

HELLO FROM VIETNAM!



December 2013

Inside this issue:

Feature Story	1
Volunteer Updates	2
Global Shark Campaign in Vietnam	3
Projects Abroad Vietnam November Flashback	5
Care Volunteer Story	9
January Calendar	12
Photo Diary: Christmas Party 2013	13
About us	14

Global Shark Campaign in Vietnam

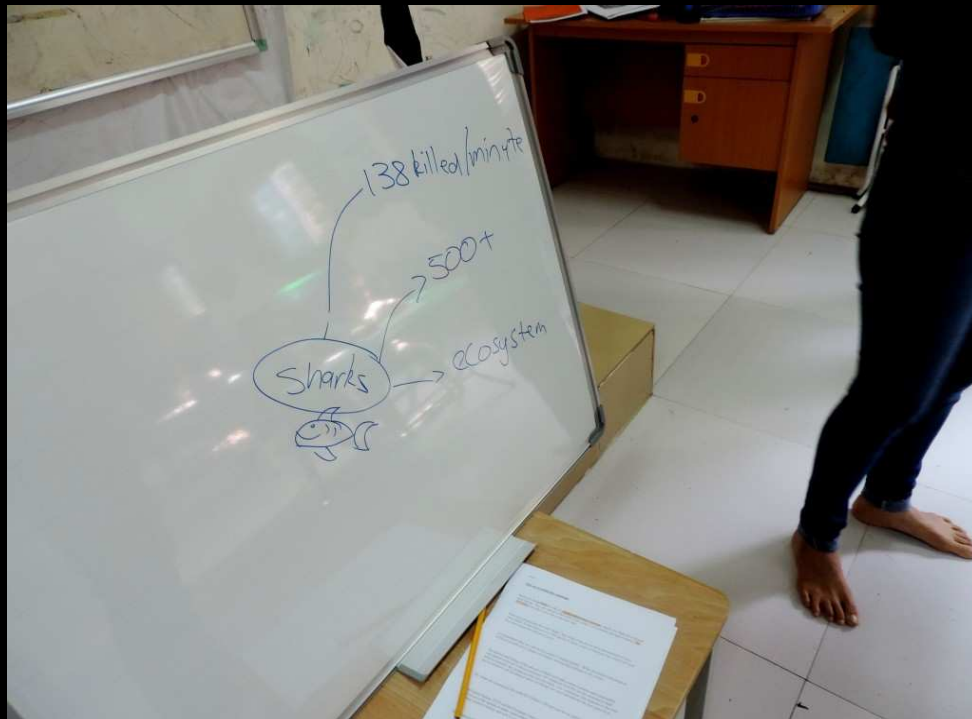


When you ask a random child how he or she imagines a shark, the answer will very likely be like: "Sharks have very sharp teeth; they are scary creatures because they eat humans and fish!" We doubt that this kind of answer comes from children only... One minute think about sharks, friends! Are you having these impressions on your mind now, too? :)

Global Shark Campaign in Vietnam

(continued on page 1)

As one of the 18 destinations chosen to carry out the Projects Abroad's Global Shark Awareness campaign, Projects Abroad Vietnam has come up with a thorough plan of coordinating with our volunteer team to organize a wide range of activities at different placements (kindergartens, orphanages, disability centers, local NGOs, primary-; secondary; high schools and university. With the ugly fact that humans kill sharks at a surprising rate of 138 per minute for their fins (to make shark fin soup and other food products) and for entertainment purposes (specifically, sport fishing) and also because of by catch, sharks are under the threat of extinction. This happens mainly as a result of a serious lack of awareness about the importance of sharks in our ecosystem and ocean health and the wrong perception that sharks love eating humans.



With the great enthusiasm of Australian volunteer Milad Popalzay towards the cause, we started the campaign at a kindergarten for orphaned children which were established by Projects Abroad Vietnam years ago. In one day we managed to conduct different activities with the excitement of the 20 children: drawing sharks, making sharks from color papers and turning them into necklaces, learning about simple shark facts, listening to a shark story about a poor shark named Sheldon and his shark family and friends. Milad and physiotherapy volunteer Lee Zahner with the support of the kindergarten teacher Xuan, did a great job in bringing more new interesting knowledge about sharks to the kids and changing the sharks' images in their mind into friendly friends who help keep up the balance of the ocean and nature ecology. It is certainly a good start for the whole campaign of Projects Abroad Vietnam.

