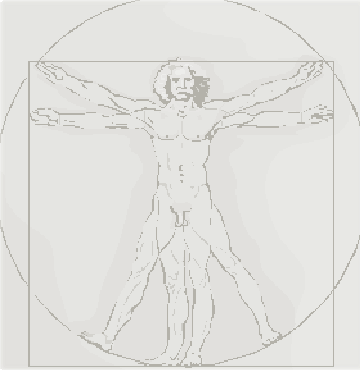


Li Po Chun United World College



Quan Cai/CAS program

Activity Groups 2011-2012

This document outlines the activities offered by the Quan Cai programme at Lli Po Chun United World College of Hong Kong. Students choose ONE activity from EACH of the four components (Creativity, Action, Campus Service and Community Service). Activities are subject to change.

Creativity (22 activities offered)

Art for Non Artists

The new initiatives of AFNA no longer only focus in fostering artistic qualities, but also in using our artistic ability to serve the community. We will be visiting local schools or orphanages, helping them in various ways e.g. art therapy. Also, we'll be making trips to visit museums and expos as well as to learn to appreciate and create various art forms.

Supervisor: Selwyn Price

Art House

Art House is a creative activity that involves introducing students to and watching largely independent and/or experimental films and holding post-film discussions. The emphasis on this Quan Cai is to involve students at all stages, from the selection and introduction of the film through to leading the discussion. Every week a new film is viewed ranging from the contemporary and the avant-garde to classics of the genre from the sixties and seventies. A variety of film methods are viewed and analyzed, including stop-motion and other animations. Discussions range from plot and adaptation to setting and cinematography.

Supervisor: Selwyn Price

Bridge, Chess and Games

Bridge, Chess and Games provides a platform for bridge, chess and game lovers from various cultural backgrounds to exchange their knowledge and sharpen their skills. It aims at improving the members' logical thinking through playing such games. The games are introduced, and basic theories and skills analyzed. In one aspect of the College life it helps to promote the spirit of the UWC movement.

Supervisor: Jason Jiang

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 to dance-lovers to share the passion. Through dancing, everybody can experience and appreciate the beauty of Chinese culture.

Supervisor: 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.

Supervisor: Cherrie Cheung

Choir

Students of all vocal abilities (whether beginner or experienced) meet each week to work together on popular choir songs, songs from shows and classical pieces. The pieces are chosen for 4 to 8 voices: soprano, alto, tenor and bass. After practicing separately on the voices, the choir will sing together, concentrating on the melodies and timing of the voices and on producing a clear and pleasant sound. We have a lot of fun singing together - so come and join us!

Supervisor: 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 probably more! When we feel confident, we will go out into the community and perform for the elderly, children in hospitals and orphanages and teach children with disabilities some of our skills.

Supervisor: Stella McCracken

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 is shown and where it is approved as an official activity.

Supervisor: 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!**

Supervisor: Li Ping

Eclipse Dance Group

Eclipse Dance provides students with the chance to learn modern dance techniques and choreograph original routines. **This activity can also be chosen as Action!**

Supervisor: Jesus Sanchez Rodriguez

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 the Sing Tao inter school debating competition in addition to organizing an on-campus tournament open to both international and local schools in Hong Kong.

Supervisor: Kalpana Balan

Filming and Editing

Filming and editing is an activity that attempts to record the key activities and events of campus life in video format. The final edited product being a short film produced at the end of the year and given to the departing second years as a souvenir of their two years at LPC.

Supervisor: Trevor Marriott

Jazz Ensemble

The focus of the group is on learning pieces and performing in public venues or gatherings. A variety of styles will hopefully be performed including pieces in the genre of Classic Jazz, Bebop, Swing, Blues, and Ballad. We will meet twice a week, once in the week and once during the weekend. Pieces will be expected to be learned in one's own time so that the sessions are for playing together as a band, focusing on producing good sound, and enjoying the music.

Supervisor:

Language Appreciation – *new activity!*

Language Appreciation will be a space to share our experiences when writing, to introduce authors from our home countries, to try new ways of writing, a space to discuss literature, a space to play with words and use them in order to create. We also aim to encourage participants to write their own texts through guiding and creative writing exercises.

