

## Lisa Mayo testimonial for CART and SISONKE

It is often said that travel broadens the mind and changes people, however, being relatively well travelled and always feeling fairly the same on my return, I never really believed it. Volunteering at CART and Sisonke has changed my opinion on that point for good. They are without a doubt the most remarkable projects and you will not return home without having gained and enlightened perspective on the world and the way that things could be.

The work undertaken in the pursuit of sustainability, health, and holistic education is truly worthwhile and is carried out without imposing upon the traditional values of the communities it supports. I live in London, in a flat without a garden, and am now growing all kinds of vegetables on my doorstep; wonders will never cease!