

THE NE(W)S

Internship in De Waerden Nes, Wervershoof



Experience is growth

With no further experience I entered into a new world of autism or should I say a new world full of great people and kind hearts.

Nes is an assisted living residence for autistic youngsters under 18 year old. There the personnel helps, teaches and guides the clients on structured daily living to become more independent and self-active. Nes holds 7 personal-rooms and five of them are reserved for boys from 16 to 18 year old at the moment.

They work by the TRIPLE-C method

1

CLIENT

Unconditionally supportive relationship with the client

2

COACH

Meaningfull daytime activities

3

COMPETENCE

Increase self-confidence and develop clients competence



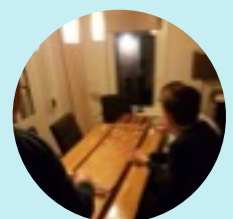
Ijsbaan in Hoorn

Guylian, me and Carla skating like pro's. Photo by Rodi



Rainy Amsterdam

Canal ride and Madame Tussauds with Bart, Rodi, Guylian and Cora.



Game of Sjoelen

Game night in the house with Dave, Bart and Tiny.

I don't even know where to start

My experience in the Nes was great!

1st day and I was stunned by the personnel, the boys and the place itself. Everybody talked english (or tried to, at least I could understand them :)). I had a warm welcome and introduction to the place and the way they work from the day one. On top of all this, Guylian had planned a Finnish meal (liha-perunalaatikko) for my first dinner at Nes.

So what did I do while I worked in the Nes. I know you don't want to read about the daily routines and how you work so I will let you see what I got to experience :)



Boerenkool - first day and I got a typical Dutch food on my plate and I liked it!

”- Typical Dutch - became a phrase we used almost every day”

I noticed that the food in Holland is almost the same than in Finland but we don't mix everything together like the typical Dutch dishes Hutspot and Stamppt. Luckily I got to taste them and cook them with the boys :)



Marco and Rodi went to the store and got us some typical Dutch goodies. I tasted all of them while we were watching soccer and surprise surprise I liked them all! :)



Next day I went to the store and cooked with Bart. I enjoyed a very good pizza at Bart's pizzeria!

I got to make some Finnish food for the whole house: Makaronilaatikko and for the dessert apple-surprise (I didn't have time to take a picture of it because it was too delicious).



Activities

I did do something else than eat the whole time :)

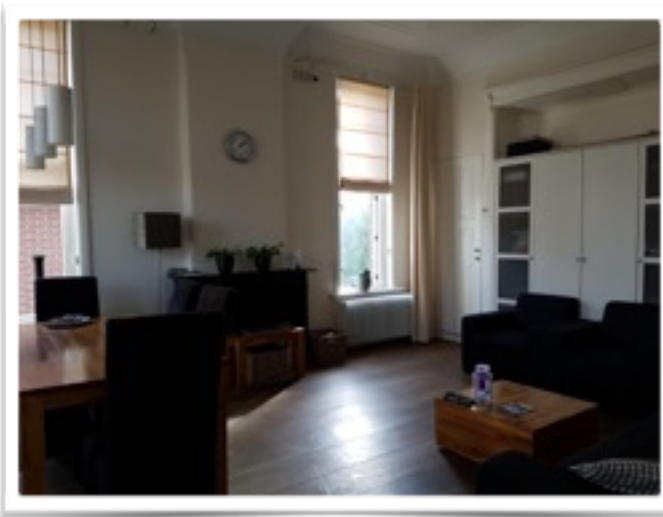
Like you have noticed I like food and I liked all the meals I had in the Nes. I had a good time with the boys cooking and talking while cooking and eating a dinner and talking and ok... enough about the food.

INSIDE OF THE HOUSE



Sadly the weather in Holland wasn't that great at this time of the year. Otherwise we would have spent more time outside!

