



ProjectsAbroad

Salutare Moldova

THE OFFICIAL NEWSLETTERS OF PROJECTS ABROAD MOLDOVA



Projects Abroad Moldova staff and volunteers

Issue IX September 2011

Inside-Out: Trip to Tiraspol	2	Photos Page: Volunteers' Happy Moments	8
Volunteer Corner: IL MIO VIAGGIO IN MOLDAVIA. By Carolina Decio.	3	Events: Volunteer Birthday	9
Medical project: _Report for Projects Abroad By Hannah Neal	4	Volunteer Contact Details	10-11
Medical project: Medical experience. By Gillian Edward	5	Social Media	12
Care project: Bericht über meine freiwillige Arbeit in Moldova. By Beate Gregoire	6	Staff Contact Details	13
Donation: September Donations	7		

Moldova September Edition 2011

Inside –Out

By Igor Fonari, Country Director for Moldova.

Trip to Transnistria

On 20 September volunteers from different organizations, including Projects Abroad volunteers and our staff, went on a trip to Transnistria; a territory belonging to the Republic of Moldova since 1990 after an internal war proclaimed independence. We have visited Bender (Tighina), the Monastery Noul Neamt or Chitcani and Tiraspol city. 30 people participated in this excursion. It began at the Bender city where we had a small stop. The volunteers saw the cemetery where many militarists who died in around 10 different wars are buried. After that we visited the Tighina Fortress, where a lady from the Ministry of Interior affairs from Transnistria was our guide. She showed us the fortress, the museums in the fortress and talked about the history of this nice castle and plans for reconstruction. Then we visited the biggest and most beautiful monastery of Moldova: Chitcani Monastery (or Noua Neamt monastery), where the priest was the guide. He told us about the life of monastic life in Moldova, about one of the most famous monk St.Paisie *Velicicovski*, whose disciples in the monastery follow his path and teachings until today. After that the volunteers visited the city of Tiraspol, we had an excursion around the centre and after that went at the shopping. The volunteers enjoyed the time in the territory, where many years ago there were ethnic conflicts and war.



Moldova September Edition 2011

Volunteer Corner

By Carolina Decio, Italy. Care2weeks special

IL MIO VIAGGIO IN MOLDAVIA



La mia avventura ha inizio il 10 luglio, atterro in Moldavia nel pomeriggio. Chisinau, la capitale e mia futura sede per le due settimane da volontaria, è una città immersa nel verde, divisa in quartieri collegati da una miriade di pulmini che la gente locale chiama Maxi-taxi. Al nostro arrivo abbiamo subito raggiunto la nostra casa, una graziosa villetta con giardino e piscina: non si aveva proprio l'impressione di essere in una capitale!

Il giorno successivo, dopo una breve visita alla città, ci siamo recati sul posto di lavoro, un piccolo centro dedicato ai bambini del quartiere, le cui famiglie spesso non hanno tempo da dedicare loro a causa del lavoro o di disagi vari. Ad accoglierci, oltre a tre responsabili del centro, qualche sguardo curioso e sorriso timido dei bambini, che il primo giorno abbiamo visto proprio di sfuggita.

Dopo un primo giorno passato a tempo pieno al centro, per cominciare a conoscere i bambini e farci un'idea del nostro ruolo di volontari, a partire da mercoledì è cominciata la nostra vera e propria giornata tipo: il mattino si trascorre in una grande piscina all'aperto che, nonostante l'acqua freschina, è una vera calamita per i bimbi, mai stanchi di entrare, uscire, tuffarsi, schizzarsi, andare sott'acqua o lanciarsi una pallina; neppure il tempo di sgranocchiarsi un pacchetto di patatine, di mangiare un gelato o di una partita a carte ed ecco che ti invitano subito a seguirli di nuovo in acqua prendendoti per mano: difficile dire di no a quei faccini! E così, tra un tuffo e l'altro, è già ora di pranzo. Il pomeriggio si trascorre al centro: si fanno braccialetti, scooby-doo, si colora, si gioca al computer, si fanno collage o lavoretti manuali, il tutto intervallato da una partita a UNO o di ping-pong; l'ultima ora di solito si trascorre fuori a giocare all'aperto in un campo da calcio appena sopra il centro. È dunque facile immaginare come, tra un gioco e l'altro, le due settimane siano davvero volate!

