

**Li Po Chun United World College EOTC**



**Quan Cai/CAS program**

# **Experience Groups 2020-21**

## Introduction

This document outlines the experiences offered by the Quan Cai programme at Li Po Chun United World College of Hong Kong Term 1 2020 Term 1 2020. Please view them alongside the videos in the ['Quan Cai Video Information' folder](#). (Please note that some experiences have not produced videos.)

This year we face challenges that require a new, reduced and mainly virtual QC programme:

- The uncertainties of the Covid19 virus and its impact on social distancing in the community and at the College
- The resulting extended teaching timetable

Therefore, this year you will choose:

Year 1: Two experiences, One MUST be a Community Service if possible.

Year 2: Two experiences. One MUST be a Community Service if possible.

Over the *two years* you MUST participate in at least one Creativity, Activity and Community Service (this is an IB CAS requirement)! In Year 2 there is more focus on leadership positions.

This year, as well as choosing organised (group) College experiences, you *may* choose one individual (NOT a College group), online experience as one of your choices! (Face to face you work in groups, online you organise and participate individually.) This gives you more flexibility with the longer teaching day and effective utilisation of online/blended learning. Choosing an online individual experience is not compulsory.

Please note: Experiences are very much subject to change depending on whether the College is open or not. You may need to choose a third experience if your chosen experience ceases/changes or if you need to complete a component (Activity, Creativity, Community Service) in Year 2 that you did not do in Year 1. Also, if not enough students select a QC...it may not run (and you will choose again)!

If you are uncertain or need support, please talk to your tutor or the Director EOTC. Now, enjoy reading the experiences!

# Creativity, Activity & Campus Service

## **African Drumming - (Creativity)**

Learn African drumming (and some song and dance) in this communal and cultural experience. Classes taught on campus by a professional Ghanaian drummer, but will start being taught online. 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**. If you are on campus, you can use a school drum, if you are off campus and you have a drum or even the back of a bin, you can learn the beats and rhythms of African drum beats while getting a workout and feeling the spirit of Africa in your own home.

Staff Liaison: Hayley Goldberg

## **Alumni Connect (Campus Service)**

Alumni Connect QC provides students a glimpse into how the College engages alumni and reinforces its connection to them. Students will assist in finding out where our alumni are at present, what they are busy with, and how the College can get them involved in its activities. Students also conceptualise and help manage alumni activities with the Development Office, including the LPCUWC Professional Talks and the alumni impact videos and events, such as reunions, that bring alumni back to the campus. This QC will also sharpen students' skills in social media marketing as you will be helping explore ways of effectively reaching out to alumni on various social media platforms and the UWC Hub. Alumni Connect is a **full one year commitment**.

Staff Supervisor: Willie Heung (Development Office)

## **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 two experienced Art student leaders. Participants will experience a range of media and methods of working, including investigating their own motivations for being visually creative virtually on zoom. Expect to participate in group activities that contribute to the aesthetic of LPC campus.

**Minimum 1 term commitment.**

Staff Liaison: Wendy Tai

### **Backstage Crew (Campus Service and Creativity)**

The Backstage Crew provides stage lighting/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 and stage lighting at social events like Cafe. The activity is a highly important and responsible one and demands a level of technical expertise (or a willingness to learn) and hours of irregular work from A/V team participants. This year Backstage Crew will take on the challenge of providing technical support for online/virtual/Zoom presentations and performances! **AV Team is a 1 year commitment.**

Staff Liaison: Steve Reynolds/Jes (AV Technician)

### **Bou Zi - School Newspaper (Campus Service and Creativity)**

Bou Zi is LPC's regular 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, Artists, Layout designers. Whatever your time zone you can help us to put together this great way of keeping our community in touch whilst we are still apart.

**Minimum 1 term commitment.**

Staff Liaison: Naomi White

### **Café (Campus Service and Creativity)**

The Café team organises performance evenings to enable the College community to share dances, songs and poems with each other. It is an event that works to boost morale and brings together the College for one night, usually a Saturday night. This term we will host **Café** via zoom. This will require students to thoroughly plan and organise the evenings (usually 3 events per term) and also includes learning the technical aspects related to hosting a college wide Zoom. It will involve promoting the event, compiling the schedule of performances, which may be pre-recorded or live and hosting the event.

