

FOUNDATION NEWSLETTER

November 2016



GENERAL UPDATE

This month we went on with some projects we started in October. Unfortunately it didn't stop raining for the whole month so things got more complicated than usually. We had to fight against humidity and mould in our places what took a lot of our time. But still we were very productive.

Carnival in the Friday meeting

One of the Friday meetings was on the 11th of November. For those who are not from Germany: the carnival season in Germany begins on that day and so people get dressed up to celebrate the beginning of the season. We decided to get all dressed up to make the meeting funnier. We didn't only talk about the last week we also had an improvised theatre where we played the roles of our costumes.

Second workshop with Sarah

After the first workshop where we learned how we have to be to the children to be good teachers and to help to develop the skills and capacities of each child Sarah prepared a second workshop about body language. We learned how to use the right body language to get the children's attention and to improve our communication with them. For this we worked with Johnstone's status model and worked out the characteristics of a high status person and of a low status person. At the end we had also some role plays where we played everyday situations with the children.

We are looking forward for the next workshop Sarah will prepare.

Start of the conservation program

We started this month the conservation program and have been already really successful. We went to three schools in Samaná: the Escuela Liceo José Gabriel García, the Escuela Liceo Demousi and the Escuela Primaria José Gabriel García. First we had a 15-minutes speech about the effects of the garbage on our health and our environment and the things we can do to improve the situation. We talked with the children about the 3 Rs (Reduce, Reuse and Recycle) and how they can adapt them to their lives. At the end we played a game to learn how to separate the garbage and we did also some handcrafts to show them how to reuse empty bottles and toilet paper rolls.





SCHOOL

November was the family month and so we painted all our family members with the children and we talked about the roles our parents and our siblings play in everyone's life. We also talked about sport and health and how important physical activities are for us to be healthy and happy.

EXCURSIONS

Despite the rain we had some excursions on the weekends. Some of us went to Puerto Plata to do the 27 Damajagua waterfalls. We had luck and had two sunny days so we could do everything we planned. Two weeks later some of us went to Santo Domingo and the rest to Las Galeras. We even could go once to Cayo Levantado. The rest of the weekends we stayed at home and played cards and domino or cooked together and watched movies.

VOLUNTEER INFO

This month Stephen joined us. He works in the Dr. Leopoldo Pou Hospital and teaches English to young people at Mama Elba School. He will stay 10 weeks with us. Katrin left us after her 4-weeks stay and we will miss her a lot.

KATRIN ABOUT HER TIME WITH ALDEAS DE PAZ

Now it's already over! My four weeks as a volunteer in the public hospital of Samaná went by very fast, almost too fast. I learned a lot, not only medical know-how but also new things about myself. I have had the chance of gaining some medical experience in Germany before coming to Samaná. Now I can tell that here, in the Dominican Republic, things work quite differently. People here can handle issues such as having a blackout right in the middle of an operation.

While being here, one is surrounded by people of other cultures, a different background and with that a slightly different view of the world. That's why they treat you differently, warmer and more like a unique human being. When you show interest and that you are willing to learn, they will give you more and more to do and with that more and more responsibility.

My best day was also the most challenging one: The nurse from the ward just left me on my own. I had to talk a lot to the patients from the Emergency and I had to organize the entire ward. But the best feeling wasn't that I managed all of that; it was the acceptance of the patients. They accepted me as their doctor, nurse, and medical friend.

Furthermore I got well-integrated into the multicultural group of volunteers. We did a lot of funny things like going to Cayo Levantado, eating together, dancing, watching movies etc. I will really miss every one of them!

It was the first time that I lived on my own. It was a nice new feeling; to be my own boss, being lazy or strict, and keeping track of my finances. But one of the best parts of living on my own was that there was no one who could cross my foodplans. :)

I am really happy and thankful for being able to make this amazing experience!

ALDEAS DE PAZ

Calle Adriano Horton

Samaná 32000

Dominican Republic

Homepage:

<http://www.peacevillages.org/>

Facebook: Fundacion Aldeas de Paz

E-Mail: mail@peacevillages.org