

Jamrock VOLUNTEER effect



ProjectsAbroad

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MESSAGE FROM THE TEAM

When I say March, you say Crazy. March...Crazy! March... Crazy! Crazy busy is what March 2013 was for Projects Abroad Jamaica. With a record high of volunteer arrivals compared to the same period for previous years, Projects Abroad Jamaica was kept very busy. Not only did we have our first set of Spring Breakers but we also achieved great strides with the Immunitiative Project by getting all necessary documentation to move forward for more aggressive campaigning and fundraising. The 57 volunteers who came from Canada, Germany, Netherlands, Sweden, UK, Denmark, USA, Belgium, France, Austria, Switzerland, Italy, Australia and Norway worked very hard and committed their efforts to making a difference in nine different project areas. All project areas, that is, Medicine, Care, Teaching, Music, Sports, Disaster Management, Building, Farming, and Journalism have been significantly improved as a direct result of the volunteers' work.

Thank you is never enough to truly capture the gratitude Projects Abroad staff and Jamaicans impacted by volunteers feel. We say a thank you as big as our island to our volunteers for putting themselves out of their comfort zone, for sharing a sandwich with the homeless, for teaching in overcrowded classrooms, for wiping the tear of a troubled child in an orphanage, for building a home for someone in need, for bringing pain relief to the hospitalized with limited resources, for honing the skills of budding sports professionals on less than suitable fields, for cloning themselves to give each demanding child attention and love, for making themselves vulnerable to make mistakes and learn about others and themselves, for putting others before themselves and for putting their reciprocated love in their hearts, for choosing destination Jamaica as the place to volunteer.

Our placements and host families are a crucial part of the volunteering process and experience. We use this medium to heartily thank them for providing guidance and support for our volunteers and welcoming them as part of their families. Thank you for all the wonderful help you provide for our volunteers.

Regards,

Team Jamaica

(Bridgette B. Barrett - Country Director, Cherricha Jacobs - Assistant Country Director & Desk Officer, , Collette Kerr - Project Officer (Teaching & Medicine), Stacy- Ann Barrett - (Office Assistant & Project Officer (Culture & Community), Patrina Thomas-Morrison - Project Officer (Care), Sanikia Morgan - Volunteer Liaison Officer, Pettia Williams - Volunteer Coordinator)

CLAIRE SHRIMPTON BRINGS DIVERSE SKILLS TO FARMING PROJECT IN JAMAICA

I'm a student RMIT Melbourne, Victoria studying Food Science, (Food production and processing) and have an interest in agriculture, particularly sustainability of farming. I already had plans to travel in November to Mexico, and was looking for ways to extend my trip with something a little different and thought volunteering would be a great opportunity. So, after turning to our trusted friend, Google, I found the farming project that Projects Abroad offered. It was exactly what I was interested in and seemed well organized, a great place to start as a first time volunteer.

In my 2 months of learning about the methods of sustainable farming I would gain some great experience and knowledge about where our food comes from and the stages it goes through. This knowledge and experience should allow me to stand out when finding a job after university.

The Farming Project



Claire examines test tube germination in the Greenhouse

Christiana Potato Growers Association (CPGA) is an organization that promotes sustainable farming within Jamaica and supports local farmers in maintaining and developing their crops. Volunteering at CPGA provides you with the opportunities to be a part of this movement.

There are many different areas of work they have to offer, the main areas being the laboratory in Christiana, Devon Farm and Coley Ville Warehouse. Here is a brief overview of the process that takes place at each area:

The lab is where tissue culture takes place, which is a process that involves cuttings to be taken from the leaf/stem of a healthy, disease free plant and planted in a test tube of specific media. It is left to grow and develop roots and then cuttings are taken from that plant and put into more test tubes. This process lasts for 2 months, so the quicker the growth rate of the plant, the higher the yield will be. When the plant is ready to be put into a more natural environment, it will be taken to the shade house, a controlled environment that allows natural sunlight and air to reach the plants, and are planted into coir (coconut husks) and fertilized. This process is referred to as hardening. From this step the plant grows and strengthens until it is mature enough to be clipped. These clippings are replanted into trays where they will grow until they are 2-3 inches. The rest of the plant will continue to grow and be clipped up to 18 times. The trays are then moved to Devon Farm where they are transferred into the greenhouses. From here potatoes will grow and either sold as produce or sold to local farmers allowing them to grow a healthy, disease free crop.

