

Speaker 1 ([00:00:12](#)):

You're listening to the journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author, whose mission is to help people achieve a deeper connection with their horses through his transformational training program.

Warwick Schiller ([00:00:34](#)):

Welcome back to the genuine podcast. I'm your host work? Show it in a couple of years for years ago. Now my son Tyler and I went to Kenya and we stayed with a lady there and I helped with the horses and they showed us around and met a lady there named Emily Newman. And Emily had been a safari guide in Africa for seven years and then lived in Africa for another 10 years, teaching other people about safari. Good. But she had some amazing stories to tell about her time driving around Africa in a truck with a whole load of tourists. And so I thought he recently, she would be a great person to get on the podcast and I've just done the podcast. So I usually record the intros after the podcast. And I think, you know, every podcast I do, I'm like, oh, that tops the rest of them. It can't get any better than that, but I've just finished with a couple of hours with, with Emily and the story she told were absolutely amazing. And our outlook on life too is absolutely amazing. So let's get down to this. This is this is Emily Newman, mostly talking about adventures in life and in Africa,

Warwick Schiller ([00:01:51](#)):

Emily Newman. Welcome to the journey on podcast.

Emily Newman ([00:01:55](#)):

Thank you very much. I feel very honored that you suddenly thought of me and said, let's have a chat with Emily. Thank you very much.

Warwick Schiller ([00:02:02](#)):

Well, I didn't actually suddenly think of you. I've been, I've been thinking about you to get on here for a long time. And then I kind of, I don't know why I kind of had that on the backbone of the idea went out of my mind or something and then racing like Emily, she would be the perfect person to have on the podcast. And so we met in Kenya about four years ago, I went there to do some horsey stuff and it was very cool. A friend of yours who is now a friend of mine, Monica. She invited me to go over there and she lives about an hour south of Nairobi on the, I guess it's someone back there.

Warwick Schiller ([00:02:42](#)):

And yeah, it was so cool there because she has a, I think I've talked about this in the podcast before, but you know, there was about 25 years ago, some guy bought 500 acres of land and was going to subdivide into these little five acre lots. And he was going to have power and water and all sorts of stuff. And Monica bought there early built this beautiful two-story stone house looks like something out of the movie, out of Africa and then the power and the water didn't come. And so no one knows, basically there's a couple of other houses there, but really basically no one built anything. And so Monica is like in the middle of 500 acres of undeveloped land, which is surrounded by like 3000 acres or something of undeveloped land. So and she has, you know, rainwater catches rainwater off the roof and has solar power, which is sometimes a bit funky, but

Emily Newman ([00:03:29](#)):

That's an understatement.

Warwick Schiller ([00:03:30](#)):

That's an understatement, but it was, it was so cool. Like, you know, the first we got there in the middle of the night, I think we flew in, flew into Nairobi and ended up getting to the house at like midnight or something. But the next one we get up and go for a walk and holy, there's giraffes the zebras. There's the, they're all like right here. You know, it was like being in a, it's like being in a, a wildlife park being there. So

Emily Newman ([00:03:55](#)):

It kind of is. And I mean, that was amazing to watch you and Tyler seeing it all for the first time. Because as you say, you arrived there in the dark and then watching your expressions the next morning when you're like, oh my God, there's like gazelle in the garden. And they're just bumble in through doing their own thing. It was just fantastic to see how you guys reacted to it all because that's the beauty of living out there. I think you've always got people visiting and you're always in that state of almost euphoria where people are seeing stuff for the first time. So you never forget how awesome it is, where you're living. It's brilliant. So,

Warwick Schiller ([00:04:35](#)):

Yeah, I remember I don't know. It was the first morning I, one of them walks. We went for around there and, and I think it was the first time I saw giraffe and these giraffe I've talked about this on the podcast before, but this giraffe walked up to this Acacia tree. You know, they're the few guys at home. They're like the flat top trees you see in the lion king. And they started eating this tree. And you said to me, like, if you watch these guys, they'll only eat it for a few minutes and they'll wander off to some different trees. And I'm like, why is that? And you said, because the tree knows it's being eaten and it's creates a, like a tenant, isn't it. And then, but you also said, if you watch, they're going to skip a few other trees before they start eating again. I'm like why? And you said, because the trees can talk to each other.

Emily Newman ([00:05:21](#)):

Absolutely. They will send messages down their routes to go or it's draft comment or an animal coming, or we're under attack. So they also, the next few trees will then start sending out the tannins as well. So the giraffe knows this and they will skip a few and carry on and then go to like the third tree along and start eating off that one until that one does the same,

Warwick Schiller ([00:05:44](#)):

You know what, and that's, that's like a life-changing discovery. If you don't look at the world that way, you know, 2000. So this was 2017 and 2017 for your podcast. Listeners was the year that they had the Mustang at the clinic. The year I had my you know, as Brenae brown says, I had a nervous breakdown. My therapist calls it a spiritual awakening, but, you know, so there was that plus my trip to Africa. So all of this stuff had to do with just changing the way I've looked at the world for the last four years. And it's been quite a ride, quite a journey, but yeah, you were, you you're a part of that. I remember another time when we were, it might've been, we went to Amboseli national park, but you were showing me these trees that one of the branches is dead on it. One of the limbs of the trees, and you said, Liam's dead. And I'm like, you, why is that? And you said, because the water is really salty. And so as it drinks the water out of the ground, it separates the salt from the water and sends that salt to one of the rims

and basically sacrifices that limb for the rest of the tree. I like this, this just like, you know, just kind of blows your mind if you haven't thought about the world in that way before.

Emily Newman ([00:07:11](#)):

Yeah. And I think it's a fantastic lesson in being able to adapt to your own surroundings. And a lot of the things in Africa live in really harsh conditions, but they've made a plan and they get on with it and just go, okay, well, I'm, I've been rooted here in this particular area that water's a bit salty, which I can't survive on, but in order to survive, how about I do, as you say, sacrifice that one area in order for me to thrive everywhere else. And you just kind of, if you can take that as something that you pass on to anybody else, then that's fantastic. And I'm really glad that I've managed to sort of convey those things to you and that it's had an impact cause that's really special. And if nobody else I've told those, my favorite stories to take anything from it, at least you have. And I think that's a really powerful thing to be able to spread to the rest of the world. So

Warwick Schiller ([00:08:13](#)):

Yeah, it's one of those, like I said, it's one of those life before you, you know, like I said, if you don't view the world that way as a, it's a system and you know, like, you know, these days I tend to think of trees and plants and stuff as sentient beings. And, you know, it's, it's the eye-opener to that, but let's, let's get the backstory in this. So you were a safari guide in Africa for 17 years, is that correct?

Emily Newman ([00:08:40](#)):

Almost. Yeah. So I was an actual expedition leader for seven years, and then I worked for another travel travel company, actually training safari guides to do the job for the next 10. So yeah.

Warwick Schiller ([00:08:55](#)):

Told me you were a, a licensed diesel mechanic.

Emily Newman ([00:08:58](#)):

That's right. I still can't believe that, but yes, absolutely. So for

Warwick Schiller ([00:09:05](#)):

The job where you did that

Emily Newman ([00:09:06](#)):

Before the job, I did that for the job. I had the opportunity to join this particular company called extras expeditions to go out. And they did basically Overland tools, which is all backpackers on the back of a truck with all your camping equipment and all of your food. And they were doing trips across Asia through Africa and around south America. And I was like, brilliant, I'm a real big fan of castles. So I wanted to do the Asia one and go across Europe and Asia. And it meant that I would have ended up in Singapore for my 30th birthday. And I was like, oh yeah, that's going to be brilliant. And then somebody got fired in Africa and they said, right, you're the most ready off you go. So I had created my own sort of mechanical manual on how to fix these trucks and everything. Because you have to learn how to do all of that. So I did a mechanics

Warwick Schiller ([00:10:05](#)):

Things

Emily Newman ([00:10:07](#)):

Though I wish they were six wheel drive. That would be great. No, they were just bog standard two wheel drive rigid trucks. So basically Mercedes or scam yours. If you're lucky you've got a Volvo. But yeah, that was it. And they were, were not really specialized. They just had a body put on the back with coach seats down each side. You had Tom Poland's to roll up as the windows. And then every person had a locker under the seat that they would put their backpack in and then you'd have all the different lockers outside with the camping equipment and cooking equipment and all that kind of stuff. And you'd have to, then everybody would take it in turns to do the cooking lighting the fire, doing the washing up. So it's like camping moveable feast, but it was absolutely brilliant.

Emily Newman ([00:11:05](#)):

And I, I absolutely loved it, loved it completely. And it was such a good sort of experiment in human nature to see how people get on with each other because you're in pretty rough circumstances. And a lot of the trips I ended up doing work or trans Africa. So come back, start in London pick up a few of your passengers and then drive down, pick up a few more in Paris, drive down, pick up a few more in Malaga in Spain crossover into Morocco, and then basically drive all the way down the west coast. As far as sort of Namibia and South Africa, and then come back up the other side, going up three places like Mozambique and Zimbabwe and Zambia back up into Tanzania and Kenya. And those, those trips took about eight months and you'd have people who we are for some unknown reason, week three, everybody wanted to kill each other and week 14, but it happened every time, week, 14, week three, you can kind of understand it because people feel like they know each other, but then you'd say, oh God Warrick, would you stop picking your toenails on the back of the truck?

Emily Newman ([00:12:26](#)):

And you'd go, whoa, I ain't going to, you don't know me well enough to say something like that and you'd see all explode. Or it would be the biggest fights we used to have was over bacon. Debbie, like Warrick. I can't believe that you've taken three slices of bacon and we're only allowed to you'll be like, wow, really? And there would be almost fisticuffs over it. It was hilarious. And then week 14. And I don't know why, but there's something about being together solidly for 14 weeks. People just suddenly hate each other for about five days. And then they'd all be like, okay, we've got over it now. And it's a lesson in learning how to be an adult, I think, and to just be able to go, you know what? I don't actually like you, but we are together on the back of a truck doing an adventure for up to eight months.

Emily Newman ([00:13:14](#)):

So I'm just going to put aside our differences and let's just get on with it. And quite often, if you encouraged people to do that, they would then eventually become really good friends. And there's one guy in particular who every single day he would come up with some kind of complaint and just go, I can't believe you've parked the truck like that because this particular book says you should have done it like this. And it's like, yeah, well that particular person who wrote that book isn't here and I am, and I'm the one driving the truck and this is how I've popped it. And eventually he came up to me one evening and just said, oh no, well, my guidebook says that we shouldn't be in this kind of grassland because there might be snakes and scorpions and bugs and things. And I was just like, oh, if I had something I could hurt you with, I would tell you right now.

Emily Newman ([00:14:12](#)):

And eventually just turn around and sort of just said, look, I understand that you've got a guidebook and that, you know, you think this guide person is fantastic and they've written an amazing book, but what they've written about was their journey through this particular country. And at this point we were in Angola and we were the first Chuck to go through Angola since the civil war with tourists or anything. But that's a whole other story. And this guy just, and I said, look, you know, when this person came through and Gola, everything he wrote down was correct, but we are in a situation which is different every single day. If another truck came through tomorrow, they have a different outcome to what we're having. Now. I said, we have to be able to deal with what's going on right now. So I said, can we just put our differences aside? And let's just try and work through the rest of this tour because if not, I will kill you. So he was just like, okay. And I think because we actually said it out loud and both said, we don't like each other, we just have a big personality clash, but you know what, it doesn't matter. And we put that aside and I'm still friends with him on Facebook today because I think we started to understand what it was about each other that we didn't like and turns out it's actually, because we were really similar.

Warwick Schiller ([00:15:45](#)):

I was just going to say that things you don't like about other people or the things that you don't like about yourself.

Emily Newman ([00:15:51](#)):

Absolutely. And it was a classic case of mirroring. And I think the more we looked at that, the more we went, oh my God, I'm actually really annoying. Took it, took a big chunk of pride swallowed it and just went, oh, actually. Yeah. And you know, we've sort of laughed about it ever since. And still friends and you know, still write every now and again. And it's, it's quite funny cause we still got that. Oh, do you remember that time? And I can go look. Yeah, yeah. Never going to forget about it, but that was quite a sort of turning point, I think, in my life and made me stand up and go, oh, actually there are things that are not that nice about me and I can, I can see it now. So yeah, that was a good learning curve and a good adventure

Warwick Schiller ([00:16:40](#)):

Talking about an adventure. So how many people did you take at a time

Emily Newman ([00:16:44](#)):

Up to 20?

