

## IN A NUTSHELL

- Project-abroad renovates an old building in Panadura base hospital
- Projects abroad launches the care management plan
- Gorakana Medical camp-an another great experience

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## PROJECTS-ABROAD HELPS TO RENOVATE A DILAPIDATED BUILDING AT PANADURA BASE HOSPITAL- A NEW PLACE FOR DAILY CLINICALS

Projects Abroad funded the renovations of a dilapidated hospital building and turned it into a place where daily clinics can be conducted within the Panadura Base Hospital. The hospital was officially handed over to the doctors on the 12<sup>th</sup> of March 2014. It auspiciously started with a small ceremony with lighting the traditional oil lamp



Doctors and Projects Abroad Staff

ease the congestion of the main clinical cubicles of the hospital.

Doctors at the event praised the Projects Abroad Sri Lanka office for its continuous assistance at the hospital. This is one of the placements for the medical interns.



A Buddhist monk was chanting blessings

and blessings from a Buddhist monk. As part of the renovations, we also made several clinic cubicles inside this premise to conduct daily clinics for the various patients. This will



The clinic cubicles

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

### WELCOME TO THE MARCH NEWSLETTER:::

It is wonderful to welcome you to the March newsletter! In Sri Lanka, work kept us busy as well as the volunteers. We had several programs during this month. The medical camp which was held in Gorakana was an amazing program with the help of our medical interns. The volunteers were able to get good experiences with the patients.

We were able to help the Panadura Base Hospital to renovate a dilapidated building and convert it into a clinic

room. It should be mentioned that these funds are coming from the volunteers. We will continue to support the hospitals in the area.

During this month, we also launched our Care Management Plan with the input from the volunteers and project staff. As part of the program, we conducted a workshop where everyone contributed towards a discussion regarding our goals in pursuit of the good governance of the care placements.

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 with us. These will help others to understand and learn more about Sri Lanka.

As always, we highly appreciate the 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 [manjulameemanage@projects-abroad.org](mailto:manjulameemanage@projects-abroad.org)

## Projects Abroad launches a Care Management Plan in Sri Lanka

Projects Abroad Sri Lanka launched the Care Management Plan in order to improve the overall governance of the care placements in Sri Lanka. To start off, we conducted a workshop to inform the care volunteers and placement staff about what is included in this plan and our contribution towards it. Gishan, our Country Director and Aruni, the Care Supervisor, presented the plan, followed by a group discussion carried out by Gishan with the project staff. It was a very productive workshop with the interaction of nine care volunteers and six placement staff.

By promoting the plan, Projects Abroad Sri Lanka strives to achieve the following goals with the support of the volunteers and project staff:

Goal 1: Increase Literacy

Goal 2: Improve English

Goal 3: Promote Early Childhood Development

Goal 4: Increase Emotional Support and Care

Goal 5: Improve the Level of Stimulation to Each Child

(See below for some event photos)



Some of the  
snaps taken dur-  
ing the workshop

## March Medical camp- At Gorakapola temple

The Projects Abroad Sri Lanka volunteers helped to conduct a medical camp in Gorakapola, a remote area in Panadura, on the 15<sup>th</sup> of March. The program was initiated by the MOH (Medical Officer of Health) in Panadura and our medical volunteers were also invited to get involved with the camp. We happily accepted their invitation and helped to check on the blood sugar and blood pressure levels of the patients. We used our own equipment for this medical camp as a courtesy for the program. It was a successful and busy day for the volunteers as they had a good opportunity

to interact with many patients (100-150) during the day.

Thanks to the medical interns who participated in the program with so much interest.

By Manjula Meemanage



Merle in action



Some of our volunteers treating the patients



**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](http://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 New IT center In Panadura

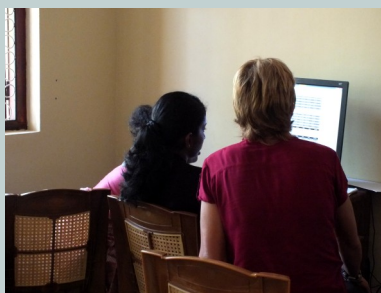
After completion of 10 years service at Mawala IT center where 2500 students had been trained, Projects Abroad started its second phase in Panadura in January in 2014. The IT center is located around 50 meters from the Colombo-Galle main road in Panadura town. A beautiful river (Bolgoda River) is flow-

ing nearby adding more colors and breeze to the place. At the IT center, volunteers can teach about basic computing to the children who are coming from the villages around Panadura.

At this center, the IT education is free for every student and finally they will receive a valuable certificate.



The new IT center



Volunteers help students



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

— Chimamanda Ngozi Adichie

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

### Projects-Abroad Sri Lanka

5A

Austin Place.

Colombo 08, Sri Lanka

[srilanka@projects-abroad.org](mailto: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>