



NANYANG TECHNOLOGICAL UNIVERSITY MUSLIM SOCIETY

c/o Students Affairs Office, Nanyang Technological University, Nanyang Avenue, Singapore 639798

Email: ntu.muslimsociety@gmail.com Website: <http://www.myntums.org>



LIGHTWAVE

.Love.Inspire.Give.

.Hope.Together.

NTUMS PELITA
Yunnan, China
Overseas Expedition 2010



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OVERVIEW

Lightwave consists of 20 students with a vision to love, inspire, give, hope together as a team. Our team of 18 Nanyang Technological University (undergraduates) and 2 Mukminin Youths from Al-Mukminin Mosque will be embarking on an overseas expedition to Yunnan, China from the 13th to 27th of June 2010.

Lightwave is the sixth overseas expedition initiated by Nanyang Technological University Muslim Society (NTUMS), going under the Youth Expedition Project supported by the National Youth Council and NTU Student Affairs Office.

Collaborating with Xiji Welfare Charity Centre, a Non-Governmental Organisation (NGO), Lightwave intends to extend some help to a small rural community in Yunnan. Specifically, we will be going to a village called Long Wan Bian where the families there live in poverty with lack of facilities to equip the younger generation with proper education. As such, Lightwave will make efforts in improving the condition of a kindergarten there.

The kindergarten consists of about 25 children aged 4 to 7 with only two teaching staff and a small building where lessons are being conducted. The education centre is not equipped with much furniture and requires a lot of



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refurbishment. With that Lightwave will carry out basic refurbishment efforts such as painting the classrooms and the outer part of the building itself. We aim to make the small education centre comfortable and conducive for the children there.

At the same time, we will also focus on education and enrichment for the children there. We hope to ignite a love for learning among the children and to teach them basic skills and daily necessities such as simple art and hygiene. We will also share with the staff there some teaching methodology and possible lessons they can conduct with the children when we leave. This is to encourage continuous learning among the children and constant upgrading among the staff.

On top of that, Lightwave will be raising funds to make possible the building of a proper piping system for the villagers to get clean supply of water. We will also raise funds for solar panels to be installed to provide the villagers with warm water especially during winter. We will also be looking into some ways in which we can provide for the community of Long Wan Bian. This includes the distributing of donated items collected locally and organising a simple event/carnival to provide some cheer in their lives.



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Apart from enriching the lives of the villagers of Long Wan Bian, the overseas expedition also serves the purpose of upgrading the youths of Lightwave at a more personal level. Moulding better leaders who not only execute plans efficiently, but also possess high adversity threshold levels to inspire others and help provide help to the community be it locally or on a global level.



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PROJECT GOALS AND OBJECTIVES

Our Goals:

For the beneficiaries

- 1) To work with together with Xiji Charity Centre (NGO) to improve sanitation in the village of Long Wan Bian by developing a proper piping system and installing solar panels.
- 2) To work with Xiji Charity to develop a conducive and safe environment for the children of Long Wan Bian to study and play.
- 3) To encourage the children of Long Wan Bian to have a love for learning and encourage constant upgrading among the staff of the kindergarten.

For Lightwave members

- 4) To have the spirit of volunteerism, as an individual, locally first followed by overseas.
- 5) To expose ourselves to the different cultures and way of life of people of a different country.
- 6) To develop ourselves personally, hopefully to become better leaders who can pass on the experience, knowledge and passion for helping others



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Our objectives:

For the beneficiaries

- 1) To raise funds to build a proper piping system for the villagers to get a constant supply of clean water and install solar panels for the villagers to have warm water especially during winter.
- 2) To raise funds to build a proper and safe playing area (playground) for the children of Long Wan Bian and spend time to paint and refurbish the kindergarten there so as to create a conducive environment for the children to study.
- 3) To educate the children there on hygiene, basic English and Arts and Crafts in a creative manner and pass on some teaching methodologies to the staff of the kindergarten.

For Lightwave members

- 4) To plan and conduct a pre expedition programme for a local community and a post expedition programme for the same local community.
- 5) To experience, understand and appreciate the way of life of the Chinese people in China and reflect upon them.



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- 6) To reflect, improve and develop ourselves personally throughout the whole project from the planning stages to the execution and completion of the project.



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PROJECT NAME



LIGHTWAVE

.Love.Inspire.Give.

.Hope.Together.

Our vision:

To Love, Inspire, Give and Hope Together.

Our team's name consists of two separate words joined to form one word.

The word 'LIGHT' represents Love, Inspire, and Give, Together. The word 'WAVE' represents continuity. When the two words form the word 'LIGHTWAVE' it means that we will leave a great impact and continuously love, inspire, give and hope, as a team.



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Our logo is a heart shape made up of people of different colours, holding hands. This logo reflects Lightwave as a team made up of 20 very different individuals who come together hand in hand for the same purpose to love, inspire, give and hope together.

Lightwave will definitely live up to our name and do our very best to make this project a success. We hope to be able to put smiles on the faces of the host community. We also hope that all our efforts will be paid off when we have executed the plans to leave a lasting impact and a difference in the lives of the people of Long Wan Bian.



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PROJECT DURATION

The team will be spending two weeks in Yunnan, China. We will depart from Singapore on the 13th of June 2010 and will be back on the 27th June 2010.

PROJECT LOCATION

The team will be going to Kun Ming, China. Specifically in a rural village called Long Wan Bian.



PROFILE OF ORGANISING TEAM/LOCAL ORGANISATION

Nanyang Technological University Muslim Society (NTUMS), Singapore

NTUMS has always taken an active role in the local community. The projects that we undertake span over a year. Our main objective is to stimulate the development of our members, in terms of leadership as well as being knowledgeable and responsible Muslims living in the world. The activities we have organised can be categorised into four main dimensions, namely:

- 1) Outreach - aims at increasing the awareness of Islam to our non-Muslim population in NTU.



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- 2) Training & Development - to provide our undergraduates with an opportunity to develop their leadership and organizational abilities.
- 3) Sports & Recreation - to strengthen the bonds among members through cultivating healthy lifestyle.
- 4) Welfare and Humanitarian - aims to reach out to the needy in our community

Some activities that are organized annually are *Iktishaaf* - a Camp for Darul Ihsan orphans, *Mendaki Camp* – a leadership camp for children and youth, and *MS Challenge* - a sports event for NTUMS members.

The NTUMS Mission:

To stimulate the development of individuals hence creating an Islamic environment and awareness of Islam in NTU.

NTUMS, being an undergraduate society, understands its role in motivating and giving hope to those who are in need. NTUMS have led many educational camps for children aged 6-15 years. We feel that the children were motivated and high-spirited upon leaving the camps. Meanwhile, the undergraduates have learnt to be compassionate and caring towards the less fortunate. With these experiences, NTUMS hopes that they can extend its services beyond local boundaries, and in the case of *Lightwave* to the villagers in a rural part of China.



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PROFILE OF HOST ORGANISATION

Ningxia- Xiji Welfare Charity Centre

Xiji Welfare Charity Centre is a Non Governmental Organisation- Charity Organization established in 2006 with the objective of helping the poor in China and in Ningxia Province specifically, to alleviate their economic and educational problems.

Xiji Charity set up a government registered orphanage in China's poorest region known as XIHAIGU. This region has also been designated as one of the world's poorest regions by UNESCO. Since its inception in November 2006, the orphanage has an enrolment of 34 boys and 21 girls ranging from 8 to 14 years old, all without parents. Because of premise and funds constraints Xiji Charity were only able to take in 55 orphans and employ 5 paid staff.(warden, cook, cleaning cum laundry lady, two teachers, each staff is paid a meagre wage of £50 per month) The orphanage needs a minimum of £1000 a month to sustain its 55orphans' livelihood and paid employees.

In 2009 Xiji Charity gave out annual bursaries to 110 students from poor farming families, giving them an opportunity towards a tertiary education in



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universities. Xiji Charity hopes that they will graduate and be gainfully employed so that they will help break the poverty circle.

In 2008, clothes were distributed to 800 needy students, bursaries to 50 secondary school students and food supplies to 90 families.



