


THE OFFICIAL NEWSLETTER

For Projects Abroad Jamaica 



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VOLUNTEER STORIES

An Unbelievable and Diverse Experience in Jamaica

An interest in infectious diseases is what prompted Pamela Bailey's decision to travel to the Caribbean. She thought that coming here would allow her to see a wide range of diseases and fulfill the necessary requirements for the completion of her medical degree. As a result she signed up for the medicine programme with Projects Abroad Jamaica. Once her volunteering tenure ended she will return home for graduation and start a new job.

Pamela volunteered at the Mandeville Regional Hospital, a public hospital in the parish of Manchester. While there, she worked primarily on three wards: surgical, maternity, and medical, assisting the doctors with ward rounds as well as clinical and

surgical procedures. She even attended lectures, which were arranged mainly for Jamaican medical students who were doing their clinical rotations. Pamela joined the class and expressed that she benefitted from the experience. Her dedication to the classes was obvious as she would spend time reading and preparing before the lectures.

While Pamela notes that volunteers are not always physically needed at the placement, she thinks that it is important for them to understand differences between healthcare systems so that they can help to bring about change where needed. For example, she was able to make a difference through her interaction with the patients. She expressed that she was persistent and spent time explaining the procedures to the patients and for this many were grateful.

In addition to working at the hospital, Pamela participated in two monthly medical outreach activities led by Projects Abroad Jamaica. The first was held at the Villa Road Primary School, where the children were given lessons on dental hygiene. The second was held in New Green, Manchester, where presentations which focused on healthy lifestyle habits for senior citizens, were given.

While she gained nothing new medically, the experience allowed her to gain a greater appreciation for what she does back home and the medical procedures which are carried out in the US. In Jamaica there are vast differences in the procedures and methods of treatment. For example, in the United States several tests are carried out on patients prior to treatment in order to ensure that the medication or advice given to the patient is precise.

She expressed that she had a wonderful time in Jamaica. A few of her most memorable experiences included being exposed to two diseases which she had never seen before during her medical experience, learning how to make fried and boiled dumplings and sitting on the beach in Negril, daiquiri in hand, while watching the sunset.

Pamela admired the fact that the old volunteers were very welcoming of the new volunteers and her advice to prospective volunteers is that they should "embrace the route taxi system, accept the compliments on the streets and enjoy the island, especially the food, as much as you can".

Pamela Bailey
Medicine in Jamaica



UPDATES & HIGHLIGHTS

- \$90,000 was donated to the Percy Junor Hospital which went towards the purchasing of an A/C Unit.
- A total of 373 balls were distributed to the children across Jamaica in collaboration with the My Ball Project initiative.
- Outreach in Montego Bay

On Thursday June 26, 2014, volunteers in Montego Bay stormed the Town-Centre and carried out their quarterly outreach activity of feeding the homeless. Staff and volunteers were clad in white tops, bow ties and black bottoms to portray a restaurant scene. A total of sixty homeless persons were fed and they also received care packages with washrags, soap, a toothbrush and toothpaste. The activity was not only well received by the individuals but citizens lauded the efforts of the young people who took the time to show the homeless that they deserve to be cared for.

