

Li Po Chun United World College EOTC



Quan Cai/CAS program

Experience Groups

2017-18

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

Year 1: At least two experiences, One **MUST** be a Community Service.

Year 2: At least two experiences. One **MUST** be a Community Service. Over the two years you **MUST** participate in at least one Creativity, Activity and Community Service! Focus on leadership positions.

Experiences are subject to change.

Creativity, Activity & Campus Service

African Drumming - (Creativity) *new experience!*

Learn African drumming (and maybe some song and dance) in this communal and cultural experience. Classes taught on campus by a professional Ghanaian drummer. Weekly drumming sessions with the aim to learn new rhythms and beats for beginners or more advanced drummers. There will be opportunities to perform at school events, cultural evenings and local community gatherings. This is a **minimum one term commitment**.

Staff Liaison: Hayley Goldberg

Alumni Connect (Campus Service)

A great opportunity to develop interpersonal skills and meet new people, Alumni Connect encompasses reaching out to alumni via social networks and gathering information required to keep the school's database up to date. Meeting alumni in person during the 10 and 20 Year Reunions in July & August and other occasions for alumni stories on and off campus is also a part of this activity. Creative approaches to networking are encouraged! The team will also support campus tour of alumni visiting LPC and reach out to alumni for speaking at and supporting college activities. Alumni Connect is a **full one year commitment**.

Staff Supervisor: Willie Heung

Amnesty International (Campus Service)

Amnesty International is, in general, a movement of ordinary people from across the world who strongly believe in human rights. Amnesty International at Li Po Chun is vested with a single objective: to increase community awareness about global human rights issues. This is achieved by student research presentations; the distribution of Amnesty International literature; the promotion of forthcoming AI awareness events in Hong Kong; on-campus Write for Rights campaigns; inviting guest speakers, and hosting open discussions and debates. Amnesty at LPC is also the co-organizer of Peace Change of Pace Day. **Minimum 1 term commitment**

Staff Liaison: Wendy Tai

ANTS (Activity) - (Andy Naylor Track Session) Named after the late Andy Naylor, a well known runner in Hong Kong. Before Andy died in the 2012 New York Ironman, he had a great following at his track sessions. Andy built a weekly session that was fun, rewarding, sociable and allowed others to get a great workout together whether you were a world champion or just getting started. This new activity is held at the Sai Kung

Track and whether you would like to start running or you are wanting to increase your running pace, this will help build your fitness and give you the opportunity to meet many other runners from the community and around the world. Sign up for a term or a year and build your fitness and enjoy a healthy lifestyle. There is also the opportunity to join a local race or two and help out at races by being a marshal! Set some new fitness goals for the new year. This is a minimum **one term commitment**.

Tues evening 6:30-8:30pm Sai Kung Track

Staff Supervisor: Hayley Goldberg

Artmaking (Creativity)

Artmaking is a creativity expressly designed to cater to those students *not* taking the Visual Arts as an IB subject. Members will be supported by an experienced Art student leader. Participants will experience a range of media and methods of working, including investigating their own motivations for being visually creative. Expect to participate in group activities that contribute to the aesthetic of LPC campus. Trips to exhibitions, art galleries and museums will also be offered as additional opportunities to learn, appreciate and create various art forms. **Minimum 1 term commitment**.

Staff Supervisor: Wendy Tai

AV Team (Campus Service)

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. **AV Team is a 1 year commitment**.

Staff Liaison: Steve Reynolds/Jes (AV Technician)

Badminton (Activity)

Badminton QC welcomes both new and experienced badminton players. Trainings are conducted once a week, incorporating warm-ups and fitness, drills, and matches. We will work on agility, endurance, and a variety of shots. More importantly, we aim to develop a close bond between the players and enjoy the sport. Talented players are selected to represent the school and enter inter-school competitions. **Minimum 1 term commitment!**

Supervisor: Beta Chau

Bou Zi - School Newspaper (Campus Service OR Creativity)

Bou Zi 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 Bou Zi team. Needed- Regular Writers, Marketing people, Layout designers.

Minimum 1 term commitment.