NINGXIA -XIJ I WELFARE CHARITY CENTER

宁夏西吉县博爱慈善服务中心

Registered No: 7749300-9

宁夏西吉县博爱慈善服务中心

Xiji Charity Committee Members

Honorary Advisor: Jaafar Mah

Honorary Chairman: Mariah Mah

Council Chairman: Salleh La Yin Fu

Secretary General: Musa Ma Xue Liang





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Address and contact details

地址 (Address) : 中国·宁夏回族自治区西吉县政府街92号 (92 Government Street, Xiji County, Ningxia Hui Autonomous Region, China)

邮编 (Postcode) : 756200

电话 (Tel) : 65-96567315, 65-2412000, 86-13995044566, 86- 954-3012528

传真 (Fax) : 65-64444323, 86-954-3012457

邮箱 (E-mail) : mmhols@singnet.com.sg mariahmah@hotmail.com



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APPENDICES

A.RECONNAISSANCE SUMMARY

A reconnaissance trip was made by 3 members of our team. This was done from the 2nd to 6th of March 2010. The objectives of going for a reconnaissance trip are to study the route and duration taken to travel from Singapore to Long Wan Bian village, conduct risk assessments and also check the feasibility of conducting an expedition there. Upon returning from the reconnaissance trip, a meeting was set for the whole team to be updated. Pictures and video clips were shown to the whole team to give them a clearer picture of everything.

Members who went for the reconnaissance trip

1. Nashata Bte Mohamed Isa (leader)
2. Muhammad Taufiq Bin Hawazi (co-leader)
3. Oi Wan Ling (Welfare team representative)

Description of reconnaissance trip

The three of us went for the reconnaissance trip and managed to meet the objectives set. We were hosted and assisted throughout the whole reconnaissance trip by a few individuals namely the chairman of Xiji Welfare Charity Centre, Miss Mariah Mah, the chief villager of Long Wan Bian Village, Mr Hamzah and also Mr Hassan who is a translator.



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We had to take a flight from Singapore to Kunming and an internal flight to Lijiang followed by a road drive up to the Tiger Leaping Gorge Town and then to Long Wan Bian Village. Since there were road blocks along the way, we had to take a longer route towards Shangri-La City first before going to the village. As such the travelling time taken for the reconnaissance trip was longer. But for the actual expedition in June, the travelling time will be faster. We made assessments throughout the trip and filled up the checklist as shown below.

Pre-Expedition Reconnaissance checklist

No.	Item	Yes	No	N.A	Remarks
1.	<u>Research</u> - Identify a need or social issue. - Research to better understand how the issue is tackled both at home and in the country you intend to go to.	Yes Yes			- No proper piping system to supply the kindergarten/village with clean water - No proper hygiene - Playing area for the children is dangerous with rocks and unwanted materials around such as sharp zinc plates and wood. (no proper playing area for them) -Singapore has very proper piping systems, proper hygiene practices and areas for children to play when compared to the host community. Not all areas in China are like that but particularly at this



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	<p>- Identify and correspond with local and overseas organisations to get a more accurate analysis of needs.</p>	Yes		<p>village we went to. Efforts are being made to better the situation there by getting donors to sponsor and develop certain areas of the village or neighbouring villages. But more help is definitely needed.</p> <p>- We worked closely with the village chief, Mr Hamzah and the NGO chairman, Miss Mariah Mah regarding the main issue that requires attention. We analysed that the village we intend to go to requires a lot of funds for a proper piping system, solar panels (especially during winter and in the mornings and nights) and proper playing area for the children. Refurbishment and education on hygiene is also very important.</p>
	<p>- Research to identify potential partners, community needs and location of project.</p>	Yes		<p>- We assessed two villages there namely Long Wan Bian village and Lan Jia Jun village. Both villages needs help. Lan Jia Jun mainly needs help in construction, of building walls and completing some construction a previous team left slightly incomplete. On the other hand Long Wan Bian</p>



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2.	<p><u>Host Country</u></p> <p>- Security risks of host country</p> <p>- Weather conditions</p> <p>- Terrain of location.</p>	<p>Yes</p> <p>Yes</p> <p>Yes</p>	<p>needs more immediate attention as mentioned above. As such we have decided to address the more urgent issue which is in Long Wan Bian. We will work closely with Xiji Charity Centre as well as the head villager of Long Wan Bian.</p> <p>- No major security risks posed by the host country. Though we have to be very careful of pickpockets and also avoid places such as pubs.</p> <p>- During the reconnaissance trip the weather was dry and cold with a temperature ranging from 6 °C to 15 °C. But in June, during our expedition, it will be dry but warmer with a temperature range of 19 °C to 23 °C.</p> <p>-The village is located at a mountainous area as such the journey there will consist of winding roads up mountains. But most of the roads are flat and well</p>
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3.	<p><u>Travel</u></p> <p>- Flight schedules (possible routes, timing, stopovers, etc)</p> <p>- Local transportation arrangements and cost (Dispersion of participants from hostel to worksite)</p> <p>- Safety, cost and logistic</p>	<p>Yes</p> <p>Yes</p> <p>Yes</p>		<p>constructed except when nearing the village itself where the roads are slightly not well constructed and bumpy. But generally the journey there is safe.</p> <p>- During the actual expedition, we aim to leave Singapore on the 13th of June 2010. From Singapore, we will fly to Kunming (about 4 hours) and take another flight to Lijiang (about 1 hour) and from there take a bus up to Tiger Leaping Gorge Town(takes about 5 hours then stop over for awhile). We will then continue our journey to Long Wan Bian Village by bus (for about 3 hours) Total travelling time will be about 13 hours.</p> <p>- Local transportation cost will be stated in the budget list. Participants will be staying at a hall area in the Village itself hence there is no cost incurred for transportation in the village itself.</p>
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	implications				<p>-The team will not engage in any construction or physically straining activities. We will mainly do education, refurbishment (painting etc) and gardening. Activities we will conduct will not pose high risks. Travelling to Long Wan Bian may not pose much risk since the roads leading there are fairly well constructed except for slight bumps here and there when we are in the village area itself. Logistically, we will be able to get space in the bus or additional transport for the packed boxes of logistics. All costs will be stated in the budget list.</p>
4.	<p><u>Ground Assessment</u></p> <p>- Assess magnitude of project (costing, labour, materials , working man-hours, etc)</p>	Yes			<p>- We need to raise a lot of funds a few 2 months before the expedition so as to be able to send in</p>



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				<p>the raised funds to build a proper piping system, solar panels and a playground. A proper breakdown will be made (in the budget list)</p>
	-Nearby store to buy logs	Yes		<p>- There is a nearby market to the village. Paint is mainly wood paint with the primary colours, black, white and grey. Thinner and paint can be bought there.</p>
	-Assess ground situation. For safety, possible hazards and consideration.	Yes		<p>- No major hazards. But must be careful of the zinc plates lying around.</p>
	-Possibility of gardening	Yes		
	-Possibility of campfire & gala night.	Yes		<p>- There are zinc plates, firewood and kerosene there. And an open area for campfire and gala night.</p>
	-Language, cultural, religious sensitivity , economic and social environment	Yes		<p>- Wan Ling was able to communicate with the locals in China as they mainly spoke Mandarin. There were some areas where they spoke in a different dialect and slang. We have come to a conclusion that an official translator is not needed. Nevertheless, Mr Hassan,</p>



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5.	<p>-Competencies of host agencies (leadership, resources, experiences, pace of work, technical etc)</p>	Yes		<p>the translator, will still be there since he lives at Long Wan Bian itself.</p>
	<p>-Assess involvement & enthusiasm of local community</p>	Yes		<p>- The NGO we are liaising with is very competent. Miss Mariah Mah knows the village and people there very well. She is very experienced and very reliable.</p>
	<p><u>Accommodation & Sanitation</u></p> <p>- Accommodation, e.g. tents (if camp, assess the area of convenience to project site.)</p>	Yes		<p>- The village head is very enthusiastic about us wanting to help them. Even the villagers were very welcoming and were very happy to see us.</p>
	<p>-Shower & toilet facilities / areas</p>	Yes		<p>-We will be staying at a hall area directly above the kindergarten. As such accommodation for us is very convenient.</p> <p>- The building of a toilet has been funded but without proper water system. As such team Lightwave will raise funds for the piping system to be built for the villagers. At the same time, when we reach there for the expedition, there will be a proper toilet and water</p>



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				supply there.
	-Hostels / schools / villages condition	Yes		- The kindergarten has a proper structure but its internal is lacking in many ways such as a proper nap area, proper chalk boards and furniture. Since the area is a rural area, most of the houses in the village are not in excellent condition but are still not too bad either.
6.	<u>Food & Water</u>			
	-Availability of food rations & drinking water	Yes		-Clean water can be boiled. Water source is mainly from streams coming from the mountains.
	-Nearest market place	Yes		-The market is about 15 to 20 minutes walk from the village.
	-Mode of cooking/food preparation	Yes		-There is a kitchen within the premises of the kindergarten (where we will be working at).
	-Meals points near project site.	Yes		-We can have our meals at the place we will be staying which is just above the kindergarten.
7.	Medical Safety			
	-Mode of communication (Singapore and local agencies)	Yes		-English and Mandarin