- Dirty Day

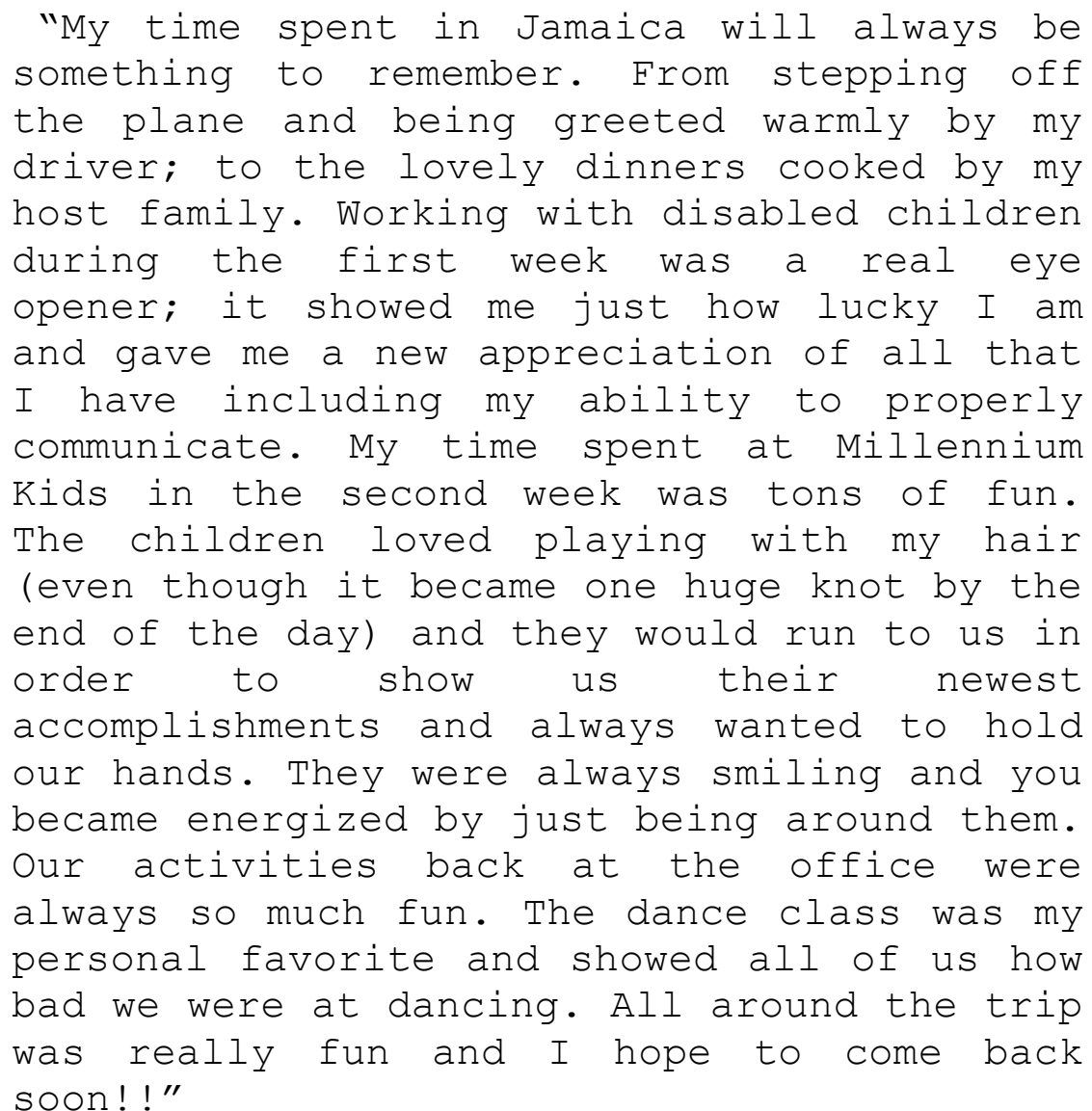
On Friday, June 20, 2014 volunteers and staff travelled to the McIntosh Memorial Primary School in Manchester and the Garland Hall Baptist Orphanage in St. James to give both institutions a facelift. Volunteers painted sections of both buildings and when the activity had come to an end, the staff at both placements were elated and expressed sincere gratitude.

- Social and Cultural Activities

1. Patois and Culture Classes were held both in Mandeville and Montego Bay on June 10, 2014. In Mandeville, volunteers were taught how to speak patois the Rastafarian way and recited a poem written by Jamaican poet Louise Bennett. In Montego Bay they learnt how basic patois greetings and grammar.
2. Reggae Dance class was held in Montego Bay on June 17, 2014. Volunteers were taught the moves to popular Jamaican dances especially those used in parties. Volunteers learnt a routine and then did it on their own.
3. Two Weeks Special volunteers had their own set of social activities - they learnt dance moves in Reggae Dance Class, exchanged Jamaican greeting in Patois and Culture Class, learnt how to make traditional Jamaican dishes in Cooking Class, played games and went on weekend travel trips.



