside to cool and allow the caramel to harden. [Note: the sugar can also be caramelized directly inside the baking mold, but it may be easier making it in a separate saucepan.]

Place the cubed bread in a large bowl. Pour the boiling milk over the bread, making sure the bread is completely soaked. Mash the bread with a fork to create a smooth, uniform paste. In a separate bowl, beat the eggs lightly (don't let the eggs to get foamy) with the sugar and a pinch of salt, and combine with the bread and milk mixture.

Add the raisins, grated lemon zest and/or vanilla extract, and stir to combine. Pour the mixture into the caramel-coated baking mold.

Bake in the oven at a medium-low temperature (~325°F) for about an hour. You can check if the pudding is cooked through by inserting a knife in the middle. If it comes out clean, it's done. The pudding should also be springy to the touch and it will have pulled away from the sides of the mold a bit.

Remove from the oven and cool the mold on a wire rack. Once the pudding is completely cooled, run a knife around the edge of the mold to loosen it. Unmold the bread pudding onto a serving platter. Do not attempt to unmold the pudding while still warm or it will fall apart. Serve at room temperature with caramel sauce.

WhatsonWhen?

What?	Where?	When?
Opera at Teatro Colon	Buenos Aires, Argentina	December 2011
December closes out the opera season at the world-famous Teatro Colon in Buenos Aires. Visitors can take in a show or just take a guided tour of the beautifully restored landmark.		
Holidays in Cordoba	Cordoba, Argentina	December
Cordoba lights up the city for the Christmas holidays with a beautiful display of Christmas lights and decorations in the Plaza España		
Argentina Open Polo Tournament	Buenos Aires, Argentina	December
The fifth-oldest polo tournament in the world continues in December, giving spectators a chance to watch the world's top polo players battle it out on the lawn at the Campo Argentino de Polo located in the Palermo neighborhood.		

There are many things to see in Cordoba, here are a few places that are worth checking out!

Museo Municipal de Bellas Artes "Dr. Genaro Perez"

Founded in 1943, this museum has one of the most complete and best conserved Argentine art collections done by the precursors of the 19th and the 20th century art to our days.

Av. General Paz 33. Tel. 4285905
Entrance fee: Free

Museo de la Memoria

Opened in 2007, this museum is a memory to the victims of Argentine's military dictatorship from 1976-1982 in which 30,000 people disappeared. The site is in a former detention center and offers a powerful look into what these people experienced.

Calle San Jeronimo
Entrance fee: Free

Feria Artesanal Paseo de las Artes

Weekly outdoor arts and crafts fair in the Barrio Guemes neighborhood.

Achaval Rodriguez esq. Belgrano – Barrio Guemes
Hours: Saturdays & Sundays from 6 PM to 10 PM.

Tourist office: Casa Cabildo

You can find all that you need to help you get to know Córdoba. Maps, tour guides, magazines and much more!

Independencia 5
Tel: (0351) 4341200
Hours: Mondays to Sundays from 8 AM a 8 PM

Useful Information

Media links!

Check out our **Facebook group: Projects Abroad Argentina - The Official Group!** It is regularly updated with photos from Social events and news on the projects and the city of Cordoba!

<http://www.facebook.com/groups/projectsabroad.argentina>

Read our **monthly Newsletters!**

<http://www.projects-abroad.co.uk/volunteer-destinations/argentina/newsletters-from-argentina/>

See what is going on with Projects Abroad! Read our **Country Blog!**

<http://www.mytripblog.org/pg/groups/263/Argentina>

Follow the latest news on **Twitter!**

http://twitter.com/Proj_AbroadAR