In the second term hopefully we may be able to host Café as usual, in the school courtyard. The Café team normally cook a wide variety of baked goods that are sold throughout the show with the proceeds going to a different charity each Café. **Cafe is a full one year commitment!**

Staff Supervisor: Angela Otula and Helen Hei

### **Chinese Dance (Activity and Creativity)**

The Chinese Dance team aims at promoting Chinese culture to the LPC community. By participating in in-school events including the Welcoming Show and Chinese Cultural Evening and the Fund Raising Show, as well as the annual Hong Kong Schools' Dance and Music Festival (to be confirmed). We provide opportunities for dance-lovers to share the passion, regardless of nationality or gender. For the beginner, it is a good opportunity for you to learn how to dance, as well as the Chinese culture. Through dancing, you will experience and appreciate the beauty of Chinese culture. This term we will learn the dance step via Zoom. In the second term we will prepare for the in-school performance. **Participation is a full one year commitment.**

Staff Liaison: Elaine Chan

### **Chinese Debate (Creativity)**

Chinese Debate is not only to encourage the development of language skills in Chinese, but to also develop critical thinking and public speaking skills, as well as the skill to analyze, come up with arguments, find evidence and substantives and thinking on the spot. Throughout the year we will be covering a great array of philosophical and innovational debating topics as well as global and local issues. This activity also demonstrates the benefits and the needs for a collaborative working as a team to overcome certain difficulties. The activity also requires full commitment during QC sessions and additional practice and planning outside QC sessions when preparing for a competition. It is a hard yet extremely fulfilling process.

**Chinese Debate is a full one year commitment.**

Staff Liaison: Joyce Ngai / Cherrie Cheung

### **Chinese Painting (Creativity)**

Join Chinese Painting and you will gain experience in using Chinese brush, ink, Xuan paper and learn a wide range of drawing techniques with Chinese brushes. Through balancing the use of water and ink, we cultivate mindfulness. We will explore the background stories and ideal personality in Chinese culture through Chinese painting and calligraphy. For instance, The Four Gentlemen, Plum Blossom, Orchid, Bamboo and Chrysanthemums, which are often seen in Chinese painting depicting resilience, elegance, righteousness and purity based on the nature of the plants. Themes of our drawings change according to the season and festivals around the year. Nonetheless, it is a great way to explore and interact with the Chinese culture. There will also be outing opportunities such as visiting the Chao Shao-an Gallery at the Hong Kong Heritage Museum. Due to the current situation, Chinese Painting will run in the form of a guided

online course where students can get feedback from the tutor through submitting work online. Painting will be sent by post if they cannot be sourced locally. **This is a minimum one term commitment.**

Staff Supervisor: Fiona Ng

### **Cooking FAHL (Campus Service and Creativity)**

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. This activity is limited to four to eight 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 (to be confirmed).

Staff Supervisor: Kalpana Balan-Seitz

### **Dance (Activity and 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 and 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. In the first term we will learn the basic tricks and build up physical fitness via Zoom. In the second term we will prepare for the in-school performance.

**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.** In the past students have had 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. However, with Covid-19 many debaters and schools have moved towards online debating and this is something we will look at this year to accommodate those students who have a keen interest in competing against others. Competition is not everything though and if you want to simply learn more about public speaking and engage in some friendly debates then this QC experience will help you develop the oracy skills to ensure that your voice is heard.

