

Li Po Chun United World College EOTC



Quan Cai/CAS program

Activity Groups 2014-2015

This document outlines the activities offered by the Quan Cai programme at Li Po Chun United World College of Hong Kong. Students choose:

Year 1: ONE activity from EACH of the four components (Creativity, Action, Campus Service and Community Service).

Year 2: Two activities in total (focusing on Community Service and Student Leadership positions).

Activities are subject to change.

Creativity

Art for Non Artists

AFNA is a creativity expressly designed to cater to those students *not* taking the Visual Arts as an IB subject. Participants will experience a range of media and methods of working, including investigating their own motivations for being visually creative. Trips to exhibitions, art galleries and museums will also be offered as additional opportunities to learn to appreciate and create various art forms.

Staff Liaison: Selwyn Price

Chinese Dance and Music

The Chinese Dance and Music team aims at promoting Chinese culture to the LPC community. By participating in in-school events including the Welcoming Show, Chinese Cultural Evening and the Fund Raising Show, as well as the annual Hong Kong Schools' Dance and Music Festival, we provide opportunities for dance-lovers to share the passion. Through dancing, everybody can experience and appreciate the beauty of Chinese culture. This activity is a full one year commitment. This activity can also be selected as **Action!**

Staff Liaison: Li Ping

Chinese Debate

The Chinese Debate Team aims at providing equal opportunities for all members to develop public speaking and debating skills through regular training activities as well as in friendly and inter-school debates.

Staff Liaison: Cherrie Cheung

Choir

Choir is organized into two parts:

Choir: Students of all vocal abilities and experience meet each week to work together on popular choir songs, songs from shows and classical pieces. The pieces are chosen for 4 voices (soprano, alto, tenor and bass) from a wide repertoire (pop songs, jazz songs, blues songs, love songs, songs from shows, choral songs, Christmas songs and pieces sung a capella). We often write our own parts, creating a choral sound out of a song that we like from the internet. We then perform on campus for a variety of events. We have a lot of fun singing together - so come and join us! *And...*

Beginners' Choir: If you've never sung in a choir before - if you love singing, but don't think you're ready to join the main choir - if you want to learn how to sing - if you want to improve your singing - then come and join beginners' choir! You'll improve your singing voice. You'll learn how to sing as part of a choir. You'll sing music from many different countries and languages. You'll have loads of fun!

Staff Liaison: Stella McCracken

Circus

The circus group meets each week to learn and teach each other a variety of circus skills. The emphasis is on training and performance and we practice the diabolo, juggling, plate spinning, the devil sticks and poi! When we feel confident, we go out into the community and perform for the elderly, people in hospitals, children in orphanages and teach disadvantaged children some of our skills.

Staff Liaison: Marit Zakhna

Cooking FAHL – *new activity!*

Cooking For a Healthy Lifestyle is an activity aiming to teach students to learn to cook simple and healthy food with fresh ingredients. It also aims at teaching students to cook inexpensive tasty meals quickly and easily. Over the course of the activity students will also be learning to cook meals within a given budget.

Supervisor: Kalpana Balan

Cultural Evenings

Every year 3-4 regions of the world are represented by their home students (and students from other regions) in an evening of song, dance and acting. Students work intensely to prepare the one night performance as well as events in the run up to the performance night. **NOTE: This activity counts as one term of Creativity only where a sustained contribution to the cultural evening is shown and where it is approved as an official activity.**

Staff Liaison: Steve Reynolds

Dragon Dance

Dragon Dance is an activity with the objective to share Chinese culture with the College community, nurture a team spirit among members and allow participants to extend their personal boundaries. Dragon Dance performances take place at all important College events including Welcoming Show, Open Day, Chinese Cultural Evening and the Fund raising show. **This activity can also be chosen as Action! NOTE: This activity is a TWO YEAR commitment!**

Supervisor: Li Ping

English Debate

The primary aim of the activity is to help develop the individual analytical and organizational skills that are necessary to formulate solid arguments. Debate requires a *full year* commitment. Last year, students participated in several inter school debating competitions such as the HKSDC, the Bar Debating competition, Sing Tao in addition to organizing an on-campus tournament open to both international and local schools in Hong Kong. The teams also participate in other friendly debating competitions with an aim to improving their public speaking skills.

Supervisor: Paul Hart

Ensemble

If you can play an instrument, come along and join our ensemble! We meet each week to work together on pop pieces and classical pieces - and any other pieces that we like the sound of. We modify pieces that are not normally played by an ensemble and create our own parts. In the sessions we focus on rhythm, timing and dynamics to create the sound we like. We then perform on campus for a variety of events. We have lots of fun rehearsing together – so come and join us!

