



# THE TRUST TIMES



**AUGUST 2023**

*Your Vision Enlighten New Generation*

## ***Raising Money for Charity = Raising Dopamine***

How can you do something to make a change but also have fun at the same time? We just held our BLT Quiz on 23rd July at Bukit Lawang Indah Resto. It was a successful evening that bonded the guests and tourists from all over the world! - Page 3

## ***Into the Heart of Bukit Lawang Jungle***

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## We are the **Bukit Lawang Trust**

a grassroots Conservation & Education charity  
based in rural North Sumatra, Indonesia

The Bukit Lawang Trust was founded in response to a flash flood in 2003. The flood destroyed much of Bukit Lawang and killed more than 240 people, leaving approximately 1400 people without a home.

Rebecca Coley as our Founder had visited the village a couple of months before the flood and decided to take action to help those she had met on her travels. Rebecca set about raising funds and went back with her family to provide basic aid to those affected. Initially, the Trust took the form of a medical clinic serving those who were suffering as a direct result of the disaster.

In 2007, fourteen volunteers from Rebecca's home-country travelled to Sumatra to build a permanent structure for the Trust, along with local people and support from the Jersey Overseas Aid Commission.

**Our mission** is to facilitate an economically and environmentally sustainable balance between human activity and severely endangered natural ecosystems through the implementation of a range of volunteer led development programmes.

We deliver high quality education in Conservation, English language, Eco-farming and Sustainable Business Enterprise in order to enable people to access more opportunities for their academic, financial, physical and holistic wellbeing as well as foster a respect and care for the environment. Through our volunteer cultural exchange programme we are able to provide free, quality education to rural communities here in North Sumatra to build stronger, more resilient communities while supporting efforts to protect severely endangered ecosystems.





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**Content Director**  
Agnesia Yolanda

**Editor**  
Lyvia Tanjung

**Proofreader**  
Emily McDermott

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# TRUST Update

*"Education is the most powerful weapon to change the world"*  
-Nelson Mandela-

## New Semester, New Students, New Stories!

The first day of school is a day that our students and teachers eagerly look forward to. The best part of July is welcoming the new kindergarten students. Since it is the first time these toddlers are exposed to the idea of a school, we know how overwhelming it can get for the students and parents alike.

This little bit of extra attention ensures that they settle down to this routine at a faster pace. As the parents dropped off their children for the first time outside our school gates, we were witnesses to a myriad of emotions.



Some were proud to see their young one marching confidently into the building and took lots of pictures, others were anxious about how their children would fare, but we all have first-day jitters! They do not need to worry, they will certainly fit in well at Bukit Lawang Trust Kindergarten (TK).

We also welcome the parents to our wonderful community. We look forward to them joining **Obrolan Wanita**, our sharing group every Wednesday morning, whilst the children are in lessons. A space for mothers to attend and learn from one another.





## We Have A New Layout for Our Rooftop and Class!



We have been doing lots of decorating! Recently we decorated our rooftop, to feature a kids area and plant area. So there is no need to worry when guests bring their kids along with them to attend one of our fitness classes. We also painted the classroom in Porli Village, featuring lots of exciting jungle plants and animals!

The new layout has definitely affected everyone's mood, according to Elliot (2015) color is a powerful communication tool and can be used to signal action, influence mood, and even influence physiological reactions.<sup>1</sup> There's even a term *dopamine dressing* to describe the mood-boosting benefits of use certain colors. We are very grateful to our volunteers to make it happen.



1) Elliot AJ. 2015. Color and Psychological Functioning: A Review of Theoretical and Empirical Work. *Front Psychol.* Vol 6:95-120.



## ***Raising Money for Charity = Raising Dopamine***



How can you do something to make a change but also have fun at the same time? We just held our BLT Quiz on 23rd July, at Bukit Lawang Indah Resto.

The evening bonded the guests and tourists from all over the world! It began with a trivia quiz led by Jesse, focusing on Indonesia from the geographical side and other common knowledge.

The second game was led by Yola (Programme Coordinator) and Emily (our volunteer), it was Music Bingo! Small snippets of song would be played, and the guests had to guess the song from their bingo cards.

Alien Art was the most awaited part as every group was challenged to create their group's version of aliens from any materials around them, some combining cans, bottle caps and even leaves with lots of interesting back stories!

The last round was a guessing game led by Sifa (Programme Coordinator) and Marine (our volunteer), the most challenging part was to draw as clearly as possible what was said in a short time and sometimes the drawings were very... creative and out of the box! The winning group received a giant fruit salad from Bukit Lawang Indah Resto.

Within two hours of the event, we were able to raise IDR 250,000 from the donations.




## ***We Are Ready to Kick Off The Next Sustainable Business Programme!***



In July, Melanie (Trust Manager), Sifa (Programme Coordinator) and Marine (SBP Volunteer) assessed a new place for the sustainable business program in Batu Katak village and Tegapen Communities.

We discussed with local people and many of them are interested in entrepreneurship. Some have already started but still struggling to make profit, some want to try but are still confused about how to start. There are many craftsmen for souvenirs, there are also some who are producing herbal potions or essential oils made from selected herbs.