Venerdì, l'ultimo giorno, è stato speciale: abbiamo cantato, ballato, ci siamo pitturati il viso e fatto tanti giochi. Al momento di andare via i bambini si sono attaccati come scimmiette per darci il loro ultimo abbraccio, le loro faccette non erano tristi, ma piuttosto piene di gratitudine. Loredana, una delle bambine, mi ha chiesto: "Tornerai?", mi sono venute le lacrime agli occhi; chissà se ci rivedremo un giorno, piccoli, per ora vi ringrazio per tutti i momenti passati insieme, per avermi insegnato la vostra semplicità e gioia di vivere. Rimango sempre più convinta che è da voi bambini che si dovrebbe prendere esempio nella vita!

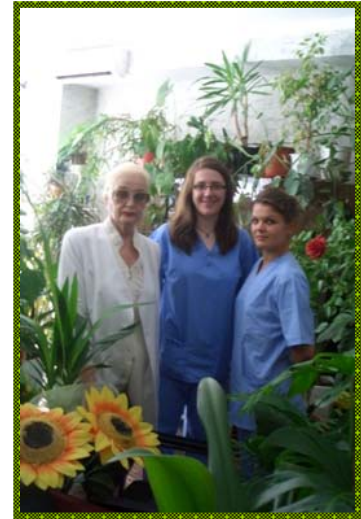
Moldova September Edition 2011

Medical Project

By Hannah Neal, UK.

Report for Projects Abroad

I spent the first week and a half of my stay in Moldova at Spitalul de Urgenta working with Oloiez Jon and Calistru Anatol. I was working in the emergency department, helping ECG patients and transporting them for various tests and x-rays. I spent some time in the microsurgery and general surgery departments where I was able to see a variety of surgeries and patients. The most memorable operation was the fixing of a fractured Humerus. Other operations I saw included hip replacements, fixing a dupuytren's contracture, various hand injuries including an emergency repair of a fractured thumb. In the emergency room I helped take care of a 75-year-old lady who'd had a stroke, and a lady who had an odd collection of symptoms. I was able to assist with bandage changing for post-op patients and outpatients which allowed me to see the result of many complicated and intricate surgeries. I enjoyed my time here and the surgeons were



very keen to show us and test us on our anatomy! My next week was spent at Centrul Mamei si Copilului working with Eva Gudumac. Our time was split between the ICU and the surgery department where I saw a range of abdominal and urological surgeries, put in a number of cannulas, took blood and were able to follow a few patients post operatively. In the ICU, I was able to help the nurses with plasmapheresis. The most exciting surgery was a 14 year old patient who had come in with generalised abdominal pain and vomiting. During surgery, it was discovered his pyloric sphincter was being compressed by a band of fat. On examination of his small intestine, a small intussusceptions was discovered and whilst removing his appendix, there appeared to be a lack of an ileocaecal valve. Other notable surgeries were an appendectomy of a really rather inflamed appendix, inguinal hernia repairs, and the use of diathermy to remove haemangiomas. I have one more day at this hospital where I am hoping to see some neurosurgery and to see how the patients are doing post-operatively. It was great to be able to be so hands on during this placement and some real experiences in a Moldovan hospital. In my last week and a bit with Projects Abroad, I will be spending it at the children's hospital E. Cotaga. Here I am hoping to see a variety of cases in the maxillofacial, ophthalmoscopy and burns departments. I also hope to keep up the more practical side of placement and be helpful for the nurses and doctors. I have taken away many



things from my time working in healthcare in Moldova. Many things are very different to UK medicine. The most striking thing was a comparative lack of hygiene. Often nurses and doctors would go from one patient to the next without so much as changing gloves, let alone washing hands. The speed of surgery was something that struck me also. In the UK, each surgery takes a lot longer, most likely due to the anaesthetic process which doesn't happen here so often. I was impressed by the creativity in many of the trauma surgeries I saw. Overall, it

has been a great experience and I have lots of things I will bring back with me to the UK.

