

IN A NUTSHELL

- Project-abroad conducts medical awareness in two schools
- Volunteers and staff conducts medical camp in Wadduwa
- A special plan for the 2-Weeks special volunteers
- Social Outreach conducted on 29th in Kalutara

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PROJECTS-ABROAD VOLUNTEERS CONDUCT MEDICAL AWARENESS PROGRAM IN PANADURA

Every month Projects Abroad Sri Lanka arranges two Medical Awareness Programs. This time, we selected Thanthirimulla (Primary) college in Panadura to conduct our awareness program on 08th November 2013. The aim of these programs is to raise awareness about the health issues and the common diseases that can be avoided in rural areas. High blood sugar and blood pressure are two such common complications.

Our plan was to conduct a small pro-

gram with the help of the volunteers.

Nine medical volunteers and one care volunteer participated in this program.

When we entered the school, small girls greeted us with innocent smiles. It was a great moment for all of the volunteers. Afterwards, volunteers were in a hurry to prepare healthy snacks for the children. This time all selected "Samaposha"; a local nutritious supplement with corn, soya, rice, green gram calcium, vitamin C and B12.

Volunteers added the mixture to a big cauldron with some hot water, a small amount of sugar and salt to make it tastier. Then everyone stirred it well so that it gets sticky enough to make balls.

Whilst one group prepared the snacks, two medical volunteers engaged in checking the blood sugar



Jula, Lena and Aruni helping with snacks



A student patiently listening

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

WELCOME TO THE NOVEMBER NEWSLETTER.!

Like other months, November was also a busy month for the volunteers and the staff. Looking at the activities, medical awareness campaigns, medical outreach programs, cultural workshops are of great success. The turnout for those programs has been increased thus we were able to help more people and raise more awareness. Those medical programs intended to educate about good health practices to overcome the major complications of high blood sugar and high blood pressure. Especially the world diabetic day was also on

the 14th in the month of November.

It was also great to see how kids loved the volunteers' role plays in the medical awareness programs at schools. Projects Abroad will continually arrange those campaigns in the schools with the medical volunteers.

In Sri Lanka, the talk of the town in the month was CHOGM that is the Commonwealth Heads of Governments Meeting held in Colombo. The whole country was kept busy making it more colorful to welcome those leaders. It was a successful meeting and it was held in Asian region after 24 years.

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 manjulameemanage@projects-abroad.org

Volunteer Story— Camilla Brag

““The kids are adorable and playful. I assist the other teachers with the activities. I am so happy to see them smiling always. They touched my heart,”-Camilla

“I wanted to learn how to be independent when my family is not around and do completely new things out of my comfort zone,” said 18-year-old Camilla Brag on why she decided to travel to Sri Lanka with Projects Abroad to volunteer at their Care Project. Camilla was placed at Welipitiya Pre-school (Montessori) which is located within the Welipitiya temple premises near the Panadura suburbs. The Montessori is equipped with moderate facilities and there were around 25 kids studying at this Montessori.

Some of Camilla's work included teaching and playing with the kids, performing role plays and helping out children with reading. She taught the smaller kids in the morning sessions and the older children in the evenings.

“I wanted to learn how to be independent when my family is not around and do completely new things out of my comfort zone”

The kids are adorable and playful. I assist the other teachers with the activities. I am so happy to see them smiling always. They

touched my heart,” Camilla said with a smile. The French student



Camilla at Galle Fort

also talked about her life in Sri Lanka. “To be honest I learned so many things during my stay, I have never been so confident in my life as much as I was in Sri Lanka. We are lucky back in the Europe with luxurious amenities, but I learned how to be happy with moderate facilities without complaining too much. It was really an eye-opening experience for me,” Camilla said confidently.

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Camilla with the kids at Dutch Anne pre-school



Shyamalee bids farewell !!!



She did not forget to talk about the Sri Lanka and its beauty. "It was a fascinating country. What I liked the most is it is very easy to travel anywhere you want so easily by train or by bus. I loved the beaches in Sri Lanka all around the island. But I liked 'Mirissa' and 'Galle' most. I visited many places like Trinco, Arugam bay, Horton plains. Hill country was also stunning with the chilly atmosphere."

"I still remember when I first saw the sceneries en route to Kandy after tiresome 3 days journey after climbing the 'Adams peak'. The view was



"I only need a job that can make a difference to the human lives. This experience will be really helpful for both my career and my life as a whole"- Camilla



Camilla with student monks

astonishingly stunning in the evening while the train ran through the hills and our exhausting journey paid off with it. That is one of my most memorable experiences. Honestly I couldn't have chosen a better destination than Sri Lanka" psyched French student stated.

