

## IN A NUTSHELL

- Project-abroad volunteers conduct medical awareness at Dutch-Anne
- Dirty day -painting at Dutch Anne adds colors to the children's desks and chairs
- Projects Abroad identifies new medical placements and soon will be available for the volunteers

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## PROJECTS-ABROAD VOLUNTEERS JOIN IN FOR A DIRTY DAY: CLEAN AND PAINT THE DESKS AND CHAIRS FOR THE NEW KIDS AT DUTCH ANNE PRE-SCHOOL

We had our small dirty day at the Dutch Anne Pre-school on 24<sup>th</sup> January. Our aim was to paint the desks, chairs and the inside walls. The pre-school started the new term for 2014 and they have newly enrolled children, so a color wash was needed to look more appealing to the new children. Most of the teaching and care volunteers were involved in this, as well as the medical interns also gave a hand. Firstly, all the vol-



Volunteers after the "dirty day"

walls too. They were patient enough to save the alphabet which was already on the wall. Thank you to the medical interns for helping out the other volunteers. It was a great help to the pre-school. Well done all!



A Volunteer paints under the hot sun

unteers took out all the writing tables and small chairs and respectively painted it with blue and pink colors. It was a hot day out in the middle of the compound and volunteers seemed to enjoy the hot sun! After finishing the painting, they started to paint the inside



Kids at Dutch Anne Pre-School

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

WELCOME TO THE JANUARY NEWSLETTER:::

It is wonderful to welcome you to the first newsletter of the year 2014! In Sri Lanka, the work kept us busy and so were the volunteers. We had several programs during the month. The medical awareness program and 'dirty day' were two of the major events that took place in the month. Medical awareness program was organized in view of raising awareness about the hygiene of the pre-school kids. Volunteers demonstrated 'good'

practices using informative placards and role plays. Kids loved it!

"Dirty day" helped to clean and color-washes the chairs and desks for the newly enrolled children at the Dutch Anne pre-school. The teachers and the parents of the children appreciated for the day's outcome.

There will be many volunteers coming in February too and the country is ready to welcome you on board.

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 receive more articles for the next issues at [manjulamee-mange@projects-abroad.org](mailto:manjulamee-mange@projects-abroad.org)

## Volunteer Story— Lena Finucane

*"The kids were really cute and I liked them so much. I had not worked with the kids before, so this experience was unforgettable," - Lena*

Twenty-two-year-old Lena Finucane, a recent graduate from St. Joseph's University, decided to participate in Care and Medical Projects in Sri Lanka with Projects Abroad for two months. "I wanted to see how medicine is practiced in another country while helping people. Sri Lanka stood out as I have been there in my childhood," she stated.

"I was placed initially at Dutch Anne Pre-school with around 25 kids from the Tsunami Village. I helped the kids with the different classroom exercises, assisted the teachers, and played with the children. The kids were really cute and I liked them so much. I had not worked with the kids before, so this experience was unforgettable," said Lena about her

care placement. She then moved to Base Hospital for medical placement. "At hospital I was able to work closely with the doctors during ward rounds and helping out the people in the hospital," she said. "Working in the hospital made me realize how excited I am to become a nurse and help patients back in the

*"Working in the hospital made me realize how excited I am to become a nurse and help patients back in the States."*

states."

"Apart from the experience, I have gained knowledge on the health care system

in Sri Lanka and some tropical diseases which I got to know at the hospital. This overall experience will surely be helpful when I begin working as a nurse in the states," Lena stated

Apart from the usual work at the placements, Lena also participated in several medical camps and medical awareness programs organized by Projects Abroad.



Lena at the pre-school

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Lena at the medical camps and Pre-school





“At the medical camps I had the opportunity to check the blood sugar levels and blood pressure of the patients. I could interact with so many patients within a single day. At the medical awareness programs, we talked and role played about avoidable diseases such as diabetes and high blood pressure with Sri Lankan school kids.”

## Lena's story continued....



Talking about the cultural differences, she said, “I am happy that I could adapt so well to some of the conditions and live with modest facilities. I like the simple life style in Sri Lanka.”

“Don't be surprised to see cows on the road and random people coming up to you to ask where you are from; Sri Lankan people are inquisitive yet so friendly. I noticed people eat with their hands instead of spoons and forks. I also liked the fruit and coconut stalls along the roads in Sri Lanka,” Lena smiled.

To future volunteers, she advises them to come with an open mind, “Time goes by in Sri Lanka so quickly; you should be open to anything. Apart from the usual work, I enjoyed traveling around the country; Sri Lanka has so many places to visit. So take your chances and enjoy your life.”

*“The world is a book and those who do not travel read only one page.”*

*— Augustine of Hippo*

by Manjula Meemanage



## Medical Awareness Programme-At Panadura



about their hygiene. They role played about how to wash their hands before meals and after using the toilets, how to wash their body and hair, how to brush teeth correctly etc. They used play cards

show how to wash their body and private parts. The children were given tooth brushes, and some snacks afterwards. The medical interns also treated those who had wounds and some volunteers brought some gifts for the children. A satisfying day overall !

Projects Abroad medical interns in Sri Lanka participated in a special awareness program to educate newly enrolled children

with “happy” faces when we do good things and “sad” faces when we do them wrongly. They used dolls to

(See page 5 for more pics)



Sri Lanka has a wide variety of its own wild-life. Yala, Wilpaththu, Kumana, Udawalawa, Wasgamuwa, Bundala and Minneriya are some popular choices for the tourists and locals. The visitors at these parks can watch wild animals in their own habitat, including Asian elephants, deers, wild boars, various types of birds and more than 20 endemic animals.

Projects Abroad volunteers

do not forget to visit these in their leisure times, especially during the week-ends.

These places are situated not more than 5 to 6 hours ride from their placements and there are plenty of transportation methods available such as trains, busses and private vans. Udawalawa and Yala national parks are very popular amongst all of the national parks in southern Sri Lanka. If you want to see the elephants really close, Udawalawa is the place to be.

Bird watching is possible at Kumana and Bundala, but all of these have their own features which make them special

to attract more nature lovers. You can see below some of the wild-life

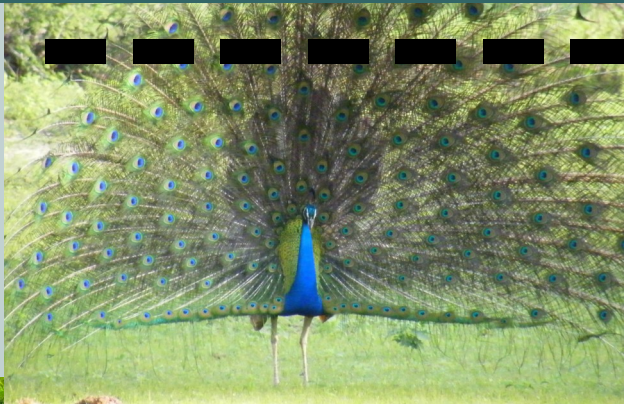
photos taken by the Staff at Yala and

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

— Rumi



Udawalawa national park.





# Some actions at Medical awareness and dirty day



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

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

ing, 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>