

THE OFFICIAL NEWSLETTER

For Projects Abroad Moldova



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Message from the team

Noroc! First days of the October month began with Projects Abroad Moldova celebrating the birthday of one of our volunteer from Australia, Jillian, and several days later our team celebrated the birthday of Jenna from UK. **Happy Birthday Jillian and Jenna!!!**

Even if trees leave their magnificent leaves on streets and full yellow-red rustling paths hide local walnuts in Chisinau parks, October still impresses Chisinau's guests with many other interesting events.

During the first weekend of October National Day of Wine is celebrated in Moldova, which dates back to the XV century. It is similar to a festival, during which different manufacturers from all parts of Moldova bring their productions to the public exhibition in the capital. This event is celebrated with many local drinks, music, traditional clothes, local food, different fruits and vegetables, presentations of a large variety of grapes, barrels, wondrous shapes of glasses, honey. The whole park at the city centre is full with interesting original works of the best local art.

On the 14th of October, citizens of the capital celebrate "Hramul Chişinăului" which was founded according to documents on 1436, on this month our capital will reach 578 years of existence. The entire Boulevard Ştefan cel Mare (Bdv Stephen the Great) will be decorated with flags and lights for the holiday. This special day for Chişinău habitants, and its guests, begins earlier with putting flowers at the statue of the historic ruler of Moldova, Ştefan cel Mare. This is followed with assistance at the religious ceremony in the Metropolitan Cathedral "St. Nativity" from the city centre, after which Mair of the city officially open the holiday with an induction speech. This holiday is special as locals and guests can try traditional Moldavian drinks and food; like barbecue, sarmale (balls with rice inside covered with leaves of grapes and cabbage), roast meat, pies ("plăcinte") etc. In the city centre along Ştefan cel Mare street different exhibitions of paintings, graphics, crafts, books, flora, competitions, works of local artists from 5 districts of the capital (Botanica, Center, Buiucani, Riscani and Ciocana) can be seen.

Usually, on this special day volunteers have the opportunity to familiarize themselves with the local behaviour and culture.

During this period most local institutions celebrate "Toamna de Aur" (Golden Autumn), each agrarian institution organise (art) exhibitions: with a variety of fruits and vegetables grown in Moldova.

Thank you all who have been with us over this festive time.



Festivals in Moldova

By Eugenia Doros, Social Assistant

Autumn in the villages around Moldova is always the same. From dawn till dusk, in orchards, vineyards and in the gardens people can be seen working hard to gather the harvest before the cold winter comes. Fruits are stored and vegetables are canned in jars, while the grapes are taken to the grape presses. You will hardly find a family in the countryside who don't keep homemade local drink in the cellar, as it is a tradition in Moldova, one that has survived over many centuries. The process of wine making has a magical allure, as it gathers the whole family together. Moldovans are hospitable not only when it comes to their family; we are glad to see our friends visiting us too. That is why, in October, for 13 years, we organize the "Wine Festival". Before 2012, it was celebrated on the second Sunday of October, since 2012 it changed to the first weekend of the same month. More likely to be a joke, the Minister of Agriculture explained in an interview that usually the first week of October is warmer than the next one. In fact, we think it is to give a break to the tourists and the organizers to get ready for the second most important holiday of the month - the Day of Chişinău City. At this festival guests are invited to taste and guess the "new grape drink". There is a wide variety of Moldovan traditional food as well, which is served while national music can be heard everywhere. People are invited to dance the national dance, hora, by holding the hands of each other while making a few simple steps; twice to the right, and once to the left. Without even realizing it Moldovans share our energy with all our guests, becoming more relaxed and happier ourselves.



Usually, the holiday begins with an official speech from the President, Prime Minister and other influential people. We are usually proud to welcome some important guests from the international community, who come not only to attend the event, but to show us their support and friendship. It is an opportunity for winemakers to promote their product, and it is an incentive to become better because only the best ones can stand the tough competition in the local market.