Warwick Schiller ([00:16:46](#)):

Wow. 20 people don't know each other for eight months.

Emily Newman ([00:16:49](#)):

Yeah. We even, I think the most classic was we had a couple on their honeymoon excited to come and do a nine week trip from Cape town back up to Uganda. It's like really you've chosen to do this with 18 other people. So, but they were brilliant. They were actually amazing. And they had a really good time. And I think we just made a big foster them, every campsite, if there was accommodation with like a honeymoon suite or a slightly bigger tent or something, we'd always shove them in that and go yay off

you go. And that was brilliant. And they were absolutely lovely, lovely people. So it was really good fun to have them on board.

Warwick Schiller ([00:17:28](#)):

So when you, before you went and you know, you thought you were going to go across Asia and Europe and sail the castles, what, what were you doing before that? Like, cause, cause you know, the thing I want to get at here is the whole that adventurous spirit, like, you know, have you always been a bit of an adventure where you were living an adventurous life before that? Or you're like stuck in a nine to five and said, I want to do something different.

Emily Newman ([00:17:51](#)):

I was stuck in a nine to five. But I'd always done a lot of traveling. So I had always had very itchy feet. I remember once when my mum rang me and she said, oh, you're a bit out of breath. What are you up to? I said, oh, I'm moving the furniture. And she said again, but you only moved the furniture a couple of weeks ago when I rang you. I was like, yeah. And she was like, have you ever thought that actually you need to go traveling a bit more because you're trying to change your surroundings all the time. I was like, Hmm. Okay. and that was it. And that planted a seed and I started traveling and I haven't really stopped that much since and I was doing my nine to five job, which I enjoyed tremendously. I was engaged to be married, which was fabulous.

Emily Newman ([00:18:39](#)):

I was living in an amazing flat I had a gorgeous horse. Life was good. And in the space of four days over one weekend I got a letter from the people that owned. I was living. My flat was in a Manor house that had been converted into four flats. And my fiance and I got told we going to have to move out because English heritage had bought the property and we're going to put it back to its former glory as a Manor house. On Saturday, I came back from riding, my horse and my fiance had packed up the car and was leaving. And then on Monday I went to work and I got made redundant. I was like, I think you're a fairly big crossroads in your life or are you going to do now? So I went, excuse my

Warwick Schiller ([00:19:29](#)):

Language. I think

Emily Newman ([00:19:31](#)):

The universe was just going right. Here's the fog horn in your ears that you need to hear and you need to get off your bum and go and do something a lot more exciting. And that's when I found the job as an expedition leader because at that point in the UK, you could drive a Horsebox on without having to have an HTV license. So I thought, well, I can already drive a truck. Don't mind getting my hands dirty because anyone who's got a horse knows about mark. So didn't mind going and doing that. And when did the diesel mechanic course and then got sent out to Africa, which is ultimately fantastic and big life-changing moment. So,

Warwick Schiller ([00:20:15](#)):

Well, I want to hear all about that, but let's just back up a second. Cause you said about that manna house, how old was that house?

This transcript was exported on Nov 13, 2021 - view latest version [here](#).

Emily Newman ([00:20:22](#)):

That would have been probably 17th century

Warwick Schiller ([00:20:28](#)):

Because you know, Australians are just, if you haven't been to Europe, you just know you just don't get the, the, how old things are there. You know, a lot of Americans too, you know, the 17th century.

Emily Newman ([00:20:42](#)):

Okay, great. Amazing.

Warwick Schiller ([00:20:45](#)):

Okay. So you, you moved to Africa. So when you first went to Africa, where'd you land?

Emily Newman ([00:20:51](#)):

I landed in Victoria falls in Zimbabwe, which was a bit of a shock to the system because it was snowing when I left Gatwick and when I'm in London and when I arrived back in or arrived to Victoria falls, it was 40 degrees.

Warwick Schiller ([00:21:08](#)):

Yeah. So that's a hundred, that's 140. So about 105, I think for those metrics, people listening. Yeah. Pretty high

Emily Newman ([00:21:18](#)):

And all the travelers. Yeah. Oh very. Yes. and all the travelers had already been on the road for about seven weeks. So they're already brown both with tan and with ingrained dirt. Cause you can't help you sit on for you to get a bit yeah. They're all looking at this pasty faced white girl going like, yeah, I'm fine. Why I'm like, you're so pale. And I was like, yeah, well I I'm clean. So and I haven't been in the sun for seven weeks, but yeah, that was really amazing. And I think one of my first, the first drive we did was going down from Victoria falls to a place called Casani in Botswana. We were driving down the road, we'd crossed over the border. We're talking about when I was looking at ahead, it's quite a long straight road. Cause in Botswana, there's about three roads and I was just like, earth is that up ahead?

Emily Newman ([00:22:18](#)):

I was lucky. And I was like, there's a massive Boulder in the road. And then as we got a bit closer, it was like, there's an elephant. And there's just this massive bull elephant stood in the middle of the road. Fifth leg hanging free. And he was just playing with his trunk in a puddle. And I was just like, oh God. And of course I never ever had any kind of experience like that. So like what do I do? So I put it being English. Obviously I pulled over at the side of the road and said, let's get the cattle out and let's have a cup of tea. So we stopped and had a cup of tea because I didn't know, elephant and truck etiquette at that point. And then of course we were so busy having a cup of tea and a bit of a chat that suddenly went, oh, the elephant's gone.

Emily Newman ([00:23:06](#)):

And then we hear a few, I mean, elephants, unbelievably massive creatures, but they can walk through undergrowth and not even break a stick. So the bottom of their feet are very special and they can, they, they can tread on a twig, but they won't snap it. Their foot will envelop it and they'll walk home. So you just don't hear them coming. And I suddenly thought, and another big Boulder over there where we suddenly realized that there was an elephant or possibly said elephant or another one because they do tend to travel in big herds. And there was another one just inside the bushes that we were stood next to. So it was like, come on, then off we go and carried on. And it's, it's that first initial sighting of that elephant has stuck with me for years and years because it was just such an incredible thing to see an elephant in the middle of the road. You know, we all talk about why the chicken cross the road, but when you go to Africa is why is the elephant standing in the middle of the road? And it was fantastic. I, and I just suddenly, I think I stood there at that one particular moment and just thought, why did I want to go to Asia when there's wildlife in the middle of the road here? And that's why an Africa just got under my skin and I stayed for a long time. So it was fantastic. Yeah.

Warwick Schiller ([00:24:40](#)):

Yeah. It does get under your skin. Did they give you any training in how to deal with wildlife before you left or they just threw you into Africa and said, figure it out.

Emily Newman ([00:24:50](#)):

Threw me into Africa. I was working with another guy who when I first went over there, he had really bad malaria. So he was spark out in the back of the truck for most of the first week. So I just had to kind of figure it out and sort of say to the travelers is what have you guys see seen an elephant in the road before? Do you know what I'm supposed to do? And it was a case of cramming in every night, looking at guidebooks and getting to know all of the different animals and all the different birds. And just trying to figure out exactly what the etiquette was in. Cause you traveling through so many different countries and so many different cultures that it's a constant every day is a school day because you're meeting somebody new who maybe speaks a different language, has a different culture. So you become very aversed at body language, to be honest and looking at the way people react to how you're speaking. Cause you might be trying to convey something through signing that you just make it up as you go along. Or I did a lot of Pictionary. I managed to get, cause I don't speak Portuguese or any of the local dialects in Angola. And I managed to get a welding machine through Pictionary from a couple of guys at a workshop

Emily Newman ([00:26:16](#)):

That was very cool and very kindly brought it down to the beach for me. So I could weld up a few bits that were starting to fall apart on the truck. And it was hilarious because they could have very easily done it, but I think they were so fascinated that there was a woman in a pair of shorts and a bikini wanting to do the stuff on her own truck that they all just sat there. By the time I'd finished welding up these few little spots, we must've had about 300 people staring at me doing it. And it's like, so you get very used to doing stuff with an audience.

Warwick Schiller ([00:26:51](#)):

Yes. See, I thought the story I got was there is only one country you hadn't driven through in Africa and that was in Gola. What was the country you didn't drive through?

Emily Newman ([00:27:00](#)):

Oh no. I mean, I've only done 20. How many have I done? I've done 26 countries in Africa. So the main country that should have gone through, but didn't get the chance to was Sudan, which would have been amazing. But they just broke out in civil war. So we got turned back at the border from Nigeria in Tunisia. And they just said, nah, there's no point cause you won't get into Nigeria. Sorry, you won't get into Chad and they won't let you into Sudan. So yeah, no Angola is my one claim to fame because I was the first first person to take tourists through there after the civil war.

Warwick Schiller ([00:27:41](#)):

Wow. So w w how long after the civil war was that?

Emily Newman ([00:27:46](#)):

Oh my God. Now you're testing all my years. Aren't you? Roughly I would say may be six years from when the war finished to when we got through.

Warwick Schiller ([00:27:59](#)):

And was there still a lot of what's the word I'm looking for? Not evidence, but yeah, it was, it's still a lot of stuff you could tell they'd been a civil.

Emily Newman ([00:28:11](#)):

Yes, definitely. And then as we were going down, what should have been a road, but we ended up following a river because there was no road, but we kind of knew we were on the right path because every now and again, you'd see a blown up truck. Or we saw a blown up tank at the side of this sort of track. We found like sort of bomb shelters and things. One I found by mistake when I was going to go and have a week. And then a whole lot of bats appeared holes, like where they come from and I'm nosy. So I wouldn't have had an investigation. There was like a bunker there. And then we saw this tank and it was just like, Hmm, okay. If I've driven over in the truck and we haven't exploded, put your tent, put your tent there because then we suddenly thought there could be still landmines here and, and go to has a lot of flooding.

Emily Newman ([00:29:08](#)):

So the landmines have shifted quite often. So I think touch word, you know, we got through there without any kind of nastiness. We had to build a bridge at one point because the bridge had been blown up. And we saw a Coca-Cola truck that had been melted because it had obviously been blown up and it was just a sort of blob. You could just about tell that it had had Coke bottles on it. Cause all the glass had melted. All of the plastic had obviously disintegrated. And it was just like a sort of sheet of melted glass over the truck. It was, and I think that at that point we just stopped talking about the fact that we were driving through somewhere that had been a massive war zone. And it wasn't until we crossed the border into Namibia that I think we all went okay, right now we can start talking about it and go, oh my God, do you see that truck that we passed?

Emily Newman ([00:30:10](#)):

Because we just, I think we all looked at it and went, okay, cool. Think about that. Just in case that happens to us or we go over a landmine or something. So we just, literally, as a group, we silently decided that we weren't going to talk about that anymore. And it, it was just a case of right. We've just got to get through each day camp at night and we would just camp put the tents in a row behind the

truck where we driven. It was very handy because the time we were going through was sort of rainy season and it would rain pretty much on the at six o'clock. So we'd all get out, get naked, get law, the dark, and then you'd get rinsed off six o'clock when the thunderstorm happens and it started raining. So yeah, it was all just crazy stuff like,

Warwick Schiller ([00:30:56](#)):

So you kind of get to be quite familiar with each other

Emily Newman ([00:30:59](#)):

And you just get to the point where it just doesn't become an issue. It's not even about being embarrassed or comfortable. It just makes sense. And you just go, it makes sense that we all have a shower now, so you just get on and do it.

Warwick Schiller ([00:31:13](#)):

You know, it's funny Tyler and I went to Mongolia beginning of last year and rode camels across the Gobi desert for 300 kilometers and very jealous, but on the way out there, you know, we're all a bunch of strangers like this 13 numbers in these packed in these veins. And on the way out when we'd stopped, you know, it's a 12 hour drive out there and you'd stopped a P the women would get out and they'd go away over in the distance, you know, to pee. But I noticed on the way back, we'd pull up, you know, after 12 days in the desert, we'd pull up and they'd just get out and pee beside the betrayed, the van, you know,

Emily Newman ([00:31:50](#)):

Boys on the

Warwick Schiller ([00:31:50](#)):

Right. Yeah. Pretty much like that. Yeah. It wasn't that big a deal. So say, going to say, driving through like a country like Angola, how long did it take you?