Supervisor: Carl Fowler

### **Ensemble (Creativity)**

If you play any instrument, love to perform, or are interested in learning and discussing music (even if you have no experience), join Ensemble QC! We'll be rehearsing songs from all genres, discussing songwriting and music theory, and hopefully bringing together a diversity of musical ideas from around the world. If you're interested in performing and are an experienced musician, there's definitely a place for you in Ensemble, where we will select, rehearse and perform pieces at on-campus events like Cafe and Music Night, and off-campus events like community centers, elderly homes and more. Even if you don't play an instrument that is traditionally part of a band/orchestra, we'll still be able to fit you in, and give you interesting parts to play. If you're not as into performing, but love to discuss and experiment with musical ideas, there's a place for you as well! We're going to hold jam sessions, songwriting modules and opportunities to learn about how we build and create music in addition to how it should be played. You don't even need to have an instrument, just bring your body and your brain and you'll find that music can come from all sorts of places (like pen drumming!). Finally, we may have the opportunity to work with musicians and music clubs from other UWCs as well, so get excited! We're going to have a lot of fun this year – so come and join us! **This is a minimum one term commitment.**

Staff Liaison: Janice Chin

### **Nurse assistant - aka 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 coordinate 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)!

NOTE: Training did not happen in term two of 2019-2020 academic year. In term one 2020-2021, students who signed up for First Aid training may choose to become **Nurse assistants**. They will receive First aid training subject to availability.

Staff Supervisor: Michele Morvan

### **Flexi-Cycle (Activity)**

This term FlexiFit and Cycle Up will combine and start with a personal challenge of accumulating your miles on a bike on the road or indoors on a trainer. As you log your distance and time, we will attempt to virtually travel around the world, while learning more about the culture, language and cuisine when you virtually pass by. Distance can be accumulated on your bike, your indoor trainer or even on foot! Post Covid days, we will begin group rides with a professional trainer, exploring the New Territories and beyond. Longer excursions will be planned for the weekend on an irregular basis.

Staff Supervisor: Hayley Goldberg

### **Hong Kong 101 (Campus Service and 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. Off campus to be confirmed!

Lastly, in some of the weekly sessions we will be watching some movies from Hong Kong. The films of various genres (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

### **Lion Dance (Activity and 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 and Creativity)**

LPC Souvenir provides an opportunity for students to learn about the process of souvenir production and marketing. They are involved in creating designs that evoke campus memories and best represent the LPCUWC brand and experience. Together with the Development Office, students also identify channels through which LPCUWC and the larger UWC community can obtain a piece of LPCUWC in their souvenir items of choice.

Supervisor: Willie Heung (Development Office)

### **Mindfulness (Creativity, Activity)**

Mindfulness is a whole body meditative practice which contributes to all round mental fitness. Participants will learn how to be present in the moment, while calmly noting and accepting feelings, thoughts, and bodily sensations. The Coach is a community member who knows about the rhythms, challenges, and opportunities of LPC life - thus she is able to tailor the sessions to the relevant demands of the calendar. It is hoped that this introduction will make students aware of and enjoy using this powerful tool. This activity can be done for one term or one year.

**Coach: Nitu Nahar**

Staff Supervisor: Linda Olson/Michele Morvan

### **Model United Nations (MUN) (Campus Service and Creativity)**

*Are you interested in politics, diplomacy and public speaking?*

*Did you always want to know how the United Nations actually work?*

Model United Nations allows you to explore the many burning international issues of the past and present, from different perspectives. You will learn the structured framework and familiarize yourself with how to use the basic rules of the UN assembly. Be prepared to gain insight and first-hand experience in the art of diplomacy, speech and resolution writing, and the challenges of building consensus within the UN.

This year, there are new virtual MUN opportunities. We run practice simulations within the QC group. We also organize activities within the College (In-house Mini-Conferences, LPCMUN/VMUN) as well as, participate in MUN conferences outside of LPC (to be confirmed). Our QC members can apply to enter **LPC's Mock Trial Team** - an activity that challenges the argumentative reasoning abilities of participants and specific knowledge of Hong Kong case-law. Those selected will have the chance to go through challenging, yet rewarding training to prepare for the Arch Inter-School Mock Trial Competition (dependent on it running). **NOTE: MUN is a full year commitment!**  
Staff Supervisor: Sandy Carvalho

### **Peer Support (Campus Service)**

The Peer Support Service is aimed at offering emotional support to students in crisis on campus. The peer supporters provide 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!

