

# HELLO FROM VIETNAM!



**March 2014**

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## Un mois à l'hôpital Việt Duc



En tant qu'infirmière française, j'ai eu la chance de découvrir le système de santé vietnamien au sein du plus grand hôpital de chirurgie d'Hanoi. L'hôpital a une capacité de 800 lits. Environ 150 patients sont opérés par jour, et 500 patients sont vus en consultation tous les jours.

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## VOLUNTEER UPDATES

### March Departures

1. Judith Emery, Australia, Teaching, 4 weeks
2. Anthony van Gastel, Belgium, Teaching, 6 weeks
3. Halldor Juliusson, Iceland, Physiotherapy, 6 weeks
4. Reneé Sijmkens, Netherlands, Physiotherapy, 4 weeks
5. Martine Dardaine, France, Care, 4 weeks
6. Chantal O'Neil, Canada, Care, 2 weeks
7. Christine Asselin, Canada, Care, 2 weeks
8. Emma Cats, Netherlands, Care, 4 weeks

### March New Arrivals

1. Judith Emery, Australia
2. Marie Jakobsen, Denmark
3. Elisabeth Klostergaard, Denmark
4. Chantal O'Neil, Canada
5. Christine Asselin, Canada
6. Bas van der Spiegel, Netherlands
7. Brian Musgrove, UK
8. Rosemary Musgrove, UK
9. William Bell, UK
10. Kyrie Phillips, UK
11. Madelief Heesterbeek, Netherlands
12. Sophie de Regt, Netherlands
13. Carla Kassab, Australia

### April New Arrivals

1. Max Balke, Germany
2. Alexander Thierschmidt, Germany
3. Martina Marxer, Liechtenstein
4. Julia van Steenhoven, Netherlands
5. Thuy-Mai Nguyen, USA
6. Demi Giammichele, Australia
7. Nicholas Watson, Australia
8. Maria Moriana, Australia
9. Arvid Andresen, Germany
10. Bronwyn de Mare, South Africa

## Un mois à l'hôpital Viêt Duc

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Durant ce mois, j'ai passé 15 jours en chirurgie orthopédique/traumatologique. La majorité des fractures est liée aux accidents de motos. J'ai pu assister à différentes opérations au bloc opératoire (fémur, bassin, épaule). Pratiquer les soins auprès des patients tels que des injections et des pansements.

Les 15 jours suivants, j'étais en chirurgie digestive septique qui prend en charge toutes les plaies infectées et difficiles à soigner à cause de cancer, du SIDA et autres. Dans ce service, l'intégration fut plus facile car la majorité des chirurgiens parlent français ainsi que certaines

infirmières. Tout comme dans le service précé-

dent, j'ai pu faire les soins infirmiers (pansement, sonde urinaire, injection, aspiration...) et aller au bloc.

A la différence du système français, les soins de confort sont réalisés par la famille. Ce mois a été très enrichissant au niveau culturel (apprentissage de quelques mots de vietnamien avec l'équipe) et des connaissances car les chirurgiens prennent le temps de répondre à toutes les questions que nous nous posons.

J'ai été impressionnée par la dextérité des infirmiers lors des soins. De vrais techniciens !! De plus les soignants ont le sens de l'accueil et nous invitent facilement à passer une soirée détente avec eux. Une expérience inoubliable, des images plein la tête. Prochain mois à l'orphelinat !!!



**Astrid De Champs, France, PRO nursing volunteer**

## VOLUNTEER STORY

### A sports volunteer project that brings a Sydney University student much more than just a sporting experience

With a strong belief in the positive effects of sports, Milad Popalzay (21) – a second year student majoring in Exercise and Sports Science at Sydney University – was eager to bring his interest and experience to students in Vietnam through the Projects Abroad Sports Project.



Milad participated in the Sports Project for four weeks with the focus on helping to develop sports skills and arouse more interest towards physical exercise for the Vietnamese secondary school students. “It was a good mix between teaching sports and English and the last week was a little bit more special as I had a few days off and went to an orphanage to help out there. For sports, I taught badminton, exercises, running and so on, which were all good! It was nice to teach the children some new sports practices as sport is not the number one practise in Vietnam. The country doesn’t place much emphasis on sports and I think what Vietnamese people don’t realize is that sport will really help them feel good mentally as well as physically.”