She also remembered the spicy food she had eaten whilst her stay. "The food was spicy and really delicious though. I had a good time eating out with my fellow volun-

teers who came from various parts of the world. I also liked rice and curry which my host mom cooked." She also added.

While talking about her future after volunteering, she said "This experience was career enriching because I am looking forward study political science with an aim to work in a humanitarian agency like UN. I only need a job that can make a difference to the human lives. This experience will be really helpful for both my career and my life as a whole"

"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes." — Marcel Proust

CHOGM-2013 Colombo-Sri Lanka

The Commonwealth Heads of Government Meeting (CHOGM) is held every two years to enable leaders of Commonwealth countries to come together to discuss global and Commonwealth issues, and to decide on collective policies and initiatives.

This year, CHOGM took place in Sri Lanka, the first time an Asian country is hosting the summit in 24 years. IT took place in Colombo, Sri Lanka, from 15 to 17 November 2013, on the theme Growth with Equity: Inclusive Development. Of the 50 countries that attended the Meeting, 27 were represented by their Heads of State or Government. Heads of Government conveyed their sincere appreciation to the Government

and people of Sri Lanka for their warm hospitality, and the excellent arrangements made for the Meeting. They also congratulated President Mahinda Rajapaksa for his able stewardship of the Meeting.

A highlight of the Opening Ceremony was an address by His Royal Highness The Prince of Wales, who represented the Head of the Commonwealth. Heads of Government acknowledged the progress made, since their last meeting, in Perth in 2011, in implementing a large number of recommendations made by the Eminent Persons Group, notably the adoption of a Commonwealth Charter, as well as the agreement

on a new **Continued on page 05**

Strategic Plan for the Commonwealth Secretariat.

Heads of Government welcomed and accepted the offer of the Prime Minister of Malta to host their next Meeting in 2015. They also welcomed the offers of Vanuatu and Malaysia to host the 2017 and 2019 CHOGMs respectively.



and blood pressure of the teachers. They also distributed leaflets about prevention of diabetes.

Now it's time to the awareness program. All volunteers gathered in front of those kids. Nicky, the medical supervisor explained the importance of the healthy food while their school teachers translated. Then the role plays started to explain it to the small kids. Volunteers split into 2 groups. One group is called the "good example"



who eat healthy food while the other called "bad example" who eat 'junk food'. Volunteers dramatically presented in a way that 'good'

group was so energetic, wake up early in the morning, exercise and eat healthy food and go to bed early. They can play well too. The 'bad' group was very lethargic, wake up late, did not exercise and sleep very late. All kids were very happy with those role plays and they were all understood the difference when the 'bad' group was obese at the and 'good' group was very active and smart.

After the awareness pro-



Kids smile seeing role plays

gram, the volunteers had an opportunity to play with the kids. All this kids split

into 3 groups with the volunteers. One group played volleyball. It seemed kids were having an amazing time with the volunteers. The other groups played 'blind fold' game. Another group played 'skipping rope' with the kids. All had a good playing time.

After the play, volunteers offered them the prepared "Samaposha" and milk. They did not forget to remind the kids to wash hands after the playing. All in all, it was another success story to all the volunteers. The kids and teachers also were happy about the innovative program. They thanked volunteers at the end. Well done all :)

"It is good to have an end to journey toward; but it is the journey that matters, in the end." — Ernest Hemingway

Sri Lanka Eye Bank, World's Biggest Human Eyes Donor

Sri Lanka Trivia

Sri Lanka is one of the world's biggest human eyes (cornea) donor.



facebook.com/groups/projectsabroad.srilanka

the world's biggest, human eyes donor restoring vision to people in as many as 57 countries.

Sri Lanka Eye Donation Society in Colombo has supplied nearly 56,000 donor corneas to 117 cities in 57 countries as of 2011.

They believe that it is an act of great merit to gift their eyes after death to someone living who would have the gift of sight.

Over 870,000 people have signed consent forms asking eye donation society to take their eyes after they are dead.

An eye must be removed from the body within 24 hours of death, packed in ice and received at the laboratory within four hours.

The eye bank operation is slim and tight, with a paid staff of 47, including drivers, clerks and technicians. Expenses run about 1.6 million rupees (\$16,000) a month.

Sri Lanka's International Eye Bank is one of The Buddhist concept of "dana," or giving, was the root of their success.

Memories at Medical Awareness Program-Panadura



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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.

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>