TWO-WEEK SPECIAL TESTIMONIAL



"My time spent in Jamaica will always be something to remember. From stepping off the plane and being greeted warmly by my driver; to the lovely dinners cooked by my host family. Working with disabled children during the first week was a real eye opener; it showed me just how lucky I am and gave me a new appreciation of all that I have including my ability to properly communicate. My time spent at Millennium Kids in the second week was tons of fun. The children loved playing with my hair (even though it became one huge knot by the end of the day) and they would run to us in order to show us their newest accomplishments and always wanted to hold our hands. They were always smiling and you became energized by just being around them. Our activities back at the office were always so much fun. The dance class was my personal favorite and showed all of us how bad we were at dancing. All around the trip was really fun and I hope to come back soon!!"

Elsa Jaworksi

EXPERIENCE JAMAICA



Jamaica - the very word conjures a mental picture of relaxation on a perfect day at the beach, sipping on some coconut water or even listening to the songs of the legendary Bob Marley. To speak of Jamaica may be one thing; to actually experience Jamaica, is a totally different thing. Ask any volunteer who has come to our shores, and you will hear never-ending stories of a rich culture and beautiful scenes that defy description. The warmth of the people, the unique taste of the food, the attractions are a few simple pleasures which leave volunteers wanting more every time they leave our island.



A WORD FROM THE EDITOR



Hello everyone,

On your marks! Get set! Go! The athletes are out of the blocks and off they go as they show the world how fast they can run in this 100m sprint race. Many have been training for months and the time has finally arrived for their skill, power and strength to be tested. It doesn't matter who the runners are; they all have one aim: to win the race. All the time and energy spent training for this race is now on the field and they push with all they have to get in the lead. At the 50m mark the desire to remain ahead is still evident. Some have already edged themselves away from the majority but even those behind are still pushing to get a little closer to the finish line. All the efforts are usually seen halfway through the race; the determination and zeal to make it to the front is ever present in the middle of a race.

Like the athletes, the middle of the race is very important to us at Projects Abroad Jamaica. To many, June signals various things; it's the start of the hurricane season for Jamaicans and the beginning of summer which means longer days. Some people even pause at this time to take their annual break. At Projects Abroad Jamaica, this time of year indicates that, just like the athletes, we have to push even harder because the race has not yet finished. At this time of the year we show just how skillful and talented we are in managing the challenges that we are faced with. After all, the activities become two fold; we welcome not only our regular volunteers, but those who come on the Two Weeks Special to volunteer under the Care, Building, Medicine and Sports programmes. At Projects Abroad Jamaica it's about giving the 'race' all you've got, no matter how close we are to the finishing line.

This month we welcomed a total of 39 volunteers in Mandeville and eight in Montego Bay bringing our total to forty 48 for the month of June. Through the work of our volunteers many lives have been changed for the better and our partnerships have been strengthened.

Thanks for your reading through the pages of our July newsletter. As we look towards July, we challenge you to continue to support destination Jamaica as we seek to carry out our mandate: 'Help, Learn, Explore'.

Bridgette Barrett - Country Director, Sanikia Powell- Morgan - Programme Development Manager, Kenniesha Newsome - Programme Administrator, Claudeen Stewart - Communications Officer & Programme Officer Journalism (Acting), Camile Barrett - Programme Officer Teaching, Music, Sports, Health Care and Medicine, Carolyn Brown - Programme Officer, Care, Stacy-Ann Barrett - Programme Officer Culture and Community, Shaniel Lawson - Volunteer Coordinator (Montego Bay), Dianna Miller-Volunteer Liaison Coordinator