Staff Liaison: Stella McCracken

Latin American Dance

Latin American Dance is a creativity that catches people's attention and attracts many participants. Students join the activity not only to develop their dancing skills, but also to have fun and to socialize and spend time with people who have the same interest regarding dancing. **This activity is also offered as Action!**

Staff Liaison: Jesus Sanchez Rodriguez

Lion Dance

Lion Dance is an activity with the objective to share Chinese culture with the College community, nurture a team spirit among members and allow participants to extend their personal boundaries. Lion Dance performances take place at all important College events including Welcoming Show, Open Day, Chinese Cultural Evening and the Fundraising show. **This activity can also be chosen as Action! NOTE: This activity is a TWO YEAR commitment!**

Staff liaison: Li Ping

School Band

The School Band is a Creativity where we play jazz and Big Band music together. The members decide together on the songs. Basic knowledge in a band instrument are needed (reading scores and playing that instrument at a basic level). We practice the songs together in a meeting every week. The result is an improvement of personal playing skills, exploring some new music styles you might not have played before and getting to know how it is to play together as a member in a group. Of course we are planning on having some performances this year.

Staff Liaison: Stella McCracken

Speech and Drama

Speech and Drama is for students who have not taken Theatre as a subject in their IB, but still have a passion for drama, public speaking, and performing in general. Activities will range from sketches, oral interpretations, organization of drama/improvisational events at school, and participating in dramatic and speech competitions across Hong Kong. Apart from preparing for such events, meetings will also be filled with theater

games and improvisational activities, allowing for the development of dramatic skills and the creation of a good group dynamic.

Staff Liaison: Cherrie Cheung

LPC Records - *New activity!*

The activity involves writing, recording and publishing original songs. Students learn songwriting skills and the technical aspects of music production.

Staff Liaison - Stella McCracken

LPCUWC Yearbook

The Yearbook is a ***yearlong*** activity, chronicling all the major events and happenings in the life of the College, starting with Orientation Week and going right through to the last days of classes. Yearbook duties involve taking photographs, editing using Photoshop and journalistic duties; interviewing people, designing pages and layout using MS Publisher, enthusing students and staff for their contributions. There is immense satisfaction and achievement in delivering a completed Yearbook to each member of the community on the last day of the College year. The workload is great, especially towards the end of the year, but the joy of working towards a tight deadline is exhilarating, only the enthusiastic and committed may apply!!!

Staff Liaison: Ronny Mintjens/Arnett Edwards

Wikigraphics

This Creativity activity is a **full year commitment**, divided in two stages. In the training stage (~6 weeks in the first term), students will learn the techniques in preparing vector illustrations, using either Adobe Illustrator or Inkscape. Vector illustrations are resolution-independent graphics that is the staple in publication quality work, and also the most desired type of graphics in Wikipedia. However, this is a specialty skill in comparison to raster image manipulations (e.g., Photoshop), and supply is perpetually short of demand.

In the production stage, students will use these skills to create graphics for Wikipedia. Regardless of their complexity, sound illustrations are timeless and will serve to enhance the Wikipedia articles they accompany for years to come; being able to do sound illustrations is likewise a skill that is timeless, and has cross applicability in academic and professional work. This activity is a full year commitment.

Supervisor: Jon Chui

Action

Athletics

The Athletics activity enables students to learn and practice one or more athletics discipline. In Term 2, students represent the College in the Hong Kong Schools Sports Federation athletics tournament (last year winning medals at the event). Students also participate in HKSSF cross country runs in Term 1.

Staff Liaison: John Tonks

Badminton Team Training

Badminton Team Training is a Quan Cai for experienced badminton players. Intense trainings are conducted twice a week, and members are expected to represent the school and enter interschool competitions. Last year, we reached the Quarter Finals in the Interschool Badminton Competitions for both Boys and Girls. In addition, some of our members participated in the Hong Kong Jing Ying Badminton Competition, in which each school can only send 2 players to participate in each event. This activity is a **full one year commitment!**

Supervisor: Beta Chau

Ballet Training

Ballet Training is welcome to all beginners to this sophisticated dance form. It will cover the basics of classical ballet, with further training including modern and hip-hop fusion elements. There will also be performances for the school community throughout the year! **This activity can also be taken as Creativity!**

Staff Liaison: Jason Jiang

Basketball Boys

Boys Basketball training welcomes students of varying abilities to train in preparation for competition in the Hong Kong Schools Sports Federation basketball league. Training will aim to develop each student's' basketball techniques, ability to play effectively with teammates in an offensive and defensive system, and enjoyment of the sport. Participants are expected to demonstrate a commitment to physical health and growth in ability (if not height).

Staff Liaison: Paul Hart

Boys Football

The Boys Football activity involves participating in training sessions and highly competitive matches. Weekly training takes place on an artificial turf as you develop your fitness, basic techniques such as trapping, passing and kicking, as well as some tactical points including positioning, supporting and switching between defense and

attack. With time, the group of players become a team, and competes in the New Territories Boys A-grade Secondary Schools Football League. The strength of our team is not its reliance on individuals, but rather its strong work ethic, the fact that all the players are prepared to put in that extra sprint, and our common goals of enjoyment, teamwork and victory.

Supervisor: Ronny Mintjens

Dragon Boat

This exciting activity combines the best of Chinese culture and tradition with fitness and sporting team work! LPC will form and train its own Dragon Boat team (coached by Dragon Boat professionals), attempt to make or break a Guinness record (Term 1- November), and compete in two Hong Kong competitions (Term 2- April). The commitment will be one **or** two sessions per week (the choice is yours) plus, if selected for the team, Guinness record or competition days (Saturday or Sunday). As with Coral Monitoring, applicants must pass a swim and float/tread water test, otherwise you will be required to choose another Action activity. **NOTE: This activity requires a term commitment, but those committing to a year will get priority.** Obviously, the longer your commitment, the better the team's skills will be. Those who want to participate in the activity but are not yet swimmers/not confident in the water are encouraged to take part in swimming in the first term, then sign up for Dragon Boating in the second.

