

Jamrock VOLUNTEER effect



ProjectsAbroad

The Official Newsletter of
Projects Abroad Jamaica

May 2013 Issue No. 54

TABLE OF CONTENTS

MESSAGE FROM THE TEAM	3
BILL’S STORY	4-5
VICTOR LIM STORY	5-6
SARA LINDER STORY	6-7
CARE PROJECT UPDATE	7
CULTURE AND COMMUNITY PROJECT UPDATE	8-9
MEDICINE PROJECT UPDATE	9
SPORTS PROJECT UPDATE	9
TEACHING PROJECT UPDATE	10
JOURNALISM PROJECT UPDATE	10
MONTEGO BAY PROJECT UPDATE	11
HIGHLIGHTS	12
DONATIONS	12
SOCIAL EVENTS	13-14
MONTEGO BAY SOCIAL EVENTS	15-16
WHAT IS ON THE CALENDAR?	16
SOCIAL MEDIA CONTACTS	17
PROJECTS ABROAD JAMAICA CONTACT DETAILS	17

MESSAGE FROM THE TEAM

What is the real meaning of GIVING to you? Do you see it as the opportunity to selflessly help others, expecting nothing in return or do you see it as going the extra mile to provide satisfaction, joy and comfort to others? If you answered yes to any of these questions then you understand very well the kind of month April 2013 was for us here at Projects Abroad Jamaica. Both staff and volunteers toiled and laboured for many hours to help others, not because it would boost our egos but because it is the right thing to do.

We had 15 volunteers who arrived in our country for the month. Three joined the Care Project, two joined the Maroon Project, four joined the teaching Project, one joined the Sports Project, three joined the Medicine Project and two joined the Disaster Management Project. The volunteers enjoy what they do and are happy to enhance the lives of others through the use of their skills and experiences. We thank all our volunteers and partners who work so well together for the good of others.

Nothing in life should stop us from giving back and helping others. In this issue of the newsletter the recurring theme is that of GIVING. We implore you to help in some way. Your talents and gifts, irrespective of what they are can be used for much good deeds. Think about the man who has no legs but takes the time to wish a stranger a good day, or the child who is deaf but smiles with you from the heart. What about the single woman who is burdened by poverty and unable care for her children but still finds the time to help a sick neighbour? The point is in life there are challenges and obstacles. We all have to face them but if we are able to manage our personal obstacles and still do some good we are not just good people; we are extraordinary. It takes an extraordinary person to put others before themselves and always consider the right thing to do. In what ways do you consider, care for and support the needs, feelings, actions, desires, dreams and wishes of others?

Enjoy and be inspired by the many pages of stories which show the GIVING action of Projects Abroad Jamaica.

Regards,

Team Jamaica

(Bridgette B. Barrett - Country Director, Cherricha Jacobs - Assistant Country Director & Desk Officer, , Collette Kerr - Project Officer (Teaching & Medicine), Stacy- Ann Barrett - (Office Assistant & Project Officer (Culture & Community), Patrina Thomas-Morrison - Project Officer (Care), Sanikia Morgan - Volunteer Liaison Officer, Pettia Williams - Volunteer Coordinator)

BILL'S STORY

The conventional text messaging abbreviation *lol* has been transformed by Projects Abroad Jamaica into something with great meaning and significance. For them *lol* means *Labour of Love* because a team of 7 staff and 53 volunteers worked tirelessly for 6 months to construct a four bedroomed home for an elderly man in St. Elizabeth named Bill. Projects Abroad is an international volunteer placement organization based in the United Kingdom whose volunteers work in Jamaican communities, hospitals and schools, children's homes and many other government and non-government organizations. Projects Abroad operates in thirty developing countries worldwide. Having as its mission the goal to help, learn and explore, the organization has made a life changing impact on Bill.

Now 77 years old, Bill suffers from asthma which makes his livelihood of farming challenging. He has little money to buy food or his asthma pumps. As great as these needs are they pale in comparison to his previously deplorable living conditions. The small 12 by 10 hut made of rotting sink and worn celotex was riddled with wasps, had a roof that leaked and had no bathroom or kitchen. He used the bushes as his bathroom and bathed outside in the cold. When his gas runs out, he is left with no option but to cook his food outside where he would make a small fire. For those of us familiar with rural living we know the difficulty and frustration accompanied with this task.



