

THE

ProjectsAbroad™ Land of Blue Sky

September 2011, Issue no.21

Projects Abroad Mongolia Newsletter



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Director's note

Sain baina uu,

2011 is an amazing year for Projects Abroad Mongolia. We have had record numbers of volunteers visiting us, who have helped in various parts of the community.

I hope you all will enjoy it very much.

With warm regards,

Oko Togtuun

Country Director,

PROJECTS ABROAD MONGOLIA



Editor's note

Hey everyone!

In this September issue, you'll get to know our culture a bit more and also get updates on our projects, volunteers and events!

Get a glimpse of what it would be like if you volunteer here, in the Land of Blue Sky.

*Never regret.
If it's good, it's wonderful.
If it's bad, it's experience.
- Victoria Holt*

Have a wonderful month,

Sumi

Social Manager

Inside-out

Global Peace Festival

Some 60 thousand Mongolians gathered in Ulaanbaatar's Sukhbaatar Square, a grand public space in the heart of Mongolia's capital city, to celebrate the nation's heritage, contemporary achievements, and role for peace in the twenty-first Century. The 2011 Global Peace Festival (GPF) on August 26 featured performers from Inner Mongolia, Korea, and the ethnic Mongolian Autonomous Russian Republics of Buryat, Tuva, and Khalimag. Peace messages were also presented from international speakers who attended the just-concluded Global Peace Leadership Conference, "Mongolia and Northeast Asia Peace."



The evening program opened with inspirational words from Mr. N. Sodnomdorj, a former Member of Parliament and Director of Service For Peace Mongolia. U.S. Congressman Eni. Faleomavaega, the ranking member of the House Asia and Pacific subcommittee, then delivered a congratulatory message on behalf of his colleagues in the U.S. Congress.

GPF Chairman Dr. Hyun Jin Moon gave the main address of the evening, encouraging Mongolians to take greater responsibility for peace in Northeast Asia. "I believe Mongolia's history has important lessons that the world can learn in advancing the ways of peace," Dr. Moon told the festival crowd, "Today I believe that Mongolia stands ready to enter a new period of greatness drawing upon the lessons of the past."

Unlike most festivals, the GPF drew people not only for entertainment but to deliver boxes of donations collected through the "Power of 10 Tugriks"



campaign. The campaign encourages donations of small amounts—ten tugriks is the smallest currency in Mongolia—so that the greatest number of people can participate and a culture of giving can be fostered.

The launch of Power of 10 Tugriks latest campaign was announced at a press conference earlier in August. More than 200 young people worked

on the project in preparation for the festival. During the ceremonies, five companies received Social Responsibility awards and the highest contributing families and children were also recognized. The most prominent activists in the "We are the Owners of Development" program also received awards. This program highlights best practices among community-driven development projects.

The evening was enlivened by top rock bands such as Kharanga, 3 Girls, Motive, Sarantuya, Egshiglen, BX, Animon, and Fire; and by singers such as Ariunaa, Otgoo(via).

Destination of the month

Huvsgul lake



Known as "The Dark Blue Pearl" Lake Khovsgol is Mongolia's largest and deepest lake. Located in the northernmost province, it is the largest tributary stream of Lake Baikal in Russia. Lake Khovsgul is 136km long, 36km wide, 262m deep and is located at an altitude of 1645m above sea level and is frozen from January until April or May. It's the second largest fresh water lake in Central Asia. It's inhabited by nine species of fish including the Siberian grayling and lenok. Fishing and sport fishing are becoming popular in the lake area. Taiga

Fauna and Flora, Tsatan, practicing reindeer breeding are the main attractions for tourist. A ferryboat operates between Khatgal and Khanh, two towns on the southern and northern shores of the lake that is within the boundaries of the Khovsgol National Park. Different ethnic groups live in the area: Khalh, Darhad, Butyat. Tsaatans are reindeer herders. Lake Khovsgol is on the important migration route for birds from Siberia, thus facilitating marvelous opportunities for birdwatching.

