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In 1989 I made my first trip to Africa. I believe this journey, and a near death experience while there being very ill with an infection, is a big part of what led me to where I am today.

Living in The Gambia for three months made me realise how much we waste in our rich part of the world, and also how little we appreciate what we have. I was also lucky to meet people working in FAO there, (Food and Agricultural Organisation). I travelled with them and learned how small grants of seeds helped women, not only to survive and feed their family, but in some cases helped them out of extreme poverty. I learned that sustainability is the only way forward if we want justice across borders in this world. And also an appreciation of nature is the only solid and healthy basis for any life here; the environment we live in and all species, including ourselves.

I started my first business, an art gallery, in 1992 and have been self employed ever since working as an art and antique dealer for many years. At some point I decided that it was time for a change. I wanted to work with something having a direct sustainable impact, and I started working on MOJO Magasin, a Norwegian magazine for green and ethical lifestyles. The magazine is now a web magazine with an aim to inspire people to live a greener and more ethical and sustainable life. I went back to school to learn environmental management and started working as an environmental advisor in my own company. In addition to being the editor of www.mojomagasin.no, I write green living columns in magazines, including the member magazine for FIOH Norway, Folkevett. I also work freelance on various projects. From fall 2015 I was elected 1.deputy member for The Green Party in the city council of Haugesund city.

In 2011 I was invited to the annual meeting for a local branch of Future In Our Hands, Norway. This is when I first got directly involved with FIOH, Norway. I was elected as chair for the local branch. I had this position for two years until 2013 before I had to pass it forward due to other projects. At the annual meeting of FIOH, Norway in 2012, I was elected deputy member of the main board., a position I still hold (fall 2015).

In 2012 I was invited to Sierra Leone to look at a hospital rebuilt with the help of funds provided by a Norwegian foundation, Haugesund-Rotifunk. The intention was to look at the possibility of installing a solar lighting and heating system for the hospital, to ensure a cheaper and a more secure energy source. It was before this journey I first got in contact with Mike Thomas from the UK, founder of the FIOH International Network. The editor of Folkevett, Arne Storønningen, told me about Mike, and the fact that there was a FIOH office being active in Sierra Leone. Through Mike I got in contact with Edward Kargbo, the leader of FIOH Sierra Leone. We agreed to meet when I was in Sierra Leone, and so we did.

The first day of our meeting was intense and I got to see some of the problems in the country at first hand. We took part in saving a pregnant woman in distress that night, driving for hours to get her to a functioning hospital with a doctor. The woman was given a caesarean operation and survived, but her twins were dead. I travelled with Edward Kargbo to look at many of its projects. I also met volunteers and employees at some of its offices around the country. Not only did Kargbo's commitment impress me, but also that of all the people with whom he was involved who wanted to make a difference to the lives of poor people. It was easy to see how many of these local projects made such a huge difference for so many people in one of the poorest countries in the world.

When I got back from Sierra Leone, I wrote a 9 page cover story for Folkevett about my meeting with FIOH-SL and the work they do. You can read it here if you like in Norwegian. translated by FIOH in the UK to English:

The article was read by George Hansen and family in Norway, who then wanted to help FIOH-SL directly. Edward asked Georg if he could help with funding for a school for 150 children. This school building is a part of the Mike Thomas Primary School in Matetie, Mile 91. The school building was complete in 2014, and I raised funds for a water well with pump for the school. It was completed later in 2014. Georg Hansen visited FIOH and the school in Sierra Leone after it was finished.

As my little journey here, one thing can lead to another, no matter how little or big it is. I will continue to work for a more sustainable world. We can all do something, and to me every little thing we do matters. It is about creating a better world for all of us really. It is not work, it is a lifestyle.

In September 2013 I had the great pleasure of visiting Mike Thomas and his beautiful family in England. I learned more about the work being done by FIOH-UK. I learned about some of their partners and the great work they do with the FIOH Education and Development Fund, a registered charity, in some of the poorest parts of the world. I also had the pleasure of talking with many of the board members in a meeting arranged by Mike.

It is inspiring to meet so many committed people as I have through FIOH-Norway, Sierra Leone, and the UK so far. All these people make it a better world in their own way, and that gives hope. I look forward to continue down this road for a more sustainable world and global justice.