

Salutare Moldova



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Inside and Out

My final experience of Moldova

By Maxime Westbrook from UK.

The house where I am staying has now turned into a home. I pass the tall and modern buildings next to the small, older ones which have now become a part of my daily landscape. Now I am coming to my last experiences of Chişinău, like waking up and seeing the bright sunlight, although my time here has also shown me the rain and storms which is rare but not easy to forget. The area which has become my home is still surrounded by rolling hills of green with lots of modern and large houses, which

I have grown used to seeing. There is usually sunlight bathing the city and now I know the heat I experienced on my first day is the standard here. I now use the convenient method of transport to get into the city regularly. The wide roads and large streets which are home to the small shops which, during my time, I have found very useful in the baking heat for buying a drink. The trees here are something I will definitely miss in the greenest city of Europe and the impressive Ştefan Cel

Mare which I have used for reading books and writing articles, not just because of the great Wi-Fi but also the peace when sitting on a bench. The city centre is where everything happens, not just for the people of Chişinău but also for me; exploring the old traditions with the markets and the new ones with Andy's pizza when I was missing the food from back home. I have realised how the two ways of living both old and new work together and create the city. One of the first sights I visited in the city was the monument and park of Stephen the Great which celebrates the country's hero. This is a place I still go a couple of times a week to relax. Often I meet friends at the tall statue which stands on the corner of the park overlooking the busy main streets of the city. In this area there was also the drawings from national children's day, a global event, and the children's best drawings. Although in my time here I have also seen the pictures change to match other, newer themes than the non-smoking one whose campaign is still happening. In the city the sites I first saw representing the local culture with the concert hall where I went for my first concert is now a place I pass regularly when I am in the city and the classical music with a modern twist which they played seems now to be more accurate of my experiences of Moldova. Although I have also seen the older parts of this country when I



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visited a monastery half an hour outside the city where the old traditions were still being held the monks who lived there. The concert is still one of the strangest and most entertaining experiences I have had here.

On my final weekend here I went to the Pushkin museum with two other volunteers to discover more about the famous writer who had stayed in the city after his exile from Russia. There was a replica of the room which he would have stayed in and the objects he would have used. The building had been constructed in the 1940's to remember this historical figure and his time in Chişinău. While I was there I also discovered that I have a surprising resemblance to the Pushkin statue in the garden outside his old rooms. The wedding day which took place in the big square outside the performance hall was just the first event which I saw to be held there. Since then I have learned that it is frequently used on weekends for events. Although none that I have seen ever compared to the parade and the hundreds of couples who got married that day. The scariest experience I have had is still getting lost in the city, although this occurred twice in the same week I have managed to avoid it so far, although this has largely been due to my use of the trolley bus to get around so I do not have to remember exactly where I need to ask the driver to stop. The first time on the mini bus led me to using it less and I have learned that most of the other volunteers also choose to use the trolley bus for getting around. The issue of not recognising the streets has managed to resolve itself now as it only took time and other volunteers with better senses of direction than myself to adjust. The map has still not proved as useful for me in finding a location. Finding yourself in the wrong part of town will be less of a problem over time. The western culture emerging in the new Moldova as it attempts to modernise has been seen in the McDonalds which I have found useful for getting something to eat quickly and when I am missing food which I would have at home. Behind the parliament building I found with the other volunteers a western style outdoor terrace for getting drinks which helped us in the heat. The last impression I have of Moldova is that this country with its long traditions and which celebrates and remembers its history. Also manages a changing lifestyle for many as they get in step with the west. My experiences here have taught me a lot about the country and what it is like while also allowing me to meet new people and discover more about myself at the same time.



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Medical project

Impression about Moldova hospitals

By Mayu Uemura from Japan.

