

Projects abroad

JAMROCK

JAMROCK
JAMROCK

JAMROCK
JAMROCK

WAH DE OCCUR!!

JAMROCK
JAMROCK

JAMROCK



THE OFFICIAL NEWSLETTER OF PROJECTS ABROAD JAMAICA

MAY 2011

ISSUE NO.34

IN THIS ISSUE

Sections	Page
Message from the Team	2
Volunteer's Voice	3
News and Updates	4-9
Donations	10-11
Jamrock Corner	12-14
Social Events	15-17
New Volunteers	18
Calendar of Events	19
Social Media Page	20

"April's rare capricious loveliness..." (Julia Dorr)

At Projects Abroad Jamaica we definitely had a moment of poetic justice; the month of April was indeed rare and capricious as far as happenings progressed. We welcomed eleven volunteers; in the mix were British (4), Germans (2), Dutch (2), a Belgian (1), Danes (2), an Australian (1), and an American (1), welcome to all the volunteers who added a bit more loveliness to April.

Happy third Birthday to Projects Abroad Jamaica- On April 1st we shared the day with "Tom Fool" but he was the only one playing tricks as we were busy planning our third annual partnership workshop which was a tremendous success.

Other activities were a reggae/soca aerobics class, a patois and

culture class geared towards curing specific maladies, a Dirty Day in recognition of National Volunteering Week and a tranquil visit to Enchanted Gardens in Ocho Rios.

Capricious indeed as new projects are forming and offering volunteers a new dimension to the volunteering process. The teaching project has added the Pen Pal and various Motivational Talks initiative as a new feature of the already dynamic project. We also welcomed the new Project Officer for the Teaching and Medicine Projects, Collette Kerr.

Thanks to all the volunteers for making Jamaica their preferred volunteering destination, I must say it was an honour to have had you with us. We would definitely love having all of you again. Come visit soon or simply check out our [Facebook page](#) or visit our [blog post](#).

Just relax and enjoy reading about the "rare and capricious happenings" in this issue of JAMROCK.

Bridgette Barrett-Williams (Country Director), Cherricha Jacobs (Assistant Country Director & Desk Officer), Stacy-Ann Barrett (Office & Project Assistant), Denise Morgan (Social Manager), Collette Kerr (Project Officer – Teaching and Medicine), and Patrina Thomas-Morrison (Project Officer – Care).

(Contributed by Katrin Becker, 3 months teaching volunteer from Germany)

My Experience in Jamaica

The first step is always to make a decision. The decision to go to Jamaica came after spending many hours on the internet researching about volunteering.

With the typical images about the country in mind- Caribbean, sunshine and beaches I was even more convinced I did not want to remain at home in the experiencing the gray, cold winter.

After many hours of travelling, I finally arrived in Mandeville at the beginning of December. I took a little while to get used to my new environment. There were many new impressions, the people, the city, the climate and the way of living.

My host family was very friendly and caring and it was easy to make friends with the various people I travelled with on weekends or spent the evenings with.

With the work you achieve a deeper appreciation of the Jamaican culture; it also a good experience to use your abilities to help others. I loved my work with babies and small children at the orphanage. My second project enabled me to get another perspective as I was working with adults.

As my departure neared, I concluded to myself that it was a very good decision to come to Jamaica to volunteer. I will remember all the impressions about the friendly people, the beautiful landscape and its colours- the music, the poverty and the way of living also added to my impressions.

I hope I will be able to take home some of the "good vibes"

3



Katrin Becker giving love to children at the Windsor Lodge Orphanage



CARE PROJECT UPDATE

4

LIFE'S PUZZLE

Care Volunteers Filling the blanks



Life is one big puzzle. We each, with our uniqueness, seamlessly fit together to contribute to and complete life's puzzle. Our care volunteers do just that on a daily basis at their respective placements.