(continued on next page)

Global Shark Campaign in Vietnam

(continued from page 3)

Take a look at the photos taken and hope that they can inspire you to be a supporter for this meaningful campaign. Let's understand and save the sharks!



Kids learnt how to draw sharks



Volunteers Milad and Lee taught the kids how to make sharks from color papers

Projects Abroad Vietnam

November Flashback

A November greeting from Projects Abroad Vietnam to our friends all over the world!

The month saw a greater number of volunteer arrivals than the month before – October – did. One of the reasons is that November in Vietnam is the time of summer break in countries like Australia, therefore there is this part of young people has thought about spending their summer in a different way: giving back to community and gaining special international experience by volunteering abroad. No matter how long (three months) or how short (2 weeks) the time is spent, the volunteers all bring along with them to Vietnam their own great excitement and the desire to make and gain the most out of their volunteer time. More new volunteers arrive, while some volunteers leave as their projects finish. In one of such departures, teaching volunteer Linh Le (Denmark) did an interesting activity with the disabled kids she worked and played with every day in two months at the Friendship Village – a care, education and rehabilitation center for Agent Orange victims. The children were guided to make Danish flags from color papers and they really enjoyed the craft lesson. It was not because of these exciting lessons only but also the sweet, loving and gentle manner of Linh that made these children become so emotionally attached to her and loved to have her presence in the classroom every day.



November also bid farewell to International Development volunteer Colm Moylan (Ireland) who spent four months working on improving the communication field of a local NGO supporting local marginal people. Alongside with being fully immersed in the local culture, Colm effectively devoted himself into his voluntary work which includes developing a newsletter presentation, researching ways to boost the organization website and working on two video projects of promoting the NGO's services and a locally based drug detox center.



Hans Goth (Sweden) came to Vietnam to realize his voluntary project at a local NGO as well. His rich experience gave him the right conditions to fulfill the tasks of making the strategic planning for the upcoming three years of the organization and boosting the funding and financing possibilities. Hans happily experienced his time in Vietnam and hopes to continue helping the placement even when his project is finished.

(continued on next page)

Projects Abroad Vietnam

November Flashback

(continued from last page)

Psychology volunteer, William Clayton, left Vietnam in November in fulfillment. He enjoyed the entire project which gave him the opportunity to meet up new people, to contribute and to grow. The psychological research and English teaching work he did was highly evaluated and appreciated by the local placement and in an equally great reflection, William thinks that 'the project has had an entirely positive impact on my career and personal life'.

Volunteers Lennart and Milad both came to Vietnam in November to realize their sport volunteer projects. Although they worked at different placements, Lennart and Milad experienced the same enjoyment from bringing the local children fresh sport activities and good chance to practice English with English speakers. The sports they taught are football, gaelic football, badminton, short and long runs as well as new warm up and push up exercises. Volunteer Milad (Australia), beside his main mission, working as a sport volunteer, he was very active when participating in other activities launched by Projects Abroad like the Global Shark Campaign. The campaign is a global initiative of Projects Abroad to increase awareness to people about sharks and its importance with the world ocean ecology. Milad thought that it was definitely an issue that needs to be addressed and he was enthusiastic to work on activities like teaching kindergarten kids to draw sharks, to make sharks from color paper and turning them into special shark necklaces. The kids also learnt about simple shark facts and listened to a shark story.



Sports volunteers Lennart and Milad and their Vietnamese students

(continued on next page)

Projects Abroad Vietnam

November Flashback

(continued from page 6)



Spending only two weeks for a care volunteer project in Hanoi - Vietnam, Fabienne and Jerome (France), however, made the most out of this limited amount of time. Besides the normal classroom and care activities like teaching children about hygiene through morning face and hand washing session, teaching English and math's, taking care of babies and disabled children, assisting the local teachers with activities or playing with the kids, Fabienne and Jerome also came up with an excellent idea of training the kids at Bo De shelter for a dance performance. The two friends bought lovely costumes (Spiderman, Princess, Chicken, Bee, Pig, Policeman, etc.) for all the kids - which makes the kids really happy and excited. The fun and great performance took place on the playground of the shelter with the hand clapping from the shelter residents like nannies, the elderly, teenagers, disabled children, babies and also the head monk. Everyone was curious and happy to see the lovely children dancing in their costumes.