Bill receives the keys to his new house from Building Volunteer Nick Peeters

Despite being faced with the daily mission of survival, Bill's pleasant demeanor and humility provides no clue to his challenges. His sense of productivity is reflected in his desire to continue his farming and his relentless attempts to help in tangible ways while his home was being constructed. He fetched water for the mixing of cement and dug potatoes and cassava from his farm to cook. He even helped to make a fire for bush cooking for the scores of persons present. Overwhelmed with love and affection he expresses gratitude to and engages volunteers and staff in conversations. Wise and witty, he dispenses advice about life and injects the working group with enthusiasm through his smiles and kind words.

The newly constructed home has a fully functional bathroom and kitchen, bedroom and veranda. Furniture and appliances were donated by the generous partners of Projects Abroad Jamaica and volunteers. Bill's wish list is finally fulfilled and five months before his 78th

birthday he can experience the peace and contentment that many new homeowners feel. Projects Abroad Jamaica is happy and grateful for the support received from volunteers, its partners, friends and community members of Fairfield.

As the organization continues to make significant changes to the lives of many through outreach projects such as this one, we encourage other organizations to adopt a mandate to engage in more meaningful and productive assistance to others. The help we give to others says a lot about who we are and the goals we achieve while carrying out our everyday tasks says a lot about our purpose in life.

MEDICAL DOCTOR CREATES PARADIGM SHIFT IN ELDERLY CARE

The saying “you have to see it to believe it” must have been created for Victor Lim. The little over 5 feet tall medical doctor is a ball of energy, he moves swiftly, always smiling, always reassuring, always



Victor Lim listens to the Lungs and Heart of a Female Resident

calm and always very sincere. His enthusiasm about life in general and the medical care of the elderly specifically was uncontained during his two weeks stay in Jamaica. At only 46 years old this Australian geriatric physician has well over a decade of experience which he ably used to administer care to the elderly residents at the Manchester Infirmary.

At the Manchester Infirmary he engaged in a series of training for staff members. He taught them how to effectively move a resident, how to identify and treat various geriatric medical

conditions and how to create a nutritious and resident specific meal plan. While these were crucial tasks they paled when compared to the changes he implemented where wound care and management is concerned. He observed that nurses used dry wound dressing methodologies, a procedure he considers outdated. He expertly guided them on how to use wet wound dressings for various types of wounds, the results of which elicited the surprised reactions from the nurses.

Victor was dearly loved by the staff and residents at the Manchester Infirmary and they begged him to stay. Both staff and residents clamour daily for his attention and time, with some residents arguing

with each other over who he should attend to first. “We love Victor. I wish he could stay with us” said a nurse at the facility. Victor cared for both male and female residents by checking vital signs, dressing wounds, providing therapy, developing care plans for each resident based on age, physiological needs and mental and physical abilities. He enhanced the skills and knowledge of the staff through daily individual training, practical coaching sessions and group workshops.

“I am happy that I was able to help in this way. I had a wonderful time making new friends and just learning about the culture of Jamaica. Everyone treated me well and the staff were open to learning,” recounts Victor with the ever present pleasant look on his face. As he returns home his only wish is that there will be improvement in elderly care at the resident and that staff will practice daily their new found skills and share with others to expand this paradigm shift. Projects Abroad Jamaica is continuously and our partners are continuously amazed by the dedication, zeal and hard work of our volunteers. We thank you Victor for time and incredible help.

SARA LINDER IMPRESSED WITH STUDENTS MOTIVATION TO LEARN

Twenty-one year old Sara Linder’s desire to learn about a completely different culture and way of living as well as encouragement from a friend who volunteered with Projects Abroad were the reasons that propelled her to volunteer with projects Abroad in Jamaica.

The young Swiss volunteered as a teaching volunteer at the McIntosh Memorial Primary school. Sara highlighted that it’s a good teaching placement for volunteers to gain experience and concretize their decision whether or not to enter the teaching career. She also mentioned that volunteers make so much difference at the placement because they get the chance to assist the teachers who are overburdened with large class size and limited resources.