Emily Newman ([00:32:01](#)):

I think at that point, because we had missed the, what we thought was supposed to be a main road and ended up on this kind of dirt track following a river. We, we took us about two months to get through.

Warwick Schiller ([00:32:15](#)):

Wow. So you have that there, if anybody wants to go to Angola I'm not sure Emily's your person because we're in, we're in this dangerous country and I missed the main road.

Emily Newman ([00:32:26](#)):

Well, no, we did discover that the main road just wasn't there. So we were on the sort of next best thing, which was,

Warwick Schiller ([00:32:34](#)):

I guess, three months to go through and Gola. Did you have, did you have a lot of interaction with the, the people in on goal?

Emily Newman ([00:32:43](#)):

We did in certain places there was a few sort of provinces that we went through where we, they have like a checkpoint at each province as you come to what the end of one section and you're going into the new section and they would have a police checkpoint and quite often a jail. And because of safety, as much as possible, we would stop. And we spent quite a few nights just sleeping in the jail cells because we were there with the police, couldn't speak the language. So again, it was like can we sleep here? And we'll cook you dinner kind of thing, because they're out in the middle of nowhere, they've got no supplies whatsoever. So a bunch of white people coming along in a big truck with a load of food was like a dream come true.

Emily Newman ([00:33:37](#)):

So we would sort of make friends and stay with the police for a night and generally cook them food, which they always found fascinating. I didn't ever hear it in Angola, but I remember when we were in Nigeria on one occasion, we just stopped randomly at the side of the road. And there was a disused building site that we decided to campaign. And generally anywhere you stop people magically appear from seemingly nowhere and within five or 10 minutes, you've got quite a lot of people sitting, watching you. And obviously in Nigeria, they speak English, which is fantastic. And I remember just saying to one guy, I said, what, why are you also fascinated with watching us? You know, haven't you got homes to go to things to do. And he just said, no, you said, it's amazing watching you eat.

Emily Newman ([00:34:36](#)):

What do you mean? He said, well, you're eating so many colors. I said, well, you've got orange staff, red staff, green staff you got pink staff. And I was like, well, what do you eat? And he said, well, we normally just have brown for beans and white for rice. And I was like, oh my God. And we were having a stir fry, chopped up all these different colored peppers and beans and all sorts of different things and, you know, slices of beef. And they just couldn't believe it. And it was, it was such a sort of a humbling moment to sit there and go, oh my God, we're fascinating because we're eating colorful food and they're not used to that. And they are more used to having something that's been boiled for hours to get it soft enough for them to be able to eat it. And you just think, oh wow, okay. How it is really how the other half live. And it's a huge demonstration of that. It was very, yeah, very humbling.

Warwick Schiller ([00:35:47](#)):

I bet there was a lot of that on your trips or in the,

Emily Newman ([00:35:51](#)):

Yeah, definitely. I mean, we pass through villages all over, especially west Africa, which isn't, in some ways I don't think is quite as developed as Southern and Eastern Africa. Because they're on the far reaching side of where the trade routes used to come through on the other side to east Africa. So there's a lot more infrastructure there, I think. And I mean, we would go through villages in places like Congo, where they've probably never seen white people coming through because you tend to go on a slightly different road every time you go through there. And I think because the roads change as well and they, they would just be amazed and you're looking at these tiny villages in the middle of nowhere and you just thinking, oh, we're 20 people on a truck, or we've got more food in our truck than they've got in the whole village.

Emily Newman ([00:36:56](#)):

And it's, it's a really odd feeling because you want to sort of join in and be a part of them, but you're sitting there thinking, God, I've got a mobile phone here that costs more than any of them have ever seen. And it's such a different life. And yet you look at the way they live and they're so happy. You know, the kids are playing with toys that they made themselves. They're cooking food that they have either grown or created themselves. And they're living in houses that they built themselves out of things that they can find around where they've chosen to live. And you just think, oh my God, we are so wasteful in Western civilization. W you know, we, we create all of this mad infrastructure, but do we actually really need it? And I know that, you know, sort of necessity is the mother of all invention, but we've done it to the detriment of everything around us.

Emily Newman ([00:38:13](#)):

You know, going back to what we were saying with regard to the tree earlier in Amboseli, the tree has learned to live where it is, and we haven't, I mean, we have, but not in a good way if you see what I mean. And I think going back to seeing people who live like you just think, wow, are we the ones that have got it wrong? And that actually we should be living a lot more in harmony with our surroundings. Only eating the food that we can get at that time of year, rather than carting stuff all over the country and all over all over the world. And it's, it's a very thought provoking experience, you know, and I think about it often I still live by trying to be a bit more sustainable. So I have a goldfish tank and once a week I have to take out a third of the water and give them fresh water. So I use the water from the fish tank to water my plants. If I rent out my milk frothing machine, it sounds really fancy. I will use the water from that also to feed my plants and trying to be that bit more sustainable and think about those sort of things that you see out there where they're, they're living hand to mouth, but effectively.

Warwick Schiller ([00:39:45](#)):

Yeah. And like you said very happy. So when I was in Kenya with you guys, and you took you and Monica took Tolono down to Amboseli national park, and you took us to a village of I there that you're good friends with and they were there. I mean, the place is just a dust ball and they're leaving countdown huts, and they are the happiest people you've ever met.

Emily Newman ([00:40:13](#)):

Absolutely. Yeah. Well, what a simple life and why not? And, you know, it was funny to see the ladies teaching you guys how to do their job of carrying the water and just how strong they are and how strong you guys weren't.

Warwick Schiller ([00:40:33](#)):

Yeah, I was video and Tyler's doing the caring, but so these, these ladies, one of their jobs in the villages to carry water from the, the well, which is about a kilometer away. And so Tyler said, well, I wanna, I wanna feel what it's like. And so he had, cause they'll, they'll have, they'll have one on their back. That's got a strap that goes around their forehead, and then they'll probably carry one on each arm. And Tyler was KA, he had a 10, was that a 10 liter around each?

Emily Newman ([00:41:01](#)):

We had 10 liters hanging off his head and then 20, 20 liter buckets in each hand. Yeah.

Warwick Schiller ([00:41:08](#)):

He was like, the veins in the side of his neck were popping out and the ladies walk on kind of laughing at him, but they do this all day, every day when they go over and fill the water up, you know, the, the waters in this kind of trough thing, and they got to push the goats out of the way, what was their cattle goats? Like you're pushing the cattle and goats out of the way to, to fill your thing up with this, with the, you know, scooping the water out of the thing. And that's just perfectly normal for them. I remember one of the ladies there in the village had to be, I don't know, she looked like she was in her nineties and still quite spry, and this is where they are Western medicine and, you know, it was just, yeah, it was pretty amazing.

Emily Newman ([00:41:58](#)):

Yeah. Especially when you look at the sort of predominant diet of the Messiah in particular they tend to live off a lovely concoction of blood and milk, so they will bleed their cows. And then bang up the hole with a piece of cow dog and then mix that up and drink it before the blood starts to coagulate. And it's very rare that they would have anything even like beans and rice or vegetables. They will sacrifice a cow only if it's a special occasion and that will only be the men that will eat the meat as well. I think, you know, they will have the odd goat. But again, that's a special occasion to actually sacrifice one of their animals because the animals are a sign of wealth for them. You know, the number of cows you have means you're wealthy.

Emily Newman ([00:42:59](#)):

It's not about money for them. It's about how many cows you've got. And again, it's looking at the way they're, they're raised you know, with regard to the saying, it takes a, it takes a village to raise a child and all the kids, as you saw are all running around, out there and they're all together. And you've got the older people in the village who were keeping an eye on them while the parents go off and do whatever they need to do with regard to gathering food or you know, taking the cows out to graze and stuff. And again, as you saw where we were on the side of Amboseli national park, the park doesn't have fences. So they'll have lions come in and try and take their cows or their livestock elephants that come in and squash everything. And yeah, it's a whole different ball game out there.

Warwick Schiller ([00:43:56](#)):

Yeah, well, they weren't very far from the entrance. And I remember one night we came out the entrance and then just pulled over and sat on top of the lender over and drank a few BS with Mount Kilimanjaro in the background. But there was some elephant I remember was sitting there and some elephant wandered by right there. And that was very, very close to that to their village.

Emily Newman ([00:44:15](#)):

Yeah, absolutely. Yeah. And then you get the elephants will come through the school during the day, you know, and the kids all in the classrooms and elephants will just wander through and that's just normal for them. You know, kids walking home to the village might encounter anything from elephants, hyenas lions, what have you. And it's just about learning how to read them. So now it's just normal for these guys, which I always found fascinating and a bit terrifying,

Warwick Schiller ([00:44:49](#)):

You know, that was something else that you taught me there you were, I think you went, wasn't at Monica's place, we're walking around. I'm not sure, but I said, so how do you, how would, you know, if there was a predator or something around and you said, oh, that's easy. The birds tell you for

Emily Newman ([00:45:04](#)):

Sure.

Warwick Schiller ([00:45:05](#)):

It's the sound of the birds changes.

Emily Newman ([00:45:08](#)):

Yeah. And they're all really good. And once you start tuning into that, you can understand what the warning calls are. There's actually a bird called the honey guide, which will guide the locals to where the honey is. But yeah, a lot of things have an alarm call and you just it's like when you're out. I think probably when we were out in Amboseli, I think there was one point where all of the Impala had their heads up and one was calling and it's like, oh, okay, well, there's gotta be a predator around here somewhere. And it's like, well, they're all calling. They're all looking at something. And then you can quite often you'll see the lines in the grass or something. And it's, again, it's all being, it goes back to being aware of your surroundings and what's out there and hearing the messages that are, and seeing the signs that are clearly there, which again, I think we've lost a lot of in, in our Western civilization. We don't see the signs

Warwick Schiller ([00:46:10](#)):

Just comes down to being present.

Emily Newman ([00:46:12](#)):

Absolutely. And having your eyes open and your ears

Warwick Schiller ([00:46:16](#)):

Open using all your senses.

Emily Newman ([00:46:19](#)):

Yeah. For sure.

Warwick Schiller ([00:46:21](#)):

You said something about lines of indigo. Remember you're telling me I'm really crazy story. About one time when you were watching the Willdabeast migration in the Serengeti and you, you pulled up there to to watch that you remember that story.

Emily Newman ([00:46:37](#)):

Oh my God. No, I don't know. Fill me in,

Warwick Schiller ([00:46:42](#)):

Kind of pulled up under a tree and you were watching the world.

Emily Newman ([00:46:45](#)):

Oh no. That was buff. That was a herd of Buffalo. Buffalo. Yes. Yes. Oh my God. That was amazing. Yeah. So we were, we'd pulled up to watch a massive herd of Buffalo. Cause generally Buffalo will be in herds of maybe 20 or 30. And this was Cape Buffalo. Yeah. Yeah.

Warwick Schiller ([00:47:08](#)):

Well, where do they rank? As far as the most dangerous animal in Africa, they're pretty bad. Aren't they

Emily Newman ([00:47:12](#)):

Pretty bad. They are one of the big five which comes from sort of the original hunting terms. So the five biggest animals to want to get. And also they were ranked as the big five because they were the ones most likely to hurt you before you killed them. And so you've got Buffalo, rhino, leopard, lion, and elephant. So we we'd stopped to look at this big herd of Buffalo. And they're pretty scary. Quite often they will, you know push away a pride of lions rather than get eaten. But we pulled up, we were under this tree, all these Buffalo are coming through and this was a mega herd as well. So you've maybe got two or three herds that have all joined together. So there's like 150 200 Buffalo, which is a pretty impressive sight cause they are big animals as I'm sure you remember. And just as they were, the end of the herd was coming through, there was seven sort of stragglers, you know, ones that are a bit injured, maybe a bit old and out of nowhere, this massive pride of lions suddenly leaped up and just killed the whole seven right there, right next to the Jeeps that we were sat in. And it was absolutely mind blowing. And it was sitting beside

Warwick Schiller ([00:48:42](#)):

You and you didn't know it

Emily Newman ([00:48:43](#)):

Didn't, you didn't know, it didn't know it they're all flat out in the grass and the grass is long enough and they're all the same color as the grass is this kind of pale yellow sort of dusty color. And no, we haven't seen them at all, but it was 13 lines right there under the tree right next to where we were parked. And yeah, it was just a whole load of youngsters who gave it a good go at trying to kill these things. And they sort of managed to stop them. And then poor mum was having to cut around and just shove her mouth over the Buffalo noses and suffocate them, get that one, okay. That one's now dead. Those three youngsters can start eating that one. And then she's like, oh God, they've got another one over there. So she went on, she literally went round all seven and just actually killed them properly.