There is also a Dragon Boat camping trip during one of the special education outside the classroom weeks. Those participating in the activity will get priority for places, but it is not a requirement to join.

Coach: Hong / Staff Liaisons: Linda Olson and Michele Morvan

Girls Basketball

Girls Basketball training teaches students the techniques and strategies of the sport. There is one session per week which incorporates skills development and fitness training. In addition there will be matches off campus against local teams as part of the the Hong Kong Schools Sports Federation basketball competition. Players with experience and beginners are all welcome as the main focus of this activity is team building and enjoyment.

Supervisor: Trevor Marriott

Girls Football

Girls interested in football meet once a week to improve football skills and general fitness. The training sessions take place on a hard surface pitch in nearby Sai Kung and last for about 90 minutes. There are training drills, physical conditioning exercises, tasks linked with tactical awareness and technique, and, above all, plenty of match practice. The emphasis is on serious enjoyment of football. In addition to the training sessions,

there are opportunities for some or most of the girls involved in the training sessions to pit their skills against local girls'/women's' football sides in local football tournaments.

Supervisor: Mark Eyeington

Kayak Polo

In this activity students will first gain confidence and skills in the kayaks, learning how to be safe and some basic strokes. As we develop, we will begin to apply these skills by playing kayak polo - a fun and challenging pool game that tests the skills and determination of the teams. There may be a possibility to test our skills against other teams in friendly matches, but the intention is just to have fun on our pool and develop kayaking confidence. We will look for other kayaking opportunities as we develop. No experience is required to take part - we will assume that everyone has no skills and start from scratch. You just need a willingness to get wet and have fun. Although you do not need to be a confident swimmer to take part, you should be comfortable enough in the pool to have your head underwater!

Supervisor: Nick Cotton

Outward Bound

Kurt Hahn was the vision behind the creation of both Outward Bound (OB) and United World Colleges. As such, they both share a vision for developing young people physically, mentally and emotionally. This is a unique collaboration with OB and the only one of its kind in Hong Kong schools. This activity runs approximately seven Sundays/weekends and involves: water activities including sea kayaking and rafting; camping (2 overnights); rock climbing; abseiling, rope (ladder) work and hiking. The activity will also explore group work, leadership, survival skills, conflict management and lost person training. The activity is supervised by 2 OB instructors. This is a fantastic activity for anyone interested in developing leadership in an outdoor activity context and for those that really like a challenge! Note: Participants should be able to swim and this is a **full year commitment!**

Staff Liaison: Steve Reynolds

Rowing – *new activity!*

Affiliated to Royal HK Yacht Club, this activity will take place at Shek Mun HKCRA boat house (in Shatin) twice weekly. The activity is part of the development of a coordinated youth rowing programme in HK by the Yacht Club and offers a variety of rowing/competing options. This activity is a **full one year commitment!**

Staff Liaison: Steve Reynolds

Rugby - New Activity!

Rugby is one of the fastest growing sports in Asia and the world, with its inclusion in the Rio 2016 Olympics. Rugby is an important part of Hong Kong culture - it has been played here for over 150 years, and the HK Rugby 7s are world famous. It is a fun, exciting, intellectually and physically challenging fast-paced sport that will also allow participants to make friends outside of the LPC UWC HK community.

Students will train and play with the **Under 19s*** section of [DEA Tigers Club](#) of the [Hong Kong Rugby Football Union \(HKRFU\)](#) on Sundays (with one tournament per annum possibly on a Saturday). Training is split into males and females. Club fees will either be covered by the College or, as a generous gesture, by the HKRFU. The HKRFU slogan is 'A Game for All', so anyone can join - regardless of whether you are a complete beginner or have extensive experience. Those who excel may be selected to play for the DEA teams, with participation then also included as part of the activity.

Rugby is a *full contact sport*, so participants will be asked to obtain a parent/guardian waiver and are advised to consider extra insurance (~HKD1300). The former is required, the latter is not. You will also need football boots (with cleats - not sharp) and a mouth guard. Those who really cannot afford these (cost for both is about HKD460) may apply for a subsidy.

Rugby is a **one year commitment**, with the Season running from September - April. You may **not** do this activity for only one semester as club membership is for the year.

*U19 players must be aged 18 or under as of 1 January 2015 (i.e. born in 1996, 1997 or 1998). *If you do not fall into this age range*, please see Linda (4/211) to see whether we can sort out an alternative out for you. Those under 16 *can* have training at a different time on Sunday. However, those 19+ normally train with the men's and women's teams, which occur only in the evenings, and would not allow you to return by 21:00 for check in. Therefore, if you are *older* we are unfortunately unlikely to be able to make arrangements for you.

