

FOUNDATION NEWSLETTER



July 2017

Manja about the first aid courses

This month we continued to give first aid courses. The enthusiasm and motivation of the participants was tremendous and thus made it a very pleasant experience. We divided the class into two parts, the first one treating rather simple injuries, such as sprained ankles, insect bites, and sunstrokes.

In the second class we addressed more challenging first aid measures for accidents, amongst others drowning, CPR, concussions, and the lateral recumbent position. We tried to make the classes as practically orientated as possible using a dummy, acting out emergencies, and practicing all the first aid measures with the participants as much as possible in order to get them versed in the routines.

We're already looking forward to further first aid courses!

Hanna about the Full Moon Party in En Valle

This month our volunteer group helped at the second big festival in El Valle. The first one (Quelonius) have been in January, the second one started at the beginning of July. The Full Moon Festival was very successful, many people came to el Valle for camping and celebrating. We helped with the preparation of candles, bars and the dancing area. The protection of the turtles was actually the best part. At the beginning of the month the eggs of the quelonius turtles hatched and the guests of the festival weren't allowed to interrupt this or to touch the animals. We had a lot of fun in this night! Great music, cool people, good vibes. It was perfect! Even the rain wasn't a problem or a mood-killer. In the middle of the night we ordered a Guagua and went home.



Matthew about his second summer at Aldeas de Paz

As I arrived in the Dominican Republic for my second summer at Aldeas de Paz, I was excited to see how the organization had changed. Aldeas de Paz did not disappoint my excitement. Aldeas de Paz is even more embedded in the community, with classes available two locals aspiring to learn either English or German, a weekly, intercultural event, and a CPR course for Dominicans. I was thoroughly impressed to witness such tremendous progress for an already stellar organization. During my two weeks this summer, I was able to capitalize on the same opportunities as last summer--teaching English classes, computer classes, and elementary school classes for children with special needs. As always, the volunteers working in all facets of the organization are incredibly motivated and passionate. Sebastian, the new coordinator while Aldeas de Paz expands to a second location in the country, is more organized than a rolodex and more welcoming than TV's best talk-show hosts. The culture of the Dominican Republic is vibrant, hospitable, and beautiful, and the opportunities to explore natural beauties like Cayo Levantado (a pristine island situated 15 minutes from volunteers by boat) are endless. I stayed with Dra. Bello and Dr. Ortega, and as a host family, they were extremely caring, kind, and supportive. I could not have asked for a better experience this summer with Aldeas de Paz. Anyone, regardless of age or experience, should definitely volunteer for Aldeas de Paz. The benefits for the local community are palpable, and making such a tremendous difference in the community will translate to personal fulfillment and joy.



Manja about her braids

Getting braids, or as they are called here “trenzas”, is a very time consuming and painful process. After six hours my hair was braided into many, many little plaits and my scalp hurt. During the next days the pain ceased and I was able to make all sorts of hairstyles with my heaps of hair. I really enjoyed the new hairstyle but I didn't keep it for very long because it turned out to be rather impractical for me. Nevertheless, I don't regret much time getting but also removing my braids. It definitely was worth the trouble.



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