As the name suggests, it is located in Christiana, just 30 minutes from Mandeville. CPGA needs help from volunteers as funding is difficult to find and more help is needed but cannot be afforded. Volunteers can be placed anywhere they prefer either in the lab or Devon farm. Help is needed in all areas.

As a volunteer at CPGA I was trusted with a lot of responsibility as was able to go to work each day knowing what I had to do, I was able to set up my work and pack it up at the end of the day. I was spending most of my 2 months in the shade house where I hardened and clipped. Occasionally we would go to Devon to carry over matured clippings or we would go to Coley Ville to sort through and grade potatoes. Daily tasks will vary depending on which area you work in.

Overall from this experience I learned a lot about the agricultural industry in Jamaica and the struggles they face. The process from start to finish was very intriguing and as someone with a food science background it was certainly interesting to see the origins of staple foods in Jamaica and the science involved. I will be able to apply what I have learnt here in any future work I will do.

But my time here was not all work, on the weekends we were able to take trips to different areas where we could swim with dolphins, climb waterfalls, attend street parties or simply lie on a beach staring out at crystal clear water. My favourite place would have to be Kingston, the busy hustle and bustle of the city but with the same carefree and laid back attitude provided for an enjoyable place to be in. Hellshire beach was great to relax for the day and enjoy some freshly caught seafood whilst enjoying dancehall or reggae music blaring from speakers lined up along the beach.

Jamaica overall has been an amazing country to visit and live in for 2 months. Jamaicans are extremely welcoming and although the welcoming initially seemed a little forward or over the top, I soon adjusted and could appreciate the people, the food and the land. Jamaica has so much to offer no matter what your interests, you will love this country. The positive, easygoing attitude quickly becomes your way of life. It reminds you that the simple pleasures are the most important.

SPRING BREAK STORY

VIOLIN - PLAYING NEUROSCIENTIST RESTORES HOPE AT ORPHANAGE

Eighteen year old American Jennifer Sterbenz was the first of several Spring Break volunteers to visit Jamaica on the Care Project in March 2013. She is passionate about children and is desirous of helping them lead well-adjusted and practical lives which are as close to normalcy as possible. This passion, though innate, is mirrored in her general everyday choices and in particular her career choice. Though her choice to volunteer in Jamaica is far from an everyday decision, it seemed so natural to her that it might have been perceived to be so. She is currently a freshman at the University of Michigan pursuing the challenging but rewarding field of neuroscience, a decision she made to help children like those she worked with in Jamaica who have cerebral palsy, autism and other neurological disorders. Her one week stay in Jamaica could not have been more inspirational and beneficial because her passion for neuroscience is perhaps rivaled only by her love for the violin, a sophisticated art form which she patiently and diligently taught the children at the orphanage.



Jennifer teaches children how to play the violin

Seeing the big bright smiles on the children's faces made her even more eager to help them. She recalls the joy that filled her heart as the children asked curiously "what is that?" when they saw the small black violin cases. She knew instantaneously that she would have a wonderful time teaching them because of the jumping and excitement they showed. She said she felt very happy and welcomed when the placement supervisor informed her how thrilled she is to have her and that she will be teaching the children how to play the violin - a long-term desire of hers for the children.

When Jennifer is not in the classroom teaching the children she stimulates the babies, feeds them and engages the older children in outdoor play activities. She also helps with some household chores such as laundry. The New Hope Children's Home benefits greatly from volunteers such as Jennifer because their skills set and knowledge base does bring enlightenment and a diverse cultural perspective to the way staff cares for children. Volunteers like Jennifer not only add value to placement tasks but a new dynamism to how these tasks are done. What Jennifer has created at the New Hope Children's Home is a paradigm shift - a shift towards more acknowledgment of children, a shift towards more encouragement for them, a shift towards more acceptance of their inherent innocence, a shift

towards more appreciation of their bewildered forgiveness and kindness and a shift towards promoting and praising the untapped reservoir of their abilities.