News

President of South Korea visit Mongolia

President Lee Myung-bak, accompanied by First Lady Kim Yoon-ok, is paying a state visit to Mongolia between 21st and 23rd August at the invitation of President Mr Elbegdorj. Subsequently, he will make an official



visit to Republic of Uzbekistan and the Republic of Kazakhstan. President Lee arrived in Ulaanbaatar, the capital of Mongolia on 21st August.

The following day President Lee and his spouse were greeted by

President Ts.Elbegdorj and his spouse, First Lady of Mongolia Kh.Bolormaa, at Sukhbaatar Square. During the greeting ceremony Mongolian honorary guards marched in Central Square and the Mongolian national anthem was played.

During his stay in Mongolia, President Lee was scheduled to meet with the Mongolian Prime Minister Sukhbaatar Batbold and other leading figures, attend a luncheon held by Korean and Mongolian business leaders and have an informal meeting with Korean residents in Mongolia. In addition, on the occasion of the Korean President's visit, the two Governments issued a joint statement between Korea and Mongolia and adopt a mid-term action plan providing guidelines for bilateral cooperation ([via](#)).

Project update

New placement – Hope Hospice

Hope Hospice is one of the first hospices of Mongolia that was established by the support the "Good Acts" Christian Doctors Association of Mongolia in 2003. The main direction of our hospice is to support the people who have cancer or living at the last stages of their life and supply them with drugs, facility, care, home nursing care and psychological support. The work group of the Hospice is completed with physicians, nurses, social workers, pastors and voluntary workers who care for people.

What they provide?

1. They provide an effective support to reduce suffering or collateral pain of the disease.
2. Their specialized nurses and physicians personally run all the necessary care of the patients and also give advice to their family members.
3. According to the medical condition of the patient or his/her request, they will provide him/her with in-home or facility care.
4. They will inform the patients or the families about the necessary medicine or medical support.
5. They will prescribe and recommend the required medicine for the patients.
6. They will provide patients with psychological support
7. They will support to solve issues and triumph over difficulties that caused to the life and family
8. Every service will run in the basis of mutual honor, understanding agreement and changing ideas.

Donations

School supplies for the kids

On 31st August, Projects Abroad Mongolia donated school supplies for children who are entering school this year at the Special Centre for Children's Training and Education. The opening ceremony of the new school year was held at the place and we were invited. The manager of the centre introduced us the whole centre and we took a little tour around the building. We saw the cafeteria, rooms of children, library and even the crops.

The ceremony started at 11am, they had their own band so the kids performed, read poetry about first day of school and even danced tektonik (you can see the video on our facebook group wall). The director of the place gave away awards to the best student, the best teacher.

Later on, we started giving our school bags full of notebooks, pencils, pen to the children.



Volunteers in action

*Photo article
Nomad project (Romain Sias, Connor Cotaldo, Barbara Scacheri)*



Barbara Scacheri meeting her host mother after 8 months. She was volunteering in Mongolia on January 2011, at the nomad project. Our Projects Abroad team and her host family was really happy to have her back here.

Volunteer stories

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Sarah Chapman (Law, Human Rights project volunteer)

A Trip to the Black Market

It's Sunday, so what better thing to do than a bit of gentle shopping? Three other volunteers and I decided that today was the day to check out the famous Black Market. A leisurely Sunday afternoon trip out, or so we thought...

Hopping on to the number 23 bus (which numerous people had assured us led to the Black Market) we alighted in a dusty square filled with a lot of other buses, and because it is UB, it was also crammed with more cars than there was physically space for! All the passengers got off the bus and streamed to the left, which perplexed us a little as there did not seem to be much that way apart from some rough wooden shacks. We turned right and headed back to the main road and the large black building, which had previously been pointed out as being the Black Market. It turns out that it is not the Black Market – it's the Sunday Plaza – the Black Market is behind it. The Sunday Plaza, incidentally, is another excellent shopping venue, but not today's destination.