The Day of the City, celebrated on October 14th each year, is a colourful, special and different holiday. Along Ștefan cel Mare Street (which is closed to the traffic on this day) you will find stalls, some of them for exhibitions, others for national food and drinks. Also, you will find there are many handmade things; rugs and carpets, traditional clothes and towels. Many people choose to dress themselves in traditional clothes, showing pride of the traditions inherited from ancestors. It is a different holiday, as the main street hosts the events organized by the Praetors of the 5 areas of the city, which means the main street is divided in 5 districts, each one trying to organize the most interesting concert and program. The real competition between the praetors starts then.

Not as famous as the Oktoberfest, but Moldovan holidays in the month of October give us the necessary dosage of good humour to engulf guests our culture and make you curious to discover many other secrets that this Eastern European country hides on its lands.

Journalism project

My time in Moldova

By Jillian Ganz, Australia

Moldova is a largely anonymous country for many Australians. For me, however, Moldova appealed due to this fact: here was a place where I could seek entirely new experiences, meet new people and challenge my own adaptability. Suffice it to say that I haven't been disappointed. Moldova has been welcoming, generous and fruitful in all senses of the word. I spent my volunteer placement at a well-equipped office up Kogalniceanu Street – workplace of the journal “Работай & Отдыхай” (Work & Rest) and their sister advertising agency, “Promo Profit.” Here I ate many chocolates, was given a bottle of wine, taught ad-hoc English and Russian, got taken to the Hungarian



Embassy for art, champagne and canapés, enjoyed a social lunch on a Sunday, and also did a fair bit of journalism. The work was engaging and allowed me to research and understand much more about Moldova, Moldovan culture and Moldovan foreign affairs than I ever would have otherwise. My supervisor and the Managing Director, Galina, made my experience so comfortable and highly enjoyable, and is one highly intelligent and extremely generous woman! I am very much looking forward to keeping in touch with her and others that I worked with and met through Galina after I return home.

In addition to my volunteer placement, I spent Thursday mornings and evenings, plus one Saturday afternoon, having English conversational classes at a local English school. The students were from a mix of ages and backgrounds, but loved learning about Australia and all sorts of other things. The conversations were never strained or awkward, which is a testament to the natural curiosity of Moldovans and their passion for learning. Another thing I noticed about Moldovans is their generosity – not just practical generosity but also generosity in spirit. This kind of ‘genuine concern’ for the foreigner was experienced on multiple occasions and with multiple different people, including very late one night at a minibus stop when a stranger loaned me his jacket whilst we waited and then told the bus driver exactly where I needed to go. I also experienced a lot of ‘warmth’ from my host mother, Irina. Not only did she slave away at the stove for me and produce amazingly delicious hot porridge every morning and a range of flavoursome traditional dishes such as borsch, stewed fish, sausages, and other soups of all varieties, but she made me feel genuinely cared for and thoroughly well-looked after. From her, I also learnt many things about Moldovan life, history and education. I am extremely grateful for her generosity in effort, and the welcome she extended to me. Living in Chişinău, I felt myself on the brink of two worlds. The city itself has all the features of an average post-Soviet city, but it is full of some fascinating paradoxes. Though the people are exceedingly and genuinely friendly, they rarely smile. Though the city is small, it takes a long time to get anywhere. Though the capital of the ‘poorest country in Europe’, fashion and fashion ability prevail. You can practically taste these tensions in the air – a sensation enhanced by the language duality and current issues surrounding European integration. These paradoxes were very preoccupying to me, and really made the city culture unique and fascinating.