Student Leaders: Sakib Jamal, Robin Pontonnier, and Jaimie Chan / Staff Liaison: Linda Olson

South Asian Dance

South Asian Dance gives you the opportunity to explore South Asian culture from one of its famous aspects: Dancing! Ever hear of Bollywood? Well, we will be swinging those hips, clanking those bangles, wearing authentic South Asian clothes & even learning a few Hindi lines. In South Asian dance, you'll be dancing mostly to Hindi songs. But we also have a few Bengali & Bhutanese dances in stock for you. You will also be able to perform at Fundraising events, Cafes and other such events.

Supervisor: Kalpana Balan

Squash Beginners/Intermediate

Squash Beginner is for students who want to start a new racquet sport. It allows the participants to learn appropriate squash shots and techniques, which differ from other racquet sports. Students will develop a concrete idea of the fundamentals of the sport and the basic strategies to win points. As there is a fairly restricted amount of time in which to practice during the year it is difficult to reach consistent form but, by the end of the year, participants should be able to play a competitive game. You will learn the fundamental drive, boast and drop shot as well as the regular forehand and backhand shots. Squash is a very aerobic game which will contribute to your overall fitness and hand-eye coordination. Whether you are competitive or just want some exciting exercise, come along and play squash.

Squash Intermediate is for students who want to continue developing their skills in what is undoubtedly the best racquet sport. Students further develop the fundamentals of the sport and learn new strategies to win points. Building on their previous experience the aim is to reach consistent form and, by the end of the year, participants should be able to play competitively and represent the college at squash. Students learn to improve their drive, boast and drop shots as well as to perfect the regular forehand and backhand shots. Squash is a very aerobic game which will contribute to your overall fitness and hand-eye coordination. If you have been playing squash for a year or two and are competitive or just want some exciting exercise, come along and join Squash Intermediate.

Staff Liaison: John Tonks

Swimming – *new activity!*

Swimming is a life/survival skill as well as providing enjoyment and access to other water activities (a strong emphasis at LPC UWC HK). There are two branches to the swimming activity, depending upon your level:

A. Beginners/Developing Confidence Group

The College is offering swimming lessons coached by a professional for those who are complete beginners or who have basic skills but lack confidence in the water. Skills in this level that will be focused upon include water safety, confidence building, and front crawl skills (breathing control, body position, leg kicking, arm pull, coordination).

This aspect of swimming at LPC will be conducted for 10-15 hours. In order to harness warmer weather, you will have two lessons per week for five (5) weeks (on Thursday and Sunday **or** Friday and Sunday).

You will need swimsuit and goggles, but if you do not have them, there is some funding to help you obtain these if you cannot afford them.

Teacher/Coach: Mr. Cho Staff Liaison: Linda Olson

B. Intermediate plus Swimmers Group ('LPC Phins')

Coaching by two students, who are national swimmers, will be provided for those who either simply want to develop their swimming skills further or who would like to work toward participating in Hong Kong's Ocean Races.

Leaders: Jesika El Rifiova & Josue Morales Vivas / Staff Liaison: Hayley Goldberg

Tennis

The Tennis activity provides students with the opportunity to learn and develop tennis skills. Students also participate in inter-schools tennis tournaments.

Staff Liaison: Mark Eyeington

Yoga

Yoga offers meditative and physical benefits to all those who join this activity. Fight LPC stress with yoga!

Staff Supervisor: Jon Chui

Volleyball - *New activity!*

An activity for fitness, leisure and eventually, to represent the College as a team! This activity runs at the same time for boys and girls.

Supervisor: Marit Zakhna

Youth Endurance Network *and* Work Out!

Two activities combined! You may choose one of the following two foci:

a) Youth Endurance Network. This umbrella activity includes a series of extremely physically challenging charity raising events including the HK Sedan Chair Race (Yr. 2 only), the 24 Hour race, Bonaqua Adventure Races and the Green Power race.

b) Work Out! Do you participate in regular exercise for a healthy lifestyle, for instance working out with weights, doing exercise classes or playing for non - LPC teams? If so, you can include them towards your Quan Cai commitments PROVIDED that you maintain an exercise record/journal and demonstrate ways in which you have responded to and developed your training/exercise routines. You will also be required to participate in some fitness activities and instruction - including the **New** Ultimate Circuit Training class!!

Staff Liaison: Steve Reynolds and Trevor Marriott

Campus Service

Alumni Connect

Through maintaining contacts with UWC graduates, students joining this activity will help to maintain the Graduate profile and whereabouts of graduates. Students will connect with graduates through Facebook or other social network platform on internet. Besides the regular meetings, students are expected to help with the Graduate Reunion and interview graduates during the Reunion weekends, which are usually held in early and mid August. Students also help to interview those graduates coming back on Challenge Day or other functions. Students can also be creative in initiating activities related to graduates. This activity is a **full one year commitment**.

Supervisor: Esther Chau

Amnesty International

Amnesty International is in general, a movement of ordinary people from across the world who strongly believe in human rights. The Amnesty International Club at Li Po Chun is vested with a single objective and that is to increase community awareness about global human rights issues. This is achieved by student research presentations, the distribution of Amnesty International literature, the publication on bulletin boards and on the Internet of forthcoming AI awareness campaigns, and through open discussion and debate.