Registering for a new and very interesting project – Community project in Mai Chau valley, French volunteer Helene Begard enjoyed her time so much. In two weeks she was living with local ethnic minority people in a beautiful valley with green and large rice paddy fields and volunteering in a placement supporting disabled women by giving them job (weaving and embroidering craft products), accommodation and opportunities to develop themselves. The main task Helene did was to teach English to them and help with setting up the small craft shop to

give it a more customers appealing look. Helene really thinks of the host family as her own family, who gave her a memorable and unique experience.

Projects Abroad Vietnam

November Flashback

(continued from page 7)



Physiotherapy volunteer, Lee Zahner, spent her volunteer time helping the disabled orphaned children with rehabilitation activities. She managed to come up with a booklet for the disabled children, having details and thorough information on health situation and improvements as well as exercise recommendations for every single child's case. The booklet is indeed a great contribution and hopefully it will be effectively updated by the coming physiotherapy volunteers.

Care volunteer Rebecca Pullin's project lasted for only two weeks and during the short time period, the orphaned children got much love and care from Rebecca. She also donated a lot of studying materials and toys which were brought from Australia. The loveliest may be the cricket lesson she taught to the children – the fun lesson is one of the most memorable experience for her. Working in the same placement – a shelter for orphaned children – is teaching volunteer Pernille Sunddal (Denmark). She was a great story teller to the children!



In November, medical volunteer Robert Ellis gained a fine amount of medical and cultural experience when volunteering in two different departments in a hospital in Vietnam. He was working hard, while studying about the eastern healing methods in which he discovered interesting practices. Robert also assisted the placement's surgeries and to him, it was such a nice opportunity to learn relevant practical skills.

We had an exciting and eventful November and hopefully we can keep that spirit up to embark on December. What are you up for in the last month of 2013? We will catch up then – in the December version of Projects Abroad Vietnam newsletter. Stay tuned and connected, friends!

Duong Pham, Information Manager

When passion for charity work grows and blooms, real differences in people's life will be made

The trip to Vietnam and the day visit to a disability organization in the country a few years ago left Rebecca (27 years old, Australia) such fine impressions that she decided to come back for a volunteer care project with Projects Abroad Vietnam in November 2013. In Rebecca's kind viewpoint, "I think we can make a difference with just a little bit of work and a little bit of time and something like - not a very big amount of money for us, can make a big, big, big difference". So her two-week volunteer journey in Bo De shelter for orphaned and disabled children in Vietnam started by that simple and positive thought.



Bo De shelter is home to around 150 disabled and non-disabled children, whose ages range from two-weeks-old to 20-years-old. More than one year ago, Projects Abroad opened a kindergarten class here to take care of and help teach the pre-school children. The classroom is also the place for babies and disabled children to come to be taken care of and treated with physiotherapies.

A typical day at the placement commences with hygiene activities. Rebecca and other volunteers prepared bowls; towels, water and soap so teach and guide the children to wash their little hands and faces. To be followed is the study time when the local teacher with the support of our volunteers will run lessons of Mathematics, English and writing. . Other activities conducted are free time to dance and play; teaching children songs and reading stories; organizing small parties and feeding children with fruits and yoghurts.

(continued on next page)

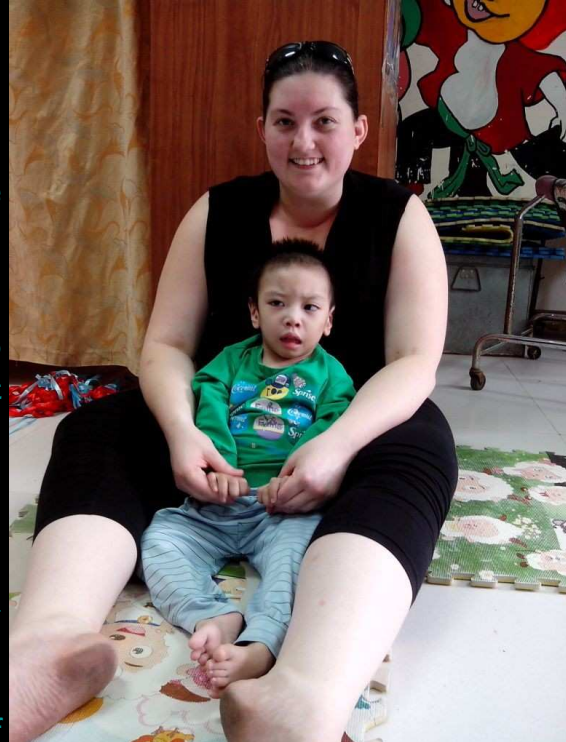
When passion for charity work grows and blooms, real differences in people's life will be made

(continued from page 9)

Yet Rebecca found herself more engaged in activities with children with disabilities: "I think the disabled children especially need help because people are a little bit scared and hesitant to be with them. So another volunteer and I went to the disability room's every day to get all the children out and take them to the kindergarten class. Even sitting in there and watching others is a huge benefit. They love music, ball games and books! Work was getting easier when the Projects Abroad staff bought the beanbags for them, so we were able to bring and watch many disabled children at the same time!", said Rebecca.