Staff Liaison: Wendy Tai

Basketball Boys (Activity)

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). **Minimum 1 term commitment.**

Staff Liaison: Paul Hart

Basketball Girls - (Activity) *new experience!*

Girls Basketball welcomes students of all abilities to training sessions, where you will develop basketball skills and team building as well as enjoy the sport. There may be an opportunity for competitive matches! **Minimum 1 term commitment.**

Staff Liaison: Trevor Marriott.

Boys Football (Activity)

Boys Football 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.

The LPC Boys Football team is the current New Territories Champion in its age category (2016-17).

Footballers will make a one year commitment.

Staff Supervisor: Ronny Mintjens

Café (Campus Service OR Creativity)

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. **Cafe is a full one year commitment!**

Staff Liaison: Steve Reynolds

Campus Ecologists (Campus Service)

This campus service aims to actively engage with our peers to be a catalyst for change and learning within the LPC community and initiate sustainable measures on campus. We will learn about environmentalism within ourselves to be able to educate others on environmental issues with the goal of exciting others about solutions to these problems. Our ultimate goal is to help people *want* to change their own habits and thereby create a generation of LPC students who will carry on sustainable habits into our futures. We plan on doing this by maintaining past projects such as compost, the green corner and Dragonfly Cafe; as well as hosting events such as Days of Celebration in which we reverse the negative stigma around environmentalism and work on positive and proactive solutions. If you are interested in learning more about environmental issues and/or enjoy outreach in the LPC community and organizing campus events then this QC is for you!

Minimum 1 term commitment.

Staff Supervisor: Janice Chin

Chinese Dance (Activity OR Creativity)

The Chinese Dance 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. **Participation is a full one year commitment.**

Staff Liaison: Elaine Chan

Choir (Creativity)

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...*

LPC A Capella - Singing For A Cause: An LPC acapella group will be chosen within the choir for those who are interested (and able) to sing acapella. Performances will be arranged with non-profit organizations, and the group will sing in public to raise funds. The tentative idea is that the group will tour and perform, and the money collected will be donated to the organization. Acapella arrangements will be made together among the group. Creativity, a good ear for music, love for singing and an upbeat spirit are most definitely welcomed! Join us if you think there should be more to just singing and performing. Together, let us sing for a cause. This is a **minimum one term commitment**.

Staff Liaison: Janice Chin

Cooking FAHL (Campus Service)

Cooking For a Healthy Lifestyle is an activity aiming to expose students to a holistic approach to life and practical ways to build a healthy lifestyle while keeping in line with the aims of sustainability and living in symbiosis with our environment. We will be looking at simple recipes that help in creating a balanced menu with fresh ingredients. The activity also aims at teaching students to learn to cook vegetarian and vegan recipes and learning to be mindful of all living creatures around us. The principles of this activity's cooking sessions are based on the "Mindfulness" practice and techniques such as "mindful eating" which focuses on appreciating the nature and origin of the food elements.

The learnings from this weekly QC session will then be put into practice during the project week trip to the "Mindful Farms" in Thailand. This activity is limited to ten participants and it is a **one term commitment**. Members of this activity are strongly encouraged to continue their learning and practice by joining the project week trip.

Staff Supervisor: Kalpana Balan-Seitz

Climbing (Activity)

Are you afraid of heights? Or always reaching for the stars? Are you a monkey? If yes, then Climbing is for you! This QC is an introductory course for those who are interested in setting themselves personal (physical and mental) challenges. You will be trained to safely use the LPC climbing wall, belaying techniques, and basic climbing strategies. You will also learn to build trust with your climbing partner and discover the muscles you never thought you had! Depending on the progress of the QC, there is the possibility of climbing field trips outside of LPC campus.

Climbing is 1 year commitment.

Staff Supervisor: Wendy Tai

Dance (Activity OR Creativity)

Dance is a creativity that catches people's attention and attracts many participants. Students join 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. Also a perfect opportunity to learn how NOT to be awkward at Canteen parties!

Dance is a minimum 1 term commitment.

