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ProjectsAbroad

中国



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Nihao or Hello!



Yes! This is the month for our Social Out-Reach Day “Let’s Splash Some Paint!”. We received a lot of support from our volunteers here in Shanghai. After weeks of planning we finally arrived and I will let you read what some of our volunteers have written about their experience in this issue.

This month we also have two Workshops. One is the Teaching Workshop and another is the Business & Law Workshop.

The Teaching Workshop brought volunteers together to share their experiences and ideas in the open, so new volunteers can learn from old volunteers and use some of the useful ideas and suggestions.

The Business & Law Workshop is designed to help volunteers gain a fuller and more rounded experience of their chosen career field in China. We also have a guest speaker Mr. Ben Jia, Senior partner of Shanghai Barry Law Firm, to give insight and share useful tips and ideas with our volunteers.

This month we have many fun activities planned for our volunteers, so please remember to check our Projects Abroad China The Official Group for pictures.

There’s a lot of work to be done and we welcome our future volunteers as you prepare for your trip to Projects Abroad China. If you would like to learn more about us, please check out our Projects Abroad website. If you have any questions please feel free to contact me at chanesutsadang@projects-abroad.org.

Projects Abroad China The Official Group Members have now reached 288!

Now you can view our Newsletters on Projects Abroad China The Official Group on facebook. You just click on the link and that’s it!

Chinese Holiday: 5th April Tomb-Sweeping Day

Best Wishes,

Chane

Social Manager

Social Outreach for Ziluolan School

Hans-David Heldring

(Dutch, Teaching, 4 months)



Wij hebben een project voor de basisschool gehouden waar ik werk. Het is een basisschool voor kinderen waarvan de ouders vaak migreren. Daarom wordt het hier ook wel de "migrantschool" genoemd.

Projects Abroad bedenkt van tijd tot tijd nieuwe projecten om deze migrantenschool te ondersteunen en Projects Abroad vond het weer tijd om iets te doen voor de school met de vrijwilligers die in Shanghai verbleven. Dus bedachten de collega's van Projects Abroad met de directeur van de school (Mr. Chen) een project. Mr. Chen kwam toen met het idee om de tafeltennistafels te schilderen.

Er waren negen vrijwilligers die meehielpen. Brian (VS), Martin (Denemarken), Stephanie (UK), Vicky (UK), Pedro (Spanje), Gobindra (UK), Kate (UK) en ik (Holland). Toen wij daar arriveerden kregen we een warm onthaal en de leerlingen die er waren stonden in twee rijen, als een poort, langs de ingang. Er waren vier groepen met vrijwilligers gemaakt dus drie groepen hadden twee vrijwilligers en een groep drie. Elke groep had een leider en dat was de vrijwilligers die ook daadwerkelijk les gaf op de school. Dus Stephanie, Martin, Brian en ik hadden onze eigen groep. Martin en Brian geven les in PE (physical education of gym) en Stephanie en ik geven les in Engels. Vervolgens koos elke groep omstebeurt twee leerlingen uit die ze in hun groep wilde hebben.



Daarna liet mr. Chen zien hoe je de tafeltennistafels moest schilderen. Het plan was dat iedere tafel die geschilderd werd een woord kreeg met het bijbehorende chineze karakter. Aan de andere kant van de tafel kwam de vlag plus de naam van het land van de vlag. De landen die uitgekozen waren, waren landen waar vrijwilligers vandaan komen.



De tekst zou dan met alle tafels bij elkaar zijn: "One for all and all for one". Dat zijn zeven woorden, maar de eerste tafel kreeg de naam van de school met de Chinese vlag en de laatste tafel kreeg "Projects Abroad" als woord met de Britse vlag. Ook wel enigzins toepasselijk aangezien de meeste vrijwilligers uit Het Verenigd Koninkrijk komen en de oprichter van Projects Abroad een Britse professor is.

De kinderen in mijn groep waren enorm enthousiast en constant druk bezig. Aan het eind hebben de kinderen verschillende spelletjes gedaan met Kate en Gobindra die volgens mij echt genoten. Het leek erop dat ze zich voelden alsof ze weer op de basisschool zaten. Ze hebben onder andere steen, papier, schaar gespeeld en zakdoekje leggen. Daarna hebben we een groepsfoto genomen, waarbij alle vrijwilligers, kinderen en de Projects Abroad staff members erop stonden. Bij het afscheid nemen van de kinderen kregen we nog een mondharmonica concert toegespeeld door twee leerlingen. In de avond heeft Kay de afdelingsleidster van Projects Abroad ons uit eten genomen naar een Chinees restaurant. Daar heeft zij 20 verschillende maaltijden besteld en die konden we gewoon met elkaar delen. Kortom het was een erg gezellige en productieve dag!



We also have Stephanie Ward's version on the following page.



Stephanie Ward

(Uk, Teaching, 3 months)

On Saturday, April 16th the staff and volunteers of Projects Abroad took a trip to Niu Qiao, the home of Ziluolan Primary School, to paint the nine table tennis tables which line the far right side of the school's primary playground. Between each class ten minute intervals are held during which one can often see both the pupils and staff enjoying a game of table tennis.