They contribute to a more meaningful existence for children in need and provide the love and

attention needed for a more rounded, perhaps, complete life. For the month of April four new volunteers arrived bringing our total to sixteen. Volunteers worked tirelessly to modify children's behaviour, potty train them, and teaching them to write the alphabet or count to 10, eat with a spoon and fork, life skills and values such as kindness, humility, and respect. Where extra love is needed at a placement volunteers fill the blank, where extra hands to feed, bath or comb a child's hair are needed volunteers fill the blank, where extra energy to play with a child is needed volunteers fill the blank, where that extra hand to wipe a tear or give a hug is needed volunteers fill the blank, where extra help is needed for special placement functions and events volunteers fill the blank, where an encouraging word and motivation is needed volunteers fill the blank. Volunteers fill the blanks and they do so creatively, patiently and selflessly. How do you use the blank space you occupy in life? Whose blank space can you help to fill? In life we don't always measure our accomplishments in the goodwill we extend to others, rather unfortunately in the possessions we have and the level of our academic qualifications. If we spent more time like these volunteers giving back to society we would have accomplished life's biggest goal, solving problems, solving the puzzle, filling a need, filling the blanks.

TEACHING PROJECT UPDATE

An unknown author once wrote “a good teacher is like a candle - it consumes itself to light the way for others.” This is just what our teaching volunteers do; they selflessly give to the academic and personal advancement of Jamaica’s children.

We are hosting approximately eleven (11) teaching volunteers who have been doing tremendously well throughout the month of April. The Reading Attendance Punctuality and Discipline (RAPD) programme that took successful strides at the Villa Road Primary and Junior High School will be marching to the Bethabara Primary School within the month of May. A girls’ talk was also held for the female students between the ages of 12 and 15 at the Villa Road Primary & Junior High; the topic explored was “Your Body & You.” The girls were encouraged to properly take care of their bodies by practicing proper personal hygiene, they were also encouraged that while they embraced their sexuality they should practice abstinence from sexual activities and if they were not able to abstain then they should endeavour to practice safe sex. The girls were delighted to have such discussions

and look forward to another all girls session.

Diversity is what helps to colour our projects, as such our teaching projects are not just confined to the classrooms. One of our music volunteers strummed his way into the hearts of the children at the Windsor Lodge Children’s Home with basic music lessons and the

Arend- Music volunteer ‘teaching with care’



melodies he ignited in their lives. The Easter holiday for schools did not stop our volunteers from doing what they do best as they teamed up with volunteers at children’s home placements within the Care projects to compile life story books of the children, coordinate sports teams and create and coordinate an Easter play – talk about “Teaching with Care.”

As we close our activities for April, we leave with you the sentiments we share with William Arthur Ward; “the mediocre teacher tells, the good teacher explains, the superior teacher demonstrates, the great teacher inspires.”

MEDICINE PROJECT UPDATE

It’s a new experience and the rewards have already been fulfilling although I have just been in it for less than one month. Projects Abroad Jamaica is an organization that builds not just its own country but other countries as well; this speaks volume to the integrity of the organization and the transference of knowledge that takes place.

The Medicine and Health Care projects are fewer than the Teaching projects, but they are still a handful. When I am not assisting volunteers who are involved in the busy major medical activities of the Mandeville Regional Hospital, I am confronted by volunteers who are assisting

Megan- teaching volunteer helping out at the orphanage



young mothers and their children at the Mandeville Health



**Nursing
volunteer –
Health Dept.**

Department and when I thought my work in the town would be completed, I have volunteers who tend to those patients at the Percy Junior Hospital. With all that work it's my unwavering passion and I love every minute of it.

Two project meetings were successfully held for the medical volunteers for April the first sought to get the volunteer's input on plans for an upcoming mobile clinic and the second was a merger between the teaching and medicine volunteers to get their input on the "Immunitiative" Project currently undergoing strategic planning.

Our current volunteer at the Mandeville Health Department is still actively involved despite the language barrier. Within her first week at her placement she participated in a mobile clinic held at the Mandeville Seventh Day Adventist Church, where she assisted with routine medical examinations of adults and children. Another medical volunteer started at the Mandeville Regional Hospital on April 27 and he hopes to do extraordinarily well while he is here.