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8.	<p>-Medical facilities & emergency evacuation route / plan (hospital / location / facility)</p>	Yes		<p>-Nearest medical centre is 15 to 20 minutes by foot and 5-10 minutes by car. There is also a wide open area next to the kindergarten in case a helicopter is needed. For emergencies, there are cars (belonging to the villager head/contacts) which can be used for quick transportation.</p>
	<p>Others</p> <p>-Home stay possibilities (during working or R&R period)</p>			<p>-During the expedition we will already be given a hall area for accommodation. For R & R we will be staying in guesthouses/hotels/apartments or motels.</p>
	<p>-Officials – meeting mayor, authorities – to develop good rapport.</p>	Yes		<p>-We have a good rapport with a few villagers there and also the village head. We also have contacts of locals we met at Kunming city.</p>
	<p>-Gifts/ tokens for exchange</p>	Yes		<p>-We have to prepare tokens and gifts for the villager head and some of the villagers there. We will also exchange certain things with the villagers such as some local delights or just tokens.</p>



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	-Itinerary discussions	Yes			-The itinerary has been altered based on what we have discovered during the reconnaissance.
	-Debriefing sessions	Yes			- Debriefing sessions will be conducted everyday during the expedition itself. It will be done in the hall above the kindergarten.



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Pictures of Long Wan Bian



On the left is a picture of the kindergarten children and the picture on the right is the area they normally play at. This is the area we want to raise funds for a proper playground to be built.



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On the left is a picture of a part of the village and on the right is of us with the village head and his family. The area is mountainous and is very cold especially in the mornings and nights. As such solar panels will make their lives slightly better to provide them with some warmth.





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On the left is a picture of their kitchen. The stove used is the traditional kind where firewood is used. And on the right is a picture of their current toilet. They do not have a proper toilet and no proper water supply. As such we would want to improve their lives by raising funds for proper piping system to be built.



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B. EXPEDITION ITINERARY

For the table below, activities will be categorised under 2 main sections which is morning and afternoon. All of the days will not have an evening section except day 10 where there will be a farewell session also known as the gala night. During the evenings of all the other days, team debriefing for the day will be conducted as well as briefing on the activities to be carried out the next day. Some team activities will also be carried out on these evenings such as the angel and mortal game and more (focusing more on team development).

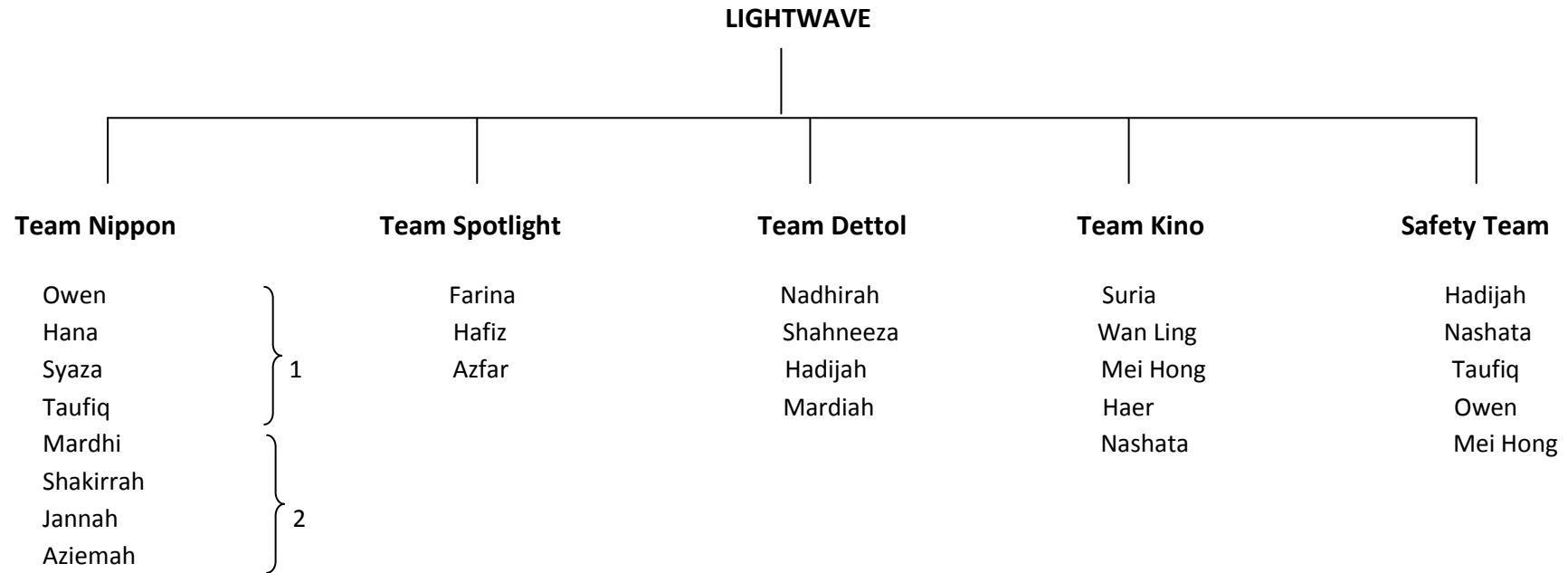
Solely during the overseas expedition (for the programs) Team Lightwave will be divided in a few teams namely Team Nippon, Team Spotlight, Team Dettol and Team Kino(as shown below). On most days there will be two activities conducted concurrently for instance, in a day, there may be both refurbishment (including painting) and education to be conducted. As such the different teams will be allocated different tasks. All teams divided here are only for duties during the expedition itself. Team Nippon and Team Spotlight will be mainly in charge of refurbishment and painting of the kindergarten while Team Dettol and Team Kino will be in charge of carrying out activities for the staff and children of Long Wan Bian. On different days the duties of the teams will be rotated. There will be a few members from each team who will be holding extra responsibilities. These few people will be part of the Safety Team. Hadijah will be the Safety officer, leading the Safety team. In this team, there are 3 certified first aiders while the others will assist the first aiders.



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Day 1(Sunday, 13/06/10)

Programs	Objective	Logistics	Rough Price	Remarks
Morning <ul style="list-style-type: none"> • Depart from Singapore to Long Wan Bian 	<ul style="list-style-type: none"> • Travel safely from Singapore to Haba Mountain Village, Long Wan Bian 	<ul style="list-style-type: none"> • All logistic items will be packed and sealed in boxes. 	<ul style="list-style-type: none"> • Cost for transportation will be reflected in the budget list. 	<ul style="list-style-type: none"> • We will take a flight to Kunming from Singapore then an internal flight from Kunming to Lijiang. After which we will take a 5 hour bus ride to Tiger Leaping Gorge Town and stop over to rest for awhile and continue for another 3 hours to Long Wan Bian Village (Haba Mountain)
Afternoon <ul style="list-style-type: none"> • Arrival at the village • Inspection of the condition of school, amendments to proposed 	<ul style="list-style-type: none"> • To determine feasibility of 	<ul style="list-style-type: none"> • Paper (2 Stacks) • Stationeries • Design layout 	<ul style="list-style-type: none"> • No cost incurred 	<ul style="list-style-type: none"> • The team will take about 2 hours to rest and settle down, sort out and arrange



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design layout. (1 hour)	design and improvise on proposed plan			our logistics items. <ul style="list-style-type: none">• The team will gather at the school and meet up with the head villager and teachers for a get-to-know session. Request for the teachers to bring us around the school for an inspection of the condition. (Depending of the time of arrival. If we reach in the morning or afternoon, we will do it once we reach the village, if not, inspection to be done the next day.)
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Day 2(Monday, 14/06/2010)

Programs	Objective	Logistics	Price	Remarks
<p>Morning</p> <ul style="list-style-type: none"> Play ice breaker games/Sing songs (1 ½ hours) 	<ul style="list-style-type: none"> To introduce Team Lightwave to the locals, breaking of ice and instill camaraderie 	<ul style="list-style-type: none"> NIL 	<ul style="list-style-type: none"> NIL 	<ul style="list-style-type: none"> First part, everybody is involved in ice breaker games. The ice breaker game mainly targeted at the kindergarten children and the staff as well as locals who want to join in as well. Commencement of RenovAid after ice breaker games. (RenoVaid = Renovate + Aid)
<ul style="list-style-type: none"> Start of Renovate – Cleaning of place Education: for the children to learn new things while some of us start 	<ul style="list-style-type: none"> Clearance of objects on the walls and surrounding area in order to make space for 	<ul style="list-style-type: none"> Scraper (5 pieces) Garbage bags (5 packs) Gloves (18 pairs) Masks (18pieces) 	<ul style="list-style-type: none"> \$5 per scraper \$5 per pack \$2 per 	<ul style="list-style-type: none"> Cleaning up of classroom 1. All furniture to be shifted to the hall. Check the conditions of the walls, Cracks to be plastered by cement. After cleaning up, painting