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## VOLUNTEER STORY

### A sports volunteer project that brings a Sydney University student much more than just a sporting experience

*(continued from page 4)*

What left a good impacted on Milad's whole experience was also teaching English. He spent a few lessons each week helping to boost the English skills of the students and of the local teachers. "I think it's interesting for them to communicate with someone close to their age. They enjoyed playing sports and tried to speak to me in English and I realised that they became more engaged in class. I helped to improve the pronunciation of the Vietnam-



ese teachers too, because I realised if they don't practice speaking with someone fluent and just teach basic English, it will take away the skills they have," shared Milad.



"The school is a very supportive placement. The English teachers helped me communicate and translated a lot, and they are really welcoming and warm." As his four week stay was coming to an end, Milad saw improvements at his placement: "In the first week it was hard running the sports activities, it was hard communicating but by the fourth week it was really getting easier. Today and yesterday I was able to run the classes by myself. This is just saying

how much you can learn and grow in a month, from being really worried in the classes to finally managing them. After four weeks I felt the children are more inclined to engage with the activities and I can see them improve their strength and fitness."

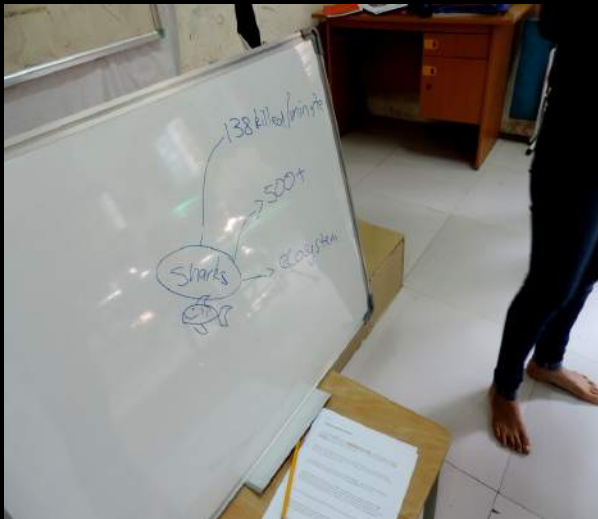
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## VOLUNTEER STORY

**A sports volunteer project that brings a Sydney University student much more than just a sporting experience**

**(continued from page 5)**

Besides the lessons at his placements, Milad enthusiastically participated in other activities like the Global Shark Campaign organised by Projects Abroad Vietnam for the kindergarten children and for secondary school students at his placement. “The initiative was really good as it is definitely an issue that needs to be addressed. I think lots of the children will be more open-minded when thinking about sharks after the lesson.”



## VOLUNTEER STORY

**Vodafone Germany Training Coordinator spent two months for a social engagement project of teaching and caring for children in Vietnam**



Working as a Training Coordinator of the Vodafone Company for 20 years, Astrid Bormann (51, from Germany) decided to have some time off from work to partake in a social project. Vodafone supported her in signing up for a Teaching Project with Projects Abroad in Vietnam – a South-East Asian developing country: “Of course, I can just spend this month at home but the time will pass so fast and nothing will change, so I wanted to combine doing something useful and having time out from my regular job – which I have done for 20 years. I chose a Teaching Project in Vietnam as Vietnam offers a good balance of work, tourism, development and safety. I always feel safe here when going out and travelling,” said Astrid.

As a teaching volunteer, Astrid’s role was assisting the local teachers in teaching English to elementary students. In Vietnamese schools, grammar and vocabulary are what is mainly taught in the English curriculum and communication which includes listening, speaking and pronunciation plays a minor role in the curriculum. Being a non-native English speaker, Astrid understands well the difficulty of learners regarding the listening and speaking aspects: “I enjoy helping with the pronunciation. I tried to speak slowly and very clearly so the students can repeat it. This, I think, is quite successful as the local teachers often speak very fast and show examples which the children could not relate to.” Despite difficulties faced during the volunteering time due to the difference between the educational systems of Vietnam and Germany, as well as in the working styles, Astrid still managed to find joys in her daily work thanks to the lovely Vietnamese children: “The children here are so open-minded. They are loving and relaxing. They have fun playing, laughing and even when learning. To be with the children here is the best experience I have had. I learned how to handle them, understand them and to be more patient.”

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## Vodafone Germany Training Coordinator spent two months for a social engagement project of teaching and caring for children in Vietnam

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In some of her free time, Astrid paid visits to Bo De shelter for orphaned and disabled children, “It is a touching placement and the children there brought me great memories too.”