As much as we immensely enjoyed April's activities and would like to recapture those

moments, we stay by her bedside and watch her final days with a do not resuscitate (DNR) request and look forward to the breathtaking month of May which will offer new adventures, new volunteers and new life saving experiences.

COMMUNITY AND CULTURE PROJECT UPDATE

6

The more we contribute to society, the more we get that feeling of belonging and joy to know that we have contributed somewhat to the development of a nation. It is not always about what tangible things we have to give but also about the kind utterances we bestow upon people, this can bring forth marvellous changes in one's life. The volunteers on the Culture and Community Project are nation builders, you will agree with this statement once you have read about the quality and quantity of work that the volunteers have been undertaking.

DISASTER PROJECT



**Judith Sommer-Disaster Management
volunteer on the job**

Currently three volunteers are working on the project in various departments (PDC and planning). The volunteers have been involved

in a host of developing projects. Let's have a look at some of the work that the volunteers have been undertaking.

- Shelter mapping
- Shelter inspection
- Visionary workshop
- Plan tours for the parish
- Historic walk project for Black River
- Assisting in using the GPS and assisting with the naming of the street in Black River.
- The volunteers have also gone in to communities to identify the ones that are prone to disaster and to see how much they can assist them.

The volunteer have been very busy and have done a lot to contribute the project that they have been working on.

BUILDING PROJECTS

There is no stopping for these volunteers who are so enthusiastic in helping less fortunate people. These volunteers have gone beyond the call of duty to help someone in need. They have travelled throughout Jamaica to assist in building, repairing and renovating houses. The volunteers have been very busy, working as much as 40 hours per week without complaining. I can safely say that the volunteers are doing a really good job. At times the work proved challenging, however they never gave up on doing excellent work.

Let me take this opportunity to say a big thank you to our volunteers; Job well done.

One love from JA!



MAJOR HIGHLIGHTS

- **Projects Abroad Jamaica Anniversary** – Projects Abroad Jamaica celebrated its third year as a destination on April 1 2011. We spent our birthday in preparation mode for our annual Partnership Workshop. On facebook a few volunteers wished us a happy one and continued success.
- **Third Annual Partnership Workshop for Projects Abroad Jamaica** – On April 7, 2011 Projects



Abroad Jamaica staged its third annual partnership workshop at the Golf View Hotel Conference Area. The event began at 8:30am with all participants registering; registration signalled the start of something great that would unfold as the workshop progressed.

The workshop was initially conceptualized as a format for allowing all the Projects Abroad stakeholders and staff to meet on a platform where issues could be raised and discussed as a means of maintaining a mutually beneficial partnership. That format has been followed for the two years prior- host families, placement staff, community project

participants and our important drivers are usually on the list of invitees at the workshops who come to flesh out matters that are of paramount concern to them.

This workshop for the third time would feature a new twist. The partners were invited to help brainstorm on a new project that Projects Abroad Jamaica will be undertaking. Stakeholders would now fill out issues forms instead and focus on planning for a positive venture instead.

The workshop opened with a welcome from the outgoing Project Officer for Medicine and Teaching, Paula Andreewitch. Colette Kerr, the soon to be new Project Officer for Medicine and Teaching, did the devotions. The Social Manager had an ice-breaker activity with the group and spoke about the objectives, expectations and outcomes for the workshop. The objectives were to strategically designed to incorporate all elements of the Projects Abroad Jamaica 2010 operations and to chart the way forward for the promising 2011 period, including an update on the accomplishments of Projects Abroad Jamaica.



Also to have participatory feedback from the participants on a major new project dubbed “Immunitative.” This new project mentioned before is a partnership with Projects Abroad

Jamaica and the Bridge IT Foundation in Australia to build a Child Care facility in Mandeville. We also facilitated the characteristic medium for partners to express themselves about issues that they wish to call attention to as it relates to their role in the cycle of operations at Projects Abroad Jamaica.