Jennifer's love for the children is effortlessly reciprocated by the children and she has learnt to be more patient and more contented with what she has at home. She sees the access to certain resources, particularly for special needs children, as a major cultural difference between Jamaica and the United States. What Jennifer has done is created a legacy of a mini violin orchestra which can be continued by other volunteers. She has paved the way for Professional volunteers with neuroscience training to help at New Hope. She encourages volunteers to help at the orphanage and be open-minded and non-judgmental about the experience.

DANIEL TEACHES MORAL VALUES IN CLASSROOM

"I Just love it here!" These words were spoken with much excitement and joy by Danish volunteer Daniel Mikkelsen. He works from a small classroom at the Hill Crest Day Care Centre and Preparatory School with 31 children who love him and constantly seek his attention. Though only 24 years old he has gained a lot of experience and knowledge in Denmark where he worked at a day care centre as well. It is his desire to become a social educator and as such interned at such as facility there. This

knowledge and experience is proving to be very useful in his endeavours to provide wholistic stimulation for the children in a safe and warm atmosphere.

Daniel fears nothing. Not even 31 over energetic, excited 4 year olds. His tattoo riddled body is evidence of this fact. A very jovial and optimistic volunteer his typical day involves getting the children settled for class, providing individual attention, assisting with music and reading classes and teaching the children Danish. His trip to Jamaica was part of a deliberate effort to seek international experience and



Daniel teaches children in classroom

knowledge that will help him in his career as a social educator. This opportunity also served as an avenue to plan for his internship which is scheduled to take place in another 18 months in another foreign country to be decided by him.

A very focused and hard working volunteer, Daniel impresses his supervisor with his effortless ability to teach the children, get them to recall and use their new knowledge. His multi-dimensional skill set and will enable him to easily rotate from nursery, to pre-kindergarten and back to classroom. He loves how connected everything is at his placement and candidly highlights the cultural differences "it is very different here from Denmark because we don't have a nursery on the same property as a school. But it's

nice like this. I get to see everything and help in all areas. And I love that there are many children all wanting attention at the same time. It makes me feel needed.” He loves it so much at his placement that he asked his supervisor to allow him to spend an extra hour every day. This is true commitment.

Projects Abroad, through the work of volunteer, has helped to provide more structure and better class control at this placement. Daniel in particular has revolutionized the way children speak to each other by deliberately engaging them in daily sharing principles and tasks, a platform for other volunteers to achieve even greater compliance. He has learnt a lot about himself and now has a deepened understanding about his purpose in life. One of his most rewarding experiences since working here is getting the children to follow instructions and be attentive. He advises prospective volunteers to join the Care and give their best to the children because the rewards are for a lifetime for both children and volunteer.

CARE PROJECT UPDATE

Spring was certainly in the air for the Care Project in March as it welcomed the arrival of 7 spring break volunteers from USA and Canada adding to the 13 who were there before and creating a total of 22 volunteers during the month. The volunteers worked in day care centres, orphanages, schools and a residential facility for the elderly.

The Care volunteers enjoyed two project meetings held in March. The first, which looked at music therapy, was facilitated by volunteer Susanne Petersen of Denmark. She taught her colleagues what music therapy is about, the various settings in which it is used and the benefits to be gained from it use. The focus of the second project meeting was to help volunteers understand the value of the work they do, teach them the importance of partner preservation through appropriate conduct and clarify any issues or concerns they may have regarding their work. Volunteers found both project meetings empowering and inspiring.

Care volunteers Merel Duit and Kimberley van Seggelen continued the amazing outreach project work initiated in February 2013 in the Rose Hill Community. They helped children to do their homework and prepare for major examinations. They also provided conflict resolution guidance and coached the mother in certain subject areas to increase her employability. The volunteers enjoyed the time spent with the children and wanted to do much more. Notwithstanding this, their short time with the families



Katherine Chow feeds child at Day Care centre

made a difference in how the children related to each other and their mother. It improved their attitude towards school and increased both their numeracy and literacy skills.