Staff Liaison: Chris Lahey

AV Team

The Audio Visual team provides visual and sound support to the College community for a wide range of events, ranging from projection equipment for Cultural Evenings through to sound amplification at social events like Cafe. The activity is a highly important and responsible one and demands a level of technical expertise (or a willingness to learn) and hours of irregular work from A/V team participants. This activity is a **full one year commitment**.

Staff Liaison: Arts/AV technician Furqan (supported by Steve Reynolds)

Café

The Café team organizes performance evenings that consist of the College community sharing dances, songs and poems with each other. It is an event that works to boost morale on campus and bring together the College for one night. The Café team also cooks a wide variety of baked goods that we sell throughout the show with the proceeds going to a different charity each Café. This activity is a full one year commitment! **This activity is also offered as Creativity!**

Supervisor: John Tonks

Campus Ecologists

The focus of this Campus Service is to promote environmental sustainability on the College campus. Campus Ecologists focus mainly on the reduction of electricity consumption, the composting of food wastes and water conservation. The aims of this group will be achieved through a combination of practical activities and exercises to educate and raise the awareness of the College community and promote sustainability. Enthusiastic students with an interest in environmental issues are encouraged to join.

Supervisor: Chris Lahey

Concordia (School Newspaper)

Concordia is LPC's monthly college newspaper (formerly called Bou Zi). Besides articles on news, commentary, school happenings, etc., it also features creative writing, artwork and photography. With contributions exclusively from students as well as alumni, it is produced and edited by the Concordia team. Needed- Regular Writers, Marketing people, Layout designers. **This activity is also offered as Creativity!**

Staff Liaison: Julie Harris

First Aid - YEAR TWO ONLY (who trained in Year 1)

The First Aid group supports the College in maintaining a system to attend to emergency situations including injuries and illnesses. First Aid team members also visit the 'sick bay' to check on the needs of those who are sick, help the school nurse to maintain the first aid boxes and coordinating assistance at functions such as blood donor days, open days and on other special occasions. Overall, the purpose is to help the community with health and safety issues. All members of the First Aid group undergo a course conducted by the St. John Ambulance Association and obtain certification before initiation as a member. **OPEN TO YEAR 2 STUDENTS ONLY** (who will train in Term 2 of Year 1. Michele will give more details)! Students certified in Year 1 are **required** to select First Aid in Year 2!

Supervisor: Michele Morvan

Global Issues Forum (GIF) - YEAR 2 ONLY by invitation!

At UWC's, in line with the ideal that leads to a necessity about discussing issues from wide perspectives coming from several different cultural & national backgrounds, GIF facilitators (with the help of other College community members) prepare a range of presentations on a variety of topics of political, environmental, social, economic, cultural and religious significance and present them to the community followed by discussion. This is a great provision for UWC students to discuss their viewpoints and understand other's.

NOTE: Students are *invited* to join this activity in Year 2. First or Second year students DO NOT choose this activity as facilitators.

Supervisor: Magan Savant

Lighting Crew

The Lighting Crew is a very important activity in the College community that provides lighting for a range of presentations and College events, including Cultural Evenings and theatrical performances. The activity is time consuming and requires commitment, teamwork and a level of technical expertise or a willingness to learn). This activity is a **full one year commitment!**

Staff Liaison: Furqan/Steve Reynolds

LPC Souvenir

LPC souvenir is one of the campus support activities that require creativity, motivation and hard work. The aim of our group is to design, produce and sell school souvenirs. The activity ideally requires a full year commitment. In the past, the activity had sold products weekly and on special school occasions such as Open Days. The activity restocked the perennial best seller Polo T-shirts and manufactured items like LPC hoodie, jacket and T-shirts. This is one of a few official activities in this school in which students can be involved in fundraising activities. Profits generated from these sales are dedicated to support overseas scholarship programme of Li Po Chun United World College of Hong Kong. **This activity is also offered as Creativity!**

Supervisor: Wendy Liu-Hayes

Model United Nations (MUN)

The Model United Nations is an ideal framework to explore many of the burning issues on the international scene today within a structured framework in which students are also made to learn the basic rules operating within the UN assembly. Thus, they can get a foretaste of the art of diplomacy and of the pitfalls of consensus building within that institution. We organize activities within the College (COP Day, LPCMUN, VMUN) as well as participate in MUN conferences outside of LPC (HKMUN). **This activity is also offered as a Creativity! NOTE: This activity is a full year commitment!**

Supervisor: Sandy Carvalho

Peer Support - Year 2 ONLY (who trained in Year 1)

The Peer Support Service is aimed at offering emotional support to students in crisis on campus. The peer supporters provide a valuable, confidential, neutral and emotional support to LPC students. Students have sought support for relationship difficulties, bereavement, homesickness, depression, self harm, and academic issues. All of the peer supporters have actively promoted positive mental health on campus and offered a gateway into counseling, when they have identified a need. In addition they have led stress management, sleep and sex education workshops on campus. All students selected undergo an intensive and extensive training focused on self awareness, self development and helping skills. The training program is modeled on the Oxford

University Peer Support Program. **NOTE: Open to Year 2 students only** (who will train in Term 2 of Year 1. Michele will provide more information)! Students certified in Year 1 are **required** to select this activity in Year 2!

