

THE OFFICIAL NEWSLETTER

For Projects Abroad Mexico 



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EDITORIAL

Welcome to the February edition of the Projects Abroad Mexico Newsletter!

At Projects Abroad Mexico we are happy to let you know that this has been an amazing beginning to the new year. We are opening new International Development and care Projects as well as organizing important initiatives to raise funds for our current project partners.

All of this is done thanks to the help of our volunteers who donate their time and efforts to make the lives of others better while also gaining valuable work experience.

These past weeks we have helped serve food for people who live on the streets of the city alongside our newest project partner MAMA AC. This is an organization working with homeless children but is now expanding to assist the elderly as well.

We have also welcomed committed volunteers like Hannah Layton (UK) who is participating as an intern in our Physiotherapy placement at Hospital General de Zapopan and we are welcoming more and more volunteers about which we will be informing you very soon!

Juan Miguel Ruiz Flores
Communications Officer
Projects Abroad Mexico



VOLUNTEER STORIES

Hannah Layton (UK): Working in a Public Hospital as a Physiotherapist in Mexico

Mexico happened to be the closest place she could get away from home that no one she knows had been to before. This is one of the main reasons why Hannah Layton (UK), physiotherapy intern at Hospital General de Zapopan, chose to come to Mexico with Projects Abroad at this hospital Hannah is involved in more practical work than she had initially imagined.

“I am actually acting as a physiotherapist which means that I get to treat patients just as any other physiotherapist. I am given instructions for the treatments which I then carry out. These can range from ultrasounds and electro stimulation to providing superficial heat to injuries”.

While coming to Mexico to experience a new culture and language was a major motivation for Hannah, she also had her professional goals in mind when applying with Projects Abroad. Since she is currently applying to university back home, Hannah needed relevant experience that would help her stand out from the other applicants:

“The experience I am gaining at the hospital is going to help me in my future career. This is going to make me stand out as an applicant as working abroad in this way is experience which other people probably won't have”.

As general advice for future interns at the Physiotherapy Project in Guadalajara, Hannah suggests to have a strong background in Spanish: “Although doctors are very good at communicating with me, I would suggest learning as much Spanish as possible, especially medical terms”.

Hospital General de Zapopan is located in the northwestern part of the city, near Zapopan's historic center. At this hospital volunteers can practice physiotherapy and odontology under the supervision of professional doctors who are always happy to welcome new people willing to learn and help.



HANDS ON WORK

Volunteers in Mexico help serve food for the homeless people of Guadalajara

On Saturday the 24th of January 2015, Projects Abroad volunteers from various parts of the world got together to help those less fortunate. Volunteers assisted MAMA, our Care Project partner in Guadalajara, during their open day when they received homeless people and offered them food.

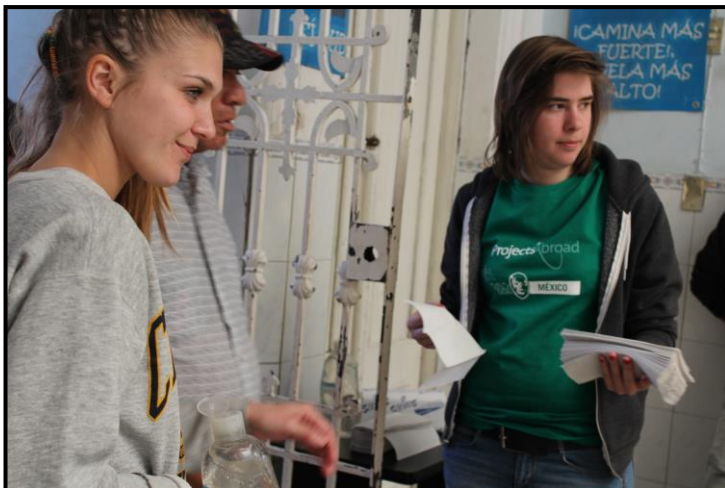
Hannah Layton (UK), Sabrina Chabot (Canada), Maryse Veylet (France), Deborah Garcia (France), Evelina Sonesson (Sweden) and Theis Brasso (Denmark), helped us in our very first dirty day of the year for Projects Abroad Mexico. Not only that, this was the first time we help MAMA in one of our dirty days; and what an experience!

MAMA or Movimiento de Apoyo a Menores Abandonados (Support Initiative for Abandoned Children) was founded in 1988 in Guadalajara by a group of professionals, businessmen, teachers and volunteers worried about the increasing number of children living on the streets. Since then, their main objective has been to defend, protect and improve the living conditions of these children living and working on the streets of the city.

Additionally to their work with children, every last Saturday of each month, the staff of MAMA organizes a special event: They invite homeless men and women invited to have lunch. This time Projects Abroad Mexico donated the money to buy the food and our volunteers donated their time and effort to serve these people.

Volunteers and staff members of MAMA were very happy with this experience, but most importantly, the people who benefitted from this humanitarian action left the place with a smile on their faces. Courteous, well-mannered and friendly, was how volunteers described the people who, for any reason, have ended up living in the streets.

No doubt we will come back to help MAMA very soon!



Country update

Chapultepec cultural corridor!

After a week of hard work, most volunteers in Guadalajara choose to spend their time at Chapultepec, an avenue in the middle of the city that is well-known amongst the locals for being the center of culture and fun.

Saturdays are especially interesting since painters, artisans, book sellers and other artists show their work and performances on the street. There are also music concerts and an open-air cinema, which provides many options for locals and international visitors.

After walking through this emblematic avenue, visitors can choose to spend the rest of the evening at one of its many restaurants, cafés and bars that serves the best local and international food: Italian, French, Japanese, Indian, Mexican and even in some places fish and chips or at least a local version of that British specialty.

The office of Projects Abroad in Guadalajara is located just a few streets from this avenue!