Training for Y2 students will resume in early September 2020.

Staff Supervisor: Michele Morvan

### **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 developing a range of physical skills and techniques of movement, i.e. body language, expression of mood, eye contact, interaction with other performers and so on to organizing different drama/improvisational events at school, and participating in drama and speech competitions across Hong Kong. But due to the COVID pandemic and social distancing policy in place currently, there will be NO competitions or activities out of campus for this year. QC sessions will be filled with theater games and improvisational activities both physically in the drama room and virtually on Zoom, allowing for the development of dramatic skills and the creation of a good group dynamic in a blended learning environment. **Minimum one term commitment.**  
Staff Liaison: Helen Hei

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

**NB: Swimming will occur *if* the Hong Kong government allows pools to reopen and it is still warm enough. Sign up if you would like to do it, but keep in mind you may need another activity instead.**

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, twice a week, *usually* over ~5 weeks.

You will need a 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.** The hope is it will open up opportunities to improve swimming further and to take part in other water sports.

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

### **Yearbook (Campus Service and 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: Mark Raygan Garcia (Development Office)

### **Work Out! (Activity)**

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

a) *Work Out!* Crediting your individual workouts to IB CAS (Quan Cai)! Do you participate in regular exercise for a healthy lifestyle, for instance working out with weights, doing exercise classes or playing for sports 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** (to be confirmed)!! **This is a minimum one term commitment.**

b) *Charity Races* You will also be invited to participate in a number of physically challenging races in Term 1 - The Heifer Race, the Terry Fox Run, the 24 Hour Race and the Vertical Race (please note - none of these are currently taking place due to Covid19 restrictions)!

d) *Join the LPC Work Out Challenge...!* This is the plan so far! I will invite you to sign up with 'MapMyRun' fitness app where you will record your workouts (ANY workout, dance, run, gym, walk, hike etc) on the LPC challenge! If you do not have or want the app, I will record your workouts manually for you on my app. Each month, the person with the most workouts (minimum 15 minutes) will go forward to be considered for a small fitness prize! We will also record our workouts on, 'Charity Miles' app so that for every workout you complete, Charity Miles will donate money to a charity (from your choice of, Charity:Water, Malala Fund, Save the Children or WWF). (This is still in negotiation with Charity Miles who usually work with companies, not schools). Workout will also invite other LPC students and staff to join the challenge! In this way, we motivate a fitness lifestyle, add the apps for a bit of fun (the apps are free and do some of the work for us) and we raise money for charity!!!

Staff Supervisor: Steve Reynolds

# Community Service

(ALL Services are *normally* a one or two year commitment! See individual descriptions for details)

## Caritas Tai Wai

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

Staff Supervisor: Jesus Sanchez Rodriguez

## Marine Sustainability (aka ‘Coral Monitoring’)

Marine environments around the world are seriously under threat from a variety of sources: climate change, plastic and other pollution, overfishing, oil drilling and pipelines, urban development and coastal reclamation, dumping of sludge, lack of marine protected areas, and unsustainable tourism (amongst others).

The service has for many years focused on monitoring the major coral communities at Hoi Ha Wan Marine Park and sharing our findings with various organizations, including WWF, Reef Check, Coral Watch, and the Hong Kong Agricultural and Fisheries Department (AFCD). This has involved PADI dive and Reefcheck / Coral Watch survey training. However, **Covid-19 means diving is unlikely, so diving should *not* be why you sign up.**

We will try to provide an experiential activity and the focus this year will continue to be on the three areas of *education, awareness raising, and action*, highlighting aspects of marine ecosystem values and threats and what we can do about the latter. Please view this [list](#) of possibilities, and bring your own ideas.

A Hong Kong Coastal / Marine Project Week option will be proposed, with those in the service getting priority for inclusion if approved.