Her tasks included group and individual tutoring, substituting for teachers in their absence, which she enjoyed, supervising students during devotional exercises, recess and bathroom breaks, creating learning aides such as charts and flash cards, assisting remedial students and teaching classes.



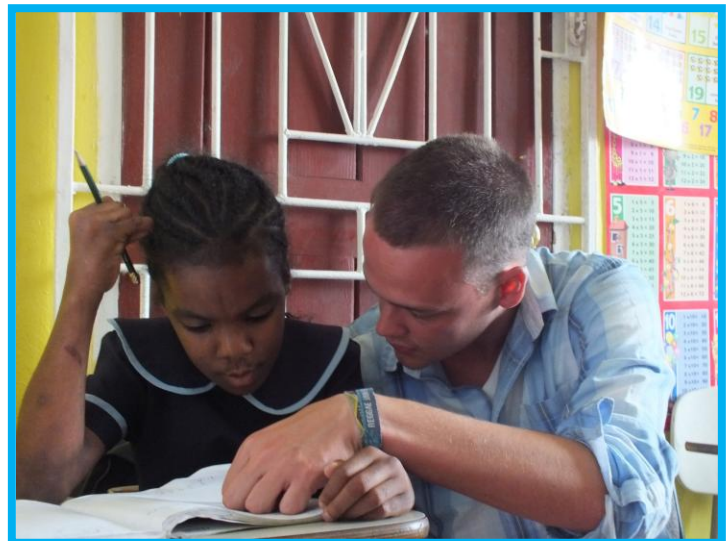
Sara Linder and the class of students she teaches.

Her volunteering experience taught her to appreciate cultural differences, how to be creative and innovative with limited resources to get the lesson across. As she noted the difference, Sara said that “although the class size in Jamaica goes up to 40 students they are more motivated to learn than students back in her home country.” She added that “although the classes are large, noisy and the classrooms are sometimes messy [because the students eat in the classrooms] and although the students talk a lot to each other, they still do their work.” She said she found that interesting because it shows her that no matter what your situation or limitations you can learn if you are determined to.

She advises prospective volunteers to be open-minded, take initiative – don’t wait around for teachers to give you something to do but find something to do and be creative with lessons and think outside the box. Sara noted her most memorable experience to be on the school’s celebration of Jamaica Day when a student she had never interacted came up to her, hugged her tightly and stayed with her the entire day. She said it was memorable because it was evident that the child needed attention and she was glad she could have touched the child’s life that way.

CARE PROJECT UPDATE

Three new volunteers joined the Care Project in April. One joined the Child Rights Initiative Project, one joined an orphanage and one joined a Day Care Centre. There were a total of nine volunteers on the Care Project in April 2013. The volunteers worked very hard in the various settings to provide support to staff and direct care and assistance to children. The volunteers participated in three Project Meetings during the month which focused on empowering placement staff, attachment styles in children and the cause and effect of several major issues facing children in Jamaica.



Patrick Warnke teaches a slow learner to read

A major highlight of the Care Project for this month is the assistance provided by Professional Social Worker Merel Benschop to the staff and children of the Bethabara Primary and Junior High School. She provides individual and group counselling to children with various social and academic challenges and coaches staff on strategies to help promote effective learning in the classroom. She also continued with the Foster Care outreach project which was started by two former Care volunteers. She has been able to make significant progress in reaching the children and building trusting relationships with them for family restoration.

CULTURE AND COMMUNITY PROJECT UPDATES

Building Project Update

The Building volunteers saw the fruits of their labour during the month of May with the completion of the home for 77 year old Bill from Fairfield St. Elizabeth. Soon after officially handing over the house to him, the three volunteers quickly moved on the next site of needs which was in the parish of Portland. The volunteers worked at the Windsor Primary school to construct bathrooms for the children.

Construction work is very labour intensive and time consuming but these volunteers have strength of both heart and body. We appreciate the incredible work they continue to do to provide modern conveniences for everyday people.



Bill sits on the verandah of his new home

Disaster Management Project Update

Preparing communities for disaster and carrying out routine technical and administrative work are the primary responsibilities of the Disaster Management volunteers. Rooted in the quiet town of Black River and attached the St. Elizabeth Parish Council, the two dedicated volunteers on the project worked many hours to conduct safety drills and fire and flood inspections. When they were not out doing field work they would prepare reports, revise brochures and other important documents.