And then there were 7. Seven is the number of Spring break volunteers who joined the Care project in Jamaica in March 2013. The first volunteer, Jennifer Sterbenz, who arrived in the first week in March worked at the New Hope Children's Home. She taught the children to play the violin and helped with other tasks such as feeding babies, playing games, helping with laundry and stimulating the toddlers. The second group of spring breakers arrived in the second week March and worked in day care centres. Four of them, Hayley Veach, Madalyn Sullivan, Bailey Gordon and Katherine Chow worked at the Hill Crest Day care centre and Preparatory school while the other two, Selby Merrit and Allison Haspel, worked at the Small Wonders Day Care Centre. The group only spent a few days at their respective placements but were able to make meaningful contributions to the way things are done and how children are treated. Hayley Veach and Madalyn Sullivan for example designed a comprehensive discipline management plan for the Hill Crest Day Care Centre and Preparatory school. The objective of the plan is to help caregivers and teachers elicit the best behaviour and cooperation from children without using excessive force or punishment.

CULTURE AND COMMUNITY PROJECT UPDATE

Farming Project Update

There was only one volunteer on the Farming Project for March 2013. She worked in the laboratory conducting tissue culture and in the potato shed monitoring the growth of plants due to her extensive experience and knowledge in the field of horticulture. She has expertly used her knowledge in plant propagation and cultivation to improve plant growth, quality and resistance to insects, diseases, and environmental stresses. The supervisor at her placement, the Christiana Potato Growers Association had such confidence in her abilities that he left her unsupervised to manage the operations in the laboratory and shed. She has also made multiple presentations to university students about tissue culture. Her Projects Abroad supervisor fondly described her as one of the best farming volunteers she has had.

Building Project Update

A force to be reckoned with, the building volunteers made remarkable strides in the completion of Bill's house in Fairfield St. Elizabeth. The team of three were complemented by two spring breakers from USA and Japan during the second week of March 2013. They completed the decking and the rendering of outdoor walls. They paved the way indoor for plumbing and electrical installation by leaving the space for those professionals to do their portion of



Building volunteers and local workers at work site

the work. While the volunteers worked many hours to complete the structure of the house, the Project Officer engaged partners to provide furniture and appliances for the official house opening on April 10, 2013.

Disaster Management Project Update

Creating a buzz in Black River. St. Elizabeth Disaster Management volunteers Thari, Elodie and Joe, who work with the Fire Station, The Parish Council and the Roads and Works Department respectively have earned their stripes as legitimate members of the work force by proving that they are not only determined but also excited about making tangible differences in the Parish.

At the Black River Fire Station Thari created brochures aimed at teaching children what to do in the event of a fire. These brochures will be used as part of fire drill exercises in schools. She provided support for internal activities and forums and helped the team in their preparedness for disasters. Elodie has been instrumental in creating and updating Parish Disaster Plans for the St. Elizabeth Parish Council. She assisted with general disaster plan duties and helped to prepare reports of field assessments and workshops. Joe continued to execute field investigations but, for the month of March, was responsible for reviewing and designing drains for the parish. He began by assessing how the drains are used, cared for and monitored by the Parish Council. His engineering expertise is invaluable to the Parish Council in the execution of standard operational and development planning tasks.

MEDICINE AND HEALTH CARE PROJECT UPDATE

March was the month of experience and exposure for medical volunteers at both the Percy Junior Hospital and the Mandeville Regional Hospital. There were four nursing and four medical student volunteers at the Mandeville Regional Hospital. The Medicine volunteers engaged in general medicine, general surgery, and general pediatric and OBGYN activities in the respective departments. They experienced lecture sessions, ward rounds and group consultations with medical doctors. Some were afforded the opportunity to engage in comparative disease research activities as well as clinical sessions with doctors.

Nursing volunteers were placed on various medical and surgical wards where they were involved in general patient care. They assisted with blood pressure checks, IV line checks, observed and assisted with wound care among other things.

At the Percy Junior Hospital, 6 volunteers assisted with general patient care. Lisa and Esther worked in the medical outpatient department and also as a curative clinic assistant. Louise and Michelle worked on the paediatric ward and provided support to patients. Carolin who worked on the Sports Project before joining the Medical Project used her sports training to administer physical therapy and exercise to the patients. All medicinal volunteers observed surgeries and assisted doctors in outpatient care.

SPORTS PROJECT UPDATE

The sports project was high gear in March 2013 as Kaspar, who works at the May Day High school, helped as a sports official for major football events. Carolin who is now on the medical project maintains strong ties with her first project placement at the Villa Road Primary and Junior High school. There she coaches a team of students for a football championship on April 10, 2013. Richard who is also a sports volunteer at Villa Road assists Carolin to coach the students but he also independently teaches Physical Education classes across various grades within the school.