**This is normally a two-year service, however, for 2020-2021, it will be one year.**

Supervisors: Jon Chui, Linda Olson, Michele Morvan

### **Green Pioneers for Sustainability (GPS) - (Community Service and Campus Service)**

Green Pioneers for Sustainability, GPS in shorts, can be interpreted as guiding people to a green way to sustainability. We aim to actively engage with our peers and school community (mainly local high school students) to be a catalyst for change and learning within the LPC community and initiate sustainable measures on the school campus and community. 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. With the collaboration with the NGO, World Green Organisation, and the China Light and Power Limited Company (CLP), we participate/ organise competition, field trips, lead PC school sustainability tours, and are invited to present LPC sustainability practices outside LPC. Most importantly, we engage the local school communities to share their ideas and initiate green activities to promote sustainable usage of Earth's resources and combat climate change. The highlight of GPS is the organisation of a day-camp for local students to join, from which we facilitate and involve more LPC students in spreading the UWC value of sustainability through games, workshops and sharing sessions.

This QC is also a campus service. 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 to organise inter-block energy saving competition this year; encourage LPC students' ideas of new projects for sustainability within out campus; maintain past projects such as compost, hosting flea market for everyday necessities; selling of metal straws; as well as hosting events such as Sustainability COP day. If you are interested in learning more about environmental issues and/or enjoy outreach in the school community and organizing campus events, then this QC is for you! **This is a one year commitment.**

Staff Supervisor: Janice Chin

### **ICYCLE**

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.

Due to the special situation this year, most of the activities will take place online with the local students or students in China. The activity will take place on Wednesdays between 2:30-6:00pm.

For the secondary school session, you will be paired to conduct zoom meetings with a few local students to help them to prepare for DSE oral discussions. Each session will be about 30-40 mins and depending on the no. of students, you may need to conduct two sessions on Wednesday afternoon. If face to face teaching is allowed and depending on the situation, students may have the opportunity to have face to face classes again later in the year.

For those who choose remote education, you will be paired up with a Mandarin speaker to conduct the lesson with students in Mainland China/Thailand.

Staff supervisors:

Esther Chau (Secondary School )

Cherrie Cheung (Primary School)

Elaine Chan (Remote education)

### **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 2 day conference to be held on 3 & 4th April 2021 . 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

### **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. Under the current suspension of face-to-face activities, we will focus on developing online ideas and conduct “virtual” activities to promote human interactions with those children.

Staff Supervisor: Beta Chau

### **Playback Theatre (Community Service and Creativity)**

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 will help you develop your confidence, spontaneity, team work, performance skills and will give you a space to share your feelings with others. 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. Term 1 will begin with six weeks of training (possibly online!) before we perform (Zoom performances are an option)!

Staff Supervisor: Steve Reynolds

### **Refugee Relief (formerly I'm Not a Criminal)**

Refugee Relief aims to improve the current condition of refugees and asylum seekers in Hong Kong. We raise awareness on the refugee situation in HK through social media and on campus, and we work with outside organizations like Refugee Union to engage with asylum seekers on a personal level and volunteer for related causes. Last year we raised HKD 6,000 for refugee-supporting causes in Hong Kong. This year, the face-to-face component of Refugee Relief may be limited due to the pandemic, but we are collaborating with a group of law students from The University of Hong Kong to make multi-lingual Cantonese translation videos for refugees. This will make up a significant portion of the time invested this term. The QC will be conducted online in weekly sessions until further notice. Refugee Relief is a 1 year commitment at minimum.

Staff Liaison: Wendy Tai

## **Signs**

SIGNS QC is the perfect opportunity to learn both Hong Kong Sign Language (HKSL) and to give you an 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 (dependent on the circumstances). We will be spending our first semester learning basic communication in Hong Kong Sign Language, then we hope to be able to interact with the hard-of-hearing communities once a week in the second semester. 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. We will also have performance opportunities in campus events to raise awareness about the hard-of-hearing community. **This QC requires full-year commitment.**

Staff Liaison: Sandy Carvalho

## **Sino-Japan Youth Conference**

In true UWC spirit, Sino-Japan Youth Conference (SJYC) aims to promote peace, intercultural dialogue, mutual understanding and the celebration of difference. Here, you will sharpen your organizational, intercultural, and critical thinking skills and gain a deeper understanding of Sino-Japanese relations.

