SLV Sri Lanka Write-Up

I have a few words to share about my recent trip to Sri Lanka:

Thanks to the generosity of the Missions Committee, I was able to travel to Sri Lanka for the month of June to assist with mental health work in the area. The experience was one I will never forget and this is why I would like to share it with all of you.

While I met many great people in Sri Lanka and loved experiencing the culture and living with a homestay family, the most important part to me was the work we did. Each week we had 7 projects to attend at different sites in the area. We worked to plan sessions for the service users or patients in order to enhance their cognitive, physical, or emotional awareness and abilities. The different types of projects I worked on were with Special Needs, teaching English, and working in psychiatric wards. I really enjoyed all the project experiences, and was able to learn a lot while also helping the Sri Lankan community. We came up with crafts and other interventions that would allow for developmental growth in the Special Needs children, as well as emotional and cognitive growth in the psychiatric patients. These interventions really opened up the service users to us and we were able to see the difference we were making with them, even over just a 5 week span of time.

As a whole, I feel that the SLV group was able to make a difference to the people of Sri Lanka, and that they continue to do so as they bring in new volunteers every few weeks. I am glad that I was able to be a part of it and help provide people with the skills they need to live a healthy everyday life. I will be making a more detailed presentation in the fall on my trip, but hopefully this brief summary gives an idea about the sort of work I accomplished in Sri Lanka.

