

IN A NUTSHELL

- Project-abroad volunteers conduct medical camp in Panadura
- Projects abroad helps a sewing project in panadura
- IT center moved to a new place in Panadura – A more convenient place

INSIDE THIS ISSUE:

Volunteer Story	2
Medical Camp	3
Medical camp snaps	4
Our media	5
Sewing project	6
Sri Lanka contacts	6

FIND US



PROJECTS-ABROAD VOLUNTEERS CONDUCTS A MEDICAL CAMP IN PANADURA-A GREAT RELIEF FOR THE NEEDY COMMUNITY

On 8th of February, our medical interns along with the Projects Abroad staff and the local doctors conducted monthly medical camp at Pinwatta temple. We provided medicines free of charge to the patients along with the doctor's treatments. The patients get their blood sugar level and blood pressure checked by the Projects



Thea checks the blood pressure

symptoms and suggest the treatments to the patients. Everything related to the medical procedures is followed under careful supervision of qualified Sri Lankan doctors.



Maiken checks the blood sugar level

Abroad medical interns who are in Sri Lanka. The medical interns generally get an opportunity to interact with around 300 people in a one day. The doctors sometimes help them to identify the



Anna checks a patient

Continued on page 03

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

WELCOME TO THE FEBRUARY NEWSLETTER:::

It is wonderful to welcome you to the February newsletter! In Sri Lanka, the work kept us busy and so were the volunteers. We had several programs during the month. The medical outreach program which was held in Panadura was an amazing program with the help of our medical interns and the doctors. We were able to provide medicine for a whole community. There were more than 300 patients. We are happy

that we could provide them with free medical consultations and free medicine to those in need.

Early this month, our IT center was moved to a new place in Panadura. It is now more convenient to the students who come to learn IT free of charge. The new place is around 75 meters off the main road and you will see a beautiful river nearby! A calm nice place!

Coming back to the newsletter, we encourage everyone

to join us in making it interesting 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 receiving more articles for the next issues at manjulamee-mange@projects-abroad.org

Basketball time at care project-Negombo!

— Dries Vandamme & Isabelle

Through our project at the Singithi pre-school and the orphanage house Prasanna Children's Home in Demanhandiya, Negombo, we were able to make them a basketball court on their playing field. With some help of our host family and some locals, we constructed 2 basketball goals. Our basketball team in Belgium gave us some jerseys for the boys to make the game more realistic. All though their favourite sport is cricket, they were very happy to play another sport.

We had to start from scratch and teach them the most important rules. Basketball is a sport with a lot of difficult rules, that's why we kept it easy as it would be a pity if they got bored. We also had to teach the care-giving mothers the mean rules of basketball. In this way the children can continue to play the game the right way. In the beginning it wasn't easy to teach them how to play basketball, but children learned very quickly. You could see their progress and they already shared the ball very good.

For the boys of the orphanage, playing basketball is not only a fun and effective form of exercise; it also provides constant

social interaction, which benefits young children when they grow up. It's good for these



Dries plays with the children

children to learn to play with each other. The more they pass the ball, the easier it is to get to the other side and the easier it is to score. Within the sport lies an important life lesson, it teaches them to work together and make good arrangements to reach their goal.



Dries & Isabelle
with the children



At the outset, the doctor demonstrated ways of how to use the medical equipments correctly to check the patients' blood pressure and blood sugar level. Initially they were asked to perform both tests with their colleagues. Then, the medical interns split into two groups where one group checked the blood pressure and the other group checked the blood sugar level of the patients.

We are happy that we could also check the eyes of the patients by an ophthalmologist.

The patients came in big numbers, and that kept all the volunteers busy. The chief incumbent of the temple also volunteered for the check-ups. The Elders' society attached to the temple gave the propaganda to the event so that message reaches throughout the villages. The turnout of the patients were so high as people

came even after we closed our program, however the doctors and the medical volunteers were kind enough to treat them. While checking the registrations of the day, we have treated around 300 patients. During that medical camp, 4 new diabetic patients were identified. Out of all the patients, 96 of them had high blood sugar and were directed to the proper clinics.

"I think you travel to search and you come back home to find yourself there."

— Chimamanda Ngozi Adichie .



A cute little patient waiting for her turn at the outreach

There was a long queue for the medical counter too. Finally, all the doctors also helped to provide medicines to the people. Not only did Projects Abroad pay for the medicines, but also for the medical equipments, strips for checking blood sugar, doctors and for the ophthalmologist.

Finally after a successful event, the volunteers, the doctors and the staff had lunch together. It was a very hectic day, yet a very satisfying day to all. One volunteer said "it was a beautiful day, I learned a lot from today, and had a chance to see a lot of patients in a single day"

By Manjula Meemange
Information Manager



Ophthalmologist helps a patient



A Doctor checks up a patient



Some actions at Medical camp in Panadura



**YOUR STORIES TRAVEL THE WORLD
BE SEEN, BE READ, BE VIEWED...**



NEWSLETTER

The Sri Lanka newsletter "Ayubowan Sri Lanka" is released once a month. This is where we share info about what has happened during the month as well as exciting news about our project partners and special events. Here is the link to the newsletter section. <http://www.projects-abroad.co.uk/volunteer-destinations/sri-lanka/newsletters-from-sri-lanka/>

MYTRIPBLOG.org

The My Trip Blog website is a place where you can create your own personal blog. You can share photos, stories and even videos so that your family and friends can keep in touch with you while you are in Sri Lanka. Ask your supervisor if you do not have a login details. Here is the link to it. <http://www.mytripblog.org/pg/groups/3070/Sri%20Lanka>



UNIVERSITY/SCHOOL

Schools and Universities love to celebrate the achievements of their current and graduated students. We have had many volunteer stories appear on school/ university websites, magazines, and newspapers.

LOCAL MEDIA

Share your story with us and have it printed in your hometown newspaper or magazine so that everyone can see how you were able to make a difference while

PROJECTS ABROAD Youtube channel

We frequently make videos of our volunteers featuring in while they are in action at the placements. These videos give future volunteers a closer look at the routines and life in Sri Lanka. It's also a great way to look back and reflect on your experience. Contact your information manager if you like to make your own video. Here is the link to our Youtube channel <http://www.youtube.com/projectsabroad>



Join us on our Facebook group

Projects Abroad Sri Lanka maintains an official facebook group where its members can interact with the other members. It is a platform to upcoming volunteers to ask your questions from the volunteers who actually did or if you already completed your program, you can share your insights. As of now we have more than 1000 members. Join with us here www.facebook.com/groups/projectsabroad.srilanka

Follow us on Twitter

We frequently make videos of our volunteers featuring in while they are in action at the placements. These videos give future volunteers a closer look at the routines and life in Sri Lanka. It's also a great way to look back and reflect on your experience. Contact your information manager if you like to make your own video. Here is the link to our Youtube channel <http://www.youtube.com/projectsabroad>



Projects Abroad helps a sewing project at Malamulla

Projects Abroad helped with the sewing project which has been undergoing at Malamulla Community center. Under the program, around 20 women are trained about basic sewing, crafts, ornamental items, patch-work etc. This will be helpful for them to stand up to their husbands and fathers who are the bread-winners in these families. Good work all!



"Travel brings power and love back into your life."

— Rumi

We are Projects-Abroad-Sri Lanka....

Projects-Abroad Sri Lanka

5A

Austin Place.

srilanka@projects-abroad.org

IMPORTANT CONTACT DETAILS

Gishan+94-777393635

Manjula+94-777695880

Roshini+94-777695878

Auni+94-777695879

Anu+94-777695882

Priya+94-777695881



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