It is clear that not only is this sport extremely popular across China but important to those at Ziluolan, uniting everyone on the premises of this school. Mr Chen, the headmaster of Ziluolan, and Projects Abroad decided to customise the table tennis tables; the perfect idea for a social outreach project. Not only would the designs generate a pleasant view from the second floor of the school building but also please everyone at the school, fulfilling the reason behind the short visit.

After a few meetings it was agreed that a country's flag would be drawn on the top half of each of the tables and the school's motto would be written on the bottom half. Variation of fonts and colors were a necessity to ensure the purpose of these designs was achieved.



It was a really successful day; the weather stayed dry throughout the duration of the art work and all of the designs were finished by the set deadline. The high level of accuracy achieved in decorating the tables was a result of Mr Chen's organizational skills in preparing the stencils for the designs and the cooperation and enthusiasm of the volunteers, staff and a selected group of pupils from Ziluolan.

The flags of China, Australia, Germany, Denmark, USA, Canada, Holland, Spain and United Kingdom are now present on the tables, representing the volunteers that have worked and will work at the primary school in the future as well as symbolizing the school's motto, 'All for one and one for all.'



Emily Garrigan's Story

(Journalism, UK, 1 month)



One month ago I was trying to sleep on a plane to China, excited but incredibly nervous about the adventure that lay ahead. Fast forward those 31 days and I am sitting here, upset to be heading home. My time in Shanghai has, quite simply, been the best time of my life and from heading out to this mesmerising city without having ever travelled alone before, I go back to England knowing that I can't wait to see more of the world.

I remember getting off the plane at the airport and being greeted by Projects Abroad staff, too anxious to ask many questions and just waiting until met my flat mates and saw my flat. How quickly times change. Within 2 days I felt like I had known the other volunteers for months already, and despite the occasional mishap on the metro lines, I felt like I was getting a good grasp of the city. The people here tend to stop in their tracks to stare at the Western group of people walking down the street, but on the whole, the Chinese people have been warm and friendly, and you will find many taxi drivers practicing their English with you.

During my time in China I worked at a magazine called iMetro, where my job entailed researching, writing and proof reading. I helped to research new openings and events that editors could cover, and also got a few of my own articles published. Seeing my name written down on the mock copy of the magazine was one of the most satisfying moments so far. I got the chance to attend various events on behalf of the publication, and also got to interview numerous business men and women. The best part of my placement was the team at the magazine; they were always friendly and happy to help, even bringing in fresh strawberries some mornings!! It takes a while to adapt to the silence of a Chinese workplace and the idea that communication is done over email even when sitting across from the other person, but once you get used to that, the work experience is very rewarding.

Shanghai is an amazing city, and I was never short of anything to do, whether it be nights out, shopping, or visiting tourist hotspots. I know I can look back on my time here and be happy that I did as much as I physically could. It is a city of great contrast with towering sky scrapers overlooking the 'old town' and fancy restaurants on the same road as street vendors. Contradicting what you would imagine of such a vast city, the nightlife in Shanghai was quite cheap. There are always deals on in most places, and you could happily wake up the next morning knowing you had a great night for £10. This also meant that once in a while, you could splash out on a night at different sky bars with breathtaking views of the bund. There was always something being organised by the other volunteers, and during the weeks I managed to see the Shanghai acrobatics, sing my heart out in a KTV booth, nearly crash a 5 seat bike at Century Park, try new foods and barter prices at the numerous markets. On weekends I was able to take day trips to the neighboring towns of Hangzhou and Suzhou, and will never forget the old lady steering our boat down a canal whilst singing her heart out, before a few of us misjudged the distance to the train station, ending with us running 2 miles to make it back to Shanghai in time.

More than anything, it is the social life here that I will remember. My flat was in Pudong, which became a little annoying when events with the other volunteers were on the other side of the river, but it meant that both my flat and one just down the road became close very quickly. Sharing taxis home from a night out provided many laughs and having movie nights together whilst sharing a takeaway became the way to pass a Sunday evening. You could travel anywhere in the world and see beautiful sights, but without friends to share it with it could all become quite lonely. That being said, the people I have met in Shanghai have made my trip, and I know I have made friends for life (reunions are already being organised). You will be surrounded by people of all ages and from different countries, but all with a shared mindset of travelling and making the most of your time here. The Shanghai experience means you will all share something quite unique, and the other volunteers became a second family as a result of being in an unknown place where I couldn't speak the language or know the way of life. It is testament to the others that in my month's trip, I laughed so hard I cried on far too many occasions.

I could not recommend Projects Abroad more; the staff were there for any problem, always checking in and even sorting out my flat when we had a power cut at midnight. They kept everything running smoothly and we were always in contact. If anyone has an inkling of desire to visit Shanghai, I cannot say 'go for it' fast enough, you won't regret it. It is a city where old meets new, a city built for exploring.

