

THE OFFICIAL NEWSLETTER

For Projects Abroad Sri Lanka



2 weeks special
At Sukitha



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Medical camp

At Moratuwa with Projects Abroad medical interns

We recently conducted our monthly medical camp at Damma Nikethanaya Temple in Moratuwa. This time it was really special as we conducted it with 13 medical volunteers. The chief monk of the temple organized this event with our staff and he kindly helped with everything from the beginning. Doctor Samantha, from Panadura base hospital, helped immensely to arrange the local doctors for the event. Medical volunteers had a busy time checking the blood pressure and sugar levels of the patients and giving advice to them.

They also had opportunities to discuss with local doctors about the conditions of the patients. Anna Masarà, who is a doctor herself from Italy, also helped to check up the patients in the afternoon session. Initially, it seemed a difficult task to check up on more than 130 patients by a single doctor; however she managed it so well. The patients were also happy about her friendly demeanor when diagnosing the diseases.

Projects Abroad Sri Lanka sponsored the doctors, medical equipment and all the medicines which were given to the patients free of charge. All in all, it was a fruitful day for everyone; thanks to the chief monk who provided morning snacks and lunch for all the volunteers. He also praised everyone for their service to the country. Well done all ☺



Volunteer Story

21 year old, Rianne Danenberg, a Dutch student, who studied at Horizon College, Hoorn in Netherland, decided to leave Netherlands for three months for helping out people and to gain a valuable experience for her life. She selected a medical placement in Sri Lanka with Projects-Abroad.

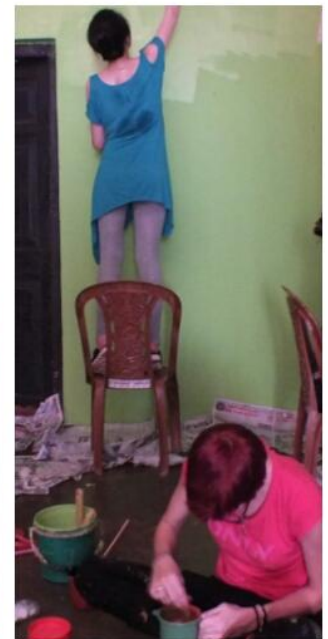
"When I finished my school and I wanted to do something valuable for my future during my gap year. Especially I wanted to see how a hospital works in a different country. That was also part of my future job which is nursing. Then I realized volunteering is the best option for me. Sri Lanka was stood out of the options, so I decided to go there. It was all pretty hectic. When I look back, I am really happy about what I did in Sri Lanka" she started.

Rianne was placed at Colombo South teaching hospital in Kalubowila. The hospital itself was equipped with modest facilities. However, Dutch volunteer well adjusted to the local conditions at the hospital.

Her major tasks in the hospitals were to observe and learn at the labor room, how the doctors are treating to the patients, going on ward-rounds with the doctors. She had worked in several wards in the hospital including pediatric, Obstetrics, surgery wards. "There was a lot to learn as a medical intern. I learned how local doctors treat patient. I could study about the medical reports as all of them were in English. I could help with giving medication like antibiotics, injections to the patients. Working in the in padiatric wards gave me an opportunity to help and take care of the kids. It was a memorable experience. I also had opportunity to work in the labor room and I saw c-section surgeries too. It was all beneficial as a medical intern. "Rianne also stated. ([Click here](#) to read more)



Two-Weeks Specials



There were two 2-weeks special teams in July. One team was at the Sukitha Children home at Kalutara and the other team was at Mith Sewana Children rehabilitation center. In pictures here, 2 weeks team Sukitha

A WORD FROM THE EDITOR



WELCOME TO THE JULY NEWSLETTER.

This has been a super busy month for all the staff and volunteers.

There were several groups of 2 Week Special volunteers during our recent months. They were placed in Sukitha Children Orphanage, Mithsevana Rehabilitation Center and Vajira Children's Development Center. All the 2 Week Special volunteers who were in their gap year worked shoulder-to-shoulder to reach their goals. For example, the volunteers at Sukitha painted a whole dorm, a class room and a small bridge inside the Sukitha premises. The murals they painted were really pleasing. We hope all the children at Sukitha love it!

The medical camp we organized at Damma Nikethanaya was the highlight of the month. We conducted it with 13 medical volunteers for the first time. We provided medicine to around 350 patients. The program made our medical volunteers happy as they were able to perform medical checks and interact with lots of people within a single day.

Several group trips were arranged by Projects Abroad for the 2 Week Special volunteers. One group went to Sigiriya, the Lion's Rock, whilst other groups went to Udawalawa National Park to see the elephants. It must also be mentioned that the team at Sukitha brought all the children to see Water World, which is park with lots of water animals and aquariums. The kids loved it very much.

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.

Enjoy reading.....

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