Astrid shared one of her most memorable experiences, a funny but great story: “Yesterday I put a little bit of makeup on my eyes. I do not know what happened but it was a bit blurred and I had some black under my eyes which I didn’t realize. Then a little boy who is very intelligent and good at English came to me and asked: “Teacher, may I ask you something?” I answered him “Yes!” His question was “Hmm... Why do you have black colour under your eyes?” I thought it was just the normal eyeliner, so I told him: “Ah, this is girls’ stuff, when you grow older you will understand!” – ‘Yes, I know! But not this way... Teacher, it is so black’. Then I realized there must have been something wrong on my face so I went to the restroom to check and oops, it was so black under one of my eyes!! I’m still impressed by the very serious way he asked me that!”

Commenting on living in the same apartment with other volunteers of different ages and coming from different countries, Astrid said, “It was a wonderful time and an amazing experience living with young people. I really want to keep in touch with everyone!”

We hope this inspiring story encourages others to help Projects Abroad continue to make a difference, and by doing so, learn something themselves along the way.

**Duong Pham, Information manager**



## March's Outreach Event: Zoo Trip for orphaned children

*Monthly outreach events organized by Projects Abroad Vietnam have long become a nice occasion which is much expected by our volunteer team. Beside serving as an opportunity for all the volunteers from different volunteer apartments to meet up and share their passions about volunteering and travelling, the special event is also a great chance for them to go more, see more, experience more and contribute more to the local community of the destination. In a nice afternoon of March, our volunteer team including 11 people coming from different countries to do different projects all got excited to head to the Thu Le Zoo with 25 orphaned children and babies from Bo De shelter. Last year in the March a same event was organized too, which brought huge excitement and joy to everyone; so we decided to realize it again! Just by having a look at the small photo collection below will give you a feeling a being a part of the occasion: :-)*



**Duong Pham, Information manager**

## What's On: April 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Max arrives	2 Alexander arrives	3 Teaching discussion Martina arrives	4 Benjamin's birthday	5 Julia arrives	6
7 Thuy-Mai arrives	8	9 Charity Story Telling event Public Holiday	10 Hygiene Workshop at Hope Center	11 Demi and Nicholas arrive	12	13
14 Kyrie's birthday	15 Bo De's workshop Astrid's birthday	16	17	18	19	20 Maria arrives
21	22	23 Arvid arrives Monthly outreach	24	25	26	27
28 Bronwyn arrives	29	30 Public Holiday	1 Public Holiday	2 Public Holiday	3 Public Holiday	4 Public Holiday

**Apr 3 - Teaching discussion:** To maximize the experience and the quality of the projects, Projects Abroad hold periodical discussions for volunteers to share their ideas, difficulties as well as reflections of their teaching projects.

**Apr 9— Charity story telling event:** Organized by our friend Humanitarian Services for Children of Vietnam, the event is a great chance to listen to interesting and inspiring stories told by friends of different nations. All proceedings from entrance tickets will go to the fund for underprivileged children.

Venue: Hanoi Social Club 6 Hoi Vu St. Time: 07:15PM Ticket: 100,000VND/person

**Apr 15 - Care Workshop** as a part of Care Management Plan 2014

**Apr 23 - Monthly Outreach event.** More information about the most special event of the month - Milk Giveaway Day for children - to come!





Teaching volunteer Ann Judith provided great support to the local teachers in English studying activities for the students.



Teaching volunteers Brian and Rosemary during a group discussion session in English. The students do enjoy studying like this!



Physiotherapy volunteer Renee totally enjoyed her time of providing rehab treatments to the Agent Orange victims.



Lovely moment of Community village volunteers Marco and Alessandra with the disabled ethnic women in Mai Chau valley.



Our volunteers joined in a special Vietnamese dance performance in a special event at their placement.



Pancake Day organized by volunteers at Bo De placement. The children had the chance to decorate and eat their own cakes!



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*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.*

*Based in Hanoi, Vietnam, volunteers can work on a variety of projects, including care work with disabled and orphaned children, physical therapy at local hospitals, and teaching either English or French in both primary and secondary schools. The latest projects to be opened is Nursing and Medical—Surgery projects. If you are interested in volunteering in Vietnam with Projects Abroad then please log on to [www.projects-abroad.net](http://www.projects-abroad.net) for more information.*

*Follow us on [Instagram](#) for the inspiring and thought-provoking photos and stories: [Projectsabroad\\_Vietnam](#) :)*



**Zoo Day for orphaned children—Outreach Event of March**