



Danish sisters Mette and Lisa decided at an early age to volunteer in the Developing World. They spent 3 months in Tanzania. This is Mette's experience:

For me it started when I was learning about biology. I became convinced that I had to become a doctor. I thought I would go to Africa and work with Médecins Sans Frontières, MSF – Doctors who step into crisis

situations around the world to help out.

I decided that I would go and help voluntarily when I had finished school. My twin-sister and I saved up over five years; we set aside money every month. We both had jobs in our spare time. My sister wasn't that keen initially but I was going with or without her!

It is a combination of fascination with the workings of the body and being able to help others who don't know what is happening in their bodies. It was Africa perhaps because it was presented as the poorest part of the world.

It wasn't really about me being good or wanting to save somebody, it was about seeing others happy and being able to cause a smile on the face of children in the orphanage where we worked. I would highly recommend it as it puts our own daily lives into perspective.

Mette is now studying to become a doctor and her sister is now a nurse.

Which of the Humanity strengths is Mette using?

- **Kindness**
- **Social Intelligence**
- **Giving & Receiving love**

Mette is using

when she

another is

when she