



COLOURS International

Children's Overseas learning Opportunities & Resources

*~Find meaning on YOUR next adventure
plus a new feature video~*

On the road in Sudan

This past summer Pam Strong Smith embarked on a trip to Sudan. She wanted more than just a vacation so she took a suitcase full of school supplies and distributed them to schools as she traveled through rural villages. Towards the end of her trip she heard about an orphanage that needed sheets and kitchen supplies. With only \$100 Pam was able to buy these and other necessities from local shopkeepers and donate them to the orphanage.

“During my travels, the simple things we take for granted meant so much to the local people” she says. “Helping them, even in small ways, was the highlight of my trip and allowed me to connect with interesting people I would never have met otherwise.”

An unscheduled stop in the Dominican Republic

Charlene was driving down the road in the Dominican Republic and saw a young Haitian woman in the middle of the highway begging with a baby strapped to her back and two other children at her feet. Charlene stopped the car and took the young family out to buy them the first full meal they had eaten in a while. Charlene saw this as her chance to help even if it was a small and fleeting gesture.

Are you up to the challenge?

Here are some things you can do when traveling to help make a difference...in a small way...your way...all over the globe.

Let's say you set out to go backpacking around South Africa .

You could visit a children's home. While you're there, talk to the staff, talk to the children and see if there is anything you can do to lend a hand. Be creative! Do they need new sheets, art or school supplies, underwear? Maybe the kids just want someone to play soccer with. Well, THAT'S YOUR PROJECT!!!



You find yourself working on a short term assignment in Mexico.

Pack a suitcase full of school supplies and give them to an impoverished school. Talk with a local teacher and see what items the school needs. A simple fan to cool a roasting hot classroom can make a big difference for students trying to learn while fighting the heat.

Go straight to the source.

Ask people working at local charities how you can help during your travels. You don't need to spend money or invest large amounts of time! For example, be a casual English tutor. If you're bilingual, help locals translate documents or letters, or perhaps you might be able to offer your IT knowledge to fix a small computer problem or help set up e-mail accounts for those that don't know how.

Create your own street kits.

Before any trip to a developing country, try packing pencil cases or small bags filled with school supplies, first-aid items, small dried foods, tooth brushes, toothpaste, shampoos, soaps and small toys. Hotel sized samples and airplane courtesy packs are perfect for this....so stop leaving those hotel care items behind on your travels and put them to good use. It's amazing how many useful items you can fit into one small pencil case sized kit.

Give your personal street kits out to those you see living on the street or leave them as gifts for hotel room attendants. Many of these street kits have been already been given





out to kids in need all over the globe through individuals like yourself who have been inspired by the idea.

What about the cost of these supplies?

Think about your contacts and networks. Friends, family members, local church groups and co-workers will often gladly give cash or supplies especially when they know it will go directly through you, to those in need. You never know unless you ask.

Share your home with an international volunteer.

If you're already living overseas perhaps you have an extra room in your home that could be a safe living space for an international volunteer. The lucky international volunteers who have experienced this welcome hospitality from ex-patriot Canadian Embassy, USAID, missionary and United Nations workers agree a friendly, safe home is a welcome sanctuary from volunteer work that is often difficult, stressful and costly. Donating a room to a volunteer in need can also provide great company to the kind ex-patriot taking them in.

What about those of us who don't travel or work overseas?

By supporting others who are doing the work that you believe in, this is your way of spreading your goodwill. Maybe you're the person who donated money for a traveler to buy a chalk board for a school in Costa Rica, or maybe you're the dentist who sent a box of tooth brushes with someone visiting a children's home in Kenya !

Remember, you are not the only one.

If you decide to put these ideas into action, you are among many others all over the world doing small good deeds globally. But the work is never done so join the team!

The secret:

Many people feel the worlds problems are TOO BIG, so they do nothing and feel powerless to help. However, here is the SECRET: *If everyone, in some small way finds a means to help, suddenly all those small actions together become one HUGE global project: spreading individual aid in many directions one person at a time. Suddenly the world seems smaller and we realize that we are powerful...and yes, one person can make a difference.*

NEW COLORS Video: *An inspiring 6min video clip showing life of children overseas, projects assisting them, what COLORS is doing and how you can help. This fun upbeat clip highlighting exciting African music is yours to*

share with anyone who believes in our vision of helping the world, one child, one community at a time. Enjoy!

~View video online at: <http://www.youtube.com/user/projectCOLORS>

~Join our facebook team and also view video at:

<http://www.facebook.com/p.php?i=502270992&k=54A5YVSSPWTAXDFIQF55>

Note: This article has been submitted by Project COLORS International, written by Founding Director, Sunyata A. Choyce. Project COLORS International is a Nova Scotia based NGO that has been coordinating hands on projects and sending supplies and resources all over the world to children in need through dedicated volunteers. To find out more please see: www.projectcolors.com or e-mail us at choyce@projectcolors.com