Two weeks is certainly a short amount of time to volunteer, especially for a challenging project which asks for patience, adaptability and understanding like this. However, if having a plan and knowing what to achieve in the time, in two weeks the volunteers can attain their own volunteer goals and have an achievement to be proud of. Rebecca shared: "It may sound a bit silly but yes I'm proud of the fact that we were able to make the decision with the nannies that we only take the kids out if they got clean nappies and they have been washed or their clothes have been changed every day. So, after two days of smiling, saying "no-no, change please", the nannies were learning and the kids were instantly cleaned up and washed. The nannies were happy to shower up as well and they were inviting us in as opposed to being annoyed by shutting the door so that was really good! After a couple of days the kids knew my voice, knew me and they were smiling and happy, so the little things like that do make up my great experience in Vietnam!"

It was difficult for Rebecca to choose the most memorable experience she had, so she picked four instead of just one: "I brought toys and equipments from Australia and taught the kids to play cricket, which was really fun. And then today – my last volunteering day - the kids all painted my t-shirt for me and they all gave me a kiss on the cheek and then wrapped me up... So just the fact of being there will make them happy; just cuddling them, having them and playing with them. And also memorable was, the day when the nannies had all the disabled kids ready for us."



(continued on next page)

Hello from Vietnam

When passion for charity work grows and blooms, real differences in people's life will be made

(continued from page 10)

This worthwhile volunteer time doesn't only enrich Rebecca's life perspective but also leads her to a possible career change. Currently working as a Disability Liaison Officer in Australia, thanks to the experience, Rebecca is thinking about switching to work in the NGO sector. "I would really want to be a part of Projects Abroad and I feel I can do a lot here in Vietnam. Even the country is poor and a lot of things are confronting for someone coming from overseas but there is a lot of work and tasks and I believe I could make a big difference with my passion."



We hope this inspiring story encourages others to help Projects Abroad continue to make a difference, and by doing so, learn something themselves along the way.

Duong Pham, Information Manager

What's On: January 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Happy New Year!!	2	3	4
5 Bingham and Alexander arrive	6	7 Sylvie arrives Sophie's birthday	8	9 Street barbeque dinner	10	11
12	13	14	15	16 Dirty Day at Bo De 1.30PM	17	18 Eliza and Emma arrive
19	20	21	22 Monthly workshop	23	24 Eliza's birthday	25
26 Holly arrives	27	28 Lunar New Year holiday	29 Lunar New Year holiday	30 Lunar New Year holiday	31 Lunar New Year holiday	1 Lunar New Year

Jan 9— Street barbeque social dinner. Very yummy food cooked and served in special local way. Just perfect for a winter evening!

Meet at: Map Koi BBQ restaurant

Time: 7:00PM

Cost: 150,000VND/person

Jan 16 - Monthly Dirty Day. Are you keen to help out with fixing and repainting outdoor playing equipments; repainting kindergarten classroom's murals and washing the toys for the orphaned children? It could be a nice and meaningful way to spend an afternoon :)

Meet at: Bo De shelter

Time: 2:00 PM

Jan 22 - Monthly Workshop. More information to come

From Jan 28 to Feb 5 - Lunar New Year! Office and placements close.

Projects Abroad Christmas Party 2013!!

Hello from Vietnam



Contact Us

Address:

Apartment No. 103, Building B4
Van Phuc Diplomatic Compound
298 Kim Ma Street
Ba Dinh District
Hanoi, Vietnam

Office Telephone:

+8 (4) 37368581

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.

Based in Hanoi, Vietnam, volunteers can work on a variety of projects, including care work with disabled and orphaned children, physical therapy at local hospitals, and teaching either English or French in both primary and secondary schools. The latest projects to be opened is Nursing and Medical—Surgery projects. If you are interested in volunteering in Vietnam with Projects Abroad then please log on to www.projects-abroad.net for more information.

Follow us on [Instagram](#) for the inspiring and thought-provoking photos and stories: [Projectsabroad_Vietnam](#) :)



Projects Abroad Vietnam Christmas Party 2013