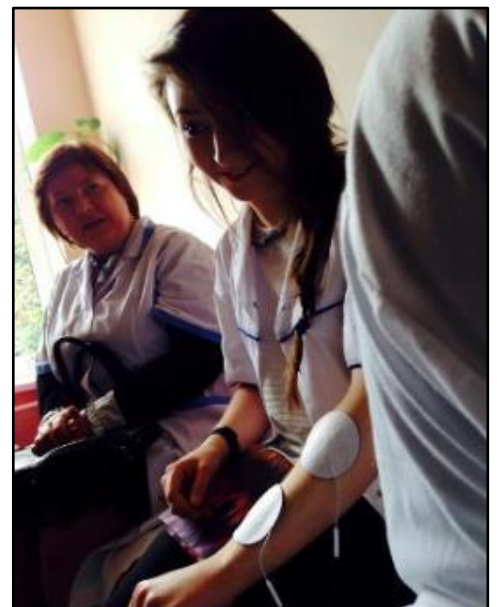
Only an hour or so outside of Chişinău the scene was different: here I visited peaceful monasteries, authentically preserved villages, rolling hills and ate some seriously tasty food and wine. Though I travelled through Greece and Turkey prior to coming to Moldova, nothing rivals the fresh organic chicken zeama, plăcinte and mămăligă that I had at the Butuceni Eco-Resort in Old Orhei, let alone the accompanying mulled wine. I also visited the Curchi Monastery, where I felt like I was taking a step back in time and ten steps away from the craziness of the city. It was extraordinary to learn the site was periodically a mental hospital during the communist regime and not the locale of monks that it is now, though continued reconstructions provided an obvious visual reminder. The voices of monks singing at a baptism mingled with the stillness of the grounds and created a pleasant blend of human activity and natural bliss that I think reflects much of Moldova and the Moldovan disposition. When I told a friend back home that I would be spending a month in Moldova he commented “I always thought Moldova was a fictitious country in a James Bond movie.” I laughed – this was a fairly standard response, but upon reflection, Moldova really is the ideal backdrop for such a film. Chişinău, Orhei, Curchi, delicious wines, rich historical and cultural traditions, Eastern Europe on the brink of Europeanism, and generous, good-looking people whom you can’t help but admire: the perfect canvas on which to discover, enjoy and unriddle a thoroughly engaging story.

Physiotherapy project

Experience in Chişinău hospitals

By Jenna Mulholland, UK

I had two work placements in Moldova- the first was in a clinic for Physiotherapy and the second in a hospital for Stroke Rehabilitation patients. Both placements taught me a lot about Physiotherapy but they were both very different. In the clinic, I learnt a lot about different procedures/treatments involved in



Physiotherapy such as Laser therapy, Electrotherapy, Electric Shock Therapy, Magneto-Therapy, Pressure Therapy, Hydrotherapy, Massage, Salt Therapy and Kineto Therapy. Each day I spent time in different rooms in order to gain knowledge about the equipment and how each procedure works and aids recovery. For example, I learnt that massages can be used on babies to strengthen and relax their muscles in order to aid development. Also, I learnt that Ultrasound inhalation makes use of Euphyllini which influences the alveoli of the lungs making them bigger so the patient can intake larger amounts of medication. I was taught that Magneto-therapy removes the swell/inflammatory process and can remove the pain along with improving the circulation. Ultrasound also removes the swell with the help of impulses as it reacts with the level of the cell and therefore improves circulation. In addition to this, Laser therapy is used for the regeneration of tissue.

I learnt about Electric shock therapy which uses very strong waves to stop the inflammatory process which can be used for spurs. Lymph-stimulation is used to clean the toxins, improve the lymph and drain the surplus of the lymph. Kineto-therapy is used for patients with locomotion problems, problems with their movement system, neurological diseases, injuries and bone problems. It is used to analyse the movement of the muscle and make it wider as the movement causes the muscle to strengthen. Finally, hydrotherapy causes the distribution of calcium to be improved which is good for osteoporosis. My placement showed me that the principle of Physiotherapy is to remove the pain, remove the inflammation and to improve blood circulations as with improved circulation; the blood nourishes the organs with oxygen which means they can work at their maximum. My time spent in the Stroke Rehabilitation hospital was much different as the patients had been through distressing experiences for example a young boy age who had an accident and had become paralysed. It was interesting to see the procedures performed on the patients by occupational therapists and physiotherapists and how personal the treatment was as the professionals had a very close relationship with their patients. Overall, my placement was both enjoyable and informative.



Donation

Local Donation

Projects Abroad Moldova contributed towards the “Fantastic” Daily Care Centre. During the summer period, when Projects Abroad volunteers were at this placement the fridge has been broken. In October Projects Abroad Moldova assumed all costs to repair the fridge and donated materials for work in this placement. All members of staff and beneficiaries of “Fantastic” Daily Care Centre thanked Projects Abroad for this gesture. Projects Abroad Moldova also helped Start, a daily care centre for young people with Down syndrome and intellectual disabilities start by donating some clothing for adolescents and adults.

Thank you very much for implication of all participants at this donation project!

Photo Gallery



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