

Mzungu! Transcript

Conversations from Walk F.

EL:

What I love about these walks, is that they're a real, they're such different sections to them they'll be the wooded areas and the bits along the river where you get the different sounds then suddenly you're in the open where there's this wide vista of amazing beauty.

Participant

I love the wooded areas

EL

Yeah, me too I suppose it's what you're familiar with from growing up and I grew up near lots of woodlands so I find them really comforting.

Participant

'I grew up in the countryside as well, and cows and just fields and things so that's good

EL

Yeah It's calming isn't it.

Participant

It's calming, I think whether you grew up in it or not it's calming, really nice. The thing is it's free and accessible

EL

Yes, yeah.

Participant

The thing for me is something about the Suffolk countryside because it's really, really.. being a foreigner from outside you know having visited other parts I think Suffolk is different quite different.

EL

So you said you think Suffolk's different?

Participant

Yes I just love the countryside it's just absolutely lovely as a social worker I've travelled a lot around Suffolk and I did a lot of craft fairs around Suffolk and you tend to do craft fairs around the nicer parts of Suffolk and so you can really appreciate the landscape and the cottages you know the country life so it's really enjoyable

Participant

Well we have to sort of make the most of things so we're taking this as part of our own wellbeing, looking after ourselves a bit

EP

Yeah you don't want to be stuck behind a screen in your office all day so it's nice to get out. Yeah, walking definitely improves my wellbeing.

Participant

Mine as well, same with me

EP

Do you go for walks like around where you live?

Participant

Just near where I live two minutes away, just walk around a field as long it's quiet in the field then I come back

EP

Like the birdsong [in the background]

Participant

It's all you need, it's cheap and it's free, but it's just I'm in control, I don't I can't do gym, I like Zumba or yoga you know...

EP

Getting your endorphins going

Participant

...Walking is the best.

EL

I want to know more about the T-shirts are they new or have you had them designed recently?

Participant

Oh we had them designed years ago, yeah during lockdown

EL

During lockdown?

Participant

Yeah during lockdown, lots of ideas came up in lockdown

EL

Who designed the logo?

Participant

We have a Zimbabwean designer we just told him what the name was and then he designed it.

EL

And he got it right first time or did you go back like Constable 'no, no I want this'?

Participant

No, he always says I'm sick and tired make up your mind, its always back and forward but he's really good usually and yeah so the girls were spending time together

Participant 2

Oh it was the Whatsapp group

Participant

8 year old girls quite a lot of them

Participant 2

8 year old girls group came up with it

EL

They came up with the slogan?

Participant

Yeah the name, they were talking it was lockdown we were trying to just get them on Whatsapp and then

Participant 2

I had forgotten this we used to have a regular Zoom to empower them to get them to chat and connect and do activities

Participant

Online and on Whatsapp

Participant 2

And they said they want Strong Black Girls we then we started looking for designs for logos and things

Participant

And they were 8 at the time

Jumping over the boggy field!

EL

Do you know this area well?

Participant
No it is my first time

EL
Oh really oh great

Participant
I came from Africa to visit my daughter and she's a member of this.
In our area we don't use the properties like this the land in Africa

EL
Really?

Participant
Yeah, we don't keep up ...

EL
Like system of footpaths and accessible

Participant
No organisation in those areas so the areas are not protected like this.
Very grateful on what you did on the land, we're exploring the legend

EL
There's a real problem in this country in schools in getting art teachers in primary school

Participant
Actually, I was not trained as an art teacher.

EL
But you loved it?

Participant
Yeah by nature you gave you the classes and I have taught from grade 8+

EL
Out in the open or inside, out in the open like what Constable used to do

Participant 2
By nature, I don't have training only 10 days

EP
How long has it been now?

Participant
One year

EP

One, yeah, and how have you been finding it?

Participant

Good. Yeah. Cool place. Silent place. Not very busy, it's nice. I've been in cities. Busy cities, so it's like cool, good place.

EP

Different change of pace.

Participant

It's a beautiful place Cambridge, once we visited.

EP

Oh did you, yeah it is isn't it.

Participant

Lots of universities, that's the place highest I walked, you know, 25,000 [steps] in one day

EP

Oh, wow.

Participant

Walking, walking walking, seeing all the universities

EP

Yeah. Yeah, it's definitely a place where everything is so far away. So like, you do end up doing a lot of walking.

Participant

Yeah.

EP

What I like about Cambridge is they've got like the green spaces amongst the buildings. So it's like, I don't know about you, but like every green space in Cambridge has a cow. You know, it's like I'll just be walking to like a shop or something and there'll be a cow, like, right in front of me it's like what?

Participant

Laughs

EP

Have you heard of John Constable before the walk? Have you heard the artist before the walk today?

Participant

About this place?

EP

About constable.

Participant

No, no.

I actually asked one lady what is Constable? because in India Constable means police officer. So I thought. Like I googled and saw it was showing Constable like Park or something, so I asked whether it's the place? No. [laughs]

EP

[laughs] Yeah, there's definitely police constables, luckily today is less intense but yeah. This field is very beautiful.

Where else have you been in the UK so far? So, you went to Cambridge

Participant

This is the only place, yeah London and Cambridge

EP

London how did you find London?

Participant

London is good. Yeah, much like our Mumbai.

EP

It's a lot busier and a lot more intense [than Suffolk]. Do you prefer like the quieter part, or do you prefer like the louder?

Participant

Both are fine for living a peaceful life. Quieter is better. People, what will you do with people, I mean a lot of people. They will be going around doing their work, no? Yeah, once in a while is fine. Because, being bought up in cities it's lots of People, people. People. So this time it's peaceful, at least for sometime.

Work/life balance is better because In India, we have to go to work right so he will be coming late. And there will be traffic going to office and coming from office, it's a big task. Like we will stay in one part of the city and the office is at the other end of the city. So the traffic is like one and half hours minimum by two-wheeler, or four-wheeler, or bus so this is like peaceful less traffic.

EP

Yeah, we always complain about the traffic in Ipswich. So I guess we should be grateful that it's not that bad.

JM

Sort of up in the east part of sort of Kenya and Tanzania they used to sell these T-shirts with mzungu on the front which basically was like...

Participant

It's Murungu in Zimbabwe

JM

Murungu in Zimbabwe is it?

Participant

Yeah

JM

A slang for like white person basically.

Participant

And all the the silly things they do basically.

AC

That's great. I find that fascinating.

JM

That's Spanish call gringos, isn't it? They call the Brits going over there, you know?, so we used to, we all used to walk around with these stupid T-shirts on and the children oi mzungu mzungu!

AC

We should name a blog post that

JM

I've still got my mzungu t shirts actually, they're in my wardrobe at home they don't fit me anymore.

END