Warwick Schiller ([00:49:34](#)):

That's how they do it. They bite him on the nose and basically

Emily Newman ([00:49:37](#)):

Suffocate him. Oh, there's a number of different ways that that's, that's a good way to stop them from breathing. But what they tend to do is they will get them in juggler cause that's a lot softer. And you're out of the way of the horns then as well. Cause obviously Buffalo, I've got a pretty good set of horns which joined together over the top of their forehead, which creates this big sort of helmet that they are good at batting lines away with. And their end of their horns. They will keep pretty sharp. And they can disarray a lion pretty easily. So lions are generally very cautious about stopping and trying to kill Buffalo. But I think because they had so many of them, they were just like, yep. Game on. And then of course,

while the Cubs and all the youngsters, the young lions and the females had done all of the hard work, then the male comes strutting in and he goes, well, okay, you can all back off now because I'm going to start eating this one, but they brought down seven. So they were fine. They weren't going to go hungry for a long time.

Warwick Schiller ([00:50:45](#)):

There was plenty to go around.

Emily Newman ([00:50:46](#)):

Certainly was. Yeah. And it's quite brutal the way, you know, watching nature. And it, again, it's another sort of experience you just think, oh, everyone goes, oh yeah, I want to see a kill. But when you do actually see it, it is in some ways heart-wrenching because something is losing its life. But as you know, the majority of the herd had gone on and it was the sick ones who were slowing the herd down. So in a way it's, you know, it is nature. That sounds silly to say it, but it is nature.

Warwick Schiller ([00:51:24](#)):

It's normally Buffalo theory from cheers.

Emily Newman ([00:51:30](#)):

Oh, I don't know that NOLs Buffalo.

Warwick Schiller ([00:51:32](#)):

Yeah. So in cheers norm would say, you know how the, you know, when the, when the buffaloes crushed, you know, across the Plains or whatever, that they can only go as fast as the slowest Buffalo. And so when the lions attack, they attack from the back and they pull down the slowest Buffalo, which actually is good for the herd because now they can surge faster forward to new grazing grounds. And then norm says, and so let's assume with beer, he's sitting there drinking a beer and he goes, same with BRC. Like we know Brea kills brain cells, but what it does, it actually attacks from the back. And it kills the older, slower brain cells, which means after that's why after four or five beers, I feel a lot smarter because the mirror is attached from the back and pull down.

Emily Newman ([00:52:18](#)):

Awesome. I've got to remember that one. That was brilliant.

Warwick Schiller ([00:52:25](#)):

So what you would have been in some really crazy situations. What's why, why wait, what would you class as the most dangerous situation you've got yourself into and obviously you got out of it.

Emily Newman ([00:52:38](#)):

Yeah. oh my goodness. Wow.

Warwick Schiller ([00:52:43](#)):

I mean, w were there occasions for real, like, holy cow, we just survived that or was it all pretty pleasant? I can't imagine driving Africa for seven years. It's pretty pleasant.

Emily Newman ([00:52:54](#)):

I think the one, the one that sort of episode that Springs to mind is we were in Namibia and Namibia is on the whole, a very, very arid landscape. But when it rains for you, does it rain and we had stopped for a picnic lunch and we just pulled over all the roads, predominantly our dirt roads in Namibia. So you can just literally pull off at the side of the road. We were in a little bit of a debt, but didn't really think anything of it. And in the middle of eating, we'd got the tables all set out. You've got all of the lockers open on the side of the truck, everyone's out. You know, we're making sandwiches. What have you? And suddenly some of the local tribe that we were close to came out and they just started picking up the tables and running off.

Emily Newman ([00:53:52](#)):

We're like, what are you doing? And they were trying to pull us out of the way. And of course, either again, language barriers, thinking what the hell is going on. And then we could hear this slight sort of rumble. I thought, oh God, okay, what was that? And one guy was going, you got to move the truck, move the truck. So I got in and drove off and about 15 seconds later, we saw the start of a flood coming through a flash flood. And I don't know if you've ever seen them. They come and it looks like a trickle coming down. And then there's just a wall of water following it. And

Speaker 1 ([00:54:30](#)):

I've never experienced it like

Emily Newman ([00:54:32](#)):

That. God. And it was just bonkers. So we luckily got out of it. And what we didn't know was we watched the water going past and luckily the locals got us out of the way enough cause they, they know they're not stupid. Like we were they got us out of the way and I mean, we were just, oh my God, thank you so much. But then what we didn't know was a bit further down, there was another truck that hadn't been so lucky and it rolled the truck. And I mean, this, these trucks are, I don't know, let's say four or five meters high and this truck was rolled down. Luckily the people all got out. But they lost the truck and it was just full of mud and dirt and water. And I think we all just, again, it was another one of those times where we all just sat quietly and went, oh, thank you for letting us, you know, be rescued like that.

Emily Newman ([00:55:33](#)):

Cause, and to kind of unwittingly put your faith in somebody else, even when you think you're being attacked and they're stealing everything to just go, there's got to be a reason why they're all doing this and they're all yelling at us. And to kind of put your faith in that and just go with it and go, right. Well, I'll get the truck out of the way. And we also out all the rest of it later. But then, you know, we actually ended up sitting down, getting them to stay with us, giving food, you know, and, and sort of sharing a sort of breaking bread experience if you like and just going, wow. How do we ever thank you guys because there's 22 of us who are now still alive because of this, you know, because you came in and screamed at us for awhile. And again you know, one of those things that just kind of sticks with you as a, as a group, I think. So

Warwick Schiller ([00:56:27](#)):

That's the elements. What about wildlife? Did you have any near misses with wildlife?

Emily Newman ([00:56:34](#)):

Yeah. The one story that kind of Springs to mind that it was a couple that flashed through my brain then, but the

Warwick Schiller ([00:56:39](#)):

One where there was 13 lines

Emily Newman ([00:56:43](#)):

And 30 nines, it didn't see them. No, we were in the Serengeti national park and we were all sat outside in a circle around the campfire, you know, you've got your tents out and everything. We're all sat there having dinner and just kept flashing. I don't know, 6 cents said you're being watched. So I just sort of got off, you know, when you'd be staring at a light, you look around and you can't see anything just to, I'm just going to go and get a torch and just flush it out there. But I taught rounds and was like, oh, okay. There's a pair of eyes there. And you get to know whose eyes are out there. And I was like, oh, it's like a hyena one high inordinate zone, not a problem. And I was like, there's another one. There's another one, another one.

Emily Newman ([00:57:40](#)):

There's another one I was like, right. Okay. And they were all staring at us and normally if they're not hungry, they'll just bumble past and you don't even know that they're kind of thing. I just said to everyone. Well, guys, I think let's just go and sit in the back of the truck and finish our meal. I said, we've got a few visitors that have come in. So we went up and sat in the chart and they all closed in a bit further and they just stayed there. And I was like, okay, five lions come into the campsite before. And we woken up and there have been lions lying up against somebody on the other side of the tent. So you've got a human inside, the tent and a lion keeping nice and warm right next to them on the outside of the tent.

Emily Newman ([00:58:31](#)):

But this was, their lines are quite easy to read and they're much easier to handle. They're more likely to run away if you bang source ones together and everything hyenas, not so much. If they're in a group that are super brave and these guys would just getting closer and closer, we tried the whole banging pots together and they were like, Nope, not interested. And they all came up and anybody who left anything like a cup or a plate, they were licking it, chewing it, investigating what it is. And eventually a ranger came in. They come in to check your paperwork to make sure you haven't just driven randomly into the Serengeti. So they came to check our paperwork and they managed to shoo them away with their vehicle is I don't think anyone's going to go to sleep tonight because we were the only cab, the only truck in this camping, in this particular area. And I certainly didn't sleep. I spent, excuse me, the whole night to set up with a torch, going sweeping the area to see if there were any other, you know, make sure nobody got out of the 10 or, or eaten in the middle of the night. Cause that would not be good for public relations.

Warwick Schiller ([00:59:49](#)):

No, no, just like being swept away in a flash.

Emily Newman ([00:59:53](#)):

Well, thanks. Flood would have been a bit too.

Warwick Schiller ([00:59:57](#)):

Okay. So that's the element of the animals. What about, what about people? Did you, did you ever end up in like a dangerous situation with, with you know, people who knew the countries in Africa or where you, at least where you felt unsafe?

Emily Newman ([01:00:16](#)):

Well, yeah, I mean, and that kind of brings me to the story of why I ended up leaving Tanzania in the end. I was working for a travel company where we were asked to find controversial topics for our American travelers to experience when they were out with us. And, and we came up with the idea of meeting with an Al Bino and a witch doctor. So in Tanzania, it's still perfectly acceptable for a witch doctor to hunt down and kill an Al Bino person because they are supposedly filled with magic properties. So you will have even politicians will pay millions of dollars to get, let's say an lb nose, hand, or ear or worse.

Warwick Schiller ([01:01:15](#)):

I just heard of like a full on body, something when you said that. Yeah.

Emily Newman ([01:01:22](#)):

So, and it still happens. It still, you know, which doctors are still sought over and above normal or not normal to them, but Western medicine. So we managed to find a Al Bino who was willing to chat with our travelers. And we also found a witch doctor in a village far, far away from the house. Peter was who would meet with us as well and get both sides of the story. So from the Al Bino gentlemen, we managed to get the side of what it felt like to be hunted. So he ran a school for Al Bino children who were protected basically. And they lived at the school and stayed there. They had security guards, they had high walls all around them so that the majority of people would walk past and not that they were there. And then in a village, far away, we met the witch doctor and got his side of the story and he was incredibly enigmatic.

Emily Newman ([01:02:31](#)):

And by the time he came out, he kind of went, oh, I kind of understand why he does it because for him, his belief in what he did was so powerful that as far as he was concerned, he wasn't doing anything wrong. And our binos not a proper human, they were a different, magical unicorn as far as he was concerned. And it was, it was really quite incredible, but I ended up having a lot of issues with the albinos gentlemen who just felt that I was taking advantage of him, I think, and it ended up with a lot of unpleasantness and a big court case, which was fun. And yeah, just got to the point where I was just like, I literally don't, I don't need to have to cope with this anymore. Because it became all consuming and it, it kind of to a degree ruined my time in, in living in Africa. But I also then just thought, okay, maybe this is the right time for me to shift gears and have a change. And I think, you know, going back to the tree again, I was struggling to live in my surroundings. So I shed that lemon came back to the UK instead

Warwick Schiller ([01:04:05](#)):

Weren't there, they knew to me, they were like death threats involved in that thing.

Emily Newman ([01:04:10](#)):

Yeah. And that was actually from another guy, not necessarily from the, not from the Al Bino guy. So the death threats actually came from another chap who took us a while to find out what was going on there. But he wrote death threats. And to me, to my son to the travelers to people who worked with us, everything to the point where we got the American embassy involved. And yeah, that was, that was a real bad time. But I did get over that one eventually because they eventually caught the guy who was a disgruntled ex-employee of one of the companies that we did work for who felt that it was all my fault that he'd got fired. Not the fact that he'd beaten fraudulently taking money or bribes or any of that kind of stuff. So it was just easier to blame me as an outsider.

Warwick Schiller ([01:05:08](#)):

Well, so you said you've been through 27 countries in Africa, so that's all basically around the edges, like down the, down the Yeah. Then the west side, the makeup that he said

Emily Newman ([01:05:22](#)):

Yeah. Kind of back up the spine of Africa, I guess. So, yeah.