Staff Liaison: Jesus Sanchez Rodriguez

Dragon Dance (Activity OR Creativity)

Dragon Dance is a creativity 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 Fundraising show. **NOTE: Dragon Dance is a TWO YEAR commitment!**

Staff Supervisor: Elaine Chan

English Debate (Creativity)

The primary aim of this creativity is to help develop the individual analytical and communication skills that are necessary to formulate convincing arguments. **Debate requires a full-year commitment.** Students have the opportunity to participate in several inter-school debating competitions such as the HKSDC, the Bar Debating competition, and 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 (Creativity)

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! This is a **minimum one term commitment.**

Staff Liaison: Janice Chin

First Aid - (Campus Service)

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. Students will choose this experience in Term Two of Year 1 for training (so do a different Campus Service in year 1, Term 1). Continuing First Aid in Year Two is **DEPENDENT** on **PASSING** the exams at the end of Year One. Students certified in Year 1 are **required** to select First Aid in Year 2 (training on Saturdays)!

Staff Supervisor: Michele Morvan

Girls Football (Activity)

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. This is a **minimum one term commitment!**

Supervisor: Mark Eyeington

Hong Kong 101 (Campus Service OR Creativity)

This QC explores life in Hong Kong and what it truly means to be a "Hongkonger" in three ways. A primary component of this activity is a Cantonese introduction course that takes place within the activity time and using an online platform (participants are expected to study!)

A second component is learning about the local culture experientially. We will learn about Hong Kong through off-campus excursions (museum, "old" districts, outdoors) and also a cooking session on-campus. Some of these off-campus excursions take place irregularly on the weekend.

Lastly, in some of the weekly sessions we will be watching some movies from Hong Kong. The films, of various genre (drama, thriller, comedy, action), are chosen to represent Hong Kong across historical eras (20s, 60s, 80s, 90s, 2000s) and showcases how the Cantonese-speaking "Hong Kong" thinks.

*Participants can join this activity in two different roles. “Hosts” would be Cantonese-speaking local students, and “guests” everyone else. We aim to maintain a 1:2 ratio to help the language learning. Students signing up as “hosts” can take this as a Campus Service or Creativity, whereas “guests” can only take this as a Creativity. Some of the experiential opportunities will be open to the College community; because of the progressive language learning **this is a full-year commitment.***

Staff Liaison: Jon Chui

Kayak Polo/Sea Kayaking (Activity)

In Term 1 students will play Kayak Polo and learn kayaking skills in the swimming pool. No experience is required to take part, In Term 2 (when the pool closes) you will have the option to switch to Sea Kayaking (for which you need to have passed the College swim test). Sea Kayaking offers great health and sporting benefits as you kayak in the sea near the College. You will work in a small group accompanied by a highly experienced kayak trainer. **Kayak Polo is a Term 1 commitment. Sea Kayaking is a Term 2 commitment.**

Staff Supervisor (Sea Kayak): Naomi Kerr-Shaw. Staff Supervisor (Kayak Polo): Alfred Otula

Lighting Crew (Campus Service)

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

Staff Liaison: Steve Reynolds

Lion Dance (Activity OR Creativity)

Lion Dance aims to share Chinese culture with the LPC 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 the Welcoming Show, Chinese Cultural Evening, and Graduation ceremony. Especially during the Chinese New Year, we perform at elderly homes and other schools to celebrate the occasion together. **Note that Lion Dance is a two year commitment!**

Staff Supervisor: Cherrie Cheung

LPC Souvenir (Campus Service)

LPC souvenir is a Campus Service that requires creativity, motivation and hard work. The aim of our group is to design, produce and sell school souvenirs. LPC Souvenir ideally requires a **full year commitment.** In the past, LPC Souvenir has sold products

weekly and on special school occasions such as Open Days. It 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/experiences in this school in which students can be involved in fundraising. Profits generated from these sales are dedicated to support overseas scholarship programme of Li Po Chun United World College of Hong Kong.

Staff Supervisor: Wendy Liu-Hayes

Martial Arts (Activity) - Kung Fu

Wing Chun 詠春 is a form of Chinese martial arts (wushu). It has been practised by many, most famously by Yip Man 葉問 and Bruce Lee 李小龍 from Hong Kong, and Robert Downey Jr. This form of martial arts is an excellent means of exercising, and is also a great way to learn self-defense, develop fast responses and learn about Chinese culture. Mastering Wing Chun takes a lot of discipline and practice, similar to many other forms of martial arts.

