

## IN A NUTSHELL

- Sri Lanka celebrate Vesak Festival
- Medical camp at Paratta – A great success
- Projects Abroad Sri Lanka starts new placements

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## MEDICAL CAMP- A MEANINGFUL DAY AT PARATTA BODI RAJA VIHARAYA

Yet another medical camp took place in Paratta Sri Bodi Raja temple, near Panadura, on Saturday the 24<sup>th</sup> of May. It was organized by the Projects Abroad Sri Lanka team with the Temple's Women Society. They had informed the community about the camp. The advice and sup-



The organizing team with the chief monks

ports worked shoulder to shoulder to hasten the check-ups so that fasting patients could eat their breakfast. There were two doctors at the camp who treated the patients.



Rianne, a nursing volunteer in action

port from the chief incumbent of the temple was so commendable.

The patients came in big numbers and this made all of them busy with their work. Three medical in-



Peter checks a patient

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## Editor's Note— by Manjula Meemange (Information Manager)

WELCOME TO THE MAY NEWSLETTER:::

It is wonderful to welcome you to the May newsletter! This month was very important to Sri Lankans as the Buddhist people celebrated Vesak festival in which people light Vesak lanterns and do meritorious activities in the temples. The devotees arrange lots of free food for the people.

In this month, a medical camp took place in Sri Bodhi Raja Temple in Paratta on Saturday the 24<sup>th</sup>. We provided free medi-

cines and sponsored for pharmacists and three doctors for the event where around 250 patients were consulted and given medicines. Out of that 10 new diabetic patients were identified.

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 with us. These will help others to understand and learn more about Sri

Lanka.

As always, we highly appreciate the time and effort you have extended to us by sending your stories and photos. I am looking forward to receiving more articles for the next issues at

manjulameemange@projects-abroad.org

# A typical day of a care volunteer

A typical day of a volunteer starts around 7.30-8.00 in the morning. The volunteers have their breakfast at their host families and leave for the placements.

Breakfast generally includes rice and curry, bread, noodles, Pittu, hoppers, String hoppers etc.



Usually placements are not too far from the host families. Most of the care placements are within walking distances. Our volunteers get used to the walking under the hot sun in Sri Lanka!

At the pre-schools the volunteers do helping out with the activities with the kids, helping out the local teachers, initiate new group activities such as color-



Iselin from Norway -her first day at the placement

ing. They always enjoy the life with the kids.

At the end of the day they will come back to the host families and have their own time. They usually meet the other volunteers and share their experience with the rest of the volunteers while having a cup of tea!

Iselin having her lunch at the host family





## Some actions at the Medical camp at Paratta Temple





**YOUR STORIES TRAVEL THE WORLD  
BE SEEN, BE READ, BE VIEWED...**



### NEWSLETTER

The Sri Lanka newsletter "Ayubowan Sri Lanka" is released once a month. This is where we share info about what has happened during the month as well as exciting news about our project partners and special events. Here is the link to the newsletter section. <http://www.projects-abroad.co.uk/volunteer-destinations/sri-lanka/newsletters-from-sri-lanka/>

### MYTRIPBLOG.org

The My Trip Blog website is a place where you can create your own personal blog. You can share photos, stories and even videos so that your family and friends can keep in touch with you while you are in Sri Lanka. Ask your supervisor if you do not have a login details. Here is the link to it. <http://www.mytripblog.org/pg/groups/3070/Sri%20Lanka>



### UNIVERSITY/SCHOOL

Schools and Universities love to celebrate the achievements of their current and graduated students. We have had many volunteer stories appear on school/ university websites, magazines, and newspapers.

### LOCAL MEDIA

Share your story with us and have it printed in your hometown newspaper or magazine so that everyone can see how you were able to make a difference while

### PROJECTS ABROAD Youtube channel

We frequently make videos of our volunteers featuring in while they are in action at the placements. These videos give future volunteers a closer look at the routines and life in Sri Lanka. It's also a great way to look back and reflect on your experience. Contact your information manager if you like to make your own video. Here is the link to our Youtube channel <http://www.youtube.com/projectsabroad>



### Join us on our Facebook group

Projects Abroad Sri Lanka maintains an official facebook group where its members can interact with the other members. It is a platform to upcoming volunteers to ask your questions from the volunteers who actually did or if you already completed your program, you can share your insights. As of now we have more than 1000 members. Join with us here [www.facebook.com/groups/projectsabroad.srilanka](http://www.facebook.com/groups/projectsabroad.srilanka)

### Follow us on Twitter

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## Medical camp continued....

Even though it was a Saturday, our medical volunteers seemed to enjoy their day at best, to spend time with the local people and treating as many patients as possible in a single day.

The support from the local communities was so commendable. They had organized everything so neatly with the women's society. They prepared a snack and lunch for the volunteers and organizers in a grand style. Yet, they refused to take any money in return, as it is a gesture of hospitality from these communities.

Though we expected around 150 patients, our final count said we have treated 250+ patients! Everyone was glad that we could do something



for the people in these communities. Projects Abroad sponsored the doctors, medicines, blood sugar checking equipments, transport, etc. Thanks to all those involved, it was a meaningful weekend!



A part of the patients

*"Travel far enough, you meet yourself."*

— David Mitchell

## We are Projects-Abroad-Sri Lanka....

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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>