Warwick Schiller ([01:05:28](#)):

What, what's my question. You, what, what's your, what's your favorite memory of, of, of your whole time in Africa? Like you have a like, oh, that was just like magic in the forest.

Emily Newman ([01:05:48](#)):

The, I mean my favorite country in Africa is definitely Namibia. I think that's because it's one of the few places I've been to on the planet where you can go and stand somewhere and turn around 360 degrees and not see anything manmade other than the way you got to that point. So for me, it would have been the truck. And I think that was always, that always felt very special to go and to be able to be somewhere, we used to go to a collapsed volcano called spit Scott, just outside of a town called Swakopmund and it's in the middle of the desert. And there's just this massive rock formation where it used to where this would have been a volcanic tube. And just going up and sitting on the top of one of the rocks, watching the sunset or in August, if you went, if you go to Namibia in August, you get lots of meteor showers because of the way the Milky way comes into the edge of our atmosphere, right over where Namibia is.

Emily Newman ([01:06:57](#)):

So you get these massive green shooting styles coming through, and it's just phenomenal. But I think just sitting out there and listening to the noises that happen with things like the crickets and the bats that fly around and you can hear things scurrying through the grass or over the sand and just lying there and taking it in and just feeling like you're a microbe in somebody else's Petri dish and just going, I'm so insignificant here, but it's magical. And you just think, oh my God, this is amazing. And it's just breathtaking to be somewhere like that. And to feel that silence, I think even though it's not silent, nowhere in Africa, silent ever,

Warwick Schiller ([01:07:53](#)):

I wasn't sure, but someone told me that Namibia is one of the best places to go to as a tourist. There's very little tourism there and all the big five, you know, all the animals you'd ever want to see you there and pretty safe sort of a place and everybody's friendly. And

Emily Newman ([01:08:09](#)):

Absolutely, I mean, if I went to, if I was going to go back there now I would go. And a self-drive, there's a lot of companies out there that you can just hire a land cruiser. That's already got a rooftop tent on it. We'll have all of your camping equipment. You just go, you pick it up at the airport. It's really easy. It's very difficult to actually get lost in Namibia because there's so few roads. The dirt roads are really well looked after. And there's, I think there may be, it just offers a bit of everything. It Tasha national park is absolutely fantastic. My favorite park in the world. Because you can just go there, just go and sit by a watering hole for the whole day and just see who comes through. And because it's such a barren arid landscape, everything will come through and it's amazing. There are campsites in the park where they've got flood water holes, so you can sit and take your dinner up and just sit and watch stuff coming in and playing in the water or drinking or, you know, whatever it is they're going to get out to. And it's just magical.

Warwick Schiller ([01:09:18](#)):

Hey, I just got up a map of Africa on my phone here. So when you would, when you go, would go from London, down through France, through Spain and cross the Strait of Gibraltar, they ended up Morocco, would you then go down from there?

Emily Newman ([01:09:35](#)):

Yeah. So go down into Mauritania.

Warwick Schiller ([01:09:39](#)):

Mali, what, what's more, I mean, you know, I'm sure almost every, everybody listening, if you said what's Mauritania look like I'd have no idea.

Emily Newman ([01:09:54](#)):

There's a lot of sand basically on the lower part of the Sahara desert there. So it's a lot of camels. We had a actually I can loop in a great horsey story there. We were in the middle of nowhere, it took us in the end 10 days to cross the Sahara into Mauritania. And then we suddenly realized we got to a village and there was like, let's see, this is Marley. We didn't go through a border crossing or anything, but we've managed to find a police station that stumped on stuff. But during this particular Sandy crossing we were sat one evening and it's, it's not cold necessarily. So you don't always put up, we wouldn't always put up tents if we knew it wasn't gonna rain or anything, which probably unlikely. And so we would put out these huge maps and just all sleep in our sleeping bags on these maps.

Emily Newman ([01:10:50](#)):

We had the fire going and we were all sat around just on these maps, you know, swapping stories as you do. And these two guys rock up on beautiful horses with a bird of prey, one of them carrying a bird of prey. And we were like, well, what are you guys doing out here? And they were like, well, what are you guys doing out here? And despite the fact that there were Arabic, they actually spoke English, which was fantastic, both terribly well educated. It was like, you're in the middle of the Sahara. And these two

really educated guys come up. Who've both been to university in Oxford. And they come trudging out on their horses with a bird of prey and we're like, well, what are you guys doing? They're like, oh, we're just out here. Catching birds. So our bird of prey is catching birds, which were they going to have for dinner?

Emily Newman ([01:11:44](#)):

I was like, oh my God. So we just went out and watched this, these two guys with their bird of prey just going out and catching pigeons and stuff. And it was just, so this is really amazing. We wouldn't have had this anywhere else. And eventually you sort of said, is there somewhere close by? That's got a well where we can go and get some more fresh water. And they were like, yeah, no, that's fine. So the two of them whizzed off on their horses with the jerrycan each and then came back a bit later with some more extra water for us. And it was just like, this is so cool. I've got loads of cool stories like that though in fairly traditional

Warwick Schiller ([01:12:31](#)):

You know, you could have been in the movie Lawrence of Arabia sort of thing. It wouldn't be much different. Yeah,

Emily Newman ([01:12:37](#)):

Absolutely. No, that kind of thing, you know, with the whole like [inaudible] big, like 15 meter head dresses that are all wrapped around and everything which serves as everything, hats, golf, sunglasses, you need. It

Warwick Schiller ([01:12:57](#)):

Was that there was a, oh, it was the one with Matthew McConaughey, the Clive Cussler book turned into a movie. Sahara, if you guys have watched that, there was torics in that, just for the people who just for the viewers at home.

Emily Newman ([01:13:13](#)):

So I have actually driven, I have actually driven to Timbuktu. Yeah. Hated it. It was a horrible road, got four punches on the way spent that is sort of off the oh God, you can either get to it from in, sorry, Mauritania.

Warwick Schiller ([01:13:38](#)):

Yeah.

Emily Newman ([01:13:39](#)):

I suppose it is more tiny

Warwick Schiller ([01:13:40](#)):

And funny. Most people have heard of Timbuktu, but no one's ever heard of,

Emily Newman ([01:13:43](#)):

Cause there's a brilliant sign that you go past on one of the roads in Morocco, which says Tim buck two this way, 40 days by Campbell. And it's just like, that's so cool. So then when we eventually got round and we drove into Timbuktu, we were like, oh, we could have done this in 40 days. We've done it in like two weeks. So yeah, No. So used to go down into Burkina Faso.

Warwick Schiller ([01:14:14](#)):

Okay. And so what is Burkina Faso like

Emily Newman ([01:14:18](#)):

Really nice. Actually the main thing I remember about kina Faso's, cause they've had a very heavy French influences. There's lots of good pastry shops Really randomly very neat and tidy. Not very much rubbish. I remember there. And it was, yeah, just a really nice place. You had some good times there.

Warwick Schiller ([01:14:43](#)):

So we do then go down in Ghana.

Emily Newman ([01:14:45](#)):

Yep. So then down through Ghana Ghana is really amazing. It's got a lot of slaving history there. So we went, we stayed on the coast predominantly once we'd driven down through lots of good waterfalls in Ghana as well. And then on the coast in, or is it coming in?

Emily Newman ([01:15:08](#)):

And then on the coast, you've got all of the castles where the slaves would have been kept before they were put on the ships to come over to you in America. Yeah. So we actually met an American couple who were tracing their ancestry back and they'd got back as far as Ghana. And I remember just remember the husband saying, I am so thankful having traveled around Ghana, which is lovely, but it's still pretty basic. And he said, I'm so proud of our ancestors surviving as slaves that we now have grown up in America and not here. It was a sight. Well, okay. Yeah, that was pretty amazing.

Warwick Schiller ([01:16:00](#)):

Would you then go into, I suppose you're going across the bottom line, but then you would go to Nigeria. Is that where you're going? Yeah, This is Tazzy. A border Collie has just jumped up on my lap here and saying hi.

Emily Newman ([01:16:14](#)):

So then we'd go from Ghana. We would go along the coast into forgetting my geography now. Togo. And Beneen before you hit rounds to Nigeria.

Warwick Schiller ([01:16:30](#)):

Oh really? Oh, okay. There's two

Emily Newman ([01:16:34](#)):

Places

Warwick Schiller ([01:16:35](#)):

Right beside Ghana between Ghana and

Emily Newman ([01:16:37](#)):

Nigeria,

Warwick Schiller ([01:16:40](#)):

My map to get them to come up.

Emily Newman ([01:16:43](#)):

Yeah. So through Togo and beenim I'm afraid Beneen will always be the place I got dengue fever, which was horrible. What is that like? I've never had touch wood, never had malaria, so I don't know if it's comparable, but I just felt like I was going to die. Didn't want to eat anything really struggling to drink really, really hot. It it's a hot, very hot jungley country anyway. And it was just, he almost get to the point where you just think I'd rather die than carry on feeling like this. And then you just wake up one morning, it's gone. It's like, okay.

Emily Newman ([01:17:30](#)):

Yeah. Yeah. So I was, I just had, I was in a darkened room, lying on the bed with a wet sarong over me to try and keep my temperature down. And with people just pray gingerly coming in because every sound hurt. My eyes hurt. My ears hurt, everything just felt on edge. And yeah, that was just pretty unpleasant. So luckily I was the only one that got it, but it meant we spent a bit of extra time in Beneen. I wasn't well enough to drive the truck. How many days did you have that for four days. So, but it felt like ages a lot longer. Yeah, for sure. Because you're not really sleeping, you're not doing anything. I'm just lying there for four days. Just feeling very sorry for myself. And there's no cure for thingy for you for either so nasty, nasty, so then you'd go into Nigeria.

Emily Newman ([01:18:27](#)):

Yep. So their mood going into Nigeria, which was amazing and Bunker's place cause it's just in all of the different cities or towns that you go through, just so populated. There are so many people, so many vehicles and it's really hectic. And he just, I think we, I felt like we all held our breath as we were in Nigeria. And then it's only when we left that you kind of go, okay, then we would go into Cameroon, Cameroon which was amazing. And we went up and found a a drill sanctuary. So I know in probably most people will have seen the lion king and the main sort of baboon that's got the blue and red nose. He's actually a mandrill, which you wouldn't find in the Serengeti. So it was a bit of artistic license there by Disney.

Emily Newman ([01:19:34](#)):

But the mandrills, and then you have the drills, which are very similar, but they just have flat noses. And we went up and stayed at a sanctuary and we had so much fun there because there, there was a whole load of different vets from different countries who were there studying them. And just to see them in the wild, but enough to that, they were kind of interacting with the people that had been there for a long time. They were really sketchy about Oscars. We were like newbies on the block but just see their facial expressions and the fact that they can raise their eyebrows or they raise their lips and show their teeth for like either pleasure or pain or anger. And it was just like, wow. And you realize just how much

we as humans rely on body language and facial expression. And we all had to, the vets would sort of say, okay, well you guys need to just relax because if you're sitting there going, oh my God, there's a drill coming up to me. They would get really freaked out and start to get a bit aggressive. And they are super strong as well. They like chimpanzees that who are mega strong, no, a bit smaller. Chimps chimps are big. Yeah.

Warwick Schiller ([01:20:54](#)):

And so what, so the mandrels are they type of baboons?

Emily Newman ([01:20:58](#)):

Yeah. Top of the boon. So they're the ones that get very colorful bottoms as well when they're being looked sexy. But that was amazing. So then through Cameroon, we would go down into

Warwick Schiller ([01:21:15](#)):

Congo, equatorial,

Emily Newman ([01:21:16](#)):

Guinea, no Congo. Yeah. So then Congo, and then in the middle of Congo, you've got a little enclave of Angola called Cabinda. So you go for three, go through Congo, Brazzaville into Congo Kinshasa, and then you, we had to go through a level enclave of Angola called Cabinda

Warwick Schiller ([01:21:42](#)):

And what's that like

Emily Newman ([01:21:45](#)):

Congo each Congo, very different amazing culturally I think because they have got a little bit more infrastructure than a lot of west Africa because they've had a good trade route with the river, the Congo river that comes through, which is obviously huge. And, and I think they they're a bit more westernized, but they are also very military run as well. And there's a lot of army is a lot of police. They're still very repressed for want of a better word. And you kind of see a lot of that. There is similar to places such as Uganda or Rwanda, where there are certain things that have happened that just aren't spoken about because they don't want history to repeat itself, but they're trying to bury it instead of acknowledge it. I think, you know, I think we're trying to do that a lot throughout our history. And I think history is there to learn from not to be buried, to be at certain degrees. So yeah, both congos were very interesting.