As it relates to the new project the participants were later asked to meet in small The Country Director, Dr. Bridgette Barrett-Williams, gave a detailed power point presentation on Projects Abroad giving our stakeholders the statistics and trends, showing that the destination has been growing since its inception in 2008. She also spoke about our projects, the volunteering and application process. Following that presentation Patrina Thomas-Morrison, Project Officer for Care, gave a power point presentation on the “Immunitative” Project.

Following the break the groups were put into groups to brainstorm all the important elements of the project. All staff members acted as facilitators for the respective groups and used flip charts with specific headings to capture the information needed to help make the project a success. The groups were vibrant and gave valuable information to help make this vision a reality. The day was a true success and the participants gave their commitment to help in any way, they also applauded the initiative and said it was a commendable move.

- **Staff De-Stressor** – This month we adopted one of the beatitudes from the

groups to have facilitated discussions about their knowledge on specific topics such as the safety and security of the proposed facility, brainstorm possible ideas for the facility design, consider legal matters, they were also asked to help choose a suitable name for the facility among many other important tasks. enough information to compile a working plan of action which will fast track the planning and execution of the facility.

Holy Bible. Each staff member was to select one of the beatitudes which best represents a life experience, take a symbol to work which best reflects the beatitude and show it to fellow staff members. Staff members, in return, should guess what beatitude each staff member’s symbol represented. The big reveals were Bridgette (Country Director) with a battery, Stacy- Ann (Asst. Project Officer for Culture and Community) with a spiritual guide book, Patrina (Project Officer for Care) with a white ribbon, Collette (Project Officer for Teaching & Medicine) with a cup of water and Denise (Social Manager) with a pair of blue earrings.

Staff members emailed their respective guesses - some staff members were in deep analysis zones, carefully dissecting the symbols and coming up with some very obvious (suspiciously a little too obvious) answers and others rather perplexing. At three in the afternoon we all met to reveal who represented which beatitude.

Volunteers gave...

Tineke Krul donated the following items to Our Lady of Hope:

- ✓ 6 packs pencil crayons
- ✓ 16 pens
- ✓ 6 sharpeners
- ✓ 6 packs hair clips
- ✓ 1 jumbo coloring book
- ✓ 3 packs hair elastic ribbons

10

Jocelyn Biebuyck donated the following items to Bethabra Infant School:

- ✓ 6 small scissors
- ✓ 30 plastic rulers
- ✓ 2 creativity foam sheets
- ✓ 210 pencil crayons
- ✓ 12 yoyos

Louise Kristensen & Cilia Bast donated the following items to Hanbury Children's Home:

- ✓ 1 pack balloons
- ✓ 2 packs crayons
- ✓ 6 notebooks
- ✓ 4 coloring books
- ✓ 3 packs patterned writing pads
- ✓ 1 pack chalk
- ✓ 1 pack puzzle
- ✓ 1 pencil sharpener
- ✓ 3 balls
- ✓ 2 bottles of bubbles
- ✓ 1 bottle glitter glue
- ✓ 1 pencil case
- ✓ 1 pack markers
- ✓ 1 skipping rope
- ✓ 1 memory game

✓
✓

1 jumbo puzzle
4 pencils

***Special thanks to Laura Hoffman who made a worthy contribution to the Immunitiative efforts.**

THE JAMAICA ZOO

Contributed by Sheena Gayle (Jamaica Gleaner, Saturday, May 15, 2010)

Jamaica Zoo in Lacovia, St Elizabeth, injects excitement into visitors who will have the opportunity to interact with these wildlife animals.

The state-of-the-art zoo, which has 10 different types of animals, is the first of its kind for western Jamaica, and offers something new and refreshing for tourism attractions in the area.

Owner and animal lover Paul Fearon, said while he expects the venue to turn a profit in the future, the idea was born out of a need to operate a zoo where persons could be educated and entertained.

"I grew up as an animal lover. My father was a veterinarian and we were very close. So as I grew up, I became very attached to animals and began seeking animals, but there was not enough to see in Jamaica."

"It's (St Elizabeth) a central spot that is not as populated as Kingston, the surroundings are conducive to wildlife. We will be open seven days a week because it is healthier for the animals. Animals are curious and the busier they are, the better it is for them," he added.