Moldova September Edition 2011

Medical Project

By Gillian Edward, UK.

Medical experience

Before I came to Moldova, I had no idea of what to expect the hospitals to be like. During the month I stayed here, I visited three hospitals – Mother and Child Hospital, the "Emilian Cotaga" Children Hospital and the Emergency Hospital. I mostly observed surgeries in each.

My first day was spent in the Burn Department of E.Cotaga hospital, which was quite upsetting to see skin grafts being performed on babies as young as 9 months old. I also visited the ENT Department, where I saw operations such as tonsils being removed, noses being straightened, and the removal of small tube which collected pus in the ears. My last day at this hospital was spent in Ophthalmology Department where I saw a corrective surgery on a girl's eye in order to straighten it. I helped out in the bandage dressing room by holding down children who wouldn't stay still while their bandages were being changed. The doctors were all very friendly and were keen to explain what was happening during procedures, despite there being a language barrier! We then moved to the Emergency Hospital where I was mostly based in the Microsurgery Department. I saw lots of different surgeries mostly on hands and arms. Most interesting was the amputation of a thumb. Also, in the Surgery Block, I saw a full leg amputation which was equally as interesting. During times where there were no operations, we were able to see bandages being changed and to help the nurses by folding bandages. We even spent some time touring the morgue here!

Lastly, I visited the Mother and Child Hospital. In the Maternity Ward I saw babies being born in the Obstetrics Department – both naturally and by cesarean. I also spent time in the Physiotherapy room, where children, with, for example, Arthritis, did special stretches and exercises.

In Traumatology surgery I saw all sorts of operations such as pins being inserted into a fractured elbow. I also saw various surgeries in Urology. In the General Surgery Department I saw a baby's large intestine being operated on which was very interesting to see. Lastly I saw the Neurosurgery Department where one of the surgeries was performed in the patient's abdomen!

My experience at these hospitals has been very worthwhile and I thoroughly enjoyed my time in Chisinau.



Moldova September Edition 2011

Care project

By Beate Gregoire, Germany.

Bericht über meine freiwillige Arbeit in Moldova

Meine Entscheidung, Kindern, die nicht soviel Glück im Leben hatten, meine ganze Aufmerksamkeit zu schenken, fiel am heiligen Abend. Ich saß mit meiner Familie am gut gedeckten Tisch und betrachtete die Geschenke unter dem Christbaum. Das 1. Mal konnte ich keine richtige Freude empfinden. Ich dachte an die anderen armen Kinder dieser Welt, die wahrscheinlich niemals so etwas erleben dürfen. Als die Feiertage vorbei waren, stand für mich fest, dass ich etwas Sinnvolles machen möchte. Ohne meine Familie davon zu unterrichten, surfte ich im Internet und stieß sofort auf Projects Abroad. Nachdem ich mich



ausgiebig über die soziale Arbeit in Moldawien belesen hatte, flog ich nach Zürich zu einer Informationsveranstaltung. Denn zwischenzeitlich wurde auch meine Familie unterrichtet, die meinen Entschluss ein wenig anzweifelte. Auch meine Freunde fragten mich oft, was ich denn in Moldawien wolle, das kennt doch keiner. Aus Zürich zurückgekehrt, stand mein Entschluss dann felsenfest. Die Zeit bis zu meiner Abreise verging wie im Flug. Am Flughafen in Chisinau fiel ich 2 netten jungen Damen von Projects Abroad förmlich in die Arme. Die Chemie stimmte sofort und ich räumte meine letzten Zweifel beiseite. Meine Gastmutter empfing mich mit einer Herzlichkeit, wie ich sie hier in Deutschland nicht kenne. Auch die Mitarbeiter von Projects Abroad waren immer zur Stelle. Die ersten 2 Tage benötigte ich, um mich zu orientieren, da das mein Grundproblem ist. Doch schnell fand ich mich dann doch in dieser wunderschönen Stadt zurecht.



