

## 1 My city

**N = Narrator S = Sigtryggur Baldursson**

**N:** Reykjavík, the capital of Iceland. Sigtryggur Baldursson is a famous Icelandic musician. He was a member of the rock band The Sugarcubes. In this video, he takes us on a tour of his city.

**S:** Reykjavík's a special place, and it does really sort of draw you back ... even though you do travel a bit with your work, like in The Sugarcubes I travelled all over the place. I always ended up here, which is not a bad place to come back to.

We do have an unusual amount of good music. I don't know why that is. Probably something in the water.

*Hljómskálinn* means the bandstand. It's a building built in 1922 for the Reykjavík marching band. The music on the windows, it's about the river that runs through Reykjavík.

In the basement of this building, used to be a jazz club, where I played one of my first gigs in public when I was maybe 15 years old.

In Reykjavík, you're always close to nature. You walk two minutes and you're at the seaside. Or you drive for 15 minutes and you're by a big mountain. Erm, there is a real closeness to nature.

*Harpa* is, means, a harp. And it's a wonderful sort of multifunctional hall. It's actually, a little bit a child of its era. The project itself was a brainchild of some wealthy bankers and musical folk.

Er, like the glass cover on it is designed by a Danish-Icelandic artist called Olafur Eliasson, and his pieces are sort of on a grey area between design and art.

The creative industries are used to making something out of nothing, and music is a great example of that. You know, energy will always find a way. If the energy is there, it will find an outlet.

## 2 The Odulai family

**N = Narrator**

**N:** The Odulai family lives in Katine. Frances, the man in the centre, has two wives and 18 children. His first wife, Ajiko Salina, is the mother of nine and Alapo Sarafina is his second wife. Five children are away and not in the photo. As the sound of an African night fades and the sun rises, the Odulai family awake to another day in Katine village. It's 6.30 and they need to be in the fields before the sun starts to bake the earth again.

Frances's second wife, Salina, and her daughter, Cecilia, are off to collect water from the borehole. The walk used to be two miles. AMREF has built a new borehole only one mile away.

Frances is a subsistence farmer, making just enough food to feed his family, yet they often go without breakfast.

Sarah Akello is 18. Today, she and her 11 siblings set off for their first day of term in the new school recently built by AMREF.

Nearly 300 children had arrived for the first day, but there was not a single teacher in sight.

Whilst the children waited for their teachers to turn up, they answered a few questions.

The children don't always eat lunch, but today it's *atap* made from pounded millet and cassava flour with greens, which they share. The parents hold back.

Frances's bike is his prize possession. As a member of the village health team, he has the responsibility for handing out drugs, mosquito nets and advice on sanitation.

It's been a typical busy day for the Odulai family. As the children settle down for the night, Frances's prayers are answered with the first few drops of rain.

## 3 My morning routine

**S = Scott Jurek**

**S:** I've always loved mornings and I love that feeling of being out there, already on the trails and the mountains and having gotten in five miles before most people even wake up and ... you know, hit the snooze button on their alarm.

I'm an ultramarathoner, which means I run distances of 50 km up to 100 miles. I also set a record on the Appalachian trail last year of running 2200 miles for 46 days.

I'm a vegan and eat plant base. When it comes to running, I have to think about, 'OK how am I going to get my energy?' and I think about, you know, eating and what I'm going to eat always ahead of time. If I forget something and I'm out on the mountain top or on a ridge and a storm hits, or if I'm out there and I happen to bonk and don't have enough energy, it could be life and death.

For a lot of people, they might have that morning ritual of sitting down and having that cup of coffee or, you know, having that time to read the paper or ... for me, it's kind of done on the run.

Running, in and of itself, is really a form of meditation so to speak, it's done while moving. At 5000 feet here in Boulder, um, you know, I've got a 300-foot climb or more to the foot of the trails.

I love that feeling of just going out there, being surrounded by nature and being a small mammal, so to speak, in this large landscape, because to me, pushing my body and exploring, um, the world around me is what the sport is all about.

Once you make that step, once you decide to get out of bed, once you decide to get out the door, that's when the magic happens, because when I'm on the run, I have this feeling of like, 'Yeah, I'm glad I did that' and I feel like I can conquer the world.