こんにちは！私の名前は植村 葉由です。現在モルドバで医療のインターンシップをプロジェクトアブロードを通して行っています。ここに来て2週間ほど経過したのでここでの日々の体験を綴ってみたいと思います。まず、私がモルドバを選んだ理由はアメリカの大学で今現在医学を学んでおりさらにロシア語を最近学び始めたからです。モルドバの人たちはモルドバ語（ルーマニア語）とロシア語をしゃべるので医学の経験を積みさらにロシア語を学ぶことが出来るモルドバはわたしにとってとても良い環境でした。しかしながら到着した日の夕暮れ時のキシナウはとっても暑い上少し怪しい雰囲気、第一印象はあまり良くないなかったのを覚えています。不安を抱えながらのホストファミリーの家へ到着、迎えてくれた優しいホストマザーとホストシスターに胸をなでおろしモルドバでの一日目を終えました。その日から2週間以上経ち、日々モルドバの良さを体感するとともにどんどんこの国のすばらしさに魅了されていっています。たとえばストリート上で売られてる果物や野菜はみんなとても新鮮ですし、空気もとってもきれいです。そして街の人々は外国人なれしていないのもあり、私が困っていようものなら積極的に声をかけてくれ助けてくれます。もちろんジプシーのような人も時にはいますが基本的に人々はとっても親切です。ここに滞在中ウクライナのキエフとルーマニアのブカレストも休日に訪れ、現地の方々の優しさに触れることができたのですが、モルドバの人は格段に外国人に興味があり、さらに親切に思います。小さな国ですが様々なローカルなお店があり、都市部から一時間ほど走れば豊かな緑がひろがるとっても魅力的な場所です。さて、本題のメディカルインターンシップの方ですが、とっても貴重な体験をすることが出来ています。例えば、アメリカや日本では手術を医者でない学生がガラス越しではなくドクターの隣でみれることはまれですが、モルドバではそれが可能です。ドクターたちはとてもオープンで様々な質問に応答してくれる上に、手順などを細かく教えてくれます。今のところ小児科、神経科、外傷科、整形外科、泌尿器科など、30個近い手術を拝見しましたがどれもとっても興味深く将来どの道に進むかを決めるにあたって役立つと感じています。もちろんモルドバは先進国でなく経済的に豊かな国ではないので、最先端の医学に触れるのは難しいですが、先進国じゃないからこそ学べることも多いように思います。今医者を目指していて、自分がどの分野に行きたいかいまいち定まっていない学生や、決まっても現場に立ち会ったことがない学生に有益なインターンシップになること間違いないので、実際に体験した私としては是非おすすめしたいインターンシップです。余談です



が、モルドバの病院にあるたくさんの医療機器は日本から援助されています。思わぬところで日本の素敵な一面を発見することができ、日本人であることを誇りに思えました。

Moldova and Projects Abroad Medical Placement 2 Weeks

By Todd Lederer from Australia (Austria).

My name is Todd Lederer and I am in the middle of a two week Medical Project with Projects Abroad. I am a registered Remote Emergency Medical Technician and am a Paramedic in training. I chose to come to Moldova in order to learn more about the country and culture whilst fulfilling the final practical component of my Paramedic training. As I currently live in Austria, Moldova was a great choice to come and volunteer. It is a short flight from Austria but at the same time is completely different in nearly every way. Since being here I have found the people to be incredibly open and friendly and keen to help where possible. Although the economic situation is poor the people appear to really appreciate what they have, which is a nice change from the frame of mind I believe we're developing in the west. On top of that there are plenty of interesting things to see and do and it is safe and easy to travel with public transport. And it is true; the people here are obliged to give up their seats for the elderly, disabled, women and children. It is great to see that these general manners with each other still prevail in some countries. On arrival I was greeted by a Projects Abroad representative at the airport. After quickly exchanging some Euros we were in a taxi and heading to my host family to meet them formally and unload my luggage. The family is lovely and has made me feel welcome from the start. It is great to stay with the locals to really get a feel for the country and get involved with some of the culture, food and wine. After being fed by the family it was off to the city for the first day induction. A lot was explained to me on the way and I found walking around the city on the first day with a guide very beneficial. It makes things a lot easier for later on when you need to find your way around on your own. My second day was the first official day at the hospital. I am based in the micro-surgery wing at the moment and so far it has proved interesting. My translator is a skilled third year medical student who is obviously passionate about medicine and keen to assist me wherever she can. From the first day on I have observed a number of surgeries, changed bandages and dressings, observed major trauma and administered medications. I have also had the opportunity to read and interpret ECG's with a doctor, which is crucial to my on-going training. I have found the doctors to be quite accommodating and willing to assist in our learning where they can. They are very skilled professionals who have to work with the minimum and sometimes improvise due to a lack of equipment and resources. This obviously requires them to have an intimate knowledge of their craft in order provide their patients with the care they need. To date I have been impressed with the professionalism of the team at Projects Abroad and the staff here at the hospital in Chişinău. I look forward to the rest of my placement and am confident I will only have great things to say about my time in Moldova.