Die großen Parkanlagen haben mich mehr als beeindruckt. Mit den Trolleybussen, in die ich mich sofort verliebte, fuhr ich zu meinem Arbeitsplatz in ein Kinderheim. Ein kleines Mädchen kam sofort auf mich zu und wollte auf den Arm. Das Gefühl, wie sie mich umarmte, werde ich nicht vergessen. Ich war so gerührt, dass ich weinen musste. In diesem Moment wusste ich, dass meine Entscheidung mehr als richtig war. Die Kinder und auch die Menschen in Moldawien haben mein Herz geöffnet. Mit meiner Gastfamilie machte ich mit noch 3 anderen Freiwilligen einen schönen Ausflug an einen großen Fluß, inklusive Picknick. Wir hatten

eine Menge Spaß. Ich verbrachte meine 4 Wochen mit vielen jungen Leuten, was mir mit meinen 51 Jahren, nochmal die Jugend zurückbrachte. Mein Englisch wurde ebenfalls wieder aktiviert, denn Deutsch sprach niemand. Diese wunderbare Zeit ging viel zu schnell vorbei, und ich würde es immer wieder tun. Ohne die fleißigen und herzlichen Mitarbeiter von Projects Abroad, hätte ich mich wahrscheinlich nicht alleine getraut, so eine Reise zu machen. Vielen herzlichen Dank, ich vermisse euch sehr!

Moldova September Edition 2011

Donations

Donations

In August- September volunteers and Projects Abroad Moldova made several donations to different orphanages and day care centers.

One of the donations was made by Brenda Curry, who, with the help of Projects Abroad Moldova, has donated T-shirts to the beneficiaries from "Casa Aschiuta" Social Services Center for children and families of "Save the children". Also, Projects Abroad made a donation of different materials to the sum of 500 lei for volunteers and children; these included gypsum, quilleng, beads, threads etc.

More T- shirts from Brenda Curry were donated to the children from "Fantastic" Community Centre for Children, who have celebrated 20 years of activity on 25 August with the staff and for this event Project Abroad made another donation of 1000 lei to help organize the beautiful event for the children.

We would like to say thank you to Mrs Catherine Demerson and her son who donated toys to children from "Fantastic" Community Centre for Children. The children and staff really appreciated this generous gift.

A new donation of 500 lei was made for the "Casa Gavroche" Social Rehabilitation Centre for Children.

Thank you for all those who contributed with a generous gesture for the children from Moldova!



Moldova September Edition 2011

Photos page

Volunteers' Happy Moments

Volunteer and the host



Moldova September Edition 2011

Events

Volunteer's Birthday

On September 9th we had Martijn van de Belt's birthday which we celebrated with all the volunteers at Andy's Pizza.

Dear Martijn,

Volunteers and the Projects Abroad Moldova staff would like to wish you happiness, prosperity, health and only true friends which will be always close to your heart. Also, we wish you that each experience from your life to be a happy one.

Happy Birthday Martijn!





**Moldova September
Edition 2011**



Social Media

Join our official Facebook Group: Projects Abroad Moldova – The Official Group

<http://www.facebook.com/groups/Projectsabroad.moldova>

A monthly update with Projects Abroad Moldova Newsletters:

<http://www.projects-abroad.co.uk/volunteer-destinations/moldova/newsletters-from-moldova/>

and information about Projects Abroad Country Blog:

http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2943