This QC will be conducted by a Wing Chun master, who has taught for over 40 years. Interested parties of any level are welcomed!

One term commitment

Staff Liaison: Trevor Marriott

Model United Nations (MUN) (Campus Service OR Creativity)

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). Members of the MUN QC can also join the Mock Trial branch, on a selective basis. Mock Trial is an activity that challenges the argumentative and reasoning abilities of participants as well as specific knowledge of case-law. Selected members will go through challenging, yet rewarding, training that will prepare them for inter-school competitions.

NOTE: MUN is a full year commitment!

Staff Supervisor: Sandy Carvalho

Outward Bound (Activity)

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 five Sundays/weekends and involves: water activities including sea kayaking and rafting; camping (1 overnight); 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! Participants MUST choose Outward Bound as their Project Week!**

Staff Liaison: Steve Reynolds

Peer Support (Campus Service)

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. Students will choose this experience in Term Two of Year 1 for training (so do a different Campus Service in year 1, Term 1). Continuing Peer Support in Year Two is **DEPENDENT** on satisfactory completion at the end of Year One. Students certified in Year 1 are **required** to select this activity in Year 2!

Staff Supervisor: Michele Morvan

Programming (Creativity)

Programming focuses on learning *Javascript*, designed to allow new programmers (or **non-programmers**) to start out with game design. Game design can also bridge the gap between software developers, artists, and data visualizers. You can check out some of the awesome things possible [here](#).

Once we are familiar with thinking in code, we will use our knowledge to start game design projects incorporating other skills in graphic and sound design.

At the end of the second term, to demonstrate what you have learnt through the year, we aim to come out with a finished product and new skills. **This is a one year commitment.**

Staff Liaison: Jon Chui

Rowing (Activity)

Affiliated to Royal HK Yacht Club, this activity will take place at Shek Mun HKCRA boat house (in Shatin). 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 as well as great health benefits. This activity is a **full one year commitment - you cannot join in Term 2!**

Staff Liaison: Marit Zahkna

Rugby (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 [USRC Tigers Club](#) and/or the [Sai Kung Stingrays](#) of the [Hong Kong Rugby Union \(HKRU\)](#) on Sundays (with one tournament per annum possibly on a Saturday). There is a further session for boys on Tuesday evenings and for girls (optionally but encouraged as a club activity) on Friday evening. Training is split into males and females. Club fees will be covered by the College.** The HKRU 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 Tiger/Rays 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 HKD500) 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 2018 (i.e. born in, 1999, 2000 or 2001). *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. Participation in this 'Senior' rugby requires the extension permission of the Head of House on Tuesdays.

****Those who commit to the activity and fail to fulfill it may be asked by the College to reimburse the club fees.**

Staff Liaison: Linda Olson

Spanish Buddies/Surviving in Spanish (student tutors) (Campus Service)

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. This is a **minimum one term commitment**

Staff Supervisor: Jesus Sanchez Rodriguez

Speech and Drama (Creativity)

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. **Minimum one term commitment.**

Staff Liaison: Helen Hei

Squash (Activity)

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. **Minimum 1 term commitment.**

Staff Liaison: Kalpana Balan-Seitz

South Asian Dance (Activity OR Creativity)

South Asian Dance gives you the opportunity to explore South Asian culture from one of its famous aspects: Dancing! Besides learning to dance/choreograph to trendy Bollywood tunes, you will also be learning about cultural dances from contributions made by other members of the group coming from different south eastern countries. You will get an opportunity to learn about South east Asian cultures, some notion of the languages spoken. Your practice and new dance movements learnt during the sessions will enable the group to perform at Fundraising events, Cafes and other such events.

This is a minimum one term commitment.

Staff Liaison: Radha Panthi

Swimming (Beginners/Developing Confidence Group's) (Activity)

Swimming is a life/survival skill as well as providing enjoyment and access to other water activities (a strong emphasis at LPCUWC HK).