Carolyn Cloes talks to the children whom she coaches

TEACHING PROJECT UPDATE

The volunteers on the teaching project in March were very industrious. They worked at the Villa Road Primary and Junior High School, the Woodlawn school of Special Education, May Day High School, Bethabara Primary and Junior High school and the McIntosh Memorial Primary School. An important highlight is the work of teaching volunteer Naomi Luck who improved the writing skills of two grade 4 students. The boys who were unable to spell or write their names were patiently and diligently taught by Naomi during and after class time. She spent many hours teaching them the words, numbers and other English Language components to improve their literacy and numeracy skills.

At the May Day High School, Marlene taught English Language, Mathematics and even German to the children at her school. All teaching volunteers helped with the planning of a special Easter camp to be held at the Knockpatrick Holiness Church for children in the community. All teaching volunteers will help with the execution of this camp.

Community Literacy Project volunteer Steve Collis continues to prepare participants for higher levels of literacy and numeracy examination and in so doing he has increased their self-confidence in both areas. One participant's numeracy skill has improved as a result of his intervention while another enjoys enhanced reading abilities. In addition to general reading, writing and mathematics tasks, Steve engages participants in critical think and application exercises which has significantly enhanced their ability to analyze, recall and summarize. When he is not busy with the two participants Steve helps one of their children with homework completion and class work review.

MUSIC PROJECT UPDATE

The “S” trio held the fort on the music project at Villa Road Primary and Junior High School. Simon, Sarah and Sean taught music theory notes as well as practical instrument playing to the over 200 students with whom they interacted daily. They taught children to play the guitar, drums, recorder, keyboard and various percussion instruments. A noteworthy engagement for the music volunteers was the practice sessions they engaged children in for the school harvest. A harvest is a school or church event where freshly baked treats and farmed produce are sold to raise funds for an important project. These usually start with an opening ceremony which leads into the viewing and sale of the products. Common items sold at a harvest are sugar cane, yam, potatoes, coconut, mangoes, breadfruit, puddings, cakes, coconut treats like gizzarda, drops, grater cake. They demonstrated the correct manner in which to play certain instruments and coached children for various instrumental and vocal items for the harvest.



Simon and Sarah teach children to play instruments

JOURNALISM PROJECT UPDATE

Telling about their individual countries was one of the many exciting tasks of the three journalism volunteers assigned to the Northern Caribbean University Media Group. They were required to prepare an audio recording about their countries, edit it and add music and other sound effects to it. This activity was done for a radio programme called “Around the World”. Volunteers also assisted with the recording of career planning interviews on the university campus as well as in the town centre.

In the television studio volunteers were taught how to make short videos and assisted with various news features. Bianca helped with a news feature that focused on lifestyle and culture and World War II and Grace assisted with a feature about gender and equality. Melody chose art as the focus of her news feature. All volunteers worked alongside experts in various departments based on the feature that they chose to focus on. The finished products will be aired on NCU TV.

MONTEGO BAY CARE PROJECT UPDATE

Montego Bay resumed operations for the Care project in March 2013 with four (4) volunteers arriving during the month. Two were placed at the Blossom Gardens children's home and two were placed at the West Haven children's home. Of the four volunteers, one was a one-week volunteer. The volunteers spent many hours playing with the children, providing stimulation, reading stories to them, teaching them and providing one-on-one attention. All volunteers enjoyed their placements and the work they did with the children.

HIGHLIGHTS

- Spring break volunteers worked on the Building and Care projects in Jamaica in March 2013. The volunteers enjoyed themselves and provided needed assistance at their placements.
- Montego Bay Care volunteers provide many hours of care support at orphanages.
- Naomi Luck of the Teaching Project helped grade four boys to write and spell their names while Marlene taught high school children German.
- Sports volunteers Richard and Carolin prepares students for major national football championship.
- Building volunteers worked many hours to complete the home of elderly farmer Bill in Fairfield St. Elizabeth.