Turns out we needed to be back in the dusty square we had just come from. Typical! So we trooped back and found the rest of our number waiting by the bus stop where we had, only

moments previously, alighted from the bus ourselves...



We had one volunteer who was a veteran of the Black Market, so she was in charge! She led us down the dusty road, through the plethora of wooden & concrete shacks to a large concrete wall. In the wall were two large holes, each about 5 ft high through which people were streaming in and out. We ducked through the holes and were brought out onto a large car park area filled with people and market stalls selling a wide range of disparate and odd

objects (from shoes through to door handles and just about everything in between). This was not the actual Black Market, just the warm up act to the main event. We wove through the babble of people towards an industrial looking fence, partway down which were a large set of gates, manned by a slight Mongolian lady, who was doing an excellent job of taking the 50Tug entrance fee off everyone who passed through the gates – and they were passing through in their droves!

can buy literally anything here. The market is roughly split up into sections, which sell the same type of thing, so we wandered through the DIY section, household goods, tourist souvenirs, horse reigns and bridles until we hit the bags section. It was at this point that we got separated into two pairs, not managing to meet up again for another 2 hours! The market is huge and crammed full of people (between 70,000 and 140,000 people visit every day), all of them ready to elbow you out the way, tread on your feet or



Once inside the market and 50Tug lighter (approx 2.5p), there was so much to see. You

push you along if they feel you are walking too slowly. The aisles between stalls are narrow and only part of the market is undercover, so the sun blazed down on us making it incredibly hot and sweaty within the depths of the market. Often the stalls run in one long line, so it's not clear where one ends and the next begins, and you may end up asking the wrong stallholder about the goods on offer.

Additionally the floor is uneven, so as well as being shoved aside by the locals you can also stumble or fall over of your own accord! As if this wasn't enough to contend with there are locals with supermarket trolleys of drinks

and snacks weaving up and down the aisles - mowing down anyone who gets in their way. The place is total mayhem!

We mainly strolled around the clothes and shoes section – coming upon some very nice leather jackets that we didn't have enough money with us to buy (thus necessitating a return trip to at some point!) I did have (just about) enough money to purchase a faux-sheepskin and flannel gilet for the bargain price of 14,000Tug (£7), which will definitely keep me toasty warm when the cold sets in (which is pretty imminent). The great thing about the Black Market is that you can haggle on the prices – the stallholders tend to go in for a higher price than they would usually sell it for as they know you're a tourist and therefore 'rich' (I wish....!)

After 2 hours of perusing what the market had to offer, I was tired, hot, dusty, hungry and penniless, so we relocated to the others (easier said than done) and headed out for refreshments and funds. I don't think we had even covered half of the market in those couple of hours – there were still the massive food halls at the far side of the market and the traditional clothing standards which I completely missed, but I think they can wait for when I return to buy my leather jacket...

Top Tips for the Black Market:

1. Take someone with you who knows where it is – it is not easy or obvious to find alone.
2. Stall holders will charge you tourist prices, so if you want real bargains take a local with you to haggle on your behalf.
3. It can be very hot in the market with all the people so take a bottle of water in with you – you'll lose track of time and spend hours in there, ending up very thirsty!
4. Do not get out your camera in the Black Market, they do not like pictures being taken and stallholders have been known to grab the camera out of your hands and throw it on the floor to smash it.
5. Take particular care of your bags – keep money in a money belt and your bag in front of you at all times – there are a lot of thieves in the market and you won't notice until it's too late if something is stolen, especially with the amount of jostling that goes on.
6. There is an ATM in the market but the queues are HUGE so take as much money as you think you will need in with you to start.

Volunteer stories

Naomi Femmedeloi (Law, Human Rights project volunteer)

Bi Mongolia hairtai

I left Paris on 12th August, and to be honest, I was not feeling very confident about my trip to Mongolia. I had it planned for months and I was really excited about it but while I was waiting for the plane I was just asking myself "why would I want to go so far away, alone in a country so different from France and every other country I had visited..." Well it has now been 3 weeks and I am already planning to come back for 6 months next year!!