Maroon Project Update

Whoever thought teaching had to take place inside four walls has been proven wrong by Maroon Project Volunteers Pablo Calderon and Ella Jones-Moore who teach the children of an ethnic group in the high mountains of Accompong. The two joined the Project in early April only 2 days apart. The volunteers engaged some 150 children in reading exercises, spelling games and conventional education curriculum tasks. They were afforded the opportunity to help organize and participate in many school and community events and lived like they were an extension of the rather large close-knit family of Maroons. The volunteers love their experience in Accompong and would not trade it for anything in the world.

Engineering Project Update

Jamaica's sole Professional Engineer Joe Martin makes an indelible impact on the Roads and Works Department of the St. Elizabeth Parish Council. In addition to carrying out his everyday designing tasks using conventional pencil and paper means he conducted drain inspections and continued his elaborate library design. Joe is loved by his placement supervisor who, within the context of helping and learning, treats him like royalty with a cup of coffee each morning to start his day. Joe has added significant value to the design concepts at the council and encourages his colleagues to build their skills and knowledge by reviewing the design works of others in other countries.

MEDICINE PROJECT UPDATE

The month of April was certainly the month of PROs for the Medicine Project. There were a total of 15 Medical volunteers who worked in health centres and type A and B hospitals. Some helped with checking the vitals of patients, others engaged patients in life-style counselling, conducted ward rounds with nurses and doctors and some effortlessly used their professional skills to revolutionize geriatric care and accident and emergency care. The volunteers participated in a Project Meeting about Geriatric Care which was facilitated by PRO Volunteers and Medical Doctor Victor Lim.

SPORTS PROJECT UPDATE

Two new volunteers joined the Sports Project in April 2013. The volunteers coached netball, cricket and football and assisted their placement supervisors with standard Physical Education routines and activities. These volunteers have added a unique dynamic to their respective placements and have made long lasting impressions on the children and their attitude towards sports. A major highlight of the Sports project this month was the incredible work of Carolin Cloes in coaching the children of the Villa Road Primary school to fourth place in a major football competition sponsored by communications company LIME. The team worked hard and quickly advanced to semi-finals but were outplayed by other teams without their lead goals scorer. The team is congratulated for their valiant efforts and nuff respect to Carolin for her fantastic coaching skills.



Carolin Cloes motivates her team at the Football match

TEACHING PROJECT UPDATE

Teachers make all other professions possible and the volunteers on the Teaching Project poured their skills and efforts into shaping the dreams and future of Jamaica's children both in the classroom and in other settings. April began with a bang for the Teaching Project with a well-planned and organized Easter Camp for children in the community of Knockpatrick. The goal of the camp was to provide a balanced and rich learning experience for the children by engaging them in sports activities, personal development group talks, games, songs and art and craft. Both volunteers and children were also afforded the opportunity to exchange information about their respective cultures. The camp was a success and volunteers and children enjoyed it very much.



Madeleine Brynildsen uses out of the box techniques to teach

There were a total of eight volunteers on the Teaching Project in April. Some taught foreign languages while others taught mathematics, English Language and some science subjects. In addition to helping teachers with other teaching/learning activities, volunteers correct students' work, assign homework and provide individual tutoring to slow learners. An interesting highlight of the project for April was hat's day which was held at the Bethabara Infant School, a beautiful event which volunteer Sandie Jensen helped to organize and prepare the children for.

JOURNALISM PROJECT UPDATE

If words could walk and perform then we have been touched by the incredible articles written by Grace Campbell and Bianca Dopplinger about real and serious issues in the Jamaican society. The two who were the only volunteers on the Journalism Project for April 2013 worked with the Media team at the Northern Caribbean University preparing audio recordings and content for radio interviews and programmes. The two have a strong interest in journalism and were happy to have gotten the exposure and skill development received.



Grace Campbell practices her interviewing skills at workshop

MONTEGO BAY PROJECT UPDATES

There were four volunteers present in Montego Bay for the month of April. Two, Nicola and Geke, were at the Blossom's Garden Place of Safety, one, Xanne, at The West Haven Home for Disabled Children and the fourth volunteer, Holly, was at The Montego bay Animal Haven. Of the four volunteers, Nicola and Holly left mid-April, Holly being a two-week volunteer.