DONATIONS

1. Medical Volunteer Esther Smit donated over \$300, 000 Jamaican Dollars which was used to purchase very important and office and medical supplies for the Percy Junior Hospital. The items included glucometers, nebulizers, thermometers, doppler, multi sample pipette, adult scale, bath and kettle.
2. Volunteers Hayley and Madalyn Veach donated 36 story books, 10 colouring books and many boxes and crayons to the Hill Crest Day care centre.
3. Care Volunteer Merel Duit donated \$500 Euros to ten New Hope Children's Home. A portion of the money was used to purchase pots and pans, toys for the children, formula and diaper. The remaining portion was used to provide the services of a professional physiotherapist for cerebral palsy children at the home.
4. Operations Manager for Projects Abroad, Mircea Samoila donated \$5000 Jamaican dollars to Care placement Friends in Need and \$5000 Jamaican dollars toward the breakfast programme at the Bethabara Primary and Junior High School and \$10,000 towards the Immunitiative Project.
5. Montego Bay Care volunteer Marianne Newell donated 29 colouring books, 48 packs of crayons, 44 sunglasses, 35 bubbles, 73 treat bags, 20 stickers, 35 glow sticks, 24 mini plastic

frogs, 40 toy soldiers, 60 note pads, among other toys and accessories for the children of Blossom Gardens Place of Safety and West Haven Children's Home.

SOCIAL EVENTS

DIRTY DAY

Dirty Day was held on March 15, 2013 at the Manchester Infirmary. There were 9 core areas of work, some involving 96 residents. These included the planting of trees and vegetables and painting of tree trunks and tires the personal care and grooming of residents, the cooking, sharing and serving of meals and the washing of dishes, the physical expansion of an external corridor, the washing of clothes, the cleaning of floors, cleaning of windows, physical therapy and resident profile and art therapy. The volunteers showed much dedication to the tasks. This dedication would not have been yielding to the intermittent torrents of rains that soaked the backs of the volunteers and staff in charge of planting the beautiful flowers and the vegetable seeds. Volunteers engaged on the personal grooming of the residents by washing their hair and combing it, cutting nails, shaving hair and trimming facial hair, providing pedicures and manicures.



Grace provides personal grooming for residents



Richard works hard to plant vegetables for the residents

In the kitchen the small team of four helped to peel vegetables and potatoes and yams, wash rice and seasoned chicken. On the outside two volunteers helped to mix cement to expand an outdoor corridor. The tasks of sorting and washing the clothing as well as painting the tires and tree trunks were not done due to the rain. Volunteers cleaned the dining room and both female and male wards by sweeping, mopping and adding red floor polish, this task took place simultaneously with the window cleaning. On both female and male wards, medical volunteers provided well needed physical therapy to more than 19 residents. They applied well their knowledge and skills.

Inside the administrative office, staff and volunteers prepared profiles of the residents after having taken each one's picture. Based on the fact that the residents to be included in the art therapy were also receiving personal care, this activity was also not done. The volunteers were thanked by Projects

Abroad staff for their kind efforts but were thanked in greater ways by the warm smiles, “God bless you” and simple embraces of the residents. They have truly made an impact in very meaningful and unforgettable ways on the residents at the Manchester Infirmary.

REGGAE DANCE CLASS

Reggae Dance class was held on March 26, 2013 at the OMG Restaurant. Volunteers were taught the latest dance moves to songs written and performed by various Reggae and Dance Hall artists such as Vybz Kartel and Lady Saw, to name a few. The dance instructor, Alex, immediately turned on the energy with swift and fancy foot movements followed by rhythmic and eye-catching hand and upper body motions. It was clear that volunteers enjoyed themselves as each new movement taught were met with ear to ear grins and intermittent giggles, reflecting the volunteers’ level of fun and shy self-awareness.

While some volunteers expertly mastered each move as though professing to be native Jamaicans, others though not perfect put a lot of effort, flavor and flair to the moves making it their own. It was a beautiful scene to see the unison of the group movements and a joy to hear the chorus singing when certain popular songs were played. The dance class ended with a fun uncompetitive dance off between two groups of volunteers.



Volunteers and dance teacher have a good time.

GAMES NIGHT

Games night was held on Tuesday March 19, 2013 at the Ridgemount United Church Hall. The evening’s events began with a warm up activity called football. Volunteer and staff engaged in outdoor games. There was a wealthy cultural exchange of games and events between staff and volunteers. Staff taught volunteers how to play local games such as sack races, dandy shandy, Chinese skipping and jax and ball. Volunteers also taught staff about games from their own cultures. All participants enjoyed the evening’s activities.