Supervisor: Ronny Mintjens

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!

Supervisor: 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 Fund raising show. **This activity can also be chosen as Action!**

Supervisor: Li Ping

Music Appreciation

Develop knowledge of diverse types of music on a global scale! You will:

Learn about, present and explain a music genre of your choice; learn to play a simple or complicated musical piece (depending on your experience) solo or in ensemble; learn the basic theory of music; learn the basics of music reading and writing; discuss the effects of music in different events and points in time and look at the role of music in the modern world.

In general terms: expand your knowledge about music as an art. No experience required!

Supervisor:

Ensemble

Ensemble focuses on modern and classic music pieces played by both strings and woodwind instruments.

Supervisor: Stella McCracken

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Photographic Debate and Critique – *new activity!*

This activity will help aspiring photographers or enthusiasts to develop themselves further. Every other or third week, a photographic challenge will be given to the members of the group such as portraits, night-shots, landscape-shots, reportages, pin-hole camera-shots etc. The following meetings would then consist of critique of each other's photographs, including subject matter, composition, exposure, cropping, editing and so on. This would help develop all the members work, reflected in a final challenge where a "winner-image" is picked and featured in BTW. Throughout the year, there would also be room for discussions concerning the ethics of photography; "To what extent is photo-manipulation in newspapers acceptable?" "Is it okay to photograph suffering people?", "What is a good picture?" etc. Research into current or classic photography will also be made. At the beginning of the year, leaders will teach the members about photography, and anyone who can contribute to training will be encouraged to so. Professional photographer may also be invited to give lessons on specific topics. Lastly, towards the end of year, an exhibition of photos by the members will be presented to the LPC community.

Supervisor: Selwyn Price

Speech and Drama

Speech and Drama is for students who have not taken Theater 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.

Supervisor: Cherrie Cheung

UWC Communication

UWC and LPC Communication aims to promote better interaction between different UWCs and the LPC community as a whole. This will be done through Podcasting, Weekly Newsletters, Monthly Newspaper Publications, Blogging and any other way you can think of to make communication more effective! Share your unique LPC experience with your co-years, second years, friends at other UWCs and learn about their adventures. Be the voice of LPC: within and outside!

Supervisor: Sylla Cousineau

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, collecting text, interviewing people, designing pages and layout using Photoshop, and endlessly chasing students and staff for their contributions. Although the workload is rather heavy, especially towards the end of the year, there is immense satisfaction in delivering a completed Yearbook to each member of the community on the last day of the College year. **This activity is also offered as Campus Service!**

Supervisor: Lucia Thuy Tran

Action (25 activities offered)

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).

Supervisor: John Tonks

Badminton

Badminton sessions are conducted in a relaxed atmosphere with the idea of enjoying the game as well as learning more about the proper techniques. Sessions include basic rules, terminology connected with the game, grip, service, footwork, forehand & backhand strokes and defensive & attacking play. Rackets and shuttles are provided. Talented players are included in the School Team.

Supervisor: Beta Chau

Badminton Team Training

Talented Badminton players are included in the School Team, which will compete in the Inter Schools Championship and also participate in several friendly matches with other schools whenever possible. Advanced training is provided to those who are selected to the School team.

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!**

Supervisor: Jason Jiang

Basketball Boys

We are open to all abilities with a willingness to learn, develop personal skills and train hard! Our goal is to remain at the top of the Hong Kong Schools' League.

Supervisor: Dave McCracken

Belly Dancing

Belly dance provides an opportunity to explore Middle Eastern culture and rhythm via dance. You will learn basic belly dance movements and learn how to combine these into a dance that is graceful and fluid. The activity will encourage creativity, improve fitness and promote flexibility. Please see the Student Initiative leader for details of this activity. **This activity can also be taken as Creativity!**

Supervisor:

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 inter-school football league (last year two major competitions; the New Territories Boys A-Grade League and a Senior Boys School 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, team work and victory.