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 15 hours. In order to harness warmer weather, you will have 10 lessons of 1 ½ hours each (on Friday and Sunday, from 14:30-16:00). This year these will go from 23 September - 28 October and *will include some holiday weekend days*.

You will need swimsuit (or burkini if relevant) and goggles, but if you do not have them, there is some funding to help you obtain these *if you cannot afford* them. **This is a Term 1 experience ONLY.**

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

Synergy (Campus Service)

Synergy is a College newsletter to publicise what's going on inside LPCUWC to potential supporters outside the College as well as to update alumni and parents on current developments of our movement. Students will be involved in interviewing our staff, students, 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 Campus Support is a **full one year commitment!** Writers, photographers and graphic designers needed. Staff Supervisor: Willie Heung

Tennis (Activity)

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

Ultimate Frisbee (Activity)

Ultimate frisbee is a dynamic disc based sport in which two teams aim to get a frisbee past their opponent's endzone line. It is a sport that heavily relies on what is called the 'spirit of the game' which aims to emphasize sportsmanship. Containing the best aspects of other sports like basketball, rugby, and football, it is a fast-paced and highly entertaining game. ALL skill levels are welcome! We will start by learning the basic skills of playing Ultimate Frisbee and quickly develop to learn game strategy which we will be using in our scrimmages and (irregular) matches with the local Ultimate Frisbee club off campus! **This is a minimum one term long commitment**, which you can join again in the second term if you wish.

Staff Liaison: Sandy Carvalho

Volleyball (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. **This experience is one year commitment!**

Supervisor: Marit Zakhna

Yearbook (Campus Service OR Creativity)

The Yearbook is a **yearlong** commitment, 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

Work Out! (incorporating Youth Endurance Network) (Activity)

You may choose one or more of **THREE** foci:

a) Youth Endurance Network. This umbrella activity includes a series of extremely physically challenging charity raising events including the 24 Hour Race, the Vertical Race, the Heifer Race and the Terry Fox Run. **This is a TERM ONE commitment**

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 - note that this option requires independent self-motivated participation. You will also be invited to participate in the Ultimate Circuit Training class!! **This is a minimum one term commitment.**

c) Fitness Room Trainers You will be trained to supervise the Fitness Room (including safe use of equipment, creating work out routines & supervising users). **This is a one year commitment** AND you must be willing to supervise the Fitness Room at agreed times every week.

Staff Liaison: Steve Reynolds

Community Service

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

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 Service suits anyone who has an interest in the environment and wants to actively make a difference. **This is a one year commitment.**

Staff Supervisor: Angela Otula

Best Buddies/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, we offer people with intellectual disabilities the chance to explore life in a new way. Twice in a month, we will go to the Centre in Shatin to accompany people with intellectual disabilities. Student can also consider to join a world-wide leadership conference (The Best Buddies Leadership Conference (BBLC)) held by Best Buddies in the United States in July. Besides visiting people with intellectual disabilities, on alternate weeks, we will also pay visits to the elderly in Tai Po area.

We will take them out for a walk as most of those on wheelchairs do not have the opportunity to leave their elderly home. This community service provides you a lot of opportunity to get to know our community. It is not demanding but beneficial as it enables students to serve a wide variety of people in the community which is a very rare opportunity for you to enrich your service experience.

Staff 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.

Staff 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), Activity (diving) and Service (data collection & report). Whether you can use Coral

Monitoring simultaneously for two or more of the CAS strands depends upon supervisor *recommendation* and the decision of the EOTC committee.

Coral Monitoring is a **two-year service**, with planning sessions on Tuesday afternoons (16.00-18.00) and approximately 12 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.

Supervisors: Jon Chui, Linda Olson, Michele Morvan

Crossroads

The Crossroads foundation is a Non-Governmental Organization based in the Gold Coast that aims to connect those in need with those who are willing to help. One aspect of their work is Global distribution in which quality goods donated by business and private donors are redistributed to people in need, 60% of whom are in Hong Kong and the other 40% overseas. Many of these donated items need to be cleaned, renovated, stored and packaged for distribution to those in need. The Crossroads service provided by students of LPC will be to assist in a variety of ways to support this processing of donated goods. Students will visit the Crossroads centre once a week and undertake work under the supervision of the staff at the centre.

