



The Bridge of Sighs, Venice. This bridge connects the Doge's palace, where convicts were interrogated (left) to the prison (right). The bridge was so named because this would be the last place criminals would be able to see the outside once they were sentenced.

THE ART OF TRAVEL

By Kerry Kalwiet

Dubai, Washington DC, New York City, Philadelphia, Los Angeles, George, Johannesburg, East London, Botswana, Bloemfontein, Rome, Florence, Pisa, Venice, Lake Como, Verona, Milan, Monte Carlo, Saint Tropez and Paris. These are all the places I've been to in the past six months. No, I didn't take a gap year; I'm just living life to the full.

My name is Kerry. I am 21 years old and currently in my final year of Medical Sciences at Tukkies. I was diagnosed with type 1 diabetes 8 years ago and my biggest problem with travelling is not my diabetes, but buying my plane tickets.

From the beginning, I accepted my diabetes. My family has a strong history of both type 1 and type 2 diabetes, so it really wasn't a shock. This condition has in fact been more of a launching pad for my dreams than an obstacle in my life. It has certainly not stopped me from exploring the world.

LIVING WITH DIABETES

I am the Youth Chairperson for Youth with Diabetes (YWD) and I have experience as a volunteer Camp Leader for more than six years. Dubai is on my travel list because I went to present a research paper at the International Diabetes Federation (IDF) Congress in December 2011. The paper was on programmes that YWD has implemented to help teens living with diabetes improve their HbA_{1c} by becoming a Youth Leader.

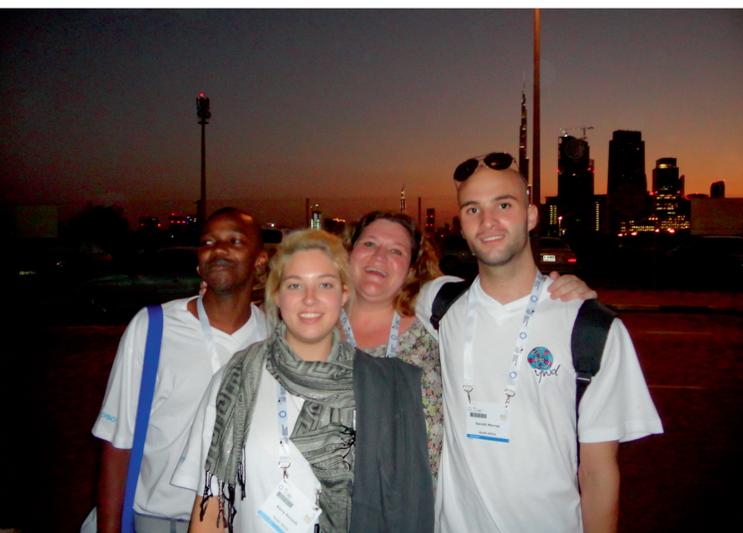
The local towns I listed are the places where YWD has held camps this year. Still to be added to that list for this year will be Cape Town, Kimberly, Port Elizabeth and Johannesburg again. Visit our website (www.youthwithdiabetes.com) to see dates when YWD will be hosting camps in your area.

I currently work as a part time night nurse for an Australian family. I have looked after their little girl who has diabetes since December 2011. This has afforded me the amazing opportunity to travel all over the world with them during the holidays.



YWD Teen Camp 2011

The YWD team in Dubai. In the background, you can see The Burj Khalifa, the tallest building in the world. You can go only go up to the 145th floor on a tour - the rest of the 162 floors are private property.



The travel bug has definitely bitten since then. In all the different places I've been to, I enjoy learning about the different cultures the most. In Venice, I didn't see a single car the entire time I was there. I was fascinated how an entire city could function with water canals for roads and how the water taxis and boats indicate their turns by a different number of hoots.

The history in Europe is ancient and rich. You can wander the cobbled streets of Italy for hours just gazing at the breathtaking architecture and sculptures that have been there for hundreds, sometimes thousands of years. If you are ever in Florence, I highly recommend you try their ice cream. I consider myself a sort of expert in the skill of ice-cream consumption. It's my weakness! I can honestly say the 'gelato' (ice cream in Italian) is the best I have ever tasted.

On a beachfront in California with friends I met at a hostel. Jess comes from Canada and Paddy comes from Scotland.



Visiting America, I could understand why they have one of the highest occurrences of type 2 diabetes in the world. It is vastly cheaper to go out and buy a meal than to buy groceries and make something yourself. This makes me grateful to be South African.



The more I travel, the more I appreciate home. I've met people from all over the world, and by the sounds of it, we have one of the best climates in the world. Plus, there really is nothing like friends and family, Mom's roast veggies or Dad's braai...



Festival Del Gelato, an Italian ice-cream shop in Florence. There are 88 different flavours to choose from, including tiramisu, meringue, dark chocolate, Nutella, strawberry yoghurt, and other things you wouldn't believe!