My time in Shanghai has changed my life and could not have been better; I just wish I was staying for longer. I leave extremely sad that the time is over, but so grateful to have had the opportunity. The city, the friends, the placement and the memories made; all have exceeded my expectations.

Volunteers' Corner





Lucky Numbers and Colours in Chinese Culture

In Chinese culture, certain numbers are considered "lucky" because their pronunciations sound similar to words that have "lucky" meanings.

Lucky numbers are very important in Chinese culture. People select lucky numbers when choosing residences, telephone numbers, business addresses, wedding dates, festivals and other celebratory events.

- **Number 8 indicates prosperity, wealth, success or social status.**

Number 8 sounds similar to the word "Fa" in Cantonese. "Fa" can mean prosperity, wealth, success, or social status. One example of its use was the 2008 Beijing Olympics Opening Ceremony held on August 8, 2008 (8/8/08), at 8:08 pm.

- **Even numbers are preferred over odd numbers.**

Chinese believe in harmony and balance. Therefore, even numbers are preferred over odd numbers. Number 2 represents harmony, and number 6 success. The pronunciation of number 9 sounds similar to the word for permanence.

- **Lucky numbers in business.**

Lucky numbers are also extremely important in Hong Kong. In this industrial and commercial city, competition is fierce and merchants vie for success. Often, they will select "lucky" days to celebrate grand openings or sign contracts. If the day has an 8, it is believed to bring luck. If the day has a 9, the business will have permanence. If the day has a 6, the venture will be successful.

1 2 3 4 5 6 7 8 9...

Yellow and Red are considered Lucky Colours

- **Yellow symbolised royalty and power of the throne.**



Emperor Kangxi (康熙)
dressed in yellow imperial robe

The first Emperor of China was known as the Yellow Emperor. China was often referred to as Yellow Earth, and its mother river is the Yellow River. The skin colour of Chinese people is yellow.

During the Song Dynasty (960 - 1279), yellow glazed tiles were used to build imperial palaces. During Ming (1368 - 1644) and Qing (1636 - 1911) Dynasties, emperors were dressed in yellow imperial robes. They rode in "Yellow Palace" carriages and travelled on "Yellow Paths". Official flags were yellow. Official seals were packaged in yellow fabric. Overlooking the Forbidden City from Beijing Jing Mountain, one can see a sea of yellow glazed tile roofs. Gilded copper urns and animals adorn many palaces.

- **Red is the Chinese national colour and represents happiness, beauty, success and good fortune.**

Red is used extensively in everyday life. Red lanterns adorn businesses and residences. Double rows of red "Xi" (happiness) letters are pasted on gates and doors. People wore red during weddings, festivals and other celebratory events. Red envelopes stuffed with money are given as gifts during Chinese New Year.



Stir-fried Broccoli

Ingredients

Broccoli

Table salt

Water

Roughly 2 tablespoons vegetable oil

Deep-ish frying pan with lid (or wok)

Fresh ginger or chopped prepared ginger in water as opposed to olive oil

Fresh garlic or chopped prepared garlic in water as opposed to olive oil



Steps to cook

1. Slice or separate the broccoli into long, narrow pieces as shown in the above picture. If you use broccoli, keep much more of the stem attached per piece than you would for most American dishes.
2. If using fresh garlic and ginger, peel then mince by chopping with a knife. Use about 1/2-1 tablespoon per head of broccoli depending on how strong you want these flavours. If using prepared garlic and ginger, use 1/4-1/2 teaspoon of each per head.
3. Pour oil into pan then turn on medium-high to heat the oil.
4. Add broccoli, garlic and ginger; stir to coat in oil; lightly sprinkle salt over whole pan; add water to pan until ingredients are almost covered; then cover pan for approximately 2 minutes. (The heat will be high enough if the water is boiling before you cover it.)
5. Uncover pan to check to see if broccoli is sufficiently cooked. It should not be mushy but soft enough to cut through the center of with a metal spatula. Add water as necessary to keep from burning.
6. If broccoli is not yet cooked, repeat steps 4 and 5 in intervals of a minute or less until it is cooked.
7. Once broccoli is sufficiently cooked, uncover pan and stir ingredients until most of the water evaporates.
8. Serve immediately on a plate or in a shallow, wide bowl with oil from pan as part of a family-style Chinese meal. It is easiest to eat with chopsticks but possible to eat with a fork and knife.

Social Activities in April

Date	Activities	Time
9 April Saturday	Visit Shanghai Museum It's free!	1- 4 PM
12 April 3 - 5 PM Tuesday	Teaching Workshop Volunteers meet to exchange ideas and experiences	
16 April Saturday	"Let's Splash Some Paint!" Social Out Reach Ziluolan Migrant School Painting Ping-Pong tables with flags of different countries	9 - 4 AM
19 April Tuesday	Business & Law Workshop This workshop is to help our volunteers learn how to work in the business world in China.	3 - 5 PM
23 April Saturday	"Fund Raising Walk" Century Park Volunteers and staff come together to walk in raising money to buy English/Chinese dictionaries for school children of Ziluolan School.	1 - 5 PM



Teaching Workshop at Accent Mandarin