Growth and development was the focus of the volunteers for the month of April. The importance of the service of volunteers was highlighted at



Geke Minnema designs sign for placement

each placement against the volume of work to be done and the limited staff. In the case of growing children, there are any more needs to be met after the basic needs such as feeding and bathing. Often times stimulating activities crucial to normal development are not met by regular staff. Not having the time to do it however, does not negate the need for it to be done. Volunteers offered the greatest service in this area by playing with the children, reading to them, singing to and with them and helping them to develop good habits such as being responsible and sharing. For instance, Nicola made it a small project of hers to help a baby to stand on his own in his crib. She noticed that he was trying to do this on his own but needed some help. Every day she helped him to do this. In a matter of weeks he was able to do it independently. It was a proud moment for both of them. All volunteers enjoyed their placements and the work they did with the children.

MONTEGO BAY VETERINARY MEDICINE PROJECT UPDATE

The Montego Bay Animal Haven is the only place in Montego Bay where animals are freely accepted to receive love and care. It is also the only organization that makes it their unfailing duty to feed stray dogs in and around the city of Montego Bay at least three times per week. With only two pair of hands, the demands of the work is great with over forty dogs, birds and cats on site plus many more on the road that are in great need. It is within this environment that Holly Hall went and adapted to very quickly. She was not daunted by the assigned tasks as this was transcended by her love for the animals and the desire to help. Her main tasks were to assist with feeding the dogs, vet visits and organizing equipment, a task that is not regularly done due to volume of more pertinent tasks. Outside of those duties, the two weeks she spent

were quite eventful but enriching to her future choice to be a vet nurse. While she was there, she helped with physiotherapy for a little four months old puppy, Maxi, that was run over and had to get surgery done on his back legs and pelvic region. Holly patiently and lovingly assisted him to stand up, stretch his legs as well as move about after his operation. In the following week, there was an outbreak of a deadly virus and two puppies had to be rushed to the hospital. Subsequently, the whole facility had to be quickly sanitized to prevent the spread to other dogs. Holly again, did not shy away from this task. She was also of great help in transporting dogs for their weekly vet visits. The Director was very excited and grateful to have a volunteer from Projects Abroad is looking forward for more enriching experiences.

HIGHLIGHTS

- Building volunteers complete house for elderly man in St. Elizabeth.
- Teaching project host Easter Camp for community children
- Montego Bay Veterinary Medicine Project volunteer helps with surgery for dog hit by a vehicle.
- Sports volunteer Carolin Cloes coaches Villa Road Primary School team to fourth place in major football league competitions.
- Medicine project receives two medical doctors one of whom revolutionized geriatric Care at a residential facility for the elderly.

DONATIONS

- Former Maroon Project volunteer Kevin Watson donated a large suitcase of school supplies, toys and clothing which were distributed to the Maroon Community Project and the New Hope children's home.
- Former Care volunteer Bettina Veldhoff donated \$93,064. A portion of this money was used towards Bill's home and the other is designed for the Breakfast Programme at the Bethabara Primary and Junior High School.
- Projects Abroad Jamaica purchased \$10,000 worth of sports and teaching and learning material for the Children's Place Day Care Centre, The learning Centre and the Hill Crest Day Care Centre.

SOCIAL EVENTS

PATOIS AND CULTURE CLASS

Patois and Culture Class was held on April 09, 2013. The meeting began with the establishment of a few ground rules. The first of which was that volunteers were to only speak Patois in the class. The second rule was that all volunteers should have fun and the last was that all volunteers should participate. Volunteers were then introduced to the main components of the Patois class which were listening, speaking and comprehension. Volunteer's listening skills were tested with a short song which they were asked to listen to and repeat. Their speaking skills were tested in various ways from asking questions and providing responses to using emphasis and correct enunciations for certain words and phrases. The volunteers competed in groups of 6 for these question and answer tasks and the group with the highest score was allowed to have a turn at the Patois Wheel of Fortune. The prizes varied from excursions site trips and jewellery, to t-shirts and music CDs. The Culture segment of the class entailed volunteers learning about the Jamaican Theatre industry and performing a song that one of Jamaica's famous theatre artistes wrote and performed "Ooman a Hebbby Load." The volunteers were placed into three groups and they performed the song in rounds. They all had fun and learnt something from the class. They suggested that they get more everyday examples of Patois conversations and teach more words against the background of their limited Patois knowledge.