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with renovaid.	Renovaid <ul style="list-style-type: none"> For the children to understand a bit about Singapore. 	<ul style="list-style-type: none"> Goggles (18 pieces) Newspaper (50pieces) Mops (5 sticks) Detergent (5 bottles) Pails (5pieces) Brooms (5sticks) Toilet broom (3 sticks) 	<ul style="list-style-type: none"> pair \$5 for 100 pieces TBC Free \$3 per stick \$3 per pail \$3 per stick \$3 per stick 	commences. <ul style="list-style-type: none"> Team Kino to do jigsaw puzzles of Singapore famous landmarks like Merlion, Esplanade and Singapore Flyer with the children. After jigsaw puzzles are done, explanation about these landmarks must be done. Education and Renovaid here will occur concurrently.
Afternoon <ul style="list-style-type: none"> Renovaid resumes Teaching of songs 	<ul style="list-style-type: none"> To create a conducive learning environment for the students For the 	<ul style="list-style-type: none"> Paint (15buckets) Paint Brushes of variant sizes (15pieces) Roller brushes & Pole(5 sets) 	<ul style="list-style-type: none"> \$50 per bucket \$1-3 per brush \$5-\$6 per 	<ul style="list-style-type: none"> Painting to be continued for classroom 1. Team Kino will join for painting if students return home after nap time. If not, teaching of songs: side front back, head shoulder knees



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by Team Kino	children to learn about the body parts through songs.	<ul style="list-style-type: none"> • Palette(5 pieces) • Newspaper (refer to above) • Masking tape (5 rolls) • Ladder (2 sets) 	set <ul style="list-style-type: none"> • \$2 per palette • Free • \$1 per tape • \$30 per set 	and toes by Team Kino. <ul style="list-style-type: none"> • Cleaning of nap room to start while waiting for paint in classroom 1 to dry.
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Day 3(Tuesday, 15/06/2010)

Programs	Objective	Logistics	Price	Remarks
Morning <ul style="list-style-type: none"> Continuation of cleaning up and painting of nap room. (School starts till nap time) 	<ul style="list-style-type: none"> Clear the nap room to make space for painting. 	<ul style="list-style-type: none"> Paint Brushes/Pole Palette Newspaper Masking tape Ladder 	<ul style="list-style-type: none"> Refer to above for all it 	<ul style="list-style-type: none"> Same procedure to be carried out for the nap room.(refer to above remarks)



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<ul style="list-style-type: none"> Library set-up includes painting and building of shelves <p>(School starts till nap time)</p> <ul style="list-style-type: none"> Commencement of Education 	<ul style="list-style-type: none"> To provide an avenue for the students to expand their knowledge <ul style="list-style-type: none"> To teach 	<ul style="list-style-type: none"> Shelves (1 big set) Books <ul style="list-style-type: none"> Paint Brushes <ul style="list-style-type: none"> Hammer (2 sets) Screws <ul style="list-style-type: none"> Activity sheets Colouring materials Star stickers 	<ul style="list-style-type: none"> Shelves will be about \$40 each and books will be collected during donation drive in Singapore <ul style="list-style-type: none"> Refer to above Refer to above <ul style="list-style-type: none"> \$1-\$3 per packet <ul style="list-style-type: none"> Refer to 	<ul style="list-style-type: none"> Self-made shelves to be purchased from IKEA. Team Nippon 2 will start fixing up the shelves, painting and varnishing. Library set up to be executed concurrently with the painting of nap room. After shelves are assembled, setting up of library commences.
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<p>session- Learning of colours.</p>	<p>basic knowledge of Colours (ie.Red, blue, yellow, green, orange)</p>	<ul style="list-style-type: none"> • Motivational chops (Good, Very Good, Excellent, Keep Up the Good Work!) 	<p>above for all items</p>	<ul style="list-style-type: none"> • Students will be taught the colours of the rainbow. Students will be given activity sheets where they will do colouring using colour pencils. Volunteers are to assist the students while Wan Ling/Mei Hong/Translator is teaching. Classes to be conducted in both Mandarin and English.
<p>Afternoon</p> <ul style="list-style-type: none"> • Cleaning up and painting of classroom 2 • Education on 	<ul style="list-style-type: none"> • Clear the classroom 2 to make space for painting. 	<ul style="list-style-type: none"> • Paint • Brushes/Pole • Palette • Newspaper • Masking tape • Ladder 	<ul style="list-style-type: none"> • Refer to above for all items 	<ul style="list-style-type: none"> • Same procedures to be carried out.



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colours continues.			
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Day 4(Wednesday, 16/06/2010)

Programs	Objective	Logistics	Price	Remarks
Morning <ul style="list-style-type: none"> • Continuation of renovation of classroom 2 	<ul style="list-style-type: none"> • To create a conducive learning environment for the students. 	<ul style="list-style-type: none"> • Paint • Brushes/Pole • Palette • Newspaper • Masking tape • Ladder 	<ul style="list-style-type: none"> • Refer to above for all items 	<ul style="list-style-type: none"> • Same procedure of painting to be carried out
<ul style="list-style-type: none"> • Designing of nap room 	<ul style="list-style-type: none"> • To beautify the classroom as to motivate the children to come to school. 	<ul style="list-style-type: none"> • Paint • Brushes/Pole • Palette • Newspaper • Masking tape 	<ul style="list-style-type: none"> • Refer to above for all items 	<ul style="list-style-type: none"> • To draw templates on the walls and other decorations like



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		<ul style="list-style-type: none"> • Ladder • Templates 		<p>putting up of posters.</p>
<ul style="list-style-type: none"> • Continuation of English alphabets learning (N-Z) <p>(School starts to nap time)</p>	<ul style="list-style-type: none"> • To teach basic knowledge of English (ie. Alphabets) 	<ul style="list-style-type: none"> • Activity sheets • Big alphabet letters • Whiteboard (Use school's) • Whiteboard Markers (1 box of 10) • Paper • Colour pencils (10 boxes) • Crayons (5 boxes) • Scissors (10pieces) • Stick Glue(1 pack of 5) • Portable radio • Alphabet song CD • Sweets (20 	<ul style="list-style-type: none"> • TBC • TBC • NA • \$5per box • Refer to above • \$2 per box • \$3 per box • \$1 per piece • \$3 per pack • NA • NA • \$1 per packet • \$ 2 per packet • TBC 	<ul style="list-style-type: none"> • To draw templates on the walls and other decorations like putting up of posters.



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		<ul style="list-style-type: none"> packets) • Star stickers (5 packets) • Motivational chops (Good, Very Good, Excellent, Keep Up the Good Work!) 		
<p>Afternoon</p> <ul style="list-style-type: none"> • Decorations for classroom 1 and nap room commence <p>(After nap time to school ends)</p>	<ul style="list-style-type: none"> • To create sense of belonging in every children with their involvement. 	<ul style="list-style-type: none"> • Paint • Brushes/Pole • Palette • Newspaper • Masking tape • Templates 	<ul style="list-style-type: none"> • Refer to above for all items 	<ul style="list-style-type: none"> • Children will paint over the template outlines.



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Day 5(Thursday, 17/06/2010)

Programs	Objectives	Logistics	Price	Remarks
<p>Morning</p> <ul style="list-style-type: none"> Hygiene Awareness <ol style="list-style-type: none"> Methods of washing hands Brushing of teeth <p>(School starts-nap time)</p>	<ul style="list-style-type: none"> To educate the children on personal hygiene. 	<ul style="list-style-type: none"> Toothbrushes (30 pieces) Cups (30 pieces) Teeth decay photos Toothpaste(30 tubes) Sanitisers (1 carton) 	<ul style="list-style-type: none"> Refer to above for all items 	<ul style="list-style-type: none"> Students will be taught the 7 steps of washing hands. Posters and hands-on session will be used to teach them. Then, kids will be taught the methods of brushing teeth using a dummy.