As one of the most flexible QCs, we continued activities throughout the Covid-19 pandemic and ran our very first Sino-Japan Virtual Youth Conference this summer, thus ensuring the opportunity for all participants to gain hands-on experience in facilitating and leading activities. As a member of SJYC, you learn to lead conferences and workshops such as our main Summer Conference with around 60 participants from the regions of Mainland China, Japan, Hong Kong and Taiwan, and our virtual day camps for local Hong Kong students. For the summer conference, which may be virtual or non-virtual, we team up with around 20 other organisers from various other UWCs to hold a week-long conference that brings together participants from the four regions.

Staff Supervisor: Arnett Edwards

## **Social Innovation Network Group (SING) (Community Service and 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 Wednesday 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 such as talks, workshops, QC Collaborations, participating in various events, and hosting Design Thinking Week on campus. 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!

**Minimum one year commitment.**

Staff Supervisor: Fiona Ng

**Students Against Slavery**

Students Against Slavery (SAS) is a Service QC that aims to raise awareness of modern-day slavery. As a QC, we will learn and share research and contacts with local groups and international organizations that have the same ideals, such as, 'Stop the Traffik' and 'Anti Slavery International'. A responsibility of SAS is to fundraise money and spread awareness amongst both the students and the community they interact with. The money we fundraise as a QC will be used to support local and international organizations. Social media is important to organize campaigns both internationally and within Hong Kong to spread awareness. Throughout the year we hope to be able to arrange to visit other schools in Hong Kong to carry out workshops while raising awareness of the causes and effects of modern-day slavery. 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**).

Staff Supervisor: Alfred Otula

**United World Schools**

United World Schools is an organisation initiated by Chris Howarth (Atlantic UWC) 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 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 LPCUWC team is to raise enough money to sponsor the building and running of a partnership school in Cambodia among other small projects to support supplies and

study materials for the children. Fundraising and spreading the word in support of UWS are key aims and we warmly welcome individuals who passionately believe that each individual child deserves access to free basic education. For 8 consecutive years, in pre-COVID19 days, LPCUWC would visit our partnership village school for Project week and spend a week in the village working within the school and supporting creative learning activities. We strive to fundraise this academic and look forward to visiting Cambodia again in the very near future.

Staff Supervisor: Wendy Liu - Hayes

### **Working with Domestic Workers**

Migrant domestic workers make up around 5 % of Hong Kong's residents. Most domestic workers in Hong Kong are from either the Philippines or Indonesia. Whilst Hong Kong has legislation to protect migrant workers, many of these, mostly women, do not always know their rights. Sadly there have been many instances where domestic workers have suffered from abuse and violations of their rights whilst working in Hong Kong.

WDW aims to support domestic workers to better understand their rights and to support them in getting help if they are in abusive situations. The QC works with HK Mission for Migrant Workers, amongst other charities, to provide basic legal guidance to domestic workers. In term one we shall be working together with outside charities and legal professionals to become fully familiar with Migrant Workers rights in HK. Then in term two we will complete outreach work (hopefully in person with domestic workers on Sunday's) to give advice to domestic workers.

This QC will really help you to understand issues pertinent to Hong Kong, along with the ins and outs of labour laws and gender issues. Staff Supervisor: Naomi White

### **Online (virtual) experiences**

**Students may choose an online experience for their individual participation in consultation with tutors/Director EOTC. Below are possible options, but you may find and choose others. Do your own research - perhaps with a particular focus or theme or in an area where you live (subject to local Covid19 regulations). These experiences do NOT have staff supervisors, though you will still record reflections and share with your tutor:**

#### **Alo Yoga (Activity)**

<https://www.youtube.com/channel/UCJEi1foUiGOBzzQM3QA2H5A>

Yoga, stretching and meditation

### **Amnesty Decoders (Community Service)**

<https://decoders.amnesty.org/>

Digital volunteers researching and exposing human rights violations

### **Blogilates (Activity)**

<https://www.youtube.com/channel/UCIjwWYOfsCfz6PjxbONYXSg>

Exercise classes specialising in workouts in small spaces!