The location is very strategic because it is an ecotourism area with a lot of visitors, so there is a lot of opportunity for local people. We hope the business program could help entrepreneurs or future entrepreneurs in local communities to improve and develop their business in a sustainable way by giving them business lessons.



**LIFE IS NOT  
ACCUMULATION,  
IT IS ABOUT  
CONTRIBUTION**

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**STEPHEN COVEY**





# Welcome Onboard!

## Our New Programme Coordinator!



I am **Yessie Cinthya** from Cirebon, West Java and graduated from French Literature. I joined Trust because

I appreciate the mission to build stronger and more resilient communities to protect endangered ecosystems, join Trust is an opportunity to help me gain valuable skills. Now I am arranging English for Second Language (ESL) in Trust.

My favorite moment always comes at the end of the day where everyone, both kids and adults, staff and volunteers smile at each other and say thank you after the activity is over.



I am **Agnesia Yolanda** from Manado, North Sulawesi, I am passionate about project management, empowerment, and sustainability. Trust like my platform to grow and transform also I can explore more about conservation especially in Youth Ranger Programme.

One of my unforgettable moment is when participated patrols in the jungle with Sumatran Ranger Project on my first week here. Experience how to be a ranger, hear their stories, and amazed with much things. All the highest respect for those who maintain the stability of nature.



# Welcome Onboard!

## Our Elephant Cycle Volunteers!



I am **Marine** from France. I am volunteering on Sustainable Business Programme. After several years working Sustainable Business Company, I wanted to do something meaningful and help people. It was also a chance to live in a new country, experience a new culture, meet new people and do something great at the same time. In the future, I would like to work in a NGO, so this experience is a real chance for me and also a way to challenge myself.

I love the fact that here everyone sings and plays music all the time! Even if sometimes the neighbours karaoke is so loud and I can not sleep haha. I like the teaching times with the children, I also like the life in the Trust, the time we spend together, when we meet in the kitchen and start talking about everything and nothing and it ends giggling, or playing games.



I'm **Lyvia** from Indonesia. I'm currently working on Youth Ranger and ESL programmes. I joined BLT's volunteer programme because I want to get involved making a difference in my community in North Sumatera.

My biggest challenge while staying in Bukit Lawang is the rides to the remote communities (Especially Porli Village!). But one of my favorite moments in BLT is interacting with the children and getting involved with projects at Hub.



I am **Emily** from England. I'm participating in ESL programme. I wanted to volunteer because I wanted to use my time to help others and add value to a cause that I'm passionate about. BLT is doing so many great things and I wanted to do my part whilst also exploring beautiful North Sumatra. One of my culture shock moments is that I have been chased by a large male macaque monkey whilst on my way to lunch.. Definitely not my normal commute! My favourite moment here in BLT is watching the children in my classes actively participating and having fun.



## Into the Heart of Bukit Lawang Jungle: Unforgettable Trekking Experience

Venturing into the lush wonders of Bukit Lawang jungle, Yola and Marine embarked on a two-days-trek of a lifetime. Amidst the exotic flora and fauna, they found serenity and a deeper connection to nature.

**Yola** said "The trekking was amusing. Even though the trek has lots of up and down, well, mostly up but it was worth it. We saw 9 orangutans and their baby learning how to move from each tree.

Not only orangutan, we also saw Thomas leaf monkey, rhinoceros hornbill, turtle, pig tailed macaque and long tailed macaque. When you arrive at the camp you can feel the nature, so calm and chill. Our tour guide was so fun and patient, they understood us very well and made lots of jokes. It's exhausting but worth it".

According to **Marine** "The two days trekking in the jungle was an amazing experience,

we had such a good time with the guides and the group during the hike and at the camp. The jungle and the nature were beautiful, we saw a lot of animals, especially monkeys and orangutans. We had the chance to see a mum with its baby! It was awesome to be able to observe them in the middle of nature".



## Unleashing Creativity in Wood Carving Workshop



Meanwhile back in Bukit Lawang, Jessie (Volunteer Coordinator) and Emily (Volunteer) were busy getting their hands working instead of their legs! They learnt the skills of wood carving from Bukit Lawang's famous local wood carver Babe. Over the course of 10 hours!, 2 beautiful bowls were made out of not just any wood, but teak wood that has been scavenged from under ground, and over 100 years old! Thank you Babe & Ipan!





## why you should join with us...

**"Let's get ready to be inspired by making a difference while enjoying nature here in North Sumatera!"**

**- Lyvia**

**"If you want to live an unique experience surrounded by beautiful nature, discover a new country, culture and people, and do something meaningful, don't hesitate to challenge yourself by joining the Bukit Lawang Trust team!"**

**- Marine**

**"If you don't want to experience a new culture, work amongst amazing, kind & welcoming people, help to shape children's lives and help to positively impact a local community, then definitely, definitely don't volunteer here!"**

**- Emily**

*Because we believe that  
what comes from mind will change the mind,  
what comes from heart will touch the heart,  
and what comes from life will change the other life*



*let's make a change with us!*





**Finish the challenge!**

*Help an Orangutan Find The Way Home!*