Warwick Schiller ([01:23:05](#)):

You go and see, do you go anywhere where the

Emily Newman ([01:23:07](#)):

Gorilla, where the gorillas and the Congo there are, but we didn't see them there. Generally if you're going to see gorillas from the Congo, you would go up through Uganda as opposed to where we were on the coast. Cause it's such dense forest there as well. You'd never make it through in the truck. And there's also throughout Congo, both congos, there's a militia group called the ninjas. You don't want to mess with. So again, in Congo every night we would either stay in, we stayed in monasteries, in nunneries police stations, churches, you name it to try and stay safe. Oh, we stayed in a Malaysian wood

village as well. There's a whole load of Malaysians in Congo who do the timber. And they go in and manage big timber forests in there. And unlike what we hear about south America in Africa, because I think because they've asked the Malaysians to come in, they are very in tune with how trees work, if you like.

Emily Newman ([01:24:19](#)):

So if they've got a big circle of trees, they will take out or they will work in a certain percentage of that circle. So let's say they're working in 10%. They will only take 5% of the trees out there just to clear them enough for new trees to start growing through. And they'll leave a certain number of trees to protect the new ones coming through. And once they've done that, they move on to the next 10% and they just keep working around so that by the time they get back to the first 10% they were working on the new trees are now grown and they'll take the old trees out. And those trees will then the newly growing trees will then protect the other ones. So it's really well managed. And that was really cool. And it was really odd because it was like we were in a little bit of Malaysia had to keep reminding ourselves that we were in fact in Congo. But yeah, Congo is very interesting really hot, proper jungle there. You know, big canopy, lots of forest very, very different to that. You're in that real sort of editorial band that crosses Africa and, and very hot and sweaty, which was lovely.

Warwick Schiller ([01:25:37](#)):

Yeah. I mean, they're planning to go through there in the wintertime. Is it different?

Emily Newman ([01:25:43](#)):

No. It's whether you go there, whether it's raining or not. So generally. Yeah. So generally you would leave the UK in November and then that means your, as you get to each country that as you leave each country, then they have their reigns. Cause the big thing is you don't want to get stuck in any of those places when it's raining, because otherwise you just not going anywhere. And the chalk, I mean, we got stuck a lot in stop seeing him a thunder.

Emily Newman ([01:26:21](#)):

Yeah, we got stuck a lot in Congo. And it took us four days to do 10 kilometers because we were just getting stuck every five minutes and it was exhausting. We were in a road that was about as deep as half the size of the truck. And there were no passing places. So we were literally just in a funnel tonic hotel. But it was horrendous. And because the truck didn't have a very high axle at the front or the rear, we basically ended up having to dig out the middle of the road because all of the, yeah, so that we were not scraping all the time and just getting stuck. And then rather splendidly, we made friends with a four by four beer delivery truck who we got beer from. Then we fed them and they just went along in front of us.

Emily Newman ([01:27:22](#)):

And every time we got stuck, they had a guy sat on the back of the chart for the big chain off the back of the truck with a big hook on it. Every time we got stuck that he'd tap the truck, they'd stop, reverse up. We'd jump off, put the big hook through the front of our tow bar on the front of my bumper, get back in, jumped back up on the back of the truck, tap the truck, drive off, pull us out, stop on hook off. We went again until we got stuck again. Or we stayed with them for quite a few days. We drank most of the beer they were supposed to be delivering.

Warwick Schiller ([01:27:59](#)):

Yeah. So then you would go down like you go through and go and then maybe would you get,

Emily Newman ([01:28:04](#)):

Yes, I go down to Cape town and then some of your, some of my travelers would then leave and you'd get, pick up a few new ones. And then you'd carry back on again.

Warwick Schiller ([01:28:14](#)):

And when you went up the other side, where did you actually go to

Emily Newman ([01:28:16](#)):

Go? So we actually would go back up through Namibia and into Botswana and then go up through Zimbabwe.

Warwick Schiller ([01:28:31](#)):

Mozambique

Emily Newman ([01:28:32](#)):

Depends. Sometimes we would go through, what's known as the tech corridor, which is just a little piece of Mozambique that sticks into Zimbabwe. Or just, yeah, leave it sometimes Mozambique's just best left unvisited

Warwick Schiller ([01:28:50](#)):

Because there's a lot of civil war

Emily Newman ([01:28:51](#)):

There. Wasn't a lot of trauma going on in Mozambican. It's just not worth the hassle. Cause there just the few times I did go through there, they're just waiting for a fight and there's no point, no point they're all very angry. And I think you just have to choose your battles and that's not worth it.

Warwick Schiller ([01:29:14](#)):

So then would you would you go to Malawi or do you understand?

Emily Newman ([01:29:18](#)):

Yeah. either depending on the season and depending on when you got there we generally, we would go back up through Malawi because the lake there is good fun and one of the campsites has lots of horses and you can go swimming in the lake on the horses. That's cool.

Warwick Schiller ([01:29:34](#)):

Yeah. I'm looking at the map here and that lake is huge. It

Emily Newman ([01:29:37](#)):

Is. Yeah. It's second only to lake Victoria

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Warwick Schiller ([01:29:42](#)):

Inside. Yeah. It's like the length of the whole

Emily Newman ([01:29:45](#)):

Yeah. And lake Malawi is very famous for cycled, which are the very beautiful colored tropical fish that lots of people have in their fish tanks. So they're amazing random fact. Yeah. Cause they're fresh water and Malawi, if you are into scuba diving lake Malawi is one of the few places where you can do a altitude dive in freshwater because malaria is quite high as well. So you do an altitude dive in freshwater, which is really weird. Cause there's you got no buoyancy at all. There's nobody, if you do scoop it off and you're in salt water, so you're quite buoyant and you go in and you just drop like a lead balloon in fresh water. Yeah. It's really bizarre, but really cool. And the sick leads are absolutely amazing and they're a bit like lots of little clownfish they're really nosy. So they come up and check you out. This is really cool.

Warwick Schiller ([01:30:45](#)):

So you've obviously scuba dived in that.

Emily Newman ([01:30:48](#)):

Yeah.

Warwick Schiller ([01:30:48](#)):

Wow. Okay. And then where were next? Tanzania?

Emily Newman ([01:30:52](#)):

So then up into Tanzania. Yeah. My home country. Does it work for a long time? Yeah. Travel up through that. And generally we would sneak off go over to Zanzibar spending. You've got to spend a week on Zanzibar spice island. Lots of amazing coast. Isn't it? It's off. It's an island off the coast. Yeah,

Warwick Schiller ([01:31:15](#)):

Yeah,

Emily Newman ([01:31:17](#)):

Yeah. So it's known as the spice island. So it was the main place where the silk route would have come through from Persia and the middle east. So you get all the spices coming across there as well. And there was a

Warwick Schiller ([01:31:30](#)):

Big lot of slave trade there too back in the day. Wasn't massive,

Emily Newman ([01:31:34](#)):

Massive slave trade there. So there's a lot of commemorative statues to the slave trade as well. And then one big slave trader who called Tipu tip, who was instrumental in getting the slave trade going in the first base. And he would go in land and just round up masses of people and bring them off to the island and then send them off. He also went right across to Congo and then they, he would have used

the, excuse me. He also used the slave castles in Ghana to get his people over to America, the Americas and the Caribbean. You would go all the way across. Yeah. He did a lot of work with I'm going to say King Leopold from Belgium. I think that's right. Don't quote me, maybe check that. But yeah, he did a lot with the Belgians, especially in Congo, cause that was Belgium for a long time.

Emily Newman ([01:32:38](#)):

And they, he was, they were just selling people. It was just unbelievable. And you there's a lot of history in Zanzibar around the ships that they would have been on in the circumstances. It would be then there's a church in stone town, which is the main town on Zanzibar where the actual ministers and priests of the church were also buying and selling slaves and they used to keep them in sellers under the church. And just the conditions that they were kept in was just horrific. You know, you'd have more space in a coffin than they had in these places. And it was women, children, men didn't matter. They're all just taken in. And as though they had no rights at all. So yeah, pretty powerful. It's a very, it sounds about was a really powerful place to visit, I think for a number of different reasons, but to look back on the historical side then you've got all the different spices that everything you can think of rose on Zanzibar from vanilla to nutmeg, to pepper, all sorts of stuff. So, and that lots of amazing fruit as well. And I think when you've tasted fruit, such as pineapple fresh from when it's being pet, it's a whole different ball game to having out of a 10.

Emily Newman ([01:34:07](#)):

Yeah.

Warwick Schiller ([01:34:09](#)):

So did you go into like going to Kenya from there?

Emily Newman ([01:34:13](#)):

Yeah. So then we would go into Kenya and then I generally would go up and we would finish in Uganda. Oh, you go up into Uganda and then depending on where you were going to go and visit the gorillas, you'd either see the gorillas in Uganda or go into Rwanda or sometimes into Congo and then come back and people would fly out of Nairobi.

Warwick Schiller ([01:34:38](#)):

Yeah. And then you'd do it all over again

Emily Newman ([01:34:41](#)):

All over again. Absolutely. Well, how

Warwick Schiller ([01:34:44](#)):

Much did you have, how much time did you have off between trips?

Emily Newman ([01:34:48](#)):

When I was doing the trans Africa's, I normally just take a month. And then it was generally a case of what, depending on what I was doing, come back to the UK and start the next truck. So quite often it would be a truck that maybe you've got to build it, redo the engine on it. What have you? I spent quite a lot of time living in a mobile home, working in a wet barn in Norfolk, which is lovely. Getting a truck

sorted, getting all sprayed, getting ready and then ready to head off about this time of year. So used to leave on the 8th of November. So, which is always cool.

Warwick Schiller ([01:35:27](#)):

And so then you got into training other

Emily Newman ([01:35:34](#)):

Yeah, that's right. So I ended up working for a big American company. And the main part of my job was recruiting and training up new tour leaders out of the Tanzanians Kenyans, some Rwandans, some Ugandans and basically teaching them how to, I suppose, how to convey their country to an American in a way that they would understand by doing things like controversial topics. And birds was a big one because you can go on safari and all the animals have fobbed off on holiday, but the bird seemed to stay there. So we did lots of classes and field trips on learning all the different birds because there are so many birds that migrate through east Africa specifically that come from America, Russia, China, and they all come in and get specific things that they need while they're staying in east Africa before they fly away again, when it started raining.

Emily Newman ([01:36:52](#)):

So yeah. And that was a big part to, to sort of leave a bit of a legacy and teach them how to be effective guides you know, for various different things. Such as a bit of sort of psychology, how to deal with people learning that the customer isn't always right, and that when you're in certain situations where you're potentially going to die, if you don't listen to the guide, how to be brave enough to stand up to them and go, actually, if you don't listen to me, that line is going to eat you and

Warwick Schiller ([01:37:34](#)):

Kind of like your guidebook is full of right now.

Emily Newman ([01:37:37](#)):

Exactly. That I ended up throwing that guide book out of the window while I was driving. We were driving along one day and he just said something about, yeah, but the guidebook says, and I went, oh, well really can I have a look at it? And I have my window open and I just took the book on and just logged out the window while we were driving down the road and went, oh, shame. So he didn't mention the guide book ever again though.

Warwick Schiller ([01:38:05](#)):

The the guests you'd have along in the thing, where did they come from? All sorts of countries or do they, most of them ready?

Emily Newman ([01:38:14](#)):

On the Overland chops that I was working on, we had predominantly Brett Kiwis posies. I spent a year working in the middle east and we had a group that were all from New Zealand and I was the my co-driver was also from New Zealand and it was the year of what year it was, it was a year England beat New Zealand at the rugby. And they didn't speak to me for about two days, very personal.