### **Catchafire (Community Service)**

<https://www.catchafire.org/volunteer/>

A range of Service supports here...but they might consider you too inexperienced!

### **Coursera “[The Science of Wellbeing](#)” (Activity)**

This is a medley of several activities that can help you keep happy despite the stress of daily life and create a positive mindset for self as well as people around you. The activities performed by an individual has the capability of changing the outlook of life. They are generally based on the highly subscribed MOOC called ‘The Science of Well-Being’ on Coursera by Yale Professor Dr. Laurie Santos. This will include instructions to be understood and followed about various activities that are scientifically found to be helping a person achieve happiness. The participants will have to keep a personal and private journal for themselves to review their progress.

### **CrossFit HQ (Activity)**

<https://www.youtube.com/channel/UCtcQ6TPwXAYgZ1Mcl3M1vng>

Intense CrossFit classes

### **Do Something (Community Service)**

<https://www.dosomething.org/us>

A youth orientated service organisation supporting a number of causes...

### **Fitness Blender (Activity)**

[https://www.youtube.com/channel/UCiP6wD\\_tYIYLYh3agzbByWQ](https://www.youtube.com/channel/UCiP6wD_tYIYLYh3agzbByWQ)

500 free exercise classes

### **Joanna Soh Official (Activity)**

[https://www.youtube.com/channel/UCnP\\_T4dl2JYG7BnH42PC9qw](https://www.youtube.com/channel/UCnP_T4dl2JYG7BnH42PC9qw)

Exercise classes and challenges

### **MadFit (Activity)**

<https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>

Workouts including short sessions and core focus

### **Project Gutenberg (Community Service)**

[https://www.gutenberg.org/wiki/Gutenberg:Volunteering\\_for\\_Project\\_Gutenberg](https://www.gutenberg.org/wiki/Gutenberg:Volunteering_for_Project_Gutenberg)

“The goal is to create the largest digital library, and so far they’ve amassed 59,000 free eBooks. Volunteer by donating eligible materials, transcribing books into a digital form, or proofreading others’ work.

### **Ridge to Reef**

<https://projectreef.eventbrite.co.uk/?aff=schools>

Workshop and hackathon focusing on Hong Kong oyster reef conservation.

### **Smithsonian Institution (Community Service)**

<https://www.si.edu/volunteer/DigitalVolunteers>

Transcribe historical documents or edit Wikipedia articles for The Smithsonian Institution, the world’s largest museum, education and research complex!

### **The Red Cross (Community Service)**

<https://www.redcross.org/volunteer/volunteer-opportunities.html>

Look for ‘digital advocacy’ or ‘online fundraiser’ to support this service

### **The Fitness Marshall (Activity)**

<https://www.youtube.com/channel/UCyqR7WkL8i1b6xtSssDmW9w>

Dance exercise classes to music

### **THENX (Activity)**

<https://www.youtube.com/channel/UCqjwF8rxRsotnojGl4gM0Zw>

Exercise classes including short workouts

### **Translators Without Borders (Community Service/Creativity)**

<https://translatorswithoutborders.org/volunteer/>

Translating medical texts, crisis response documents or project manager, graphic or web page designers and fundraising opportunities

### **UN Online Volunteers (Community Service)**

<https://www.onlinevolunteering.org/en/opportunities>

United Nations online volunteering with many opportunities to serve listed by category

**Yoga with Adriene (Activity)**

<https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>

Yoga courses (I use this one most days - Steve)

**Zooniverse (Community Service)**

<https://www.zooniverse.org/>

“Take part in real cutting edge (online) research in many fields across the sciences, humanities, and more.”

**Not enough work out or wellness sites above? Then go to ‘Make Your Body Work’ to find FIFTY more top quality sites listed at this link:**

<https://makeyourbodywork.com/how-to-exercise-at-home/>

Steve Reynolds, Director of Education Outside the Classroom August 2020