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<ul style="list-style-type: none"> • Designing of classroom 2 	<ul style="list-style-type: none"> • To leave a mark on our work and beautify the walls as to motivate the children to study 	<ul style="list-style-type: none"> • Paint • Brushes/Pole • Palette • Newspaper • Masking tape • Ladder • Templates 	<ul style="list-style-type: none"> • Refer to above for all items 	<ul style="list-style-type: none"> • To draw templates on the walls and other decorations like putting up of posters. Team Kino to join Team Nippon for the external painting once designing is done.
<p>Afternoon</p> <ul style="list-style-type: none"> • Start on external painting (painting on the ground outside the kindergarten) 	<ul style="list-style-type: none"> • To beautify the surroundings of the kindergarten as to motivate the children to 	<ul style="list-style-type: none"> • Paint brushes/pole • Palettes 	<ul style="list-style-type: none"> • Refer to above for all items 	<ul style="list-style-type: none"> • Same procedures of cleaning up and painting to be carried out.



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	<p>come to school.</p> <ul style="list-style-type: none"> • Paintings will include learning points such as colours or the world map. 	<ul style="list-style-type: none"> • Ladder • Newspaper • Masking tape. 		<ul style="list-style-type: none"> • In case of rain, set up makeshift roof to filter the rain away, so that painting can be continued. If the rain is heavy, postpone to another day.
<ul style="list-style-type: none"> • Art and crafts session - Paper plate masks - Origami (crane) <p>(After nap time- school ends)</p>	<ul style="list-style-type: none"> • To leave a mark on our work and beautify the classrooms as to motivate the children to study 	<ul style="list-style-type: none"> • Paper plates (1 pack of 50) • Raffia strings (1 big roll) • Markers • Coloring materials 	<ul style="list-style-type: none"> • \$3 per pack • \$3 per roll • Refer to above • Refer to above 	<ul style="list-style-type: none"> • Students will be given paper plates, rubber band and colouring materials. Demonstration will be conducted by a few of us on what to draw on the paper plates. Volunteers are



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				<p>to assist the students while demonstration is conducted.</p> <ul style="list-style-type: none">• Likewise, for origami, students will be given colour papers. Again, demonstration will be conducted to ease the learning process.
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Day 6(Friday, 18/06/2010)

Programs	Objectives	Logistics	Price	Remarks
<p>Morning</p> <ul style="list-style-type: none"> Final painting of the area outside the kindergarten (Whole day) 	<ul style="list-style-type: none"> Finish up the basic paintings of the surroundings of the kindergarten and refine the paintings with outlines and add extra details. 	<ul style="list-style-type: none"> Paint brushes Newspaper Ladder Garbage bags Broom Dustpan. 	<ul style="list-style-type: none"> Refer to above for all items 	<ul style="list-style-type: none"> Finishing up of the painting of ground outside the kindergarten Mini decorations can be included like school name.
<ul style="list-style-type: none"> Art and crafts session -Alphabet exchange 	<ul style="list-style-type: none"> To make alphabets for the Al-Mukminin 	<ul style="list-style-type: none"> Colour papers (10 packets) Exchange materials 	<ul style="list-style-type: none"> \$1 per packet TBC with welfare Refer to above 	<ul style="list-style-type: none"> Same procedure of learning to be carried out.

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	Youths.	<ul style="list-style-type: none"> • Poster colours brushes • Palettes 	<ul style="list-style-type: none"> • Refer to above 	<ul style="list-style-type: none"> • Students will be doing an alphabet exchange for the Al-Mukminin kids.(exchange program from pre expedition to expedition to post expedition)
<p>Afternoon</p> <ul style="list-style-type: none"> • Continuation of art and crafts -Beads making (for exchange) • Painting of the exterior resumes 	<ul style="list-style-type: none"> • The beads will be for the gift exchange. 	<ul style="list-style-type: none"> • String • Beads 	<ul style="list-style-type: none"> • TBC 	<ul style="list-style-type: none"> • Same procedure of teaching will be conducted. • Students will be making a beaded bracelet. Once done, they will give the



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				bracelet to the volunteers as a token of friendship and appreciation. Every volunteer will have to make one too to exchange with the students.
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Day 7 (Saturday, 19/06/2010)

Programme	Objective	Logistics	Price	Remarks
Morning <ul style="list-style-type: none"> Packing gifts for distribution. 	<ul style="list-style-type: none"> Prepare gifts for the villagers and also donated items to be distributed 	<ul style="list-style-type: none"> Donated gifts 	<ul style="list-style-type: none"> TBC 	<ul style="list-style-type: none"> Donated gifts will be packed into packaging which will be distributed to the villagers later during the visiting.
Afternoon <ul style="list-style-type: none"> Visiting and Gift exchange to the villagers 	<ul style="list-style-type: none"> To show appreciation To mingle with the villagers and to know them better. 	<ul style="list-style-type: none"> Gifts Pens Papers 	<ul style="list-style-type: none"> TBC 	<ul style="list-style-type: none"> Team will be split into 3 groups so that we can cover more grounds. Owen, Wan Ling and Mei Hong will each lead a group to visit the



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				village. At the same time, we will be interacting with the villagers.
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Day 8(Sunday, 20/06/2010)

Programme	Objective	Logistics	Price	Remarks
<p>Morning</p> <ul style="list-style-type: none"> Passing on teaching methodologies to the staff (3 hours) 	<ul style="list-style-type: none"> To equip the staff with current and appropriate methods of teaching 		<ul style="list-style-type: none"> TBC 	<ul style="list-style-type: none"> Hygiene/Sanitization: <ul style="list-style-type: none"> Set up of 7-step wash hand poster Set up of sanitizer points in various parts of the building Brushing of teeth (to be done after every break/lunch/teatime) Posters of Do's and Don'ts Education: <ul style="list-style-type: none"> Auditory and visual learning Kinesthetic learning/Authentic learning Can include follow up of taking care of the garden

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				<p>Teaching methodologies for kindergarten</p> <ul style="list-style-type: none"> • Have a workbook. • Organize a mini field trip around the village to recall things that were being taught like colours • Using visual aids like big charts, posters, small white boards
<p>Afternoon</p> <ul style="list-style-type: none"> • Building of Garden (whole day) 	<ul style="list-style-type: none"> • To increase aesthetics of the school surrounding 	<ul style="list-style-type: none"> • Mini garden design layout • Shovel • Plastic gloves • Fertiliser • Beans • Watering cans/Hose • Buckets • Flowers • Face towels 	<ul style="list-style-type: none"> • TBC 	<ul style="list-style-type: none"> • We will be buy readymade potted plants*plants to be bought there* to ease our gardening process.



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		<ul style="list-style-type: none">• Pieces of wood• Nails• Hammer• Saw		
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Day 9(Monday, 21/06/2010)

Programs	Objective	Logistics	Price	Remarks
<p>Morning</p> <ul style="list-style-type: none"> Learning trail (Mini field trip) <p>(School starts till nap time)</p>	<ul style="list-style-type: none"> Teaching methodology : Authentic Learning Application of classroom-based learning to real life. 	<ul style="list-style-type: none"> Activity sheets Pens Pencils 	<ul style="list-style-type: none"> TBC 	<ul style="list-style-type: none"> Students will be split to 5 different groups. Purpose of this trail is to apply classroom-based learning to real life. They will be given activity sheets which they have to fill up during the trail. There will be 5 different checkpoints. Stations will be set up at each point and one volunteer will



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				<p>be allocated to each station. At each station, students will be given time to fill up their activity sheets in accordance to the station.</p> <ul style="list-style-type: none"> In case of rain, learning trail will be conducted in the building (scavenger hunt style)
<p>Afternoon</p> <ul style="list-style-type: none"> Mini cultural/fashion show Preparation <p>(After nap time to school ends)</p>	<ul style="list-style-type: none"> To prepare a performance for Gala night 	<ul style="list-style-type: none"> Radio Cd Props Ethnic costumes 		<ul style="list-style-type: none"> We will do an introduction of different culture that we have in

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				<p>Singapore.</p> <ul style="list-style-type: none">• Students will be given a chance to try on the donated clothes that we had collected for them to wear during the Gala Night. Runway rehearsal to be carried after the trying on of clothes.• At the same time, we will be preparing our campfire materials
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Day 10(Tuesday, 22/06/2010)

Programs	Objective	Logistics	Price	Remarks
<p>Morning</p> <ul style="list-style-type: none"> Mural painting (Team logo and handprints) <p>(School starts till nap time)</p>	<ul style="list-style-type: none"> To leave a mark on our work and beautify the walls 	<ul style="list-style-type: none"> Paint Brushes/Pole Palette Newspaper Masking tape Ladder Kerosene 	<ul style="list-style-type: none"> Refer to above for all items 	<ul style="list-style-type: none"> Students will be split into 2 groups. Each group will be allocated to one classroom. Every classroom will have a section where the students will be doing handprints on the vacant wall. At the top section of the wall, our team name will be painted beforehand during the designing period. Volunteers are to

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				participate for the handprints.
<p>Afternoon</p> <ul style="list-style-type: none"> Gala Night Preparation 	<ul style="list-style-type: none"> To prepare for performances for gala- night 	<ul style="list-style-type: none"> Speakers Music player Microphone Wood Kerosene Lighter Canvas sheet Zinc plate Decorations 		<ul style="list-style-type: none"> Decorations will be put up (eg: balloons, party poppers, banners). Villagers will be seated on the ground. Therefore, ponchos will be used as the seats.