Admission fees are \$1,000 for adults and \$500 for children.

JAMAICAN RECIPE:

JAMAICAN FRIED JERK FISH RECIPE

Recipe by ©eatjamaican.com

Ingredients:

2-2.5 lbs farm raised trout. (Farm raised trout is recommended because it is fleshy and the bones are soft. However, any whole small fish or filets will do.)

1 heaping teaspoon Walkers Wood jerk seasoning or equivalent brand

1 tablespoon of vegetable oil

1 and 1/2 tablespoon mushroom soy sauce (from China) or equivalent

1 teaspoon of vinegar (omit if you are using farm raised trout, which is soft, since the vinegar tends to soften fish. Vinegar also enhances flavor and helps to keep odors low)

Method:

After you have washed fish, cut in to two inch pieces going from long end to short end.

Mix jerk seasoning, oil, soy sauce and vinegar (if needed) in small bowl.

Drain all water from fish.

Work the seasoning mixture into the fish (you can fry fish right away or let marinade).

Place enough oil in fryer or deep iron skillet to at least cover a half of the height of the fish.

When the oil is hot fry fish for 3 minutes per side or until fried.

QUOTE OF THE MONTH

Don't worry about a thing, every little thing is gonna be alright” (Bob Marley)

JAMTAINMENT:

Three fellas - a Bajan, a Trini and a Jamaican - are trying to sneak into the stadium at the recently held Carifta Games in the Bahamas. They have no spectators' tickets and are not athletes. As they stand around figuring out their next move, they see a man walk up to the gate, and shout: "Carl Douglas. St Lucia. Shot-put". The man opens his bag to show his shot-put ball and is immediately ushered in. So the fellas decide to "try a t'ing". The Jamaican grabs a young tree, takes his pocket blade and strips it of all leaves, and walks up to the gate and shouts: "John Moss. Jamaica- Javelin". He shows his stick and is ushered in. Excited by his partner's success, the Trini grabs the cover of a paint can and walks up to the gate: "Tony Singh. Trinidad- Discus." He flashes the cover in front of the attendant who ushers him in. Together on the inside, they remember the Bajan, and started to curse themselves for not helping him with a ploy. They turn around and spotted the Bajan on the outside. Bajan is really at a loss. He looks all around him and sees nothing that could get him in. He then looks again at a fence across the street, has an idea, walks across the street, painstakingly rips off a piece of the barbed wire, rolls it, puts it under his arm, approaches the gate and says to the attendant: "Seymour Skeete. Barbados- Fencing!"

Reggae/Soca Aerobics Class



This month we opted for a different form of dance fitness so we combined reggae and soca for a serious dance workout. On the Jamaican and Caribbean scene March and April is a vibrant soca period as such we paired the two for an exhilarating fitness session on the Projects Abroad Jamaica roof. March 5, was the selected date, twenty four volunteers and staff members attended the class. At 3:30pm volunteers and staff were ready to get their



fitness on, the music blared various selections of reggae and soca music. The class began

with the basic step-touches and marching on spot, we segued into doing more high energy moves, now geared towards highly stimulating the sweat glands. Two of the favourites were Colin Lucas' "Dollar Wine" and "Shadow"-these moves called for the "follow-the-leader-type moves." Volunteers were commanded to go into the cent, five cent, ten cent and dollar moves. Other commands given were to do the "Iwer," "Butterfly," "Shadow," and "Wave." By this time people were gasping for breath, barely doing the steps or simply resting on the side lines. Another aspect of the class was focusing on toning the muscles; as such we spent a few minutes doing abdominal work and leg toning. Volunteers also got the opportunity to show us their favourite fitness move- Sarah and Maggie doubled up and gave us a kickboxing routine, Tavs gave us the good old muscle burning push-ups. The class was revitalizing, we also



managed to get a few laughs in as well. What can I say exercise for the body and your sense of humour is a good mix.

Dirty Day

On April 15, 2011 twenty-seven volunteers and staff

journeyed to the Hanbury Children's

Home to assist

Major (Mr.)