Supervisor: Ronny Mintjens

Indoor Hockey

Indoor Hockey is an Action that is aimed at providing students with an opportunity to either learn how to play hockey from scratch or further their hockey skills while also doing some fitness training. Training sessions last for an hour and a half in which students warm up first with running and stretches, followed by passing practice and then move on to more complex maneuvers such as ball handling exercises and tactical moves. Each training session is followed by a half hour game where the students practice their skills.

Supervisor: KOKMING LEE

Fencing – *new activity!*

Fencing is a sport historically derived from a gentleman's martial art, hence it *stresses mutual respect and sportsmanship*. In terms of personal development, fencing requires quick analytical processing of visual cues and of general trends in the opponent's fencing style, which is then reflected in a coordinated and thought-out game plan. This has aptly earned the sport the name of "Physical Chess", alluding to its integration of mind and body in quick decision making and purposeful, decisive action. It also stresses the individual's role in a team. In team fencing, while only one fencer is on the piste (who is actively competing) at a time, the score is cumulative. This translates into a large degree of autonomy for the fencer on the piste, but it also requires the fencer to pick tactics that fit the overall situation and the team dynamics. For the same token, it also stresses the interactive support structure between the team and individual. "Unity in diversity" is a theme within team fencing.

Supervisor: Dave McCracken

Girls Basketball

Girls Basketball training teaches students the techniques and strategies of the sport. Students train as a team and participate in the Hong Kong Schools Sports Federation basketball competition.

Supervisor: Trevor Marriot

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

Hatha Yoga

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

Supervisor: Sylla Cousineau

Hiking with Hong Kong Dog Rescue – *new activity!*

In this activity, students will hike with dogs from Hong Kong Dog Rescue, letting 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. Second, the students can challenge their physical ability through hiking and management skills through taking care of the dogs at the same time. Thirdly, since this is a long term service that also takes up hours each time, it fosters the sense of commitment to the abandoned dogs. Last but not least, it also gives students a chance to appreciate Hong Kong's beautiful scenery and learn more about Hong Kong. **This activity can be chosen as Action for the hiking emphasis or Community Service for the emphasis on helping dogs that serve the community.**

Supervisor: Julie Harris

Judo

The activity involves basic conditioning and cardio-training with specific judo exercises and skills to learn this Japanese martial art and combat sport.

Supervisor: Ronny Mintjens

Kayak and Hike – *new activity!*

Kayak and Hike will run as a one term activity (the group changes every term) with three full Saturday's devoted to the activity. Participants will travel to Sai Kung where they will take a speed boat to the surrounding islands. There they will spend the day kayaking and hiking! A new activity in the spirit of Kurt Hahn's vision of UWC's!

Supervisor: John Tonks

Rock Climbing

Rock climbing aims to teach students the necessary skills to get started in this activity. The first three weeks participants practice on the wall outside the gym. They learn the fundamental safety procedures and climbing techniques. After achieving a satisfactory level of ability students can attend an induction test at the YMCA indoor climbing centre. On completion of the test students are considered sufficiently qualified to use the centre facilities which are monitored by qualified staff.

Supervisor:

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 Fund raising events, Cafes and other such events. **This activity is also offered as Creativity!**

Supervisor: Kalpana Balan

Squash Beginners

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.

Supervisor:

Squash Intermediate

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.

Supervisor:

Table Tennis

This is a fun, challenging and engaging sport in which up to four players on opposite sides of a table bounce a small plastic ball back and forth with specially designed rackets, using a variety of different hits and techniques to confuse the opponent and win the match. The activity meets the CAS criteria for Action by providing a technical and fitness challenge to students, allowing them to sharpen their reflexes and hone their agility.

Supervisor: Cherrie Cheung

Tennis

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

Supervisor: Mark Eyeington

Volleyball Boys

We are open to all abilities with a willingness to learn, develop personal skills and train hard! Our goal is to continue our success within the Hong Kong Schools' League.

Supervisor:

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Supervisor:

Youth Endurance Network

This umbrella activity includes a series of extremely physically challenging (including running, kayaking, hiking and swimming) charity raising events including the HK Sedan Chair Race, the 24 Hour race, the Green Power race and Action Asia events.