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<p>Evening</p> <ul style="list-style-type: none"> Gala Night 	<ul style="list-style-type: none"> To have a last get-together session with the kids and villagers (farewell and appreciation) 	<ul style="list-style-type: none"> Speakers Music player Microphone Wood Kerosene Lighter Zinc plate Streamers Balloons Party poppers Banners 		<ul style="list-style-type: none"> There will be sing along session, team performance and fashion show. Not forgetting, photo taking session. 😊
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TEACHING METHODOLOGIES

Hygiene/Sanitization:

- **Set up of 7-step wash hand poster**
 - Students will be taught to maintain hygiene by washing their hands after specific activities
- **Set up of sanitizer points in various parts of the building**
 - Sanitizers to be provided for the staffs to follow up on hygiene
 - To be done after specific activities such as before entering classrooms, after playtime, after break, before naptime, to ensure hygiene in class is maintained
- **Brushing of teeth (to be done after every break/lunch/teatime)**
 - To inculcate oral hygiene
 - Students will be provided with toothbrushes, toothpaste and mugs as well as be taught the method of thorough oral brushing techniques
- **Posters of Do's and Don'ts**
 - Posters of hygiene Do's and Don'ts (complete with photos, ticks and crosses) can be made and set up in the classroom to ensure constant awareness of what is clean and dirty
 - Do's and Don'ts can include for appearance (hair, nails, nose picking), littering, hygiene (spitting, picking up of food on the floor)

Education:

- **Auditory and visual learning**
 - Making of cue-cards for certain lessons (eg. Colours, alphabets, body parts)
 - Cue cards has to contain pictures as well as English/Mandarin words
 - Tie up with welfare (penmanship exchange)
 - Mathematics

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- Body parts can be taught through the use of song (Heads and Shoulders, Knees and Toes)
- Playing of games = Simon Says
- Penmanship
- **Kinesthetic learning/Authentic learning**
 - Teaching the students using the examples of their immediate surroundings
 - Learning trail includes application of what is learnt in class.



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C.PRE – EXPEDITION

It is the belief of our team that the charitable spirit burns the brightest at home. And with that belief, it is our objective for Team Lightwave to productively contribute to our community both before and after our expedition. This is to achieve a renewed sense of community, a philanthropic spirit and to ignite a passion for helping others.

Our objectives for organizing and facilitating a day camp called 'Camp Starlight' is to encourage interaction and bonding between the participants. We hope that through the activities we have chosen to carry out, the children will gain appreciation for their standard of living, be able to express their creativity and also for them to gain knowledge and respect of the natural environment in Singapore.

Tentative Day Camp Details

Local organisation:	Al-Mukiminin Mosque
Proposed Dates:	Saturday, May 15 th or 22 nd 2010
Time:	From 0800 to 1730
Venues:	Al-Mukminin Mosque, Hay Dairies & Qian Hu Fish Farm
Target Age Group:	Between 4 and 6 years old
Target Group Size:	30 participants (and 21 facilitators from Team Lightwave)



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Proposed Outline of Activities

The proposed timings are approximations of the duration of activities on the day itself. These timings may change on the day but the camp will not extend further than 6pm.

Time (hrs)	Activity	Objectives/Concepts Taught
0805 - 0825	Ice Breaker (within small groups) <ol style="list-style-type: none"> 1. Facilitators will group together with the children. 2. Introduction from facilitators. 3. Children introduction. 4. Making of group flag with names on tape to paste on shirts. 5. Safety briefing by safety officer 	Social interaction (Introduction to and familiarization with new friends and facilitator) Ensure that the participants will follow the safety guidelines set by us.
0830 - 0850	Boarding of Bus to Excursion Venue 1 & Travel time	
0900 - 1020	Hay Dairies <ol style="list-style-type: none"> 1. Guided tour around farm. 2. Experience milking sessions in close proximity. 	For children to experience agricultural farm setting and better appreciate the nature comparing living to the concrete jungle in Singapore.
1020 - 1030	Distribution and consumption of Snacks and Drinks	Break & Recharge
1045 - 1115	Boarding of Bus to Excursion Venue 2 & Travel Time	
1130 - 1250	Qian Hu Fish Farm <ol style="list-style-type: none"> 1. Guided tour around the farm. 2. Longkang fishing. 	For children to experience agricultural farm setting and better appreciate the nature comparing living to the concrete jungle in Singapore.
1300 - 1325	Boarding of Bus to Al Mukminin Mosque & Travel Time	



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1340 - 1415	Lunch at Al-Mukminin Mosque	
1430 - 1440	Introduction of Team LightWave background and Cause	Interaction with children with the aid of slides and pictures for them to better understand our team and cause.
1445 - 1545	<p>Classroom Activity 1 – Know Your Alphabets</p> <ol style="list-style-type: none"> 1. Template of 26 Alphabets will be given out. 2. One alphabet to one child. 3. Child to draw and color an object based on the given alphabet and write in English. 	For children to participate and get involve in the making of educational materials for the children in Yunnan, China. The poster will be exchanged in China and pasted up on their class walls with them completing it in Mandarin. The children in China will make similar alphabet posters for the ones in Singapore in Mandarin. The whole activity serves as a Language exchange between the children of two nations in addition with children in Singapore having the chance to learn basic Mandarin.
1600 - 1620	Break with Mini Games	Break & Recharge. Release of energy for children.
1630 - 1715	<p>Classroom Activity 2 – Say Hello to China!</p> <ol style="list-style-type: none"> 1. Template of cards will be given to each child. 2. Based on the template, each child will complete the card as a greeting to a pen pal in China. i.e. My name is _____. I am _____ years old. 3. Cards will be drawn, colored and signed off by each child and sealed in an envelope. 	Card exchange with the children in China. This is to raise awareness amongst them of existence of children of their similar age in other parts of the globe. This also promotes forging of friendship across and beyond national boundaries. Similar cards will also be made by children in China to be given to them during the expedition in China.
1720 - 1730	Day Camp Debriefing	Summarizes the objectives and



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		lessons learnt from the day camp.
1730 -1800	Collection of used traditional clothes from parents (if any, one from each child preferably).	Since children of ages 4 to 6 years old grows up fast, we intend to collect at least a pair of grown out traditional costume to be brought over to China for a Mini Cultural Exchange Fashion Show. Facilitators will also be wearing their respective traditional costumes on that night.

Transportation Details

Total Number of Passengers: 51 (30 participants maximum, 21 facilitators)

Routes: Al-Mukminin Mosque → Hay Dairies Farm → Qian Hu Fish Farm → Al-Mukminin Mosque

Duration of Bus Charter: From 0830 to 1330 hours

The children will be divided into a few groups. Members of our team will take up similar roles in this pre expedition project, mainly as facilitators to ensure that each group is engaged in the activities conducted for them at the same time to ensure safety of every participant. Hadijah, a member of team Lightwave, being first aid trained will be appointed as the safety officer. All facilitators will report to her from time to time about the any issues pertaining to safety of not only the participants but also the facilitators. The Safety Team of Lightwave will be assisting Hadijah in ensuring safety among all the participants including the facilitators.



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D.POST-EXPEDITION

The post expedition will be a day camp. To ensure continuity, the camp will be a collaboration with the same organization as that of the pre expedition; Al-Mukminin Mosque. The campers will be the same children who attended the pre expedition camp. The purpose of this post expedition is a follow up to the pre expedition. It is more of a sharing session and also an exchange program (Sharing our experience). At the end of it, we hope that we can create awareness about the living conditions of other areas and make the campers appreciate their surroundings more. We also hope that the campers can learn the different cultures in China and make them understand the lives of the children there.