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Journalism project

Medical Project

Interview by Maxime Westbrook with Pranjal Singh, Medical volunteer.

In Chisinau, Moldova, Projects Abroad offers a Medical Project in which volunteers are able to have first-hand experience at local hospitals. It is a chance to see surgeries and medical treatment in another country and understand how it works, including how doctors operate and treat their patients. To gain an insight into the Medical Project, I interviewed one of its participants, Pranjal Singh from the United States, on his experience working at the project and with a new culture.



Maxime Westbrook: What made you pick the Medical Project with Projects Abroad?

Pranjal Singh: Well, I wanted to be a doctor growing up. So, the Medical Project seemed like the obvious choice. In terms of location, Africa was way too dangerous for me to go to. I also did not feel comfortable enough with my Spanish Skills to travel to South America. There were not any language requirements for me to come to Moldova, so it seemed like the best option at the time.

M.W.: Were there any other reasons for picking Moldova?

P.S. I wanted to go to a place that isn't frequently travelled by Americans.

M.W.: What are the hospitals like compared to the US? How do you feel about the conditions you are working in at the hospital?

P.S. The hospitals in the US are miles different than compared to those in Moldova.

M.W.: How do you find working here?

P.S. It's different but I like it. I have seen a lot more here than what I would get to see compared to back home.

M.W.: What do you think of the way that the doctors are over here?

P.S. I mean, they do the best they can with the technology they have. The quality of care here would be so much better if they actually had better technology and access to cheaper medication.

M.W.: How was it to adjust to another culture for you?

P.S. It was difficult. I think the hardest part was the food.

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M.W.: What have you learned from your experience working here and have you enjoyed it?

P. S. I have enjoyed the experience, learned that compared to the United States Moldova's healthcare quality is sadly plagued by the fact that there is not enough good technology. That the lack of tech impedes doctors from doing the best job they possibly can. The focus of healthcare is slowly shifting towards more medical tech. Moldova has a concern with money; they have to make sure they do not fall too far behind with tech.

M.W.: Would you come back here after you become a doctor?



P.S. Without a doubt, got to do more as an intern. I can contribute more to the health care system as a licensed doctor. The medical project in Moldova shows the tests of not just leaving home for the first time but also adjusting to a new culture which is dramatically different from home. There is also the need to get used to a health care system which is still catching up with the rest of the world. While these parts are difficult the rewards of being able to help people which make it worth joining the medical project here in Moldova to get the practice and knowledge of a hospital.



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Donation page

Recently we received some donations from our volunteers. Ms. Kristen Bradshaw from Australia (Teaching Project) has donated some teaching resources like: foil stickers, stars, stamps, cards, four books for teaching writing, reading and language conversation.



Miss Jana Himpe from Belgium (Care Two Weeks Special) brought with her a donation which consists of around 50 gifts for children.

We are convinced that all donations made the world of difference to these children. We would like say to all volunteers thank you for their effort in work process and for the generous gesture which Kristen and Jana made.

Thank you everybody, you are the best!



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Photos page

Volunteers' Happy Moments



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ocial Media

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Thank you all for your collaboration!
Thank you for being with us!
If you have anything you'd like to contribute,
suggest, or comment on, please contact
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