

# THE OFFICIAL NEWSLETTER

For Projects Abroad Sri Lanka 



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ProjectsAbroad



# Social Outreach-Moratuwa

This month's social outreach was held at the Moratuwa Home for the Differently Abled Girls near Moratuwa with the help of twenty volunteers doing a painting event, with the aim of painting a dormitory where the residents stay. The dorm was in pale colours without having a colour-wash for a long time. It was a great moment for everyone to get together and work as a team. Most of the care and medical volunteers took part in the event, which started at 9 in the morning.

Everyone seemed to have fun with the painting while making jokes at other. The was quite all thought take so time to plete, yet

"The outreach coincided with one of the care volunteers, Charlotte's, birthday and everyone was planning a surprise birthday for her! "

crack-e a c h d o r m big and it would m u c h c o m - we did

it in three hours of work. That's team work! The outreach coincided with one of the care volunteers, Charlottes, birthday and everyone was planning a surprise birthday for her! On the verge of finishing, everyone gathered and took out the delicious chocolate cake, on which her name was written with icing. She did not have a clue of what was going on and she was delightfully surprised.

Volunteers did not forget to clean the place and our equipments after painting. After all



All the volunteers gathered for Charlie

the work, felt little tired but it was a fun-filled get-together for everyone. The warden and every resident thanked the volunteers for painting the dormitory. Well done all!

Click [here](#) to read more

Hard working volunteers



Here is the team after the outreach



Continued from Last month.....

## Projects Abroad Sri Lanka volunteers teach English to paramedical staff at the National Cancer Institute

To support the new collaboration between St Vincent's Hospital in Sydney and the National Cancer Institute in Maharagama, our medical volunteers helped Sri Lankan paramedical staff to improve their Eng-



**Heather in action**

lish. The staff are due to go to Sydney in February for training on bone marrow transplant techniques, and our volunteers helped to teach them basic English medical terms and prepare them for their trip to Australia.

Here is what Heather (medical intern) wants to say about the program

I have loved working with Tanja and the Australian team. It has been a fantastic opportunity to meet some truly lovely people and to try my hand at teaching English as a foreign language. There are some great memories, along with hilarious ones; playing group charades of 'domestic chores' was a particularly amusing highlight and, coincidentally, a fantastically effective teaching tactic! What a great bunch of people, thanks to Projects Abroad for inviting me to be a small part of it!

**Heather, London**



**Heather's role plays with Ari**



## Medical Camp-Kolonnawa 24 September 2014

September's medical camp was held on Wednesday, the 14<sup>th</sup> with the participation of ten medical volunteers. This time it was conducted with the invitation of divisional secretariat office in Kolonnawa near Colombo. The program had several highlights, including dental

awareness programs among the participants. Before the program Roshini, a medical supervisor, demonstrated how to measure the blood sugar level and blood pressure of the patients. There were around 300 patients who came to the medical camp and they all got their blood sugar level and pressure level checked and consulted with the doctors, sponsored by Projects Abroad. We also sponsored the medicines for the patients.

Volunteers were able to get hands-on experience when it came to the check-ups. The government officers who arranged this program were happy about the proceedings and thanked Projects Abroad and its volunteers for the service extended. All in all it was a successful program!

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

— Rumi





# A WORD FROM THE EDITOR



Thank you for reading this newsletter. Hope you enjoyed it! It has been another lovely month for everyone. As usual, we could conduct a medical camp in Kolonnawa where we could provide free medicines to approximately 300 people. Ten medical volunteers along with Sri Lanka Staff participated. It was quite successful, both from organizing perspective, because everything was in order and patients were also happy about it, and from the volunteers' point of view, because they could get hands on experience by checking the blood sugar and blood pressure of the hundreds of the patients in a single day.

We encourage everyone to help make this newsletter interesting by sending in their own articles and pictures of their experiences at our projects. These will help others to learn more about beautiful Sri Lanka.

Email me at [manjulameemanage@projects-abroad.org](mailto:manjulameemanage@projects-abroad.org) if you have anything that you would like to share.

We would like to extend a big thank you to those who sent their stories and photos for this month's newsletter. We greatly appreciate the time and the effort that you have taken and I am looking forward to receiving more articles for the next issues.

Manjula Meemanage