Tentative Day Camp Details

Local organisation:	Al-Mukiminin Mosque
Proposed Dates:	Saturday, July 24 th
Time:	From 0930 to 1730
Venues:	Al-Mukminin Mosque
Target Age Group:	Between 4 and 6 years old
Target Group Size:	30 participants (from the pre expedition camp)
	21 facilitators from Team Lightwave



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Proposed Outline of Activities

The proposed timings are approximations of the duration of activities on the day itself. These timings may change on the day but the camp will not extend further than 6pm.

Time (hrs)	Activity	Objectives/Concepts Taught
0930 - 1015	Ice Breaker (within small groups) <ol style="list-style-type: none"> 1. Facilitators will gather the participants in their respective groups they were in previously during the pre expedition camp held in May. 2. Re-introduce Team Lightwave to the participants and briefing on the day's activities. (including camp goals and objectives) 3. Play ice breaker games within the respective teams. 	Social interaction (Introduction to and familiarization with friends and facilitator)
1015 - 1030	Safety briefing by safety officer	Ensure that all instructions on safety guidelines are fully understood by all participants.
1030 - 1330	First activity: Telematch <ol style="list-style-type: none"> 1. Held at the field next to Al-Mukminin Mosque. 3. The telematch will be structured such that it is like a race where the final station will be inside an 	The telematch is conducted with a purpose of allowing the participants to learn and have fun at the same time. Some learning points we wish to integrate in the telematch are: 1) Personal development such as team work and different ways of



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	<p>activity room.</p> <p>4. We will have a short break in the activity room before continuing with a treasure hunt.</p>	<p>communication such as using words, expressions and body language.</p> <p>2) Cultural exchange(learn some very simple Mandarin words since our expedition was held in China)</p> <p>3) For the participants to understand and better appreciate the things that they have.</p>
1330-1430	Lunch break	
1430-1630	<p>Second activity: Classroom activity</p> <p>1. The first classroom activity will involve the participants to draw out their dreams and aspirations on a piece of paper</p> <p>2. The second classroom activity will be a sharing session conducted by Team Lightwave. We will prepare a power point presentation to share with them our experience at China. We will include a lot of pictures and video clips to give the participants a clearer picture of our activities there.</p>	<p>For children to share their dreams and aspirations. We will then share with them the possibilities of them achieving their dreams; with proper education, guidance and facilities that we have here. This activity will be able to highlight to them the importance of them being grateful and to take advantage of the proper education system and support we are blessed with in Singapore.</p> <p>With the sharing session, we hope to be able to give the participants a clearer picture of the activities we carried out in China. We will also show them pictures of the children in China receiving the cards they've prepared earlier during the pre expedition camp in May. On top of that we will show them pictures/video clips of the gala night that will be conducted during the expedition in June. It will showcase the children there wearing the traditional costumes donated by the participants.</p>



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1630-1730	Camp debriefing and prize presentation, distribution of tokens of appreciation as well as exchange gifts from China.	Summarise the objectives and learning points from all the activities conducted.
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E. BUDGET BREAKDOWN

ESTIMATED COST			
Estimated Participants'/Foreginers' Personal Cost (Expenses for R&R days is excluded from this budget (e.g. Accommodation, transportation, meals on R&R days).	Unit Price Per Pax (\$\$)	Total team size	Sub Total (\$\$)
PERSONAL COST FOR PARTICIPANTS			
Return airfare from Singapore to Lijiang and airport taxes	\$1,000	20	\$20,000
VISA fees			
Insurance	\$50	20	\$1,000
Transportation in China(5h road trip from Lijiang to Village back and forth)	\$120	20	\$2,400
Meals (cost per pax for ten days)	\$150	20	\$3,000
Accommodation(cost per pax for ten days)	\$100	20	\$2,000
Pre-trip basic medical check up			
Vaccinations(Tetanus & Typhoid)	\$97	20	\$1,940
Medical supplies (Malaria pills)			
Team attire:			
3 Team shirts for pre/post and overseas expedition	\$24	20	\$480



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1 team sweater	\$16	20	\$320
Extra team tshirts	\$24	10	\$240
PROJECT COST			
Material costs for local engagement projects:			
Pre expedition outdoor/indoor activities (cost for beneficiaries)	\$600	NIL	\$600
Post expedition outdoor/indoor activities (cost for beneficiaries)	\$200	NIL	\$200
Material costs for overseas project:			
Construction: Piping system(\$7000), solar panels(\$4000), playground(\$400)	\$15 000	NIL	\$15,000
Education: Stationery and relevant materials for programmes	\$1,000	NIL	\$1,000
Refurbishment: Paint and tools, mattresses, cupboards, curtains, shelves	\$5,000	NIL	\$5,000
MISCELLANEOUS			
First Aid Kit	\$150	NIL	\$150
Project documentation	\$100	NIL	\$100
Cost for banner	\$100	NIL	\$100
Telecommunications	\$300	NIL	\$300
Pre expedition bonding camp/team building expenses	\$300	NIL	\$300



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Others:			
Excess baggage due to donated items and logistics	\$10	20	\$200
Gifts and mementos(to NGO,village head and staff, prizes and plaques)	\$540	NIL	\$540
Carrier bags	\$200	NIL	\$200
SUB TOTAL	\$2,753.50	20	\$55,070

PROJECTED INCOME/SPONSORSHIP	Amount
Estimated YEP grant from NYC	\$21,500
Estimated grant from NTU (Student Affairs Office)(only for NTU,first timers non leaders)	\$4,500
Amount contributed by participants	\$10,000
Amount sponsored by other organisations:	
LBKM	\$500
Other possible sponsors	\$4,100
Amount raised through fundraising activities	\$3,500
Tshirt selling	\$3,000
Bryani coupons	\$8,000
TOTAL PROJECTED INCOME	\$55,100

*All amounts are in Singapore dollars.



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F.TEAM LIGHTWAVE MEMBERS

Expedition Leader: Nashata Binte Mohamed Isa

Expedition Co-Leader: Muhammad Taufiq Bin Hawazi

Head Programmer: Bibi Nur Shakirrah Binte B K Ahmad Sawal Khan

Assistant Head Programmer: Suria Bte Mohamed Shafiee

Programmer: Siti Mardiah Binte Ahmadjirony

Programmer: Azfar Bin Jumaat

Head Logistics: Ros Farina Bte Mohd Fauzi R

Assistant Head Logistics: Du Mei Hong

Logistics: Shahneeza Bte Lulkan

Logistics: Muhammad Fazil Bin Istamar

Logistics: Syaza Raimi Bte Mohamed Noor

Logistics: Muhammad Hafiz Bin Abdul Razak

Head Welfare: Muhammad Haer Bin Jam Hari

Assistant Head Welfare: Aziemah Binte Abdul Aziz

Welfare: Oi Wan Ling

Welfare: Siti Hadijah Bte Mohammed



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Welfare: Hana Diyana Binte Adb Kahar

Head Finance: Mardhiah Binti Mohamed Said

Assistant Head Finance: Tan Wen-Wei Owen

Finance: Nuruljannah Binte Juma'at

Finance: Siti Nadhirah Bte Shahrudin

There are some participants who should be highlighted:

Non-NTU participants

- 1) Azfar Bin Jumaat from Republic Polytechnic
- 2) Siti Nadhirah Bte Shahrudin from ITE College East

These two participants are not from NTU, they are students from the Al-Mukminin Mosque Youth Wing. As such they may not be given a grant by SAO but SAO may endorse them as well. Attached to this proposal is the Memorandum of Agreement between SAO and Al Mukminin Mosque in order for Al Mukminin Mosque to be aware of the risks of the project (involving their youths) and not to hold SAO liable for such risks that may happen.



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Previous YEP participants

1) Siti Hadijah Bte Mohammed

Hadijah is an NTU student who has participated in a Youth Expedition Project to Cambodia organised by NTU Biological Science and YMCA in June 2009. As such she will not qualify for the grant offered by SAO. Nevertheless, we hope that she will be able to receive the grant offered by YEP for this upcoming project. She is valuable to the team as she, being first aid trained, will be appointed a very important role as the safety officer for the whole project. Since she has been to an overseas expedition similar to the one we will be embarking on, her skills and experience will be an asset to the team.

2) Ros Farina Bte Mohd Fauzi

Farina is year one NTU student who has participated in a Youth Expedition Project organised by Raffles Junior College to Cambodia in 2007. Since this is her first time going for an overseas expedition under NTU, she is still eligible for the SAO grant. We hope that Farina will also be able to receive the grant offered by YEP for this upcoming project. Being experienced in the refurbishment aspect of her previous overseas expedition, she will definitely be of great help to the team. At the same time, she holds a very important role in this upcoming project as the Head of



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Logistics and will be able to guide the team with respect to her previous experience and skills in handling logistical issues.