After the daily routines (cooking, doing laundry, cleaning, homework etc.) we played games : blokus, puzzels, yazzee, sjoelen, ping pong and at drinking time (8 pm) boys were my translators while we watched the news. I had

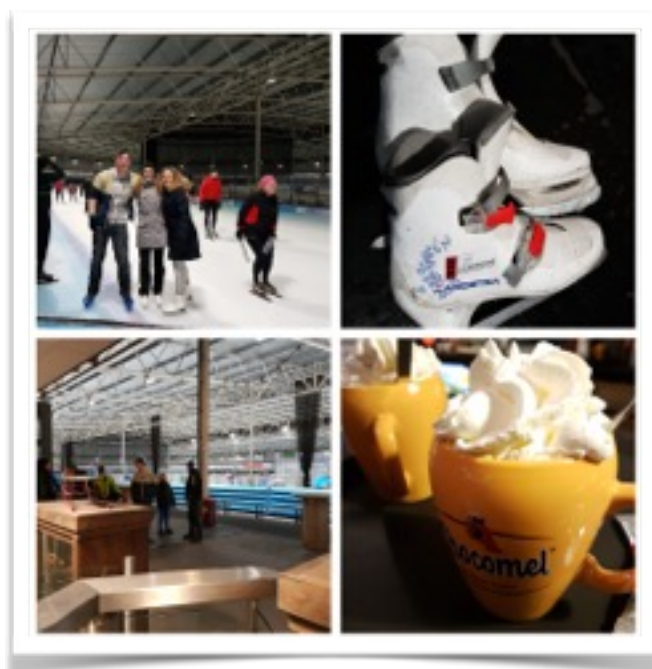


different kind of conversations with the boys and I'm proud of how they all bravely used english with me. Of course there were times we had to use google-translator but that is normal and it happens to the best of us :)

OUTSIDE OF THE HOUSE

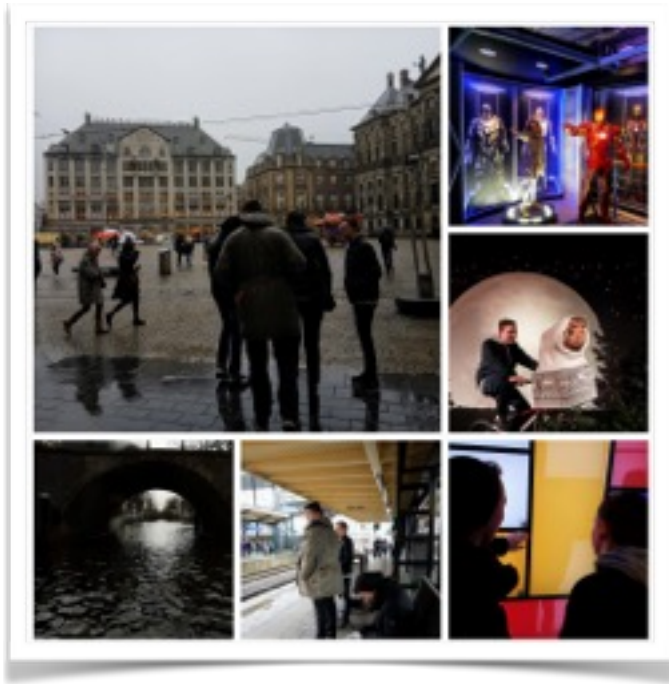
Typical Dutch weather: it can change from sunny to rainy and windy in just one minute.
Got to experience the 130km/h wind too

Along with little walks, talks, pool games and bicycle rides I got to explore more Holland with the boys.



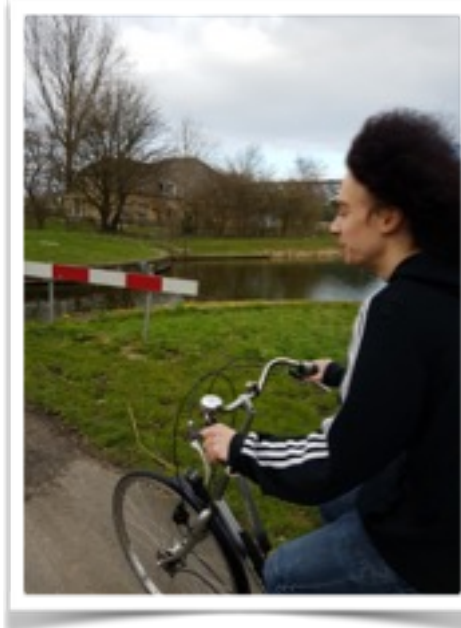
One monday we went to the Ijsbaan to Hoorn with Carla, Guylian and Rodi. That sure was different what we have in Finland. Going around the circle with dull skates and grannies passing me by was a fun experience. My goal was not to fall and I didn't!! Rodi walked outside of the circle, Carla and Guylian skated around like professionals. Hot chocolate after was very much earned!