Supervisor: Michele Morvan

Spanish Buddies/Surviving in Spanish (student tutors)

Surviving in Spanish provides tuition for College students who wish to develop basic Spanish speaking ability. Spanish Buddies pairs students who are learning Spanish with proficient Spanish speakers. The aim is to develop the Spanish language skills of the learner and the teaching skills of the student tutor.

Staff Liaison: Jesus Sanchez Rodriguez

Student Consultative Committee (SCC) - Year 2 ONLY elected in Year 1

The Student Consultative Committee (SCC) is a group of ten students, one from each residential block and one to represent each of six geographical regions, democratically elected by their peers. This group meets periodically with senior staff to discuss issues of interest to the College community, and as such provides a valuable link between the administration and the student body. **This activity is only open to Year 2 students who are elected by the student body in Year 1.**

Supervisor: Arnett Edwards

Synergy – *new activity!*

Synergy is a College newsletter to publicize what's going on inside LPCUWC to potential supporters outside the College as well as to update our alumni on current developments of our movement. Students will be involved in interviewing our Principal, key alumni or other possible interviewees, preparing the articles as well as editing the newsletter. Participated students will also learn useful editorial and interviewing skills. Synergy will be published in January and April. This activity is a **full one year commitment!** Staff Supervisor: Deon Lai

Community Service

(ALL Services are *normally* a ONE YEAR commitment and sometimes a full two years!)

Best Buddies and the elderly

Best Buddies is a program that matches people with intellectual disabilities with students and creates one to one friendship between them. By becoming a Buddy, volunteers offer people with intellectual disabilities the chance to explore life in a new way. On alternate weeks either our students will go to the Center in Tai Wai or the buddies will come to our College to have activities. Sometimes, they would also go to shopping malls, parks and even the beach for outings. On alternate weeks, the group will pay visits to the elderly in the Shum Shui Po area. The volunteers will run activities for the elderly or take them out for a walk as most of those on wheelchairs do not have the opportunity to leave their elderly home. The regular visits take place on Tuesdays. To meet the needs of our service group, we will need to start at 2:15pm and thus participants may need to have a quick lunch or take a lunch box with them and eat on the bus.

Supervisor: Esther Chau

Caritas Tai Wai

“Do service from the community you are in.” Caritas Tai Wai is a community service focus on the local community. Basically, we serve the mentally challenged children in a boarding school in Tai Wai. The age of the children there are from 6 to 16. And these children have a variety of mental challenges including autism, hyperactivity or Trisomy 21 (Down’s syndrome). What do we do? We pair up the LPC volunteers and the Caritas students to run different sessions. Those sessions could be Games, Arts, Food, Sports or anything which can help the students there develop their learning skills and have fun. Through different sessions, they greatly benefit from individual attention and enjoy the physical and social contact with others. Moreover, during activities such as community encounter and various games, we hope that volunteers will also develop a better understanding of physically and mentally challenged children while sharing many of their talents with others. This year the focus on the development of a nearby roof garden continues! Join us to serve the local community!!!

Supervisor: Jesus Sanchez Rodriguez

Coral Monitoring

Coral Monitoring is a great challenge and a lot of fun for those interested in environmental sustainability. Marine environments around the world are seriously under threat from a variety of sources: climate change, pollution, dumping of sludge, fishing, coastal reclamation, and damage from scuba divers (amongst others).

This Service focuses on monitoring the major coral communities at Hoi Ha Wan Marine Park for WWF as well as raising awareness within our own community and outside it about marine conservation. We monitor the corals by using Reefcheck and Coralwatch protocols, and share the data with both of those organizations, as well as PADI Project Aware, WWF, and the Hong Kong Agricultural, Fisheries and Conservation Department (AFCD).

Being a member of the **service** team involves you being (re)trained as a diver and learning about marine systems as well as organism identification and survey techniques.

All CAS objectives can be fulfilled, with a focus also on Creativity (awareness raising), Action (diving) and Service (data collection & report). Whether you can use this activity simultaneously for two or more of the CAS areas depends upon supervisor *recommendation* and the decision of the EOTC committee.

Coral Monitoring is a **two-year service**, with planning sessions on Thursday afternoons (14:30-16:15) and approximately 13 weekend days per annum. This is *usually* Saturday, but there is one mandatory Sunday study session for first years. Due to temperature limitations, most diving occurs between August-November as well as March and April, so good time management is essential. In the **first year**, participation in the service involves **mandatory training during Project Week**.

In order to select the team, an application form, swim/float test, and interview are conducted. Participants must also pass a dive medical and have a waiver signed by their parent(s) or guardian(s). Because the dive card is good for a lifetime, normally, participants pay for their textbook/certification (approximately HKD1200). However, **no** student will be excluded from the service if they are unable to afford this.

Supervisor: Linda Olson, Selwyn Price, Jon Chui

Crossroads

Crossroads is a Hong Kong based charity that collects unwanted goods from the local community, then stores and renovates these items before shipping them worldwide to charitable groups that are in need. It also runs a life-experience programme during which people participate in an activity designed to simulate the difficulties faced by various disadvantaged groups in the world. Our work is highly valued by the Crossroads team who always reserve their most challenging and important tasks for us!