Warwick Schiller ([01:38:45](#)):

Can we use it quite, quite into their rugby?

Emily Newman ([01:38:50](#)):

Yeah, it was, it was predominantly Aussies Kiwis and Brits. Had a few people from Iceland, which was amazing. Get the odd south African quite a lot of Danish. We used to, for some reason, Danish parents would say to their 18 year old children, right. I'm going to send you to Africa for a few months and I'd like you to come back as an adult. So it felt like quite often we, you are training people to how to survive because a lot of people don't even know how to light a fire and things like that. And it was quite a good learning curve for a lot of them, I think, to come out and actually take responsibility for themselves.

Warwick Schiller ([01:39:34](#)):

Well, I imagine it's kind of a bit of a paradox because if you're, if you're wealthy enough to take the trip, you probably have people that do stuff for you. So did anybody go for the whole eight months? Did you have? Absolutely. Okay. What roughly, what does it cost to do that? What would it cost someone to do that?

Emily Newman ([01:39:54](#)):

In dollars you'd be looking about seven or \$8,000. Yeah. So it's not much at all. Oh, wow. Yeah. Cause a lot of places you're just free camping. You're not even paying camping fees or anything. So yeah. It's just your food is the big one.

Warwick Schiller ([01:40:13](#)):

Wow. That's a lot less than I thought it would be. I thought it'd be like a Richmond sort of a thing, but to be able to take eight months off,

Emily Newman ([01:40:20](#)):

It's a backpacking. Yeah. Basically a backpacker, but you've just got your accommodation and your transport sorted for your whole trip.

Warwick Schiller ([01:40:28](#)):

Right. Wow. Is this very cool. So then you move back to the UK. What have you been doing since you've been back in the UK?

Emily Newman ([01:40:35](#)):

Well, when I first got back to the UK, I we're still working for the same travel company and I was looking after Iceland and then France and Ireland. So I was doing a lot of traveling up there. So I spent a lot of time in Iceland, riding the beautiful horses, which are amazing. They have been very nicely bred to have the best personality ever. And they're like Teddy bears, but horses. So I still think we should go back and do the sheep Roundup one year on back. Yeah. Because I think that would be amazing. Yeah. It colder than Africa obviously, but nice

Speaker 1 ([01:41:20](#)):

In the dead of winter.

Emily Newman ([01:41:21](#)):

Oh, there you go. You'll be fine. You'll be fine. So it was doing that. And then I ended up being made redundant actually from the travel company in 2019. So I now run my own company with Mustangs, but not horses horses under the bonnet kind of Mustangs for people who have their own Mustang car and we'd like to learn how to drive them better. So I think there's a lot of people in the UK who suddenly got these mega powerful American cars rear wheel drive, and just didn't quite know how to handle it. So I worked with a performance driving instructor and we organized days out either on roads or tracks and go out and have fun with these people and teach them how to handle the car if they hit ice or wet or oil or whatever and teach them how to get themselves out of any sticky situations and just have a lot of fun in the car as well.

Emily Newman ([01:42:32](#)):

So oh, of course. Yeah, definitely. Yeah. I did last year did put pay to a few bits and bobs for me, I'm afraid. Because I moved in to look after my mum for what I thought was going to be a couple of months while we sorted out a care home for her. Cause she's got quite bad dementia. And we're starting to burn things in the house and such like, and then the Corona virus hit. So that put paid to my company for quite a long time. So I started designing t-shirts and things just to keep that ticking over. And then I ended up with a cancer diagnosis in July last year found a big tumor and ended up having a mastectomy and lymph nodes taken out. And I've been through my treatment of chemotherapy and radiotherapy. And now just a few months out of that hair is growing back nicely. It has to be said, and I have never appreciated my eyelashes more than when I didn't have them. You don't realize just how much they do for you.

Emily Newman ([01:43:48](#)):

Yeah. Eyelashes are amazing people don't look off to look after them because they need care because they do good stuff for your eyes. Just amazing what you, what you don't think is important as such. And yeah, I've got through that and now also just getting the company back up and running and also working for a charity, which has been fantastic, helping young people who are 18 to 30, who may be come from slightly difficult circumstances. Who'd like to start their own business. And I help guide them through writing a business plan doing their financials and getting themselves off the ground with marketing and all that kind of stuff, help them find a mentor and then get them through what we call the launch group business launch group and get them registered up and running and off they go,

Warwick Schiller ([01:44:44](#)):

Wow, that is a worthy cause right there.

Emily Newman ([01:44:48](#)):

It's absolutely amazing. And it's, I think one of the best things has been giving a young person. Who's had a tough start in life, a safe space, and to be an adult who can just listen and to watch their faces change when they realize that you're not going to interrupt them and you're not going to tell them it's a bad idea or put them down and they really start to open up and go, wow, this person's actually listening to me and they're hearing what I'm saying. And they think it's a good idea. And it's just, it's like magic it's I found it really fulfilling and nice to be able to go in and help people with the mistakes I made and go, okay, don't do that. How about trying this instead? And it's been, yeah, it's been really lovely and there's some amazing young people out there who have got all sorts of mental health issues or physical issues who are not letting that stop them in any way and just going, no, I've got a good idea and I'm going to bloody well, make it work and you just go bring it on.

Emily Newman ([01:46:05](#)):

Let's go. And it's yeah. It's been very sort of empowering.

Warwick Schiller ([01:46:12](#)):

Yeah. It's going to say you were impairing them and that impairing them primary empowers you.

Emily Newman ([01:46:18](#)):

Absolutely. No. It's been very special working with some of these young people. They're amazing. I've learned a lot from them as well. So

Warwick Schiller ([01:46:28](#)):

Yeah. We always think that we're teaching somebody else, but we're really learning.

Emily Newman ([01:46:33](#)):

Okay.

Warwick Schiller ([01:46:34](#)):

So it's time for your questions. So as you anybody's been listening to the podcast world, know I send to my guests 20 questions that I borrowed from Tim Ferriss, his tribe of mentors book, and they get to choose a few of them to talk about, so what's your, what is your favorite book or not necessarily your favorite book to read? But the book that you tell other people about the most, like you should read this.

Emily Newman ([01:47:03](#)):

I think the book I have told the most people about, and especially in my current role

Warwick Schiller ([01:47:10](#)):

I'm going to write something down here. I'm having a guess. I'm going to say if I can, I'm going to, I'm going to okay. Go ahead.

Emily Newman ([01:47:22](#)):

Okay. is blink by Malcolm Gladwell, which is the artist thinking

Warwick Schiller ([01:47:29](#)):

Blink is an amazing

Emily Newman ([01:47:30](#)):

Book, isn't it? Yeah. The art of thinking without thinking. And I think that, and the outliers, which is one of his other, one of my other favorite books also by him, I think we going into everything we've discussed so far, I think so many people don't listen to their gut instinct. And once you chew into it and you can feel the hairs on the back of your neck, go up when somebody is looking at you or you're being stared at, by hyenas or there's a flood coming or something that's 6 cents. I think when I read the book, I was just like, oh my God, somebody actually gets it and has put it into words. And now if I can't describe it to somebody effectively enough, I'd just go, just read that because it is that split second, when you look at something and you make that decision and go, oh yeah, I know that that's right. And when you

prove it to yourself a bit later on it's, it's so enlightening, I think, to, to go that God. Yeah. My gut instinct actually does work and it is effective. I think, you know, I've been through a lot of different situations where I would just go, yep. I knew that was gonna happen because I've listened to my gut. And I think it's such a brilliant book and everyone should read it.

Warwick Schiller ([01:48:58](#)):

Yeah. That intuition. Yeah, definitely. You know, I did a whole podcast on books that have influenced me in two of the books I mentioned were blink and outliers and what, you know, what outliers did for me because he, he looks at things from such an outside the box perspective. It kind of gives you an idea of how to think outside the box, like book, like I never would have looked at that that way. And each different example, whether it's, you know, whether it's the 10,000 hour thing or it's like the, you know, the seven consecutive mistakes in the plane crash, or you know, that the world 100 and made a record holder has never been the oldest child in the family, stuff like that kind of makes you kind of get. Yeah. I think, I think that reading that book earlier on really didn't teach me how to think outside the box, but it kind of made me aware that thinking outside the box is you know, there's certain way to go about that.

Emily Newman ([01:49:56](#)):

Absolutely. Yeah, for sure. Okay.

Warwick Schiller ([01:49:58](#)):

Next question. What is your favorite quote or a message you would like to share with the world?

Emily Newman ([01:50:04](#)):

So my favorite quote and I actually got to use this today as well is I am only responsible for what I say, not for what you hear. 'cause I think when you actually think about that, you just go, Hmm. Okay. Because you could hear something from somebody and depending on what your mood is, is going to be, how you react to that. And I think that's, it was one of the most powerful things somebody ever said to me, it just hit me and I went, oh my God, that's true. You're not responsible for how I react to it. You're just saying it. And it's just been a huge thing in my life since somebody told me that

Warwick Schiller ([01:50:49](#)):

Yeah. How you react to that is basically the sum total of every experience you've ever had in your life, including how you're feeling that, that very moment. But I mean, yeah. And then, yeah, and that kind of leads you, something I've been struggling with for a while or working on for a while is, you know, I tend to up people pleasing tendencies, but trying to keep everybody happy. And, and and I'm trying to get rid of the, the being my self worth coming from external validation. But at that way, you know what I mean? I mean, you can't go around and been an, but you know what I mean? You also can't judge yourself worth on other people's interpretations of who you are or what you do, because that is their interpretation. I mean, every single person you meet will have a different interpretation of you and none of that really matters.

Emily Newman ([01:51:55](#)):

And I think if you're waiting for validation from other people, you're just always going to be disappointed.

Warwick Schiller ([01:52:01](#)):

So,

Emily Newman ([01:52:02](#)):

Yeah. No.

Warwick Schiller ([01:52:04](#)):

Okay. So what worthwhile thing have you done in the last five years? Something that has changed the course of your life?

Emily Newman ([01:52:12](#)):

It doesn't say five years on my thing. So I put something that's pre five years.

Warwick Schiller ([01:52:17](#)):

No, sorry. What is it, what exactly? What is the actual question? Cause I think I incorporated another question to that one.

Emily Newman ([01:52:23](#)):

It was the most worthwhile thing that you have put your time into something that you have done that changed the course of your life.

Emily Newman ([01:52:31](#)):

So for me, I put in a lot of effort to learn how to become a diesel mechanic and how to fix the trucks, how to learn, how to do welding how to put brake pads on when you haven't got a rivet gun and all those kinds of things. And I think I put a lot of effort into doing that and that absolutely changed my life because it took me to Africa. I have worked in places all over the world now because of that, because I went and did so much traveling became an expedition leader, became good at what I did trained other people. And through that, I have worked in New Zealand, Australia. I've had people from Vietnam come and do training with me, Turkey. South America is just absolutely opened up the world and I do put it down to the fact that I put so much effort into my training for that, that made it possible for me to go out and basically work in a man's world.

Emily Newman ([01:53:37](#)):

At that point, there weren't very many female drivers out there. And it just meant I could hold my own with anybody who could drive a truck out there. And I think from there it built up my confidence in my own ability to just go out and do stuff. It's made me a doer. I do, I can think as well, but I'm definitely a doer. And I've seen it in my training for this new role. Now I've started at the same time as another gentleman, who's very much a thinker. And he actually said to me the other day, he said, God, you're such a doer. He said, you just get on and do it. And then if you haven't done it right, you figure out how to do it right later. And I was like, well, yeah. And I mean, that's almost like another sort of favorite quote is imperfection over in action.

Emily Newman ([01:54:35](#)):

And to just get out there and start doing it, it's not throwing stuff at whatever it is you're trying to do until you do get it. Right. I see a lot of that in you, from where I met you in 2017, compared to where you are now is massive, but you've never stopped doing what you're doing. You've just made it better as you've gone along. And I think there's a lot to be said for that, because if you don't do, you don't learn because you don't make mistakes. I think a lot of the best learning comes from just making a mistake and going, okay, well that didn't work. Let me try it this way instead. And I think a lot more people need to throw that out there and do it.