Supervisor: Steve Reynolds

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. Your exercise recorded in Amazing Voyage can also be included for students who join this activity. ALSO, beginning from this year, Work Out members will be organizing regular fitness activities (open to all the LPC community).

Supervisor: Steve Reynolds

Campus Service (21 activities offered)

Alumni Connect

Through maintaining contacts with UWC graduates, students joining this activity will help to maintain the Graduate profile and whereabouts of graduates. Besides the regular meetings, students are expected to help with the Graduate Reunion and interview graduates during the Reunion weekend, which is usually held in mid August. Students also help to interview those graduates coming back on Challenge Day. Students can also be creative in initiating activities related to graduates.

Supervisor: Esther Chau

Amazing Voyage

The Amazing Voyage is set up to encourage our College community to lead a healthy lifestyle through exercise. On a yearly basis, the community 'travels' around the world by adding all the distances that staff and students cover while jogging, hiking, swimming, cycling or kayaking for exercise. A team of student representatives are in charge of organizing the logistics, providing updates on how far we have travelled (the Voyage follows a route from Hong Kong to Hong Kong that crosses all the countries represented by our staff and students), and encourage their peers to include exercise in their daily routine.

Supervisor: Ronny Mintjens

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.

Supervisor: Dave McCracken

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.

Supervisor: Steve Reynolds

BTW

BTW is LPC's monthly college newspaper. 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 BTW team.

Supervisor: Julie Harris

Blueprint

Blueprint provides a design service to the LPC community, largely responding to briefs from clients looking for publicity materials for services and events. Students have been allocated particular design briefs, and follow the process through from brief to completed artwork, primarily using text and imaging software such as Photoshop.

Supervisor: Cherrie Cheung

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.

Supervisor: Michele Morvan

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: Trevor Marriot

English Buddies

This is an activity in which students assist their peers with their English expression in their written work. They are assigned students who require help ("buddies") and work with them for as long as they need assistance. There is no specific, fixed time for this activity and it is left to the students to set up times to meet with and help their "buddies".

Supervisor: Mark Eyeington

Organic Gardening

The focus of this Campus Service is to promote environmental sustainability on the College campus. The activity focuses on an organic garden in LPC. Students need to be aware that by signing up, they might be asked to commit time outside the timetabled hours, for example for watering the garden. Students will receive training in organic gardening principles. Once the garden is set up and running, we will take on other activities, such as gardening for charities in

Hong Kong, awareness raising etc. Enthusiastic students with an interest in environmental issues are encouraged to join.

Supervisor: Trevor Marriot

First Aid

The First Aid group supports the College in maintaining a system to attend to emergency situations including injuries and sicknesses. 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)!

Supervisor: Michele Morvan

Global Issues Forum (GIF)

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. **NOTE: Students are invited to join this activity in Year 2.**

Supervisor: Magan Savant

Hong Kong Culture and Exploration

This activity aims to provide an opportunity for HK students to be hosts to the overseas students. They will help to search information for interesting places to eat, to shop or to visit. Hong Kong students will organize outings for overseas students on selected Friday afternoons, Saturdays and public holidays. The outings aim to explore the culture of Hong Kong through the use of public transport.

Supervisor: Esther Chau

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).

Supervisor: 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 with a creative Dragon design, an LPC jacket with embroidered letterings, a stylish phone-strap and a T-shirt with UWC values.

Supervisor: KOKMING LEE

Mandarin Tutorial

Mandarin Tutorial aims is to provide support to students studying the academic subjects of Mandarin Ab initio / Mandarin B, in the form of one-to-one tutorials focusing on pronunciation, grammar, vocabulary, composition, and other linguistic aspects.

Supervisor: Li Ping

Math Buddies

The Math Buddies has three main goals. This first one is to meet each week in order to discuss interesting areas of mathematics, recent developments in mathematics, and challenging contest problems. We will also prepare and write the American Mathematics Contest. The second goal is for each member of math buddies group to act as a mathematics resource in their own block by making themselves available to assist their peers with their math homework. The third goal is a new initiative, which will involve holding a math contest in October for local students.