In my little town called Äänekoski we usually skate outside on an ice made on a soccer field.



On a boys holiday week from school I had a chance to visit Amsterdam with Bart, Guylian, Rodi and Cora. Bart had his first train ride next to me to rainy Amsterdam. Even though the weather wasn't the best we had a good time taking the canal ride and taking pictures at the Madame Tussauds.

Promised land of the bicycles



Marco was my personal assistant when I went to the local Health center to take my vaccination. It's so easy to ride a bike when there is no hills but sometimes

the wind makes it feel like you are riding a very steep hill. I didn't count the kilometers I rode but it was a lot more than I have done in the past year.

OTHER DE WAERDEN LOCATIONS

I had a chance to visit two other locations owned by De Waerden

I worked one day in an assisted living residence on Zesstedenweg. There also lives five autistic boys from 8 to 16 year old. It was great experience to see the active life of younger boys. All of them wanted and tried to speak english too and I had fun with cooking, cleaning and spending time with them. It's important to have a structured days and teach them how to live everyday life from a young age.



Beeldzorg in Schagen is a call center where all the De Waerden's clients can call 24/7. Clients can call when ever they like and they can talk about what ever they like. Calls are made in Skype-like platform. I was impressed by the idea and the work method.

We should have this in Finland too!

Healthy week - Spicy week

Week of sports and healthy food 13.-16.3.

Monday:

Activity: Swimming (Bart and Dave) and an hour moonlight-walk (Guylian, Marco and me)

Dinner: Snert (a pee soup with potatoes, carrots and sausage) and Tomato soup

Tuesday:



Activity: 6,9 km question-walk

Boys had to find the hidden questions with the map Johan had made for them.



Dinner: Kvinoa with Chicken-salad



Dessert: Yogurt with mango, raspberries and caramelized sunflower seeds.

Wednesday:



Smoothie workshop: Boys made different kind of smoothies out of fresh ingredients.



Activity: XCO, ladder work out, sliding mat, badminton with a balloon etc.



Dinner: Macaroni-chicken-pesto-salad



Dessert: Mango flavored ice cream with whipped cream filled cones

Thursday:

Activity: Basketball and soccer at Dropshuis "De Onderdijk" with Jossine, Johan, Bart, Dave, Guylian and Marco. We got some company from the Zesstedenweg: Joel and Bart.



Dinner: Spinach wraps with potato-onion-bacon mix and fried fish. Dessert: Strawberry yogurt



The week was a success. All the boys did some kind of activity everyday and they got to know what healthy food can include. Boys were tired at the evenings so hopefully they got better sleep too. No energy for gaming!! ;)

All together we had a fun and sportful week! I hope everybody enjoyed as much as I did. Oh not to mention very LEKKER food!!!



All things must come to an end..

Words can't describe how thankful I am for this opportunity to work at the Nes.

"I don't even know how to start" is turning into I don't know how to stop. Six weeks has passed by too fast. I became a part of a group of professionals who works in De Waerden and it's hard to leave this house what became my second home here in Holland.

Special thanks goes to all the boys who live in the Nes and the Zesstedenweg! I have learned a lot about autism but first of all I had a chance to get to know bright young men with different backgrounds and different goals for life.

Keep up the good work and remember that everyday is a chance to learn something new! Improvement starts and stops in you!

With respect and love: Maria

**KIITOS, THANK YOU,
DANK JE WEL!**

P.S

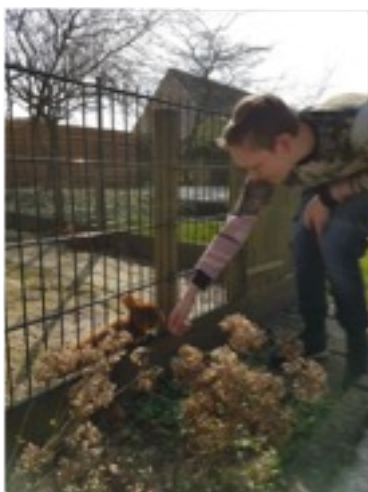
Some extra photos from the journey . . .



My first morning at Onderdijk. All that snow and the sheeps on my backyard :)



My last morning at Onderdijk. Nature is starting to live again. All the sheeps were there too :)



Bart saying hey to Rodi's lil bunnies.



I think Dave won. AGAIN!



Last night - Game night



My Boys !