Warwick Schiller ([01:55:24](#)):

You know, one of the questions you didn't choose it, but one of the questions is, you know, what's the biggest mistake you've ever made and how has it helped you? So, you know, a lot of people, you know, a lot of the people I interview, you know, they they're quite proud of their big mistake they made because it led to other things. Okay. What do you do for a, what do you do for stress relief? Oh, no. Sorry, next question. Sorry. I missed one. And you've got to say this one. What accomplishment are you most proud of? Because we talked about this before we did the

Emily Newman ([01:55:51](#)):

Yeah, yeah. So for me it's a very personal thing. My biggest accomplishment is actually how positive I've stayed through my cancer journey. Because mentally, physically, emotionally in every possible way, it's been one of the hardest things I've ever had to face and go through. But I'm very proud of the fact that on the whole, yeah, I've cried a lot, but on the whole, I've been able to see the funny side, keep my humor, see the positives, learn the lessons. I think one of the biggest lessons has been patients. I'm not generally a patient person, but everything I've been through in the last year, 18 months has actually taught me that patience is okay. And it's okay to rest a while and not feel that I have to do everything right now. And to be able to take things as they come and just be a lot more present.

Emily Newman ([01:57:06](#)):

I think I've been a lot more present in my body with what I do. I've been thinking about where I'm at right now, as opposed to where I should be or where I think I'm supposed to be tomorrow or the next day. It's, I think I've always been very spontaneous anyway, but it's helped me realize just how amazing spontaneity is and to go. Right. For me, for a long time, it was like I'm going to walk upstairs and actually be okay with it and to be able to walk upstairs and go, okay, I'm actually exhausted now, but I've done it. And I did it when I wanted to do it. And it's, yeah, it's been a huge thing. And I think if you, a positive outlook on life is so rewarding and I can't imagine not being like it. But yeah, so that would be my biggest accomplishment. Sorry. That was an epic answer.

Warwick Schiller ([01:58:11](#)):

I don't know. That was a group. That was a great answer. You know, you said something about being present in there and, and, you know, a couple of years ago, a couple years ago, Tyler and I were in Holland. I was doing some doing horse expo in Holland and we had the day off and we took her, went to Amsterdam and took a bicycle tour of Amsterdam of, of the history of Amsterdam. And we stopped at a little cafe to have something to drink. And one of the guys on the bicycle tour sitting next to us and we're chatting with him and he'd been to 79 countries, I think, 89 countries, something like that. And I said I said, I had read somewhere that there is a diminished rate of return after about 22 countries, 22 or three 20 countries is the thing I read.

Warwick Schiller ([01:59:02](#)):

Like there's a diminished rate of return because it's, it's not as new or you've seen something like it before. Like it's, you know, like the first time I saw an elephant with you, like, wow, or the giraffe, like, wow. But after you've seen a few, you know, diminished rate of return and he said, no, I haven't, I haven't noticed that. And so then we chat for a while longer. And then I said, so what's the, what's the most favorite country? What's your favorite country I've ever been to? And he thinks about it. And he goes, whichever one I'm in at the time. And I'm like, well, that's why he doesn't have a diminished rate of return because it's not comparing this country to the last country. He is just in the moment he's present and he's taking in what it is and without judgment or comparison. And I think that keeps the, you know, it keeps the wonder alive. Keeps the, yeah. Okay. What do you do for stress relief? Do burnouts in your Mustang? I'm guessing?

Emily Newman ([01:59:55](#)):

No. I actually, my absolute go-to and I try to do at least once a week is go into a forest and hug a tree. If I can't go into my favorite forest which is sort of 20 minute drive away, I will go to one of the local churches where they have a huge tree that is over a thousand years old. And it is just, again, a very humbling thing to go and hug this tree. And I just, I dunno, I feel like you get so much back from a tree. They, I feel like they've got so much history and I've seen so much stuff and especially this one, it's in a graveyard where a lot of the tombstones are from, you know, sort of five, 600 years ago. And it's just, oh, it's just something really phenomenal about it.

Emily Newman ([02:00:59](#)):

Cause I just think that all of the history of all the people who've buried around the tree have been sucked into this tree. And this tree is like the keeper of all of this amazing knowledge and experience. And I just, I find it really healing. And when I went in for my second round of chemo it was a slightly different mixture as it were. And I had a real ma I had a massive panic attack about it. And I was like, I've got used to this other chemo w which is known as the red devil. And I'm supposed to be horrendous I'd seem to do okay. On it. I didn't want this horrible yellow one. And I was like, no, I can't. And I froze and I was freaking out and one of the nurses walked past and she said, are you the lady that loves trees?

Emily Newman ([02:01:53](#)):

And I said, yeah. And she said, well, this particular drug called paclitaxel is actually made from the bark of the Pacific yew tree. And I just went and I had one of those. I had a real sort of visceral body experience where my body went, oh, it's all right. Then we'll let that one in. And from then on, I was absolutely fine. And obviously other than the hair loss and everything, I didn't have any bad reactions to it at all. And I felt that was because I went to visit my U tree in the church yard every now and again. And I felt like I was sort of saying, thank you to all you trees because you're actually curing me. And that it felt like a really lovely sort of circle if you like. And so yeah, definitely trees I'd love the whole idea of forest bathing. That's coming out in the UK at the moment. And I just think trees are the most magical beings out there. Yeah, love trees.

Warwick Schiller ([02:03:04](#)):

Wow. That's a great story. Okay. Next question. What quality do you most admire in a person?

Emily Newman ([02:03:12](#)):

I think he's, I don't know if this is the most obvious one, but I think honesty because I think there are so many people out there who aren't necessarily honest, not in a bad way, but I think people are so constantly trying to be so careful about hurting somebody else by saying something or who I'm worried, I'm going to hurt their feelings. And I just think if we were in fact all actually honest and we take ownership of how we react to what somebody else says that I think the world would just be a better place if we were a bit more upfront. And I think, you know, I've, I've lived in, especially here in the UK, we're all a bit too careful about what we say don't want to hurt anybody's feelings. Whereas a lot of the people I'm mixed with out in Africa, very straight talking you know, a lot of the Australians such as yourself that I've met along the way, very straight talking.

Emily Newman ([02:04:20](#)):

There's no plaster or trying to say things in a certain way, just in case you offend somebody Iceland, the Icelandic people are the most straight talking people I've come across. I can remember going, I hadn't been there for about a month and I went back and one of the guys that I work with picked me up at the airport and went bloody hell. You've put on a bit of weight. You haven't, you, you just go hello to you too. But it wasn't a sad maliciously. He was literally just pointing out the fact that I was a bit chubbier in the face. Then I had been lost Ahmed, seen him and I was just like, wow. Okay. And to begin with, I just thought, cheeky bastard, how dare you say that? And then I actually thought, oh, you know, it's actually right. It's no point in me being offended about it. I just need to eat less polies. So it was just, yeah, it's been quite refreshing. And I think that's taught me to value honesty, and sort of people being honest and genuine with you. So

Warwick Schiller ([02:05:35](#)):

Can I answer and the last question and this we're looking forward to this, what is the luckiest thing that's ever happened to you?

Emily Newman ([02:05:44](#)):

Well, I dunno. I mean, I think you're probably thinking, I'm going to say I survived a lion attack or something really heroic, but I think for me, and I had a good thing about this before I, I wrote down my answer. The luckiest thing that has ever happened to me is realizing that not is what you create yourself and that the universe provides and the, what you put out there is what you get back because I've had a number of people who have gone, oh my God, you're so lucky. No, not really. I don't think I'm any luckier than the next person is just that I hundred percent believe that if you want something to happen, you can put out all the right vibes and do the right things it's going to happen. So like for instance, when I was set to leave Africa I ne I was looking to sell all of my furniture needed to sell my car and I just put it out there and said, wow, wouldn't it be fantastic if there's somebody who's moving into a Russia, who's going to need a house that's basically furnished and they're going to want a car.

Emily Newman ([02:06:59](#)):

And about three weeks later, a guy rang and said, I understand you're leaving. I've spoken to your landlady. Oh no, your house is going to be up for rent. So can I come and have a look and buy your furniture? And I'm probably going to want your car as well. Nice.

Emily Newman ([02:07:17](#)):

You just get it done. And I, I totally believe that. And I think that the universe does things that sometimes you don't realize is what you need to have at the time for you to be lucky. So when I was

going for this job, she was going for another, I really wanted another job with the NHS because I thought the NHS has given me so much. And that's the national health service in the UK for those who don't know. And I thought had given me so much over my cancer treatment that I would like to be able to transfer my skills from what I have been doing and help with recruitment to mental health specifically. So I went for this job. It was really fantastic, had a great interview. And I just thought, I've definitely got this job in the afternoon.

Emily Newman ([02:08:14](#)):

I had an interview for the job that I've now got. And I thought it was an absolutely terrible interview. And I just thought absolutely no way I'm getting that job, even though I thought, you know, it'd be great. That would be good. Just thought, no, it's not going to happen. Anyway, had a phone call from the NHS going, oh, we really, really liked you. And but we've actually gone with another lady and I was like, this. I thought we had a great interview. I thought it was amazing. And they're like, yeah, no, the other lady has got more experience. So, okay. So then I just thought, oh, well, that's it. I'm going to have to start really applying for lots of other jobs again. And then I had a call from the lady at this charity and she just said, oh, we're so excited.

Emily Newman ([02:09:10](#)):

We thought you had a fantastic interview and really like you to come and start modifying, but I believe it. But then since I've started, I kind of actually looked out the window the other day and said, okay, universe, you're a smarty pants because I'm now in a position where I have access to lots of people who can really help me with my own business, as well as teaching me a lot of stuff that I can then pass on to these young people to help with their business. And I just saw, yeah, you do get the stuff you need. You've just got to be able to see it. And I think once you have grabbed hold of that idea, then that's where you are the luckiest person in the world.

Warwick Schiller ([02:10:03](#)):

And that is exactly what I expected from you. Emily, when I said this, this what's the luckiest thing that ever happened to you. I'm really looking forward to this answer. I didn't think it was going to be surviving a lion thing. I thought it had something to do with exactly what you just said. That was a perfect, perfect answer. There's a right answer. That that was a bloody good

Emily Newman ([02:10:22](#)):

Answer. Thank you very much.

Warwick Schiller ([02:10:25](#)):

So it's been amazing chatting to you. If we go any longer, you will be officially the longest podcast I've ever done. I think we are actually right now, two hours and 10 minutes, seven minutes. So I think are the officially longest podcast I've ever done, but I could listen to your stories all day if people want to. I don't know why if you want to do this, but if people want to contact you for whatever reason do you have like the, the, the, like say the, the charity you're working for, is there a way to, you know, people can maybe donate to that or

Emily Newman ([02:11:00](#)):

This transcript was exported on Nov 13, 2021 - view latest version [here](#).

It's a big, big charity. I would imagine lots of people have heard about it's called the Prince's trust. So I officially worked for prince Charles now. Yeah. So it's a big charity that he started in 1976 with his payout, from leaving the Royal Navy which was about 7,500 pounds. And he just thought, okay, how can I plow that back into helping other people? And he's obviously very engaged with young people specifically. And he's been a real advocate for helping people help themselves. And I like him because he's very into the whole environmental side of things as well. So yeah, so Prince's trust all good. You'll find it online.

Warwick Schiller ([02:11:49](#)):

Okay. Well, thank you so much for chatting with us today. It's been awesome chatting with you.

Emily Newman ([02:11:54](#)):

Oh, you too. Thank you very much. I've been ordered to come in and have a good chat and it's always good to bring up all the Africa stories. And I had so much fun over there. It was just, it has changed my life and who I am, but then I do believe that that's what I was meant to do. So

Warwick Schiller ([02:12:12](#)):

Originally, when you, when you on your path, the universe will provide.

Emily Newman ([02:12:17](#)):

Absolutely.

Warwick Schiller ([02:12:19](#)):

Okay. Well, thanks again. I hope you guys have at home, I've enjoyed listening to Emily's stories as much as I have. And thanks for joining us. We'll catch you on the next episode of the journey on podcast.

Speaker 1 ([02:12:33](#)):

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