Supervisor: Stella McCracken (Marit Zahkna - Term 1)

Eco-monitoring

This activity complements Coral Monitoring and collects data that supplements their underwater data. We will visit the site at Hoi Ha Wan and collect environmental data. When combined with the coral data, we will be able to provide WWF with a detailed picture of the factors that affect the corals and the changes that are taking place in the environment. This is an activity that suits anyone who enjoys spending time outdoors

and has an interest in environmental monitoring and management. It will involve using a boat to access the collection site and will take place whatever the weather!

Supervisor: Nick Cotton

English Tutorials

The English Tutorial Programme is run by the College in conjunction with Ling Liang Primary School in Lee On. Groups of LPC students get together first on Monday afternoon to prepare a weekly tutorial package with a focus on conversational competence. They then go to Ling Liang School on Tuesday afternoon to provide the prepared English tutorial to local students in an informal setting after the end of their regular classes. The Service requires a participant to speak English at native or near-native level, have a strong service spirit, patience with slow learners, and a strong sense of responsibility and reliability. You will find the Service a highly rewarding one.

Supervisor: Jason Jiang

Feeding HK

Though Hong Kong appears to be a prosperous society, there is a growing class of people too impoverished to afford regular, balanced meals. In partnership with Feeding HK, the activity supports their work in their warehouse, help with food collection and spreads awareness about the issue in the College and to the wider community.

Students will collaborate with the local community and address some of the social inequalities in Hong Kong. **The activity *could* be a one term commitment.**

Supervisor: Hayley

Help for Domestic Helpers Li Po Chun

Help for Domestic Helpers Li Po Chun works with the NGO Christian Action's migrant worker programme. There are three components: helping with paralegal services in their Jordan office through translation and support; helping with or leading tutorial sessions with helpers at the Choi Hung Centre on Sundays; advocacy, namely raising awareness of the issues surrounding this labour system here in Hong Kong. Last year the service also evolved into a Project Week, with much of the group travelling to Indonesia to learn more about the push factors and conditions under which many of these women leave their homes. Staff Liaison: Julie Harris

LPC Animal Rescue

In this activity, students will attend to and/or walk dogs helping out local NGO's such as Sai Kung Stray Friends or Hong Kong Dog Rescue. Thus enabling the dogs to get out of the confined kennel and enjoy Hong Kong's outdoor scenery. Through getting hands-on-experience with the dogs, it raises students' awareness on the issue of abandoned dogs in Hong Kong and stimulates ethical reflection on how these lives should be handled. The activity fosters a sense of commitment to the abandoned dogs.

Supervisor: Julie Harris

Initiative for Peace (IFP)

IFP trains students as facilitators for 'Day Camps' and a year end conference on a major international issue. In past the group has worked on Kashmir and at present on Mindanao issue of Philippines. The activity prepares for conference focusing on planning and the logistics of the events. Students train as facilitators learning various techniques and theory of 'Conflict Management & Resolution'.

Supervisor: Magan Savant

Mai Po Ecosystem

This environmental Service encompasses voluntary work at Mai Po, a nature reserve in the north- western New Territories run by the World Wide Fund for Nature. You will be involved in a variety of activities: from cutting trees and mangroves to clearing rubbish and dismantling sheds and bridges. The physical work is well complemented by learning about the environment and its conservation. You can expect to be involved on 3 or 4 full Saturdays per term so don't select other Saturday activities. Lots of fun . . . and lots of MUD!

Supervisor: Michele Morvan

Local Support @ Ma On Shan

Local Support @ MOS is a service with two departments. Students in the first department work at the Yiu On Community Centre where they serve as peers to underprivileged students from low income families or students with low academic achievement. Through the interaction between these two parties, the service hopes to provide its clients an opportunity to receive academic tutorials and a platform to express themselves. To ensure smooth running of the service, students who signed up for this activity are trained by a professional social worker to become a good peer counselor. The other department will spend most of their time carrying out creative activities to facilitate the learning of the English Language in a nearby school. Students in this department need to have the initiative to create and implement language learning activities. The ideal students for this activity should love interacting with school children. The service also organizes Christmas party and bonding parties for its clients.

Supervisor: Vincent Chu

Pinehill Village

Pinehill Village is one of the few residential centres for mentally and physically challenged children and youngsters in Hong Kong. The aim of our service is to provide enough manpower and interaction with young children in need in the Pre-school Centre. This is a full year commitment and this report is based on the performance of our students since the first term. This year, we continue to conduct weekly visits combined with special outings once our students have received proper training in taking care of these children (aged from 3 to 6 with special educational needs) and formed individual

pairs. This year's visits are normally divided into three sessions: massaging the children, cleaning the two outdoor playgrounds or conducting activities with the more active and able "watermelons" and "bananas", and facilitating learning in lessons with the weakest "Grapes". During outings, our students will provide their designated child with maximum care and exposure to the local communities through walk-and-talk sessions.