Supervisor: Shelley Barton

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. Activities take place both within and without the College as we participate in MUN outside of LPC. **This activity is also offered as a Creativity!**

Supervisor: Sylla Cousineau

Peer Support

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)!**

Supervisor: Michele Morvan

Spanish Buddies/Surviving in Spanish

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.

Supervisor: Jesus Sanchez Rodriguez

Student Consultative Committee (SCC)

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:

Community Service (22 activities offered)

Best Buddies/Homeless and the elderly

The aim of this service is to provide students a wider exposure in serving people with different needs and abilities. 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. During the term either our students will go to the Center in Tai Wai or the buddies will come to our College to have activities. Sometimes, our students will accompany them to shopping malls and parks for outings. Besides, students will also pay regular visits to the homeless and the elderly in the Shum Shui Po area. The volunteers will run activities for the homeless, chat with 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.

Supervisor: Esther Chau

Birthday Happiness

The objective is to make each child feel special on their birthday and provide the usual party, birthday present and games which the parents could not otherwise afford. Based on others' experience, these parties have been found to raise the child's self-esteem and create a feeling of self-awareness and confidence. These parties are run in various housing estates around Hong Kong for underprivileged kids. The activity involves setting up birthday parties, playing games and entertaining the children.

Supervisor: Hayley Goldberg

Caritas Tai Wai

Volunteers are divided into small groups to plan and run after-school activities for mentally challenged children between the ages of 6 to 16 in this boarding school. These children have a variety of mental challenges including autism, hyperactivity or Trisomy 21 (Down's syndrome). They greatly benefit from individual attention and enjoy the physical and social contact with others. During activities such as community encounter and various games, we hope that volunteers will develop a better understanding of physically and mentally challenged children while sharing many of their talents with others.

Supervisor: Jesus Sanchez Rodriguez

Coral Monitoring

Marine environments around the world are under threat from a variety of sources: 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 in which a WWF Marine Studies Centre has been constructed. Being a member of the team involves you being (re)trained as a diver and learning about marine systems as well as identification and survey techniques. Thus, all CAS objectives can be fulfilled, with a focus on both Action and Service. 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). It is a two-year service, with planning sessions on Monday afternoons and approximately 8 weekend days (Saturday and/or Sunday) per annum. Due to temperature limitations, most diving occurs between August-November as well as March and April. In the first year, participation in the service involves mandatory training during Project Week. In order to select the team, an application form, swim test, and interview are conducted. Participants must also pass a dive medical and have a waiver signed by their parent(s) or guardian(s). Coral Monitoring is a great challenge and a lot of fun for those interested in environmental sustainability.

Supervisor: Linda Olson, Michele Morvan and Selwyn Price

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/Wendy Liu-Hayes

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

Help for Domestic Helpers (HDH)

Helpers for Domestic Helpers (HDH) are a nonprofit organization that provides free paralegal advice, counseling, and guidance for foreign domestic workers. It is a part of the community outreach program of St. John's Cathedral. HDH helps foreign domestic workers (FDWs) understand their rights and encourages them to utilize all available legal avenues to enforce those rights. LPC students will contribute by providing: Language translation (Cantonese/Filipino/Indonesian); Assisting domestic helpers in court hearings, accompanying them to receive money and/or A/T from employer or belongings from the agency; Raise awareness in the Hong Kong community about the treatments of DHs in HK, Hong Kong Law, and DH rights. This is done through going on a school tour (mainly to local schools in Hong Kong) and inviting helpers and speakers to LPC in order to raise awareness within our own community; Listen to DHs' stories and provide help by either writing to/calling employer/agency and explain their rights bind by the law; Help manage the HDH website; Raise funds by selling greeting cards, participating in the parish walk, and conducting our own fund-raising events (like proposing to café); Conduct a GIF at least every two years.

Supervisor: Julie Harris

Help for Minorities – *new activity!*

Help for Minorities is a new Service that will work with the local charity 'Hong Kong Unison' to help minority groups within Hong Kong properly integrate into Hong Kong society through tutoring and youth interaction. The Service will also raise awareness of racial equality within the College.