Maybe it is because Mongolia is the land of blue sky. Maybe it is because the culture is so different that you discover new things every day. Maybe it is because the people are so smiley and friendly here. Maybe it is because it feels so great to see a country keeping some traditions. Maybe it is because Mongolia is about sharing. Maybe it is because Mongolian people love horses just as much as I do. Maybe it is because I ate the same sheep for 5 days and now I feel like I am going to transform into

one big sheep. Maybe it is because in the countryside they don't have roads but it is still funny to spend 4 hours in a Russian minivan. Maybe it is because it is so warm in the ger while it is freezing on the outside. Maybe it is because the land and the skies are always so beautiful in here.



Maybe it is because Mongolian people love to sing and do it really well. Maybe it is because I washed myself in the purest lake I have ever seen for 10 days. Maybe it is because it is a real challenge to learn the language. Maybe it is because they eat so many pine nuts. Maybe it is because their traditional

clothes are so beautiful. Maybe it is because throat singing is amazing. Maybe it is because being in a Mongolian playground at night can be so much fun. Maybe it is because Mongolian kids are so cute. Maybe it is because Mongolia's spirit is 'go big or go home'. Maybe it is because some people just go crazy for tattoos in Mongolia. Maybe it is because on 1st September people are so happy to go back to school and suit up. Maybe it is because it does not feel weird to have a policeman giving you some vodka next to a historical monument. Maybe it is because the traffic is so bad that you would rather walk one hour. Maybe it is because the Black Market is such a crazy place. Maybe it is because something is always happening at Sukhbaatar Square. Maybe it is because Mongolian rappers and rockers are so cool. Maybe it is because Mongolians just eat a huge amount of fat. Maybe it is because there is still so much to do in the field of Human Rights in Mongolia. Maybe it is thanks to Genghis Khan...



I don't really know why,

But I really love Mongolia!

Bi Mongolia hairtai!

What's on!

Social activities

This month's activities included a trip to Terelj national park, movie day, meal out. Medical outreach and dirty day was held at the Detention Centre. ***Trip to Terelj National Park***



Dirty day and Medical outreach at the Detention centre



More about Mongolia

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"CHINGGIS KHAAN: AN EXHIBITION"

Mongolian National Museum

10th July - 10th October, 2011

"Chinggis Khaan: An Exhibition", which will be held from 10th July until 10th October, has been co-organised by the Ministry of Education Culture and Science, Mr. Don Lessem, Researcher and the President of Dinodon Inc.USA, the Mongolian National Museum, and the Arts Council of Mongolia



The exhibition includes precious objects from the USA & Mongolia which are on display for the first time and highlight Chinggis Khaan & Great Mongolian Empire. The goal is to

familiarize local and international audiences with the richness of Mongolian culture & history. Some of the objects have been viewed by 300,000 visitors internationally while traveling in Singapore & the USA since February 2009 and now arriving for the first time in the land of their origin.

The exhibition consists of more than 150 objects from the Mongolian National Museum, the Mongolian Military Museum, the National Library of Mongolia, the Khar-Khorum Museum, and foreign individuals.

We hope you will find that this style of presentation, with an accent on visitor interaction and multi-media, in coordination with the newly presented historic artefacts, another avenue for appreciating Mongolian culture.

For more info: <http://www.genghiskhanexhibits.com/>

Siberian pine nuts (*Pinus Sibirica*)

Interesting facts about pine nuts:



1. Pine nuts rich in proteins, which in turn are characterised by an elevated content of amino acids, especially arginine. These amino acids are extremely important for the development of the growing organism. Hence pine nuts have been essential in the diet of children, teenagers and pregnant women.

2. Pine nuts contain valuable lipolytic vitamins E and P. E-group vitamins are very important and essential in ensuring complete genetic heredity.