Volunteers play and have fun.

MONTEGO BAY SOCIAL EVENTS

DIRTY DAY AT BLOSSOM GARDENS

Dirty Day for the care project in Montego Bay was held on March 22, 2013. All four volunteers attended. The task was to wash down the grills around the veranda, windows and play equipment on the playground. All instruments and soap needed were provided by the manager of the home. The team was split into two groups for each task. The grills and windows were completed first and then they moved on to the playground



Volunteers work hard to clean windows and grills

area. The work time intersected with the play time of the toddlers and they all wanted to help. One 3 year old insisted on washing down the slide and he was allowed to help. It was a very productive day and the placement appreciated the help of the volunteers and staff.

REGGAE DANCE CLASS

March 26, 2013 was the day when all four volunteers in Montego Bay moved to the beat of Jamaican cultural dances. The instructor started out with warm up exercises and then proceeded to give the volunteers a brief explanation about the origins and cultural significance of traditional dances such as ska, dinkimini and brukkings. This format flowed throughout the session with each dance move being preceded by a brief explanation of their significance.



Volunteers learn to dance to popular Reggae songs

Music used was mainly rhythms of popular songs as opposed to recorded songs. In the last segment of the class, volunteers were challenged by the instructor to choreograph a dance sequence using three moves they learnt. Volunteers did this successfully. Volunteers enjoyed that session so much that some wanted to have extra lessons at the end of the class.

UPCOMING EVENTS

PROJECTS ABROAD SOCIAL EVENTS - APRIL 2013

1. Patois and Culture Class – April 09, 2013 at 2:00pm
2. Bill's House Opening – April 10, 2013 at 1:30pm
3. Reggae Dance Class – April 16, 2013 at 3:30pm
4. Dirty Day - April 19, 2013 at 8:15am
5. How Much U Know? – April 23, 2013 at 3:00pm

COUNTRY EVENTS – APRIL 2013

1. Yallahs Soca Fete – April 06, 2013 at 2:00pm, Links Café Yallahs St. Thomas
2. St. Ann Carnival - April 14, 2013 at 4:00pm, Richmond Jerk Centre, Priory St. Ann
3. I'm A Goddess Yoga Retreat – April 21, 2013 at 4:00pm, Portland Jamaica
4. Portmore Dancehall Awards – April 13, 2013 at Club Entyce - Portmore, St. Catherine
5. Latin Dance and Zumba Fitness Holiday Retreat – April 22, 2013 at 9:00am Long Bay Portland Jamaica
6. Mavado Live in Concert – April 26, 2013 at 10:00pm, Club Jouvay

Social Media Contacts

Social Media is the current trailblazer for interactive, instant and irie information. Projects Abroad Jamaica is certainly trendy and has logged on to the latest social media offerings. Get your slice of the pie or perhaps we should say pudding.



Facebook - Offers the unique opportunity to know what is happening in Jamaica and with our volunteers during any day. Our Facebook page is full of photos, daily/ weekly updates, our calendar of monthly events and comments from our adventurous volunteers. Here is our link, don't forget to check us out...
<http://www.facebook.com/groups/projectsabroad.jamaica/> join the official group.



Mytripblog- There is no time like the present to start blogging, and so in order to keep you connected to our many adventures and volunteer stories we have been blogging just for you. Check out Jamaica here...

<http://www.mytripblog.org/pg/groups/266/jamaica/>



Twitter- Get real time updates on what is happening in destination Jamaica right now. Follow us on twitter we are sure you will love our tweets;
https://twitter.com/Proj_AbroadJM

Projects Abroad Jamaica Contact Details

Projects Abroad Jamaica
Suite # 9 Sun Village Plaza
6 North Race Course Road
Mandeville P.O.
Manchester, Jamaica

Website: www.projects-abroad.net
Facebook group: Projects Abroad Jamaica
Blogsite: <http://blog.projects-abroad.net/mytriblog.org>

If you would like to contribute an article to this newsletter please email it to patrinamorrison@projects-abroad.org by the 23rd of the month so they can be vetted and included.

One Love