

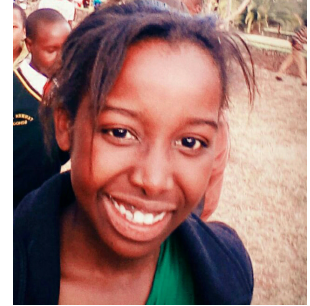
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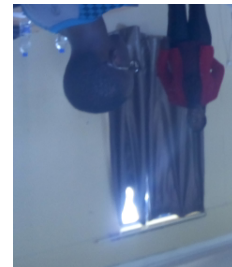
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### ACTUALIZATION OF MY DREAMS.

When I look on television n see young people like Malala making news I wonder what is the big difference between her and I, and voila! I realize am just comfortable existing and she's not. Its time to live not exist take charge of my life and make a mark in the society . So today I decided to bridge the gap between dreams and reality by attending the AKAD engineering mentorship programme .As I entered the matatu early at around 5:30 am I realize that everyone is on the move and the comfortable sleeping time I am ussed to in Maasai land is not the same in the city .I then make a reslution and say no to mediocrity.

The day started with a rather challenging but very educative karate training. The sensei taught us how to derive strength from our bodies in order to protect ourselves and others. The training did not teach us just on how to use our physical strength but also on the importance of pushing ourselves beyond our limits. Though most of us were dead tired within the first 15 minutes the Karate master did not let us sit n rest he kept us going teaching new concepts each time.From this I learnt that nothing comes easy and nothing comes by staying in my comfort zone. Just like it took a lot of will power, tolerance and perseverance to move the physical body it takes the same will in order to push our brains to extra ordinary levels. I will now work on talking the extra step over my pain line especially in academic effort.



After the most satisfying of meals, the second part of our day was graced by engineer Gicugu Faith .An etra ordinary woman who touched on the challenges faced by a female engineer. She spotlighted a couple of female engineers such as Grace Hopper proving that despite challenges women have the capability to become engineers. I then realised that the world will nevet create a platform of equality and that I as a lady should stop waiting for life to create space for me or fight for gender equality on my behalf. Instead I should learn to create my own space in society it is time to curve my own sculpture n be the center piece. After all if a woman living in the 18 th century could make a mark how much more for a woman in the 21 st century and moreover in a country where the two third gender rule applies . I am never going to wait for perfect environments to realise my dreams, because the conditions will never be perfect . Immediately after madam Faith left we were taught on the importance of learning different languages . The young lady left us baffled by her knowledge in Chinese language a language that even I thought to be quite difficult and near impossible to understand. I learnt that it's an added advantage to know more than one language and important factor needed in communication building.



After having food for knowledge we took a break in order to fill our stomachs. After all and sundry had been satisfied we continued to the afternoon session where we went through career strength identification under the

supervision of Dakitari. Lastly we visited the Kenya Power sub station. During career identification I got to learn the importance of knowing one's strengths in relation to choosing one's career. It helped realise that I can actually pursue very many fields as long as I have enough passion in what I do. I am now going to try out the things that my strengths correspond with like Dakitari did in high school, this opens more opportunities for me in future. During the Kenya power institute tour that was led by Geoffrey Odiaga an employee of the Kenya power institute, I learnt how the electronic meters work and the progress the engineers have made in order to modify it. We were also given a tour to the institution's step down transformers something I had only seen in my form four physics books. Seeing and learning how they work gave me a greater understanding on what Electrical Engineering entails. I learnt that the power is produced at places like the hydroelectric dams where it is stepped up to 220 kilo volts for transmission. It arrives at the substation in three phase comprising of red, yellow and blue which taps into a 66kv bus bar where it is stepped down to 11kv and transported underground to the distribution lines. The distribution lines take the electricity to resident transformers which step it down to 415 or 240 volts which is used in houses. I was surprised by the number of professions that are necessary for Kenya power. I will now be making sure I come out of every tour with witty facts as they assist me to understand the work of different things.



This day unexpectedly showed me the big difference between the stars and the ordinary people. It is the work, initiative and communication. I salute Akad and wish him blessings for helping the youth realise their dreams and turn them into legitimate role models. I would like to thank them for hosting such an event. I now want to involve myself deeply with Akad and learn and share so that we grow as a team. I will perfect the skills of self motivation so that I overcome silly excuses, networking with people and taking charge in leadership. Once again, this experience was life changing and my turning point. Thank you again.

Hope Helen Nduta