So I moved to south Sudan and the beginning of 2015 to work as humanitarian worker for very innovative organization called Nonviolent Peace Force. Innovative because they do not provide material ate, in fact, but do something completely different on that is to implement the concept of unarmed civilian protection. That means that it's an organization that tries to reduce, stop and prevent violence from happening in a conflict area in a conflict errors such a south Sudan. On that happens the culture of this very adaptive to the country where where we work in south Sudan. Frances, you can have protective presence. So there is a lot off sexual violence for women that fetch firewood in the forest. So we accompany them and being being present their deters perpetrators from attacking them. But the same goes with accompaniments off, for instance, shuttle diplomacy between armed groups at a very local level, which basically means in practice that we work 24 7 on a frontline in the community and work with women, youth, children, etcetera, etcetera. This is the first place where I went in the northeast, off south Sudan bordering Ethiopia and Sudan. It's in the opposition held territory. Dinu area. And it's a deep field side, as we call it, because, as you see, it's very rough. Only once a week there is a helicopter that dropped some humanitarians off, and I saw I met some of my colleagues there, an Egyptian in SriLankan and a Kenyan and about 10 South Sudanese colleagues. It's a very heavily militarized place. Everyone carries Kalashnikovs around, and it's completely a nen accessible for the outside. There is no network, no running water, no electricity. This is what it looks on DH. There is no roads, no vehicles. So everything goes by foot or by a canoe. So we would go in a canoe everyday. One of these stint in stealth can use, you know, like hollowed out tree trunk, and we go on the under now river to reach out to all the villagers to go and see them all in the villages. To understand their protection, needs to build on the local structures in a sustainable manner for them toe secure the area and a better way. For instance, we trained a lot of women there. We found out that women actually have access to their men to their youth and they're very strong if we if you empower them into patrolling the area and mitigating very local conflicts here they celebrated the day when we actually finished it all training process and they're still going on now on a small anecdote in between is you think that well, that sounds a bit odd. Well, the craziest thing that happened to me was that I had malaria and I was in my safari tent, and at some point I was resting for week and a tornado came and blew my store, my tent with me inside against defense and destroyed literally everything except for me, because I'm still here on the more positive note. After that, we decided to construct my very own too cool, which is a local hut made out of wood and not took about six weeks. There is still a director, we called it so it's after venom on me and it's still there. So somewhere in South Sudan, I still have my home. And this was the place where I slept everyday on. But after the six months that I spent there, I took also part of an emergency response mission. Two lire count Ilia County is the worst affected place in the whole of south Sudan. After six months off inaccessibility, we went with a team of humanitarians. Thiss was our tent our bunker on DH. To understand the protection is there. This is an opposition held territory. Five killer call kilometres further was later town and that is kept by the government. So there is. This's the base there on. Basically, this town used to be 25,000 people, very lively. And when we arrived it was all destroyed. All the locals the villages were burned down. All the people had fled. There were enormous amounts of killings. Around 65% of women were raped and even girls and old women, everything looted. What happened basically is that everyone flat into the swamp. So it's surrounded by swamps and to reach safety all day. All the civilians run into the swamps, which basically means that we, as part of nonviolent peace force, we have to map the protection needs there every day. We would walk for many hours to reach other populations, which also meant we had to go to a very high swamps onto map and understand where people had gone to what they needed most, like medicine, food, access to whatever. On many times we reached, for instance, islands. After three hours of swamp walking, they will come after you to reach, for instance, of a football field completely surrounded by swamps. And on that football field it was crammed up with civilians, about 34 1,000 children. Women are completely isolated and been there for weeks. They defecated in that water. They drink from that water, no access to food or any medicine. All they ate was some water lilies. The actually the routes off water lilies was the only thing that was remaining for them to eat. And even that was running out. So we would go everywhere. As you can see here, too, to these places, this is with some other humanitarian workers and mapped these protection needs. So this is part of an emergency response mission. I spent my Christmas and new years of 2015 there. After six weeks, we went back to the capital to sit with all the all the humanitarian actors and tell them, Look, if this is what we met, you have to go there with this means There is a little of diseases in these areas. There is a lot off very vulnerable people that have no access to anything in that area. So too understood to kind of do a protection mainstreaming component. Andi, this is one of my colleagues that we went there so we would go in opposition held territory and in government held territory alike. So it's a lot about relationship building, working with every team and being very impartial to the conflict. Because, of course, you run into a lot of very terrible stories and and very terrible things to see. But you have to remain impartial because otherwise it's impossible to go to opposition held territory as we did eso here. You can see, for instance, women marching for hours through the swamps to get some some some wood to cook. But there, of course, there are a lot of challenges as well, and a little sexual finds. This is the last one, and I'm sorry. I like to speak for hours about this, and I think it's a very important subjects of Please come and have a chat, but I think I'm out of time, so I'll have to leave it here. Thank you very much.