Another aspect of the organization is to organize simulations for students to participate in. These simulations called 'Global X-perience' programmes are simulations of issues like poverty, war, HIV/AIDS vulnerability, blindness in poor countries, etc. For HIV/AIDS, participants are able to walk through the life of individuals who have come into contact with HIV/AIDS and at the end, are 'tested' to see if they are positive. Another example includes a simulation of poverty where students live the life of poor and to truly understand how it feels to live in a less developed country. **This is a 1 year commitment.**

Staff Supervisor: Trevor Marriott

FOOD4LIFE

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, Foodlink, Impact HK and Food Angel** this activity supports their work in their

warehouse, helping with food collection (bread runs), food deliveries, rice packing for the elderly, assisting with food distribution in a old people's home and the homeless and spreading awareness about this 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 through redistribution of food waste. Whether it is helping these organisations at charity and fundraising events, participating in *bread runs*, working at the warehouse or imparting knowledge to schools around HK about food waste, each week is packed with exciting, different activities involving the local HK community. **FOOD4LIFE is a one year commitment.**

Staff Supervisor: Hayley Goldberg

ICYCLE (Thursday & Tuesday or Thursday for Remote Education)

ICYCLE stands for International Community of Youth Committed to Local Education. ICYCLE will be working with local schools (primary and secondary schools) to focus on giving exposure of different activities to local students. The activities may include media, character development, singing, dancing, debating, skit performing and other creative activities. Through these activities, our community of international youth would be able to share the UWC values and bring the diversity of our College to the local community. Local students in both primary and secondary schools would be able to acquire a taste of various activities that our students can offer and they can also take this opportunity to enrich their oral English skills. Besides interacting with local students in Hong Kong, some of our students will be able to use their presentation and IT skills to conduct remote lessons with students in rural China.

At present there are two primary schools, one community center and two secondary schools that ICYCLE works with. Students taking this activity will be able to focus on developing activity plans and run them at different schools. Overseas students taking this activity will have an opportunity to share their culture with local students.

The activity will take place on Thursdays between 2:30-6:00pm for most schools. For those who choose remote education, you will be paired up with a Mandarin speaker to conduct the lesson to a class of 15-20 students. Each class is about an hour and you are expected to choose two sessions (Tuesday or Thursday) and conduct lessons between 4:30-5:30pm on campus.

Staff supervisor: Esther Chau, Cherrie Cheung, Elaine Chan

Initiative for Peace (IFP)

IFP is a community service with a focus on conflict management and resolution, within the context of the lives of ethnic minorities here in Hong Kong. Due to the discrimination and prejudice that many ethnic minorities face, we strive to bring together local students that are both ethnically Chinese and from ethnic minority groups. This occurs during the

day-camps organised for participating schools on the LPC campus and during the Hong Kong Diversity Youth Summit (HKDYS), where we facilitate workshops exploring issues such as privilege, injustice and human rights. HKDYS is the culmination of the year's work and is a week-long conference held at the end of the school year. HKDYS, as with the day-camps throughout the year, is facilitated by QC members. There's a strong emphasis on student leadership in IFP as all new members will be trained to facilitate the activities. We hope to welcome a small group of committed first-years who are enthusiastic to engage with the issue of ethnic minorities in our city, and want to join a QC with a close-knit community spirit. Those with communication and design skills will be particularly welcome as these are invaluable when organising the conference.

Staff 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!

Staff Supervisor: Radha Panthi

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. In general, we conducted weekly visits combined with special outings once our students had received proper training in taking care of these children (aged from 3 to 6 with special educational needs) and formed individual pairs. Our visits were 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 must provide their designated child with maximum care and exposure to the local communities through walk-and-talk sessions.