Supervisor: Beta Chau

Hospital Service at PWH

Students of this Service go to the Prince of Wales Hospital in Shatin every Friday afternoon. They will help with different duties in various departments of the hospital. Duties may include taking blood pressure for patients, counting tablets and putting them in bags, decorating boards for exhibitions, etc. If the wards are opened for volunteer visits, our students can take games from the resource center to the children's ward and play with the children. They can also prepare simple craft work for the children.

Supervisor: Esther Chau

Initiative for Peace (IFP)

IFP trains students as facilitators for 'Day Camps' and a yearend conference on the Mindanao issue. 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

KELY Support Programs

The KELY Support Group is a local charity that offers non-judgmental support to young people in Hong Kong. Students involved in this activity will support the work of Kely Support by completing clerical work, fundraising and assisting in new projects/ programs and peer support programs. Students will become advisers on a panel for new school programs and offer feedback in the ideas, structure and running of workshops related to drug and sex awareness, eating disorders and self-esteem.

Supervisor: Hayley Goldberg

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

Mothers Choice

Mother's Choice is a new Service; student initiated and liaised with Mother's Choice - an organization that works with pregnant teenagers. Their facilities include an orphanage for children and babies, who are waiting for adoption. The aim of this Service is to support Mother's Choice mission "to provide and promote loving, nurturing care for babies and children needing permanent homes, and for single girls and their families facing crisis pregnancies." Students will undergo training and then assist in the care of babies and young children in an orphanage in Central. Group members should have an interest in caring for babies / children.

NOTE: Students must be 16 or over to join this activity!

Supervisor: Hayley Goldberg/Wendy Liu-Hayes

Peer Support at Yiu On

Peer Support at Yiu On 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: KOKMING LEE

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 this Service is to provide enough manpower and interaction with young children in need in the Pre-school Centre. This is a full year commitment with lots of special outings (at least once a month) so that these children, aged from 3 to 6, can get more exposure to the community. Based on the composition of the Pinehill kids and the demands of their varying abilities, our students have been further allocated into two different groups "bananas and grapes" for the severely challenged and "watermelons and lemons" for the more active ones. Supervisor: Beta Chau

Playback

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. This activity is also offered as Creativity!** Supervisor: Steve Reynolds

Ronald McDonald House

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.

Supervisor: Esther Chau

Sino-Japanese Youth Conference

The Sino-Japan Youth Conference (SJYC) organising committee is a group that undertakes the ambitious task of working with UWC alumni to arrange a UWC Short Course in August 2012. The aim of the SJYC is to bring youth from China and Japan to promote dialogue, mutual understanding and celebration of difference. Focus issues in the SJYC Short Course include national stereotyping, the reliability of textbooks, personal histories as well as a visit to Guangdong province.

Supervisor:

TeenAiders

This service aims to promote HIV/AIDS prevention through awareness and understanding as well as breaking down the stereotypes and obliterating misconceptions of this deadly virus. Students undergo extensive training by various foundations in Hong Kong, and with this training offer fun, informative workshops in English to local and international schools in Hong Kong. Involvement in World AIDS Day preparation and community work for different AIDS organizations is another aspect of this service.

Supervisor:

Traffick Link

This is a Service aimed at raising awareness of the trafficking of people for sex. During the first term we will be learning and sharing as a group through our own research and contacts with local groups and international organisations such as 'Stop the Traffik' and 'Anti Slavery International'. During the second term we will visit other schools to carry out workshops, raising awareness of the causes and effects of sex slavery. We will use the media and organise campaigns within Hong Kong to raise awareness and will continue our involvement with AFESIP in Cambodia during Project Week. Regular sessions take place on Tuesday evening with irregular workshops.

Supervisor: Stella and David McCracken

Unicef LPC

Unicef LPC is a service that incorporates local with international. Through organizing and participating in fun-filled interactive sessions with mentally 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: Shelley Barton

United World Schools

Description required!

Supervisor: Dave McCracken

90 activities offered in total!

Steve Reynolds

Head of Quan Cai (CAS and Sports Coordinator)

August 2010