

THE OFFICIAL NEWSLETTER

For Projects Abroad Ghana 



Human Rights volunteer Karin Heidenreich (holding microphone) and Cassie Aprile (far right) gave an address at the official launch of the project

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ProjectsAbroad

Highlights of the month

Human Rights volunteers tackle child trafficking in Winneba

Projects Abroad human rights volunteers left Accra to embark on a partnership project with the Ghana Immigration Service in the central regional town of Winneba. Together, they organised workshops on the child trafficking project for community health nurses and immigration officers in the municipality. Our human rights volunteers taught the participants about child rights and anti-human trafficking legislations aimed at protecting children. Two of the human rights volunteers Karin Heidenreich from Germany and Cassie Aprile from Australia made statements at the official launch of the anti-human trafficking project. Other volunteers spent time in schools and communities raising awareness on domestic violence.



Dentistry students provided free dental care for children in Kumasi

Dentistry students from the University College Cork travelled to Kumasi to offer free dental care to school children. Our teeth are an important part of our body but many parents in Ghana cannot afford dental treatment when their children need it. The Projects Abroad volunteers worked with Ghanaian dentists to screen the children for cavities, teach oral hygiene, provide medication, and distribute free toothbrushes and toothpastes. The children were very grateful for the free treatment given by Mairead McLoughlin, Komal Lamba, Nana Ansong, Teresa Whitaker, Sheila Dineen, DisenPhuah, KayRinOng and AnandLyer. In total, over 4,500 school children benefited from their time volunteering in Kumasi.



2 Week and 1 Month Specials programmes kicked off

Our first batch of volunteers arrived in Accra and they all travelled to their respective regions – Winneba, Cape Coast and the Akuapem Hills.

Care & Community Two Week Special volunteers experienced the spectacular sights of the buzzing historical town of the Cape Coast. They painted a school, played with the children and made an environmentally friendly volleyball net out of used water packets. They also visited the famous Cape Coast Castle and heard chilling stories about the transatlantic slave trade.



2 Week Specials volunteers at Cape Coast Castle

In Winneba, our medical volunteers embarked on outreaches in eight different communities. The volunteers offered free blood group and Body Mass Index (BMI) tests, as well as glucose level and malaria screenings. Free anti-malaria drugs were then distributed to children who tested positive for malaria. The volunteers also dressed open wounds, raised awareness about the ebola virus, and provided education on hypertension. In total, the ten One Month Special volunteers helped over 1,500 people in Winneba.



1 Month Specials Volunteers on a medical outreach in Winneba

Up in the Hills, both the Two Week and One Month Special volunteers had an amazing time working with the local schools and communities. From taking care of children in day care centres and painting the walls of community schools to playing soccer with the locals, their time in the Hills will most certainly be one they will always remember. The magic formula is: HELP + LEARN + EXPLORE = FUN



A volunteer at Adom Day Care Center in The Hills taking the children through a reading activity

Click [here](http://www.projects-abroad.net) for more information about 2 Week and 1 Month Specials programmes.

Volunteer Story

Mark Leroux, 16, from France volunteers in a community school in Cape Coast

Growing up demands a lot of responsibilities but no matter what your age, it is always important to offer a helping hand to those in need. This is how 16 year old Marc Leroux from France felt before making the decision to travel from his home in France to the historic Cape Coast in Ghana. As a teenager, he had always wanted to volunteer, meet new people and experience a new culture.

Marc was part of fourteen volunteers who worked in the Cape Coast on Projects Abroad Two Week Special Care project. This is a programme that offers 16-19 year olds the chance to travel over the summer and engage in worthwhile voluntary activities in developing countries.

Just as Marc understands how important it is for him to meet new people from a different culture, he is also convinced that their presence in the schools in the Cape Coast was beneficial for the students. He remarked that “the pupils need to see people who are different” so that they are exposed to other cultures.

He further remarked: “It’s a new way for the pupils to think about other people so they can grow up to know how to do things in different ways.” While he was on the programme, he gave art lessons, renovated the school and taught the children about recycling; emphasising that “they need to know that something can be done with trash.”

Projects Abroad offers the chance for young people to learn while they make a difference. Marc experienced that to the full: “I’ve learnt about a new culture. I’ve learnt not to waste so much. I’ve realised how much I have back home.”

Marc is convinced that with more volunteers, much more difference can be made in poor communities in Africa. He admitted that cultural differences were quite hard to get used to at first but he adapted over the time he was there.

“I realized that people elsewhere need more help. I’ll probably do this again with Projects Abroad. It was useful to come to Ghana and to Cape Coast, and I’ll tell my friends to do the same,” he said.

Ghana is regarded as one of the friendliest countries in the world and Ghanaians pride themselves on their hospitality. Marc experienced that first-hand: “The people are friendly. My host family asks me how I am doing every day.”

For future volunteers coming to Ghana, Marc advises them to leave all their stereotypes at home before traveling to Ghana. He also recommends that they spend more time with their host family and the locals, instead of just with the volunteers.

“I like the food and the culture. Ghana is a country that says “akwaaba” (welcome) to you when you arrive. I’ll definitely come back.”



Marc teaching pupils at a community school in Cape Coast

Note from the Editor

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July saw amazing energy from young high school students who participated in the High School 2 Week and 1 Month Specials programme. The smiles and laughter I personally saw in the faces of the children was testament to the good spirit and positive energy that the volunteers brought to the schools and communities they worked in.

It was refreshing to hear many volunteers express their heart warm thanks to the country they visited for being welcoming and friendly to them.

On behalf of the entire Projects Abroad staff in Ghana, we wish to thank all volunteers who worked with us in July to make a difference in the lives of the children and communities we work in. We say a big “ayekoo” to you. Ayekoo means, THANK YOU!