Staff Supervisor: Beta Chau & Fiona Ng

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. **Year 1 may only join Playback in Term 2 as a Creativity. They then MUST continue in Year 2 as a Community Service.**

Staff Supervisor: Steve Reynolds

Signs - (Community Service OR Creativity)

SIGNS QC is the perfect opportunity to learn both Hong Kong Sign Language (HKSL) and to give you insight into local culture. As a visual language, HKSL can act as a bridge to understanding the complexity of Cantonese. International students who are non-cantonese speakers and HK locals are all welcome. Through the sessions, with an experienced teacher and hard-of-hearing secondary students from a local school, we will learn HKSL with the goal of reaching out to the Deaf community in HK. Interaction between the communities will be ONCE A WEEK and occur on Thursday afternoon or occasional Saturdays. Through friendships, we aim to abolish stigmas and give an eye-opening experience for all.

New initiatives are welcomed in this QC as sessions will be shaped by the group's interest. For instance, we are organising rugby sessions with the Rugby Union in HK to allow us to train alongside hard-of-hearing students, with the aim of practising our HKSL and developing new rugby HKSL. We will also be giving back to the community by sharing our diverse culture, tutoring, and raising awareness.

Staff Liaison: Sandy Carvalho

Sino-Japan Youth Conference

The aim of the Sino-Japan Youth Conference (SJYC) is to promote dialogue, mutual understanding and celebration of differences between the Japanese and Chinese. During official Quan Cai sessions throughout the year, students will be able to gain a better understanding of the Sino-Japanese relations, through which they will sharpen their critical thinking skills. They will also be well prepared to become future organizers of the conference through facilitation trainings, session simulation and session planning. At the same time, students are also expected to participate in Open Day promotion and other public promotions, as well as Day Camps that will be held at the school during the school year, which are for students from HK. The SJYC Organizing Committee which consists of LPC's SJYC QC members as well as around 20 other UWC students, is a group that undertakes the ambitious task of holding a one-week long conference for Mainland Chinese, Japanese and Hong Kong students during summer. Regular QC sessions take place on Tuesday afternoons.

Staff Supervisor: Arnett Edwards

Social Innovation Network Group (SING) (Community Service OR Creativity)

If you are someone with big dreams of changing the world but don't quite have ideas yet (or do), then Social Innovation Network is the perfect QC for you! SING fosters the perfect hub where great minds gather together to learn about social entrepreneurship and come up with innovative ideas to tackle social issues by means of business solutions. Social enterprises are not just other businesses or profit organizations; they are institutions that apply commercial strategies to maximize improvements in human and environmental well-being, maximizing social impact while sustaining profits for operations.

During our regular sessions on Thursday afternoons, we will explore the basics of social enterprises and their role in promoting social causes and achieving specific social objectives through engaging in a diverse range of interactive activities, talks and workshops. You will also be given the opportunity and guidance to submit proposals and set up your own social enterprises by applying to GoMAD, a grant program founded by the Vice President of UWC International (Jill Longson), that funds student projects. LPC Social Entrepreneurs don't need to wait to make a change. Now Go Make a Difference!

Note: Social Innovation Network Group (SING) requires a two-year commitment.

Anyone who has a compassion for the world is welcome to join. No prior knowledge is required.

Staff Liaison: 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 (**Project week attendance is not required to join this experience**). Regular sessions take place on Thursday afternoons with irregular workshops.

Staff Supervisor: Alfred Otula

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.**

Staff Supervisor: Wendy Liu - Hayes

Working with Domestic Workers

WDW works with Enrich HK, an organization that promotes economic empowerment of migrant domestic workers. This year, the QC will be going on outreach events in New Territories on every other Sundays to interview domestic workers, raise awareness and conduct data collection for Enrich. The QC will also be organizing cook outs, movie screenings, talks etc. to raise awareness about the migrant domestic workers and to promote interaction between LPC students and the migrant domestic workers in Hong Kong.

In addition to the outreach events that take place on every other Sundays, we will also be having a 1h QC session every week for planning of future events for our QC and compiling data from the outreach events.

Staff Liaison: Naomi Kerr-White

- **71 experiences offered in total!**
- **18 sports experiences with 6 teams representing the College in Hong Kong events and 4 'outdoor pursuits'**
- **6 environmentally focused experiences**
- **18 experiences offer outreach/community support**
- **19 experiences take place predominantly in the community (off campus)**
- **39 experiences are affiliated or connected to groups, organizations or experts/instructors in the wider community**

Steve Reynolds, Director of Education Outside the Classroom September 2017