

# THE OFFICIAL NEWSLETTER

For Projects Abroad Vietnam 



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# VOLUNTEER STORIES

Volunteering abroad, an incredible experience written by Zoe Brisset, care volunteer, Australia

Volunteering abroad is an incredible and life-changing experience, that exposes us to seeing and doing things differently. By immersing ourselves into different cultures outside of our home countries, we develop a deeper understanding of the country, such as its history, daily life, people and their interactions. It is an experience that you won't be able to get anywhere else. It requires you to step out of your comfort zone, take new directions to discover, learn, connect and develop; while tackling challenges with resilience and optimism.



I am now halfway through a volunteer placement with Projects Abroad Vietnam. It is a care placement, working in the special education classes at the Vietnam Friendship Village. As part of the placement, I assist with the children's education (maths, grammar, comprehension), teach some English, do arts and crafts, play/ teach games and songs and much more. The placement has exposed me to new learning, discoveries and understandings of special education in Vietnam, and has helped me to grow as a person with its share of challenges.

**Zoe Brisset**  
Care volunteer, Australia



# VOLUNTEER STORIES

## Volunteering Abroad written by Marinette et Noémie, Medical Volunteer, France

Nous avons réalisé une mission de 3 semaines en Physiothérapie au centre de rééducation de THUY AN à 2h de route d'Hanoi. Nous avons pris en charge des enfants de 1 à 15 ans.

Une journée typique à THUY se résume à peu près comme cela : réveil le matin par notre cher obus qui fait office de cloche puis début des séances à 8h du matin jusqu'à 11h30. Nous aidions ensuite le personnel pour donner à manger aux enfants qui ne pouvaient pas se nourrir seuls. L'après-midi en salle de physiothérapie commençait à 14h jusqu'à 16h. Nous terminions la journée en aidant à nouveau le personnel à donner à manger aux enfants pour le repas du soir.

Nous avons particulièrement apprécié le fait d'être logées au sein même du centre. Nous étions donc plongées dans le quotidien des enfants qui vivaient au centre (distribution des repas, activités le soir).

Durant notre mission, nous avons pu réaliser une réunion avec le directeur du centre, le médecin référent, les phytothérapeutes ainsi qu'une grande partie du personnel soignant. Nous avons pu poser des questions sur le fonctionnement du centre mais aussi échanger sur nos techniques de traitement.



Les équipes soignantes sont très accueillantes, à l'écoute et ont toujours répondu à toutes nos questions en apportant à chaque fois les informations nécessaires pour la prise en charge des enfants. Nous avons aussi pu avoir des informations sur la culture vietnamienne, la langue mais aussi les coutumes du pays.

D'un point de vue personnel, nous avons vécu une expérience inoubliable et très enrichissante. Nous avons pu pratiquer notre métier dans un autre pays afin d'aider les enfants bien souvent les plus défavorisés dans des endroits isolés. Malgré la courte durée de notre séjour, il a été très gratifiant de voir l'évolution et l'épanouissement des enfants. Nous avons le sentiment d'avoir été utiles et écoutées et cela nous donne envie de renouveler l'expérience.



**Marinette et Noémie**  
Medical volunteer, France

## Movie time with children from Friendship Village (Monthly Event)

Recently a group of our current volunteers went to the National Cinema Centre in Hanoi to watch the “Paddington Bear” movie with children from Vietnam Friendship Village, who suffers from Agent Orange-related illnesses.

This was one of the rare chances for these children to be present at the movie theatre and watch a cartoon movie. The volunteers assisted in meeting and welcoming the children from the start to finish. Together with the movie watchers we had a great time spend in a movie theatre.

The excitement and joy coming from the children pass on to the volunteers who were present at the event and vice versa. They shared the joy, laughter and simply had a good time watching the cartoon movie. It takes only sharing to create an unforgettable experience with these little people. We would like to thank our volunteers who spent their whole morning “working” in a movie theatre.





## Explore Hanoi Old Quarter by Night (Volunteer Social Event)

Volunteers of Projects Abroad Vietnam had a fun night exploring the streets in the Old Quarter. During the weekends, the Hanoi Old Quarter becomes a bustling place full of exciting activities at night. The first thing that any passenger would notice is the huge night market at the main entrance, with various things available on sale. Stepping inside the market there's a walking street with all kinds of street cuisine. Fried rice noodle with beef on the menu; that the volunteers chose for their dinner. This is the first time they taste the fried version of "pho" rice noodles, which is more regularly known and eaten as rice noodle soup. With a full belly, it's even more exciting to walk in the streets of the Old Quarter and continue the night life exploration.



After dinner volunteers went to the Ma May Street to drink fresh beer. At night, this place is surrounded by hundreds of people, both locals and tourists. They all gather here to experience the pleasant atmosphere in the street.

Sitting right on the street and drinking a glass of fresh beer forms an indispensable part of the Hanoi street culture. There's something delightful and undeniably amusing about this activity. The dry pleasant winter weather adds the peace and delicacy to the whole experience. As much as it sounds like a regular alcohol, this drink is similar to regular smoothies which are harmless for your health.

The night wraps up with street musical performances. The new and fresh sounds of the Vietnamese musical instruments to first listeners create a fascinating mood for those standing in the street and walking passengers.



## WHAT'S ON: FEBRUARY CALENDAR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2 Mia & Theodore arrive	3	4	5	6	7	8 Movie time with children from HSCV!!!
9 Emilie arrives	10 Frederikke & Julie arrive	11	12 Cooking day & Cultural Quiz competition!	13	14	15 Tet Holiday
16 Tet Holiday	17 Tet Holiday	18 Tet Holiday	19 Tet Holiday	20 Tet Holiday	21 Tet Holiday	22 Tet Holiday
23 Tet Holiday	24	25	26 Care workshop & Medical discussion	27	28	

February 8 – Monthly community event: Bring children from HSCV (Humanitarian Services for Children of Vietnam) to watch a cartoon movie at the National Cinema Theatre

February 12 — Social event: Cooking day and cultural quiz competition!!! Go to the market & buy ingredients to make traditional Vietnamese spring rolls and enjoy together in volunteer house

February 15-23—Vietnamese Tet Lunar New Year! Happy New Year!!!!

February 26– Care Workshop and Medical Discussion