Simeon and

Major (Mrs.)

Simeon with

making the

surroundings

that much

cleaner and

brighter for the

children who call Hanbury home. The tasks

scheduled for the day coincided with National

Volunteering Week. Having arrived around

9:15am, we quickly split into five teams; the

teams were given Jamaican names and one or

two staff members were assigned to each

group, all teams subsequently went about

doing their respective work.



Team “sabulous”, headed by Bridgette (Country Director), took to the boy's housing area with paint, rollers and brushes to repaint the walls in charcoal gray and cream.

Meanwhile team “tek it to them”, headed by Collette (New Project Officer for Medicine and Teaching), got busy painting the curb walls which border the front and side of the property, these were repainted a pristine white. Not to be out done team “swaggerific”,

headed by Cherricha (Assistant Country Director & Desk Officer) and Stacy Ann (Assistant Project Officer for Culture and Community), split their time between painting the main walkway walls and a water tank both were painted in charcoal gray.

We made use of the helping hands and made a full-house cleaning effort. The remaining volunteers and staff were engaged in thoroughly cleaning an abandoned store room and reorganizing its contents; thank you team “Fashion ova Style” and Denise (Social Manager) who was the staff member in charge. “Guh hard or guh home” team was responsible for ridding the surroundings of litter; Patrina (Project Officer for Care) was the staff member responsible.

Volunteers executed their tasks in an efficient and clean manner, the job was thoroughly done and activities were completed on time and together. The volunteers received their lunches, of a chosen patty and drink. Everyone had lunch, packed up and readied themselves to be transported to the office by the designated taxis. The day was meaningfully spent and the volunteers were happy they could lend a hand.

Patois and Culture Class

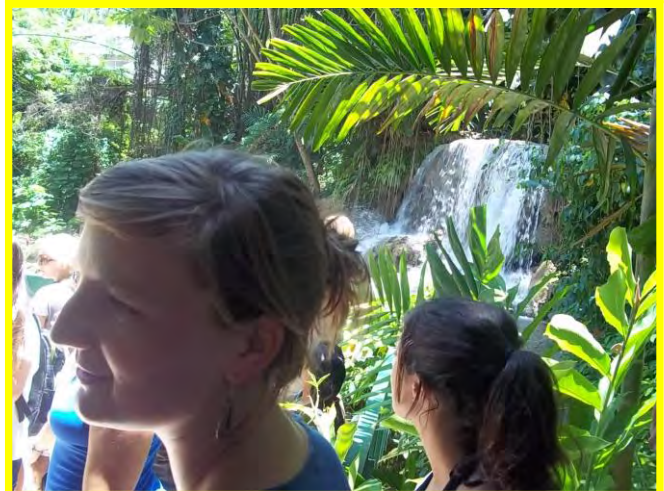
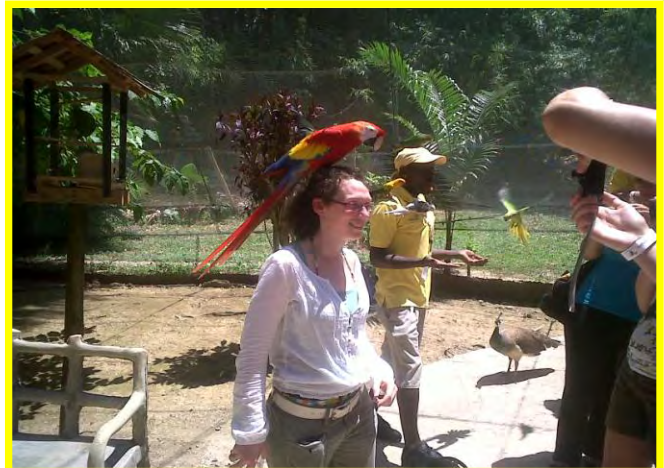
Patois and Culture Class was held on April 19 at 2:30pm at the Projects Abroad Jamaica volunteer's lounge, this time around we added a little more variety to the class. Twenty-seven volunteers and staff attended the class to discover what novelties awaited. The class began with volunteers introducing themselves to everyone, they were then asked to present their individual patois word or phrase list-this is a word or phrase that the volunteer would hear outside of patois class and would like to know the meaning. Donna, a three month volunteer from the United Kingdom, said when she is in a store they ask, "Yuh a get