Participant not completing the whole YEP project

1) Muhammad Fazil Bin Istamar

Fazil is an NTU student who is part of Team Lightwave. Nevertheless, he will not be receiving any grants from SAO or YEP since he will only be involved in the planning and execution of the local projects we will conduct. He is unable to commit for the actual expedition to China but will be actively involved in helping Lightwave during the preparations.

Apart from the members highlighted above, all the other members are NTU members who are eligible for the SAO grant except the leader and co leader. And all the other members are eligible for the YEP grant including the leader and co leader.



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G. ENDORSED EVACUATION AND EMERGENCY PLAN

Evacuation Plan

- Buddy system to ensure that one looks out for the other. 3 pairs will form one group and will report of any problems to the leader, co leader or safety officer.
- In case of any disasters:
 - 1) Move towards the nearest evacuation area(open field)
 - 2) Account for all the members in the expedition team
 - 3) Establish contact with the MFA and family members
 - 4) Arrange for the earliest possible departure

Emergency Plan

- In case of minor injuries:
 - 1) To report injury to Safety Officer
 - 2) Expedition Leader / Co-leader to be informed
 - 3) First Aid to be administered by trained personnel / medic
 - 4) Sufficient rest be accorded to injured participant
- In case of major injuries:
 - 1) Assess the extent of injury and apply first aid to sustain life
 - 2) Expedition Leader to be informed immediately
 - 3) Arrange for immediate disposal to nearest medical facility
 - 4) Establish contact with Next-Of-Kin and if necessary, MFA or ISOS

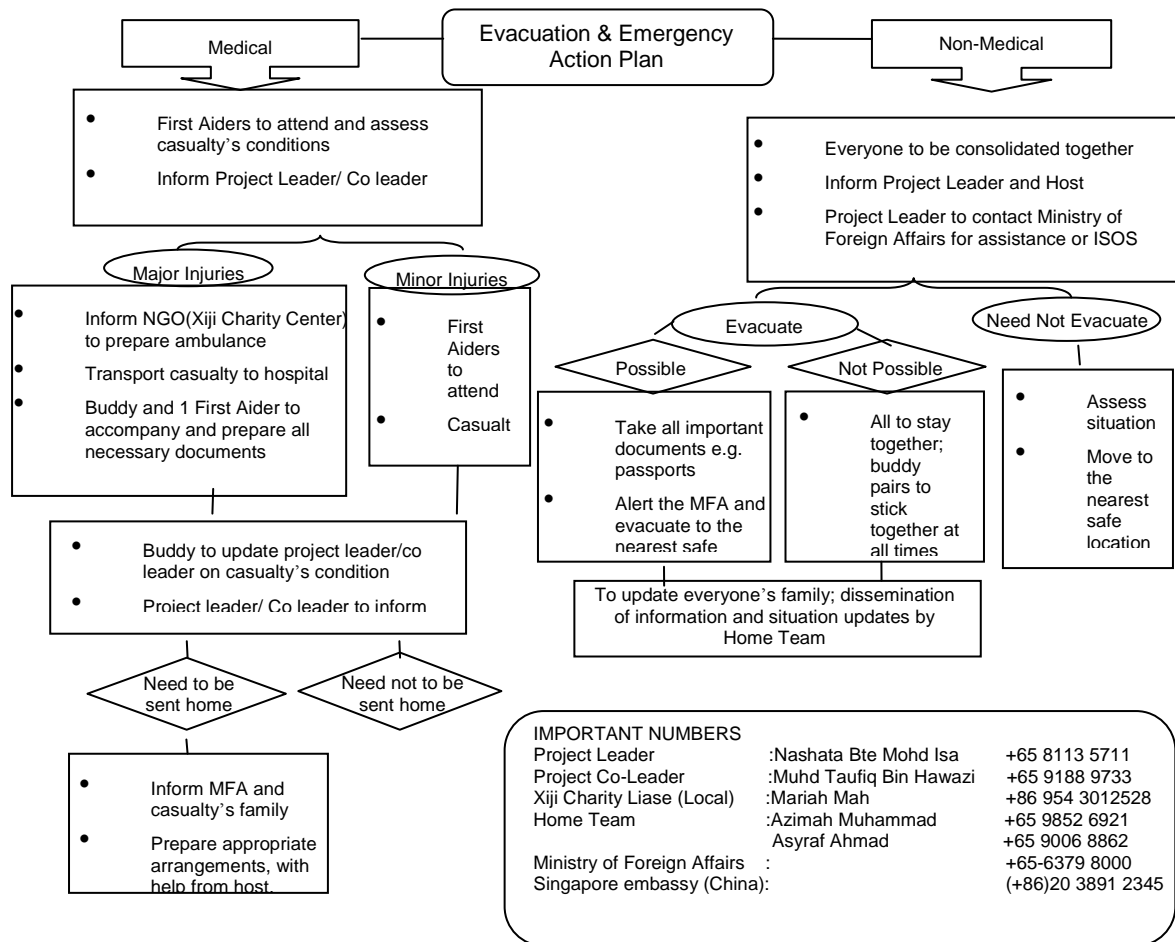


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5) Leader to stay with the participant throughout the medical process





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Nearest Medical Facilities/ Authorities

Clinic: There is a clinic with the basic medical facilities available about 15 minutes drive away from the project site.

Hospital:

People's Hospital of Lijiang Prefecture

Address: Fuhui Road, Dayan Town

Phone: (888) 5121343

(The hospital is located at the nearest town, Lijiang which is about 250km away from the project site)

In case of emergencies there is a wide open area next to the project site. (No helipad but the open area can be a possible area for a helicopter to land; air ambulance)

International alarm centre Singapore for International SOS:

Tel: +65 63387800

Fax: +65 63387611



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H. VACCINATION & INSURANCE

Vaccination:

All participants going to China will be going for a few vaccinations about 3 weeks before departing from Singapore. This will be done at Tan Tock Seng Hospital, Travellers' Health and Vaccination Clinic. The vaccinations we will be taking are mainly for Tetanus, Typhoid and Flu.

Insurance:

Insurance will be bought in late April from NTUC income. We will look into buying the travel insurance which covers the following:

- Personal accident (including death, loss of limbs, sight and permanent disabilities)
- Medical expenses incurred overseas
- Additional accommodation and travel expenses
- Overseas hospital income
- Emergency Medical Evacuation expenses
- Kidnap and hostage benefit
- Terrorism cover
- Trip cancellation or curtailment (aircraft hijacking/ natural disasters)
- Travel delay/loss or damage of baggage
- Personal liability



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I. OTHER ATTACHMENTS

Attached to this proposal are:

- 1) Memorandum of Understanding between SAO and Al Mukminin Mosque.
- 2) Declaration and Indemnity forms of every participant going for the whole Youth Expedition Project.
- 3) Risk Assessment form A
- 4) Risk Assessment form B
- 5) YEP application form
- 6) Endorsement letter



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YOUTH EXPEDITION PROJECT (YEP)

ENDORSEMENT LETTER

The responsibility for the overall organisation, leadership, management and safety of the expeditions and projects lies solely with the institutions and organisations endorsing the leaders and their projects applying for support under this YEP grant scheme.

The Endorser representing their organisation is responsible in ensuring that the expedition leader(s) is/are prepared adequately to ensure the safety and learning aspects of a YEP trip. Leader(s) should meet the basic requirements of YEP leadership being: **Current in their first aid certification and trained in leadership and facilitation skills for an international service learning project.**

1. Applications from recognized Voluntary Welfare Organisation, Youth Organization, Non-Profit Organisation and Grassroots/Community Organisation must be endorsed by the Head of the Organisation.
2. Applications from Institutes of Higher Learning and student body e.g. Science Club must be endorsed by the Head of the Student Affairs/Development Office or persons authorized by the principal of the institution.



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This letter covers endorsement for the following documents:

1. Team's project proposal (for pre, overseas and post service-learning projects)
2. Team's Emergency Management Plans (both Section I & II)

Name of Leader 1:Nashata Bte Mohamed Isa	Project Title: Project Lightwave
Name of Leader 2:Muhammad Taufiq Bin Hawazi	Project Date: 13 th June 2010 to 27 th June 2010
Name of Endorser: Ms Diana Kao	Contact No: 6790 5158
Designation: Assistant Manager (Student Activities)	Fax No:
Endorsing Organisation: NTU Student Affairs Office	Email add: sao-fa@ntu.edu.sg

Signature of Endorser / Date

Stamp of Organisation

Please send the completed document to: Youth Expedition Project (National Youth Council, 113 Somerset Road, *scape Youth Centre, Singapore 238165)