

## **Day 5: Training preparation day.**

It was only a matter of time before we were hit by Bangla belly - and in the name of team spirit we've all gone down with it around the same time. I hasten to add that this is unconnected to the amazing meals that we've been treated to recently at some of the volunteers' homes, this was a pre-existing condition.

Timing wise it's not ideal, as tomorrow Catriona and Menna will deliver the first day of the Therapeutic Play Skills training programme to Pothoshishu Sheba Songothon volunteers (and a couple of other participants from other organisations and Dhaka University).

The focus of today has mostly been around preparing for the training and checking the venue, facilities and resources are all good to go tomorrow.

We're looking forward to seeing some familiar faces tomorrow, as well as meeting more of the volunteers - and hope that our Therapeutic Play Skills training programme will be of help to an already very knowledgeable, talented and skilled group of people.

By Catriona

As therapeutic practitioners we truly believe that 'sharing is caring'. We believe in this so much that one of us couldn't bear to fall ill with 'Bangla Belly' without kindly sharing it with the other two. We are kindly sorts like that you see!

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Our busy day was made 'slightly' more stressful with each of us battling sickness, tummy cramps and frequent loo trips (not always easy to find in

a city like Dhaka!) However the British Bulldog mentality prevailed (helped by the many wonderful friends, like Hasan, we have made here) and we battled through, each of us thinking of our beds and showers waiting for us at the end of the day. Bliss! (well, apart from Christopher who has a cold bucket shower and sleeps on what basically is a metal railing - not bliss for him!!)

It made us think of what it must be like for the millions of less fortunate people surrounding us in this 'full on' city when they become ill. What do they do? Where do they go? Who looks after them?... A sobering thought and one that made us truly grateful for the comforts we have here. We were lucky enough to be invited to Hasan's family home for the most amazing meal and where we were welcomed with the legendary Bangladesh hospitality, and met his siblings and parents. Thank you Hasan and your family for looking after us so well!

Tomorrow is an exciting and slightly nerve wracking day for us - we present our training course for the first time! 18 months of hard work and planning have led up to this point. We hope we are 'good enough'!! We will let you know tomorrow how it goes... Night night for now, Nosda...

By Menna

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