



2009 AWARD Fellow
Eugénie Kayitesi

Position:	PhD student
Institution:	University of Pretoria, South Africa
Country:	Rwanda
MSc:	Food Science and Technology, University of Pretoria, 2010
Mentored by:	Dr. Riette H. L. de Kock, Senior lecturer Department of Food Science, University of Pretoria

In September 2009 I attended the AWARD mentoring orientation workshop (MOW) in Mombasa. This was the beginning of my journey with AWARD and particularly my mentoring relationship with Dr. De Kock. She is my role model, and I have learned a lot from her professional experience. Her guidance has made a great impact on my life in terms of decision making and addressing challenges. At the MOW she helped me to develop clear goals to be able to have an impact in the Rwandan community. My life goal is to address food- and nutrition-related problems in Rwanda through training and research. We came up with specific objectives to help me achieve this goal. It has to start with me because you can't give what you don't have. The objectives focused on development of my scientific, leadership, and management skills.

Seven months after setting the objectives, I have evaluated myself and confirm my progress in the development of my scientific, leadership, and management skills.

- I completed a Master's degree and enrolled for a PhD program at the University of Pretoria
- I was awarded a University of Pretoria doctoral research bursary and University of Pretoria post-graduate bursary
- I attended a technical workshop on food fortification (February 2010) in Kigali, Rwanda and spoke with confidence to one of the main speakers who is doing research (University of Illinois) related to my PhD work
- I presented a poster at the International Cereal Science Symposium (February 2010) in Pretoria, South Africa
- My paper "Sensory Quality of Marama-Sorghum Composite Porridges" was accepted for publication in the *Journal of the Science of Food and Agriculture*
- I joined two professional organizations (South African Association for Food Science & Technology, Rwanda Association of University Women)
- I attended the G&D Women's Leadership and Change Management Course (Malawi, 2010), where I learned more about emotional intelligence and teamwork
- I am now more visible and confident and I have improved my time-management skills

The AWARD Fellowship has changed my professional and personal life. I have become more focused and goal oriented, and I am more positive and confident. I was a Master's student when I obtained the fellowship. I had the passion to make a difference in my community but did not know how to go about it.

In the future, I look forward to taking voluntary leadership positions, publishing more papers, joining profession organizations, being more assertive, attending workshops and conferences with a clear purpose in mind, and conducting a role modelling event in Rwanda.

Kayitesi is one of 180 African woman scientists who have won an AWARD Fellowship. AWARD is a professional development program that strengthens the research and leadership skills of African women in agricultural science, empowering them to contribute more effectively to poverty alleviation and food security in sub-Saharan Africa. For more information, please visit www.awardfellowships.org