REGGAE DANCE CLASS

Reggae Dance Class was held on April 16, 2013. The volunteers learnt 6 different dance routines to the very popular and most recent releases of Jamaican artistes. Volunteers were first taught various dance moves to Vybez Kartel's Peanut Shell, Million Dollar Man by Movado, Voice Mail's Last Drink. After rehearsing the routines in sequence they were then taught moves to Gwiz and D'Angel's "Caant luv yuh gug like mi" and Bounty Kill and I Octane's Bad mine dem a pree. The Volunteers enjoyed the lessons and were excited about showing off their new dance moves.



Volunteers enjoy Reggae Dance Class

DIRTY DAY

Dirty Day was held on April 19, 2013 at the Manchester Health Centre. Volunteers weeded grass and created flower beds, planted a wide variety of flowers and plants. Volunteers also cleaned windows, washed walls and columns and erected signs on doors, walls and drawers. The volunteers were thanked for their help, support and cooperation.

HOW MUCH U KNOW QUIZ COMPETITION

The quiz competition was held on April 23, 2013 among project areas on Jamaican current affairs and general knowledge and Projects Abroad. There were 18 volunteers in attendance. Two teams vied for coveted prizes. The Care team consisting of four members competed with a mixed group of volunteers from the Journalism, Building and Sports projects. The competition had volunteers responding to a plethora of questions about Jamaica and Projects Abroad. They listened to audio clips to identify song titles and artistes and viewed and identified Jamaican public officials, and music and sports personalities. The victorious Care team won with 35 points and the very exuberant and quick thinking mixed projects dubbed “Blem Blem” team walked away with consolation prizes for their 24 point effort. The volunteers enjoyed the quiz and felt that they learnt a lot from the questions they were not able to answer.



Pablo Calderon digs holes to plant flowers



Volunteers with their prizes after competition

MONTEGO BAY SOCIAL EVENTS

PATOIS AND CULTURE CLASS

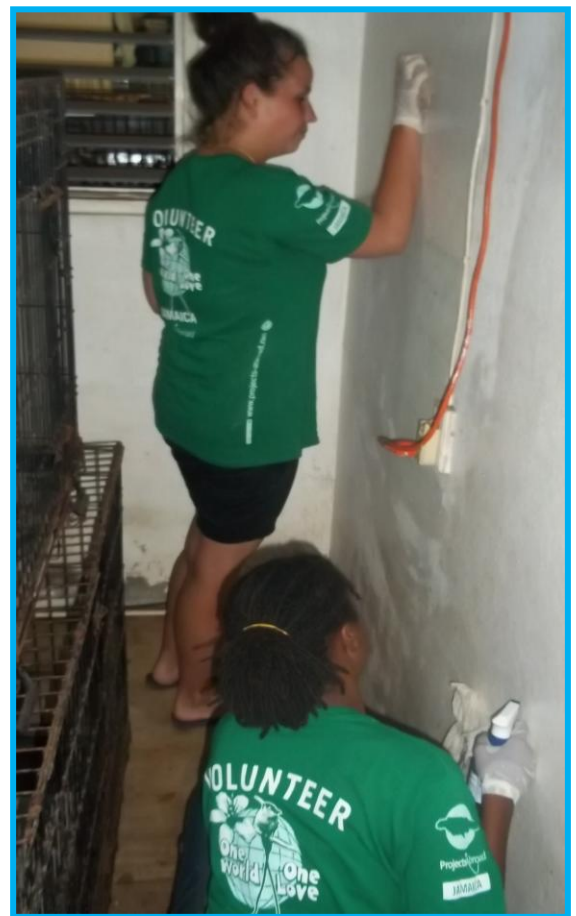
The lesson was designed in a cumulative way as a continuation of the last class. This class consisted of naming body parts in patois, words that relate to eating, words describing the character of people. Proverbs and specific phrases were also discussed and volunteers shared similar sayings and practices in their culture. At the end of the lesson, volunteers were given four situations to respond in patois to. All four volunteers were able to do this and found it very fun.