Supervisor: Beta Chau

Playback Theatre

Playback is a theatre form that celebrates the lives of the audience. The audience are invited to share their life stories and feelings with the Playback team who perform or 'play them back' using abstract improvisational movement and sound. Playback is therapeutic and celebratory for both performers and audience and demands a high degree of teamwork, trust, spontaneity and risk taking from the participants. Playback serves a wide range of audiences including physically and mentally challenged care centres, a refugee centre and a home for the aged as well as local schools. **This activity is only available for Year 1 students in Term 2 (who then must continue in Year 2). This activity is also offered as Creativity!**

Supervisor: Steve Reynolds

Ronald McDonald House/Hospital/Helping Hand

Ronald McDonald House is a philanthropic association, which provided a temporary home for cancer children in Hong Kong and the Mainland. The House is close to the children cancer hospital so that children and their families can stay in the house while they are having their treatment. The Service comprises of taking care of children who are residing there and doing work such as making certificates for volunteers, translating documents, etc. Students also provide other help such as cleaning the house, rearranging books etc. Students joining this activity will also be volunteers in the Prince of Wales hospital (if the alert warning system is off) and Helping hand, the nearby elderly home. In the hospital, students act as helpers to different departments and they mainly involve in clerical duties and in the elderly home, students may have to take the elderly to clinics or hospitals. To meet the needs of the service groups, students may need to have a quick lunch or take away sandwiches and leave early to service.

Supervisor: Esther Chau

Sino-Japan Youth Conference

The Sino-Japan Youth Conference (SJYC) Organizing Committee is a group that undertakes the ambitious task of holding a conference for Mainland Chinese, Japanese and Hong Kong students during summer and optional Day Camps during the year. The aim of the SJYC is to promote dialogue, mutual understanding and celebration of differences between the Japanese and Chinese. Through sessions on cultural

stereotypes, media bias and sharing of personal histories, students will be able to gain a better understanding of the Sino-Japanese relations as well as sharpen their critical thinking skills.

Teacher Supervisor: Arnett Edwards

Students Against Slavery

This is a Service aimed at raising awareness of the trafficking of people into today's slave trade. We will learn and share as a group through our own research and contacts with local groups and international organisations, such as 'Stop the Traffik' and 'Anti Slavery International'. Throughout the year we will visit other schools to carry out workshops, raising awareness of the causes and effects of slavery. We will use the media and organise campaigns internationally and within Hong Kong to raise awareness. We will continue to support the Esther Benjamins Trust Nepal through the 24 hour race, and we will continue our involvement with AFESIP in Cambodia during Project Week (**Project week attendance is a requirement**). Regular sessions take place on Thursday afternoons with irregular workshops.

Supervisor: Stella McCracken.

Unicef LPC

Unicef LPC is a service that incorporates local with international. Through organizing and participating in fun-filled interactive sessions with mentally and behaviourally challenged children from Ma On Shan, we are able to extend and apply the global values of Unicef—to serve with love and compassion—on a domestic and hence much more personal level. We also collaborate with Hong Kong Unicef Committee in their fund-raising activities and various other services that they hold throughout the year. Unicef LPC promises to be a greatly rewarding and meaningful experience for you at LPC.

Supervisor: Sandy Carvalho

United World Schools

United World Schools is an organisation initiated by Chris Howarth working to build schools in the more rural parts of Asia with the help of United World College students. It is a youth-helping-youth initiative and is run mostly by students on campus in co-ordination with Chris Howarth himself. The aim is to get each United World College to sponsor one or more schools in Asia (currently Cambodia), helping children and women in the rural area receive the education that they normally would not have access to. The responsibilities of the group on campus is to fund raise enough money to sponsor the building and running of a new school in Cambodia among other small projects to do with supplies and study materials for the children. There will also be an opportunity for LPC students to actually go out to Cambodia in the Summer Break and teach and interact

with the children we have sponsored. **Project Week attendance is a requirement for this activity.**

Supervisor: Wendy Liu - Hayes

WebOrganic

WebOrganic is a local organization which aims at providing the means to needy students for learning over the Internet. Students of this service go to a local primary school in Sham Shui Po every Tuesday. The age of the target student is 9-12. Through a series of activities and lessons, the children learn more computer skills (such as photos and video editing) that could assist them in daily life, as well as to allow them to explore the community/Hong Kong more.

NOTE: This activity is a full year commitment!

Supervisor: Cherrie Cheung

WWF Beach Clean Up

Starfish Bay needs your help! As part of a WWF HK initiative, we will clean Starfish Bay each week - something that is valuable in itself. However, as part of the WWF programme we will also be collecting data on the type and quantity of different types of rubbish and feeding this into a central database. So not only will we be making a difference on our own doorstep, but we will be keeping the wider community informed. This activity suits anyone who has an interest in the environment and wants to actively make a difference.

Staff Liaison: Nick Cotton

- **72 activities offered in total!**
- **10 sports teams representing the College in Hong Kong events**
- **6 environmentally focused activities**
- **22 activities offer outreach/community support**
- **25 activities take place predominantly in the community (off campus)**
- **30 activities are affiliated or connected to groups or organizations in the wider community**

Steve Reynolds, Director of Education Outside the Classroom August 2014