tru"- which means are you getting through (being served). The other volunteers said they could not recall a word as such I proceeded to share my list of patois words/phrases and explained exactly how the words are used in the Jamaican context. One of the phrases was "Pree di ting." This means to carefully scrutinize a situation or person, it can also be used to mean to look at something/assess a situation or thing. Next we played a game called, "Who wants to be a patois champion?" Two teams consisting of three volunteers each competed against each other to answer questions asked about patois correctly, and patois words were read and the respective teams were then asked to give the correct translation. Team "Mi soon come" was the winner of the game, beating the other team by one point. Finally the culture segment was about quick-fix Jamaican home remedies. We looked the uses of garlic, ginger, rum, pimento, olive oil, castor oil, match sticks, thread and nutmeg. The volunteers were educated about the use of a string of thread thoroughly moistened with saliva, placed on the forehead to cure hiccups, also the use of ginger to soothe an upset stomach. After that we all sang a popular Jamaican folk song.

Cultural Experience

On April 28 Thirty-six volunteers and staff visited the Enchanted Gardens in Ocho Rios for an idyllic experience. The volunteers and staff enjoyed a tour of the well maintained and green property; an amicable tour guide escorted us around the property highlighting the tropical plant and animal life. Some of the volunteers had a bird moment as they took the time to pose with various birds at the bird sanctuary. After the tour ended we all enjoyed a delicious poolside lunch- some enjoyed fried fish, jerk chicken and vegetarian mince; this was served with rice and peas or festivals. After lunch everyone was free to explore the property as they desired. Most enjoyed

swimming in the river and pool, others lounged and enjoyed a book and others were comfortable just observing. After spending a relaxing and fun-filled day we made our way back to Mandeville and stopped on the way for ice-cream. It was an enjoyable day and everyone seemed to enjoy it.



- Reggae Yoga: **May 3, 2011**
- Patois and Culture Class: **May 10, 2011**
- Dirty Day: **May 20, 2011**
- Dinner, Games & Poolside Lyme: **May 26, 2011**



UPCOMING COUNTRY EVENTS – WHAT’S ON THE CALENDAR!

- Regional Festivals of Foods: **May 13, 2011**
- Labour Day Concert: **May 23, 2011**
- Dirty Day: **May 20, 2011**
- Manchester Horticultural Show: **May 28, 2011**

Jamaican Patois Words...

- **aldoah-** although
- **bawn-** born
- **cya-** carry
- **Ello-** Hello
- **Guzum-** A spell; magic

New Reggae Songs for April 2011:

1	Star Bwoy- Mavado
2	Dancehall Hero- Kartel
3	Nuh Strange face- Chan Dizzy
4	Talk how mi feel- Assassin
5	True Blessings- Toya
6	Look pon wi- Kartel/Russian
7	Now yu sime/ now yuh don't- Ovamars
8	Pepper-Mavado
9	Nuh ramp wid wi- I Octane
10	Chat from nuh bwoy – Aidonia

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- Irie Jamaican happenings...

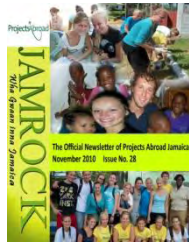
facebook

Facebook helps you connect and share with the people in your life.



Experience the adventure, take a look at our exciting pictures, get the scoop with our weekly updates and get your fill of the hilarious videos of activities at Projects Abroad Jamaica- The Official Group! Here is the link...

<http://www.facebook.com/group.php?gid=33525929870>



Read about the adventure and guess Jamaican Riddles, plus much, much more. Here is the link... <http://www.projects-abroad.co.uk/volunteer-destinations/jamaica/newsletters-from-jamaica/>

mytripblog

Interested in reading our exciting blogs then follow this link... http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=266