Afterwards, volunteers were taught how to make tamarind balls, a favourite Jamaican snack made with tamarind fruit, sugar and flour. Volunteers helped in the process of mixing the ingredients and rolling the balls. The tamarind balls were then divided among volunteers and each volunteer were given tamarind to go home and replicate the recipe for themselves and their host families.

DIRTY DAY

Dirty day was held at Montego Bay Animal Haven on April 19, 2013. Volunteers and staff met at 8:30am and then travelled to the Animal Haven by public transport. Upon arrival, volunteers were introduced to the staff of the placement then discussed the activities for the day. The two main tasks to be completed were making a sign for the organization and helping to sanitize kennels and cleaning the walls in the rooms where the animals are kept. Activities were started at 9:30am and completed at 1:00pm.

Xanne Zellenrath had the responsibility of constructing the sign (see attached photos). Geke Minnema and staff were responsible for wiping out the kennels and wiping off the walls with bleach in the area where the dogs are kept. After the kennels were wiped, old newspapers were spread into them for easy cleaning. The tasks of the Haven are carried out by only two persons. These activities were greatly appreciated as they are not done as frequently as they should because of the sheer volume of pertinent tasks such as vet visits, feeding dogs in house and on the road.



Volunteers and staff clean walls at Animal Haven

REGGAE DANCE CLASS

Reggae Dance Class was held on April 23, 2013 at Dance Spirit Dance Studio here in Montego Bay. Only two volunteers were presented but that did not impact them learning the creative dances taught by the energetic instructor. This class lasted for one hour. The instructor started the lesson with warm-ups then went into demonstrating to the volunteers past dancehall moves and progressed into current moves. The instructor paused at various intervals to explain various dance moves and the significance of each in the Jamaican culture. At the end of the class, the volunteers were asked to display their favourite dance move learned in the class today plus repeat the last dance sequence they were shown. The two volunteers were not daunted by this challenge and successfully completed the task.

WHAT IS ON THE CALENDAR

Projects Abroad Events

- May 07, 2013 - Football Match between Projects Abroad and a Community Team
- May 14, 2013 - Patois and Culture Class
- May 16, 2013 – Partners Appreciation Banquet
- May 21, 2013 – Child’s Month Activity for Depressed Teens
- May 23, 2013 – Dirty Day and Labour Day Project

Country Events

- House Dance International 2013
Fri May 24 2013 at 03:00 pm Jamaica Performing Arts Center
- Miss Hot Models Calendar Contest
Thu May 23 2013 at 02:00am Hedonism II Jamaica

SOCIAL MEDIA CONTACTS

Social Media is the current trailblazer for interactive, instant and irie information. Projects Abroad Jamaica is certainly trendy and has logged on to the latest social media offerings. Get your slice of the pie or perhaps we should say pudding.



Facebook - Offers the unique opportunity to know what is happening in Jamaica and with our volunteers during any day. Our Facebook page is full of photos, daily/ weekly updates, our calendar of monthly events and comments from our adventurous volunteers. Here is our link, don't forget to check us out...

<http://www.facebook.com/groups/projectsabroad.jamaica/> join the official group.



Mytripblog- There is no time like the present to start blogging, and so in order to keep you connected to our many adventures and volunteer stories we have been blogging just for you. Check out Jamaica here...

<http://www.mytripblog.org/pg/groups/266/jamaica/>



Twitter- Get real time updates on what is happening in destination Jamaica right now. Follow us on twitter we are sure you will love our tweets;

https://twitter.com/Proj_AbroadJM

PROJECTS ABROAD JAMAICA CONTACT DETAILS

Projects Abroad Jamaica
Suite # 9 Sun Village Plaza
6 North Race Course Road
Mandeville P.O.
Manchester, Jamaica

Telephone: (1876) 962-5462

Fax: (1876) 926-5461

Website: www.projects-abroad.net

Facebook group: Projects Abroad Jamaica

Blogsite: <http://blog.projects-abroad.net/mytriblog.org>

If you would like to contribute an article to this newsletter please email it to patrinamorrison@projects-abroad.org by the 23rd of the month so they can be vetted and included.

One Love