

ProjectsAbroad

The Official Newsletter of Projects Abroad **Bolivia**



Editor's Letter



Carmen Herbas
Country Director

Hi all ,

Welcome to the August edition of our Newsletter for Projects Abroad Bolivia. This newsletter aims to inform all ur volunteers with news and information about the latest happenings in Projects Abroad Bolivia, and the country in general.

We encourage everyone to join us in making it interesting and exciting by sending in your own written articles and pictures of your experiences here with us. Your stories and pictures will help others to understand and learn about Bolivia.

Feel free to join us in our Facebook group so we can be in touch, before, during and after your trip to Bolivia!.

If you have anything you'd like to contribute, suggest, or comment on, please contact
bolivia@projects-abroad.org

Best wishes from Bolivia!

Contents

Volunteer Stories	3
Pro volunteer stories	5
Outreach	7
Photos in Month	8
Credits	10

Mariel Torrez
Desk Officer, Bolivia

It's said that joy may be found not only when receiving, but also when giving. Thea Tandberg, an 18-year-old Norwegian volunteer experienced this first hand when working at the Projects Abroad Care Project at Villa Esperanza Orphanage in Bolivia.

"I wanted to volunteer and make a difference. Not only to try and improve someone else's life, but also to try to improve myself and my life. To be able to relate to other people's troubles, their lifestyle and to experience the kind of life other people live."

It wasn't always easy, at the beginning she reveals that she felt overwhelmed by everything, the kids, the language, the noise, but pretty soon she found her place within the orphanage and began to teach computers and English to the kids.

"Teaching English worked pretty well" she says, "It is very basic English, colours, animals, 'my name is' etc., but if one includes balloons as a way to learn colours, you can see that they actually learn!"

These little moments are dear to Thea's heart now that she's leaving, but she says that she was especially touched when she found out that the children have never had new clothes to wear, and second hand jeans were a luxury only reserved for Christmas.

So she decided to use her birthday money plus some funds kindly donated by her parents and a neighbor of theirs to have an early Christmas in the orphanage.



“Dresses for the little girls and jeans for the boys. Deodorants and shampoos for the older kids. Socks, a DVD player, balls and jumping ropes were among the other things donated to the orphanage.

The day of the donation, of course, was a day of celebration, but if you ask Thea what those children really need, she will tell you only “a combination of discipline, love and comprehension!”

Well done Thea!



Pro volunteer stories

"I have been volunteering at the Projects Abroad Physiotherapy Project and I chose to split my time between two different placements. One is CONSIPE, a centre for children with special needs."

22-year-old Clare Whisler from London England, had just finished her studies in Physiotherapy in 2012. She was working as a physiotherapist with children with special needs and resolved to take a break and come to Bolivia to do a physiotherapy volunteering programme for just over two months.

She was looking to work in a place where she can improve her Spanish and do some good with her with her experience and where she can share information of children with special needs.

Clare had always wanted to live in Bolivia and for her living with a Bolivian host-family was a rewarding experience in getting know the local people and the culture more closely: "My family has been great, very welcoming and I spend quite lot of time with them and it has been a very good experience, we hang out a lot and they take me everywhere."

"Children between the ages of 1 – 25 years old attend CONSIPE, I was working there in the mornings and afternoons up until their holidays. The children suffer from a variety of conditions; some have down syndrome, cerebral palsy, some have autism, or general learning difficulties like motor or sensory difficulties so I was also helping with speech therapy too."

Clare was working very closely with Physiotherapy students; and together they worked the majority of the time with children with cerebral palsy. There was a hydrotherapy pool at the centre, which Clare was familiar with and she chose to share some information from her own experience about hydrotherapy and introduce this programme with the

Physiotherapy in CONSIPE

Ximena Noya
Journalism Supervisor, Bolivia



children: "Hydrotherapy is really beneficial because the water relaxes their muscles and improves movement."

Clare helped the staff members at CONSIPE to further develop the Hydrotherapy programme, showing them new techniques while also learning a few things from the local staff in return. "As a donation I brought some floats to use and we showed the children how to use it; it can be really good for cerebral palsy and we encouraged parents to come into the pool, the parents were nervous at first but the children loved it because it is similar to bath time. They can relax and this is really beneficial because children get more movement. This will have a beneficial impact in the muscles, their movement and their joints. I think there were about 15 students that were very interested in new techniques and hopefully they will use this in the future and for the benefit of the children"



Social Activity

Many people say that Latin dances are something else apart. So we decided to give our volunteers the opportunity of experiencing Latin dance first hand by organizing a Bolivian party for all them to commemorate our Independence Day.

We invited the folkloric music group Quebranto who cheered up the celebration with a rapid succession of thinkus, cuecas, kullawadas, morenadas, diabladas, bailecitos and caporales.

The Bolivians were the first ones to hit the dance floor, of course, but pretty soon volunteers from different countries and ages joined us.

We had such fun that we are looking forward to repeat this event!

Bolivia's Independence Day: So you think you can dance

Mariel Torrez
Desk Officer, Bolivia



Photos of the month



Live and work but do not forget to play,
to have fun in life and really enjoy it.
-Eileen Caddy

Credits

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Mariel Torrez

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Thank you to everyone who has helped bring about this month's issue of the Official Newsletter of Projects Abroad Bolivia. If you would like to contribute your experiences, stories, photos or anything else to the next edition then please send them to:
bolivia@projects-abroad.org

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