

IN A NUTSHELL

- 2-weeks special volunteers flew with unforgettable memories
- Volunteers and staff conduct medical awareness in Panadura beach!
- Project Abroad Sri Lanka staff celebrate Christmas in Colombo

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TWO WEEKS PROGRAM IN DECEMBER WAS A GREAT SUCCESS- VOLUNTEERS GET LIFE CHANGING EXPERIENCE IN PANADURA

The most hectic two weeks of the year has ended and it was the most successful two-weeks of the year too as our 2-weeks special volunteers successfully completed their volunteering adventure in Sri Lanka. The group comprised 20 volunteers and all of them were on their high-school holidays. Since their arrival, the work kept them so busy as the program itself comprised lots of activities to be done by the volunteers. All of them worked very hard to achieve their program goals. They were placed in four places namely, Dutch-Anne preschool, Welipitiya Montessori, Malamulla community center and Malamulla preschool.



Volunteers with the kids at the beach

The team split into groups and worked in their placements. They engaged in teaching the kids, playing with them, doing activities. Apart from the work, the volunteers had an opportunity to visit the temple of tooth relic in Kandy, prepare Sri Lankan dishes, participate in the medical awareness program at the beach and so on.

The volunteers also engaged in painting the murals at each place. Most of the volunteers said, this experience was life changing and career enriching as they learned how to adapt to a new situation so fast.

On the final day, volunteers prepared their own staples to feed these kids and in return the kids' mothers prepared traditional Sri Lankan foods. The final moments were really touching as all of the volunteers were in tears while saying good bye to those adorable kids. A successful program comes to an end!



Volunteers' role plays

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Editor's Note— by Manjula Meemanage (Information Manager)

WELCOME TO THE DECEMBER NEWSLETTER!!

Hello friends!

Here is your last newsletter for this year 2013!

We had an amazing December in Sri Lanka for many reasons. First, our 2 weeks special volunteers had an unforgettable volunteering adventure during their program. The program itself was full of activities at the pre-schools, teaching, playing with the kids and travelling. The medical volunteers also organized several events. One of them was a medical awareness program to raise awareness about the healthy diets among the pre-

school kids. The event took place at the Panadura beach with 120 kids and 30 volunteers. It was another successful program organized by the volunteers. Projects Abroad Sri Lanka wishes to thank everyone who was involved in it.

The month was also special due to the Christmas celebrations. Most of the volunteers used holidays to travel around the country and the Sri Lanka staff had a Christmas party at Grand Oriental Hotel near the harbor. It was a great get-together to talk about the success of the year 2013.

Coming back to the newsletter, we encourage everyone to join us in making it interest-

ing and exciting by sending in your own written articles and pictures of your experiences. These will help others to understand and learn more about Sri Lanka.

As always, we highly appreciate your time and effort you have extended to us by sending your stories and photos. I am looking forward to receive more articles for the next issues at manjulameemanage@projects-abroad.org

We wish all of you a very happy new year 2014!!!

Volunteer Story—Jula Wagner

"it was a great picture to see the mothers taking newly born babies into their own arms"-Jula

"I needed to do something good for the people and see what practicing medicine in Sri Lanka is like. I also needed to trust my instincts to stand on my own feet while doing something on my own" with that inspiration, 18-year-old Jula Theresa Wagner, a German student volunteered in Sri Lanka with the Projects Abroad.

Jula Wagner was placed in a district hospital in Nagoda near Kalutara which is situated on the coastal belt of western Sri Lanka. The hospital is considered as the best government hospital in the district. Amidst its moderate facilities, she has gained a valuable experience in the hospital.

Some of Jula's daily tasks included doing ward-round with the doctors, inquiring the patients' symptoms with the help of doctors, assisting the local doctors at operation theatres (OTs) and asking as many questions as possible from the doctors to know more about tropical diseases.

"It was quite different from what I see in my country. But I learned how the treatments are given under moderate facilities. The experience I gained was so unforgettable. The staff in the maternity ward was great, one doctor was giving me "classes"; that is what he calls it and explains a lot!" Jula added.

"It is sometimes shocking to see how pregnant mothers were in labor pain and how much effort doctors put. There was much to observe like surgical cuts, stitching, pressing the belly of the mothers etc. But after all this, it was a great picture to see the mothers taking newly born babies into their own arms" she said with a smile.

Jula had a great experience at the medical outreach programs where she was able to

check the blood pressure or blood sugar of a large number of people. "Medical outreach programs organized by

the Projects Abroad were so great. I could get so much interaction with the many patients in one day." German volunteer stated.



Jula treats a patient

"I needed to trust my instincts to stand on my own feet while doing something on my own" "

Talking about the cultural difference she said, "It was a bit different in Sri Lanka than my country Germany. The people were little bit shy and hesitate to talk to you first but after some time they are very friendly and hospitable. "She chuckled remembering all the funny moments she experienced in Sri Lanka.

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Jula is seen here checking the blood sugar level of a patient at a medical camp



Medical Awareness Program at Panadura Beach



"The food in Sri Lanka was too spicy for me. But I used to it. I like "Pumpkin curry" very much. My host mom cooked it deliciously. I also like hoppers, Sri Lankan chicken curry, and the fresh fruit" Jula also said. Jula seemed to travel to many places during her stay in Sri Lanka. "I travelled to many places like hill country, Nuwara Eliya, and beaches all around the country. I can't tell how beautiful they are. The weather is just amazing. It is always sunny year around."



You can go wherever you want without worrying about the weather. It's also so vibrant and different from place to place" delighted Jula said.

After the volunteering adventure, she plans to travel and start studying medicine back in Germany as a medical professional. Jula did not forget to give a few suggestions to the upcoming volunteers. "I reckon everyone should be opened to know more about another culture. Even at the placements, ask as many questions as possible and that helps a lot. Talk to your host family and friends whenever you have a free time and take every chance to travel in this beautiful country. Every day is a story in Sri Lanka where you will never get bored of!" Jula concluded.

"The world is a book and those who do not travel read only one page."

— Augustine of Hippo



"It was quite different from what I see in my country. But I learned how the treatments are given under moderate facilities. The experience I gained was so unforgettable." -Jula



Jula at a social outreach

Sri Lanka ranked 10th as the World's Most GIVING Nation

Charities Aid Foundation in London published its annual world giving index last week. Sri Lanka appeared in the Top 20 as the 10th most GENEROUS nation in the world. The index by Britain-based CAF looks at three measures of giving in the past year: donating money to charity, volunteering, and helping a stranger. Sri Lanka has improved on two fronts: volunteering and helping a stranger. The report is based on over half a million interviews conducted by Gallup since 2007, as part of their World Poll survey.

Memories of 2-weeks special volunteers



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Projects Abroad is the leading global organizer of overseas voluntary work placements. Our wide range of projects, including Teach-

ing, Care, Conservation & Environment, Medicine & Healthcare, Sports, Culture & Community projects and Journalism, are designed specifically for the needs of the communities in which we work, whilst giving our volunteers the very best experience of volunteering abroad.

In Sri Lanka you can join one of our care, medical electives, IT projects, Nursing electives, language or teaching projects or a combination of them. If any of are interested in volunteering in Sri Lanka with Projects Abroad please log on to:

<http://www.projects-abroad.co.uk/volunteer-destinations/sri-lanka>