

THE OFFICIAL NEWSLETTER

For Projects Abroad Sri Lanka 



WHAT'S INSIDE?

- 02 Volunteer Story
- 03 Medical Camp
- 04 December social
- 05 A word from the Editor



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ProjectsAbroad

Volunteer story- Marie Pierre

I am Marie Pierre, volunteering at the orphanage "Vajira Children Development Centre" in Colombo from the 4th of November to the 4th of December. It was a great experience for me. At first I was assigned to care for the youngest children, doing sports in the afternoons as I am a retired sport teacher. I then taught English to three classes (grade 2, 3 and 4), I had a lot of fun teaching through singing, playing, drawing and colouring. The teachers were always with me during the lessons and they helped me by translating the instructions. The last day the children gave me paper flowers and a new year's card; it was a lovely gift which touched me a lot. I was so proud when they called me "Marie teacher"!

In the afternoons it was difficult to organize some sport games as there were no sport equipment and no plans in the orphanage, so we painted



Marie with the children at Vajira

the outside of the nursery and placed handprints with the children. I brought 20kgs of soft toys from France, which were fun to distribute to the young and elder. A French friend of mine gave me money before I left France to buy some useful things for the orphanage. I bought a cupboard with a mirror and 6 chairs for the nursery dormitory

(look at the pictures!)

Click [here](#) to read more !!!

With some of the children and staff



Marie's activities and donations



Monthly medical camp-Malamulla Community Center

Yet another medical camp was organized with the view of helping rural communities in the Panadura area on the 30th of November 2014. The camp was organized with the help of the district secretary of Panadura. The camp was started after the doctor's briefing to volunteers on how to use the medical equipment. The aim was to treat around 200 patients.

There were eleven medical volunteers for the medical camp, they were able to check blood sugar and blood pressure levels, which are related to Projects Abroad's goal to help detect diabetes and hypertension.

Volunteers, in pairs, did their part and had some quality time to blend in with the local people, in fact the people in the area were very keen as the camp was organized in their own village.

Projects Abroad Sri Lanka sponsored all the medicines which were given to the patients free of charge as well as all equipment and doctors.

The event was very successful as we were able to help many patients within one day. Our volunteers also had an opportunity to interact with many patients. Doctors said there were around 15 new diabetic cases identified and referred to respective clinics. Well-done all!



December social: Watching a cricket match-SL vs England

December's social activity was not a usual 'dirty day'. Instead, we decided to watch a cricket match. Cricket is the most popular sport in Sri Lanka, yet, it was the first cricket match our volunteers had the opportunity of watching. There were

35 volunteers including the two-week special volunteers and staff.

It was a fabulous experience, for volunteers and Projects Abroad staff. The game was an international cricket match between Sri Lanka and England and our volunteers blended in with a fully packed stadium of 35,000 spectators. The atmosphere

was quite electrifying with local bands playing drums with punchy beats and it was amusing to see our volunteers join in cheering for the Sri Lankan cricket team with local people. Fun to watch! Everyone had a nice experience and Sri Lanka won the match!

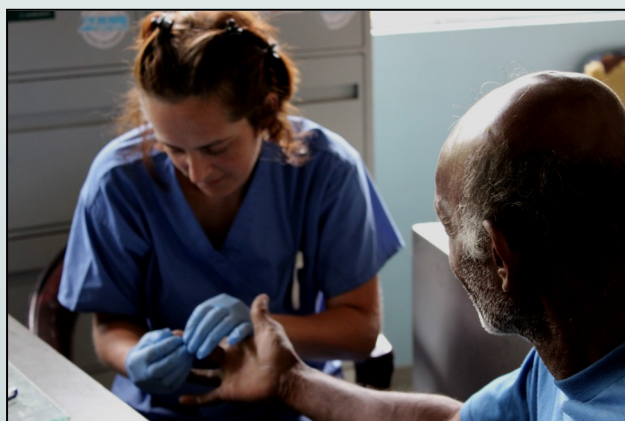
"Adventure is worthwhile." –
Aesop



Some memories from Medical Camp



A WORD FROM THE EDITOR



Last newsletter for the year 2014! It's been another lovely month for everyone, with thirty volunteers working in different locations around Sri Lanka this month. Nine of them were two-week special volunteers who arrived from Australia.

During the month of December, we were able to organize a social outreach at a cricket ground to watch a cricket match, which was so entertaining!

The medical camp was also successful with fourteen volunteers and we treated around 200 patients. Several new diabetic and hyper tension patients were identified and referred to the hospital clinics.

We encourage everyone to help keep this newsletter interesting by sending us your own articles and pictures of your experiences on our projects. These will help others learn more about the beautiful Sri Lanka.

Email me at manjulameemanage@projects-abroad.org if you have anything that you would like to share.

We would like to extend a big thank you to those who sent their stories and photos for this month's newsletter. We greatly appreciate the time and effort you have taken and are looking forward to receiving more articles for the following issues.

Thank you for reading this newsletter. We hope you enjoy it.

Manjula Meemanage