3. Pine nuts contain a complex of B vitamins, which normalize the activity of the nervous system, have a favorable influence on the growth and development of the human organism, and improve blood composition.

4. Pine nut nuclei are rich in valuable mineral substances and micronutrients. The food value is confirmed by the chemical composition of the pine nuts.

5. Pine nuts offer a sufficient daily intake to satisfy an adult organism's daily need for amino acids, as well as such important and often deficient micronutrients as copper, cobalt, manganese and zinc.

6. The shell of the cedar nut in pulverised form can be used as animal feed. It has an average food value in comparison with other types of feed. Granted, it does contain a good deal of fiber, making it more challenging to digest.

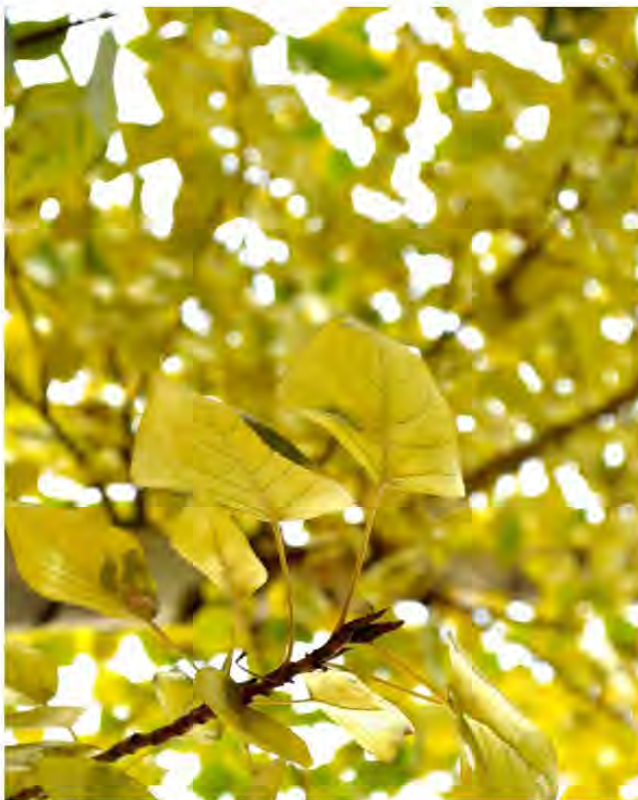
7. This is an excellent dietary product, which facilitates the normalisation of substance metabolism, maintenance of health and preservation of human work capacity for many years. It can be added to desserts, creams, fruit and vegetable salads. It gives cakes, pies, ice cream and other confectionary products a delicate taste and aroma. It can be used as well with cottage cheese, honey, muesli, cereals etc. ([via](#))

Events in October

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*Meet new people,
Get to know our culture,
Learn, help, explore!*



Projects Abroad Mongolia

Questions, new ideas about/for the events?

Contact our Social manager Sumi!

E-mail: ariunzul@projects-abroad.org

OCTOBER 2011

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7 Amusement park	8	9
10	11	12 Care Outreach	13	14	15	16
17	18	19	20 Human rights Workshop	21 Karaoke	22	23
24	25	26	27	28 Huushuur making	29	30
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About us



Mr. Otgonbayar T.

Job title: *Country Director*

ProjectsAbroad



Mrs Otganbayar D.

Operation manager

Miss Sumiya B.

Social manager

Mrs Ariunzul G.

Project supervisor



Mrs Saruul G.

Project supervisor

Miss Zolzaya N.

Project supervisor

Miss Enkhmaa O.

Desk officer

Join our Official Facebook Group!

Check out our Facebook group: [Projects Abroad Mongolia - The Official Group!](#) It is regularly updated with photos from social events, news on the projects and the city of Ulaanbaatar.

Read our Official Newsletter!

Read our monthly newsletter: [The Official Newsletter of Projects Abroad Mongolia!](#)

Have a look at our Official Country Blog!

See what is going on with Projects Abroad Mongolia! Read our [Country Blog](#).