

**Li Po Chun United World College EOTC**



**Quan Cai/CAS program**

# **Experience Groups 2022-23**

## Introduction

This document outlines the experiences offered by the Quan Cai programme at Li Po Chun United World College of Hong Kong 2022-23. Please view them alongside the QC video introductions at

[https://drive.google.com/drive/folders/1\\_ZLd8mYSGRUaD3MFLFIhuihpBTWH5yUH?usp=sharing](https://drive.google.com/drive/folders/1_ZLd8mYSGRUaD3MFLFIhuihpBTWH5yUH?usp=sharing) (Please note that some experiences have not produced videos.)

This year we continue to face challenges that may require a blended learning approach to the delivery of the programme. Be aware that though a QC experience is listed, it is possible it may not run or may change its format during the year depending on the changing situation with the Covid19 virus.

This year your minimum QC commitment is:

Year 1: **Three** 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.) Choosing an online individual experience is not compulsory but gives you more options for completing IB CAS requirements despite the restrictions and uncertainty of the virus. .

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. 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 drumming while getting a workout and feeling the spirit of Africa.

**Monday 3:45-5:30pm**

Staff Supervisor: Hayley Goldberg

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

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: Michael Tsang / Thandi Moyo

## **ANTS (Andy Naylor Track Session) - (Activity)**

Named after the late Andy Naylor, a well known runner in Hong Kong. Before Andy died in the 2012 New York Ironman, he had a great following at his track sessions. Andy built a weekly session that was fun, rewarding, sociable and allowed others to get a great workout together whether you were a world champion or just getting started. This activity is held at the Sai Kung Running Track and whether you would like to start running or you are wanting to increase your running pace, this will help build your fitness and give you the opportunity to meet many other runners from the community and around the world. Sign up for a term or a year and build your fitness and enjoy a healthy lifestyle. There is also the opportunity to join a local race or two and help out at races by being a marshal! Set some new fitness goals for the new year. We will be running locally in Ma On Shan and may add some gym workouts in the LPC Fitness Room. This is a minimum one term commitment.

## **Monday evening 6:45-8:15pm Sai Kung Track**

Staff Supervisor: Hayley Goldberg

### **Artmaking (Creativity)**

Artmaking is a creativity expressly designed to cater to those students *not* taking the Visual Arts as an IB subject. Members will be supported by 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. Sessions will take place face-to-face and/or on Zoom. There might be a chance to go on field trips to museums or galleries depending on COVID-19 guidelines. Expect to participate in group activities that contribute to the aesthetic of LPC campus.

#### **Minimum 1 term commitment.**

Staff Supervisor: 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 special performance events. 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)

### **Badminton (Activity)**

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

Staff Supervisor: Beta Chau

### **Basketball (Action)**

Basketball is an action that provides an opportunity for all students to train and learn some basic basketball skills and possibly compete in a local schools competition. There will be a session that focuses on fitness training and then a separate session in which basketball drills and team play will be the focus. Beginners and experienced players are all welcome. This is a 1 term commitment.

Staff Supervisor: Trevor Marriott

### **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: Joyce Ngai

### **Cafe (Campus Service)**

The Café team organises performance evenings that consist of the College community sharing dances, songs and poems with each other in the courtyard or Assembly Hall. It is an event that works to boost morale on campus and bring together the College for one night. The Café team also cooks a wide variety of baked goods that we sell throughout the show with the proceeds going to a different charity each Café. **Cafe is a full one year commitment!**

Staff Supervisors: Angela Otula & 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 their passion, regardless of nationality or gender. For the beginner, it is a good opportunity for you to learn how to dance, as well as Chinese culture. Through dancing, you will experience and appreciate the beauty of Chinese culture. 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 analyse, 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 collaborative working as a team to overcome challenges. 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 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. Paintings will be sent by post if they cannot be sourced locally. **This is a minimum one term commitment.**

Staff Supervisor: Fiona Ng

**Choir (Creativity)**

Choir is organised into two parts:

*Choir:* Students of all vocal abilities and experience meet each week to work together on popular choir songs, songs from shows and classical pieces. The pieces are chosen for 4 voices (soprano, alto, tenor and bass) from a wide repertoire (pop songs, jazz songs, blues songs, love songs, songs from shows, choral songs, Christmas songs and pieces sung a capella). We often write our own parts, creating a choral sound out of a song that we like from the internet. We then perform on campus for a variety of events. We have a lot of fun singing together - so come and join us!

*LPC A Capella - Singing For A Cause:* An LPC acapella group will be chosen within the choir for those who are interested (and able) to sing acapella. Acapella arrangements will be made together among the group. Creativity, a good ear for music, love for singing and an upbeat spirit are most definitely welcomed! Join us if you think there should be more to just

singing and performing. Together, let us sing for a cause. This is a **minimum one term commitment**.

Staff Liaison: Janice Chin

### **Climbing (Activity)**

Are you afraid of heights? Or always reaching for the stars? Are you a monkey? If yes, then Climbing is for you! This QC is an introductory course for those who are interested in setting themselves personal (physical and mental) challenges. You will be trained to safely use the LPC climbing wall, belaying techniques, and basic climbing strategies. You will also learn to build trust with your climbing partner and discover the muscles you never thought you had! Once confident, we will train at the climbing wall at Yuen Chau Kok Sports Centre, a 20-min train ride from LPC. We also aim to climb on an outside natural rock face at least once a year.

**Climbing is a 1 year commitment.**

Staff Supervisor: Helen Hei

### **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

### **Coral Monitoring / Marine Sustainability (Creativity and Community Service)**

Previously, CM / MS has conducted Reefcheck and Coralwatch Surveys in Hoi Ha Wan Marine Park. However, due to a series of significant disruptions, we will be focusing on review and development of the service this year. Regular Service Planning and some Saturday sessions will involve project review and set up, including conducting research on 'glocal' marine conservation issues, liaising with groups involved in marine conservation already (government, private, NGOs); identifying meaningful service opportunities; and

doing curriculum / programme planning. Individuals are also encouraged to raise marine awareness.

Subject to Hong Kong Covid 19 regulations, four days of diving will further be involved, most likely in the first semester. For Second Years (already in the service), this will be a dive refresher, and Reefcheck / Coralwatch Survey training and conduct. For First years, this will be PADI SCUBA training. Most likely, but not necessarily, this will take place *during Hong Kong Week (HKW)* -- *i.e.*, signing up for the service is a commitment to this HKW). NB: To dive safely, you *must* be able to swim 200 metres and float for five (5) minutes by time of dive training. If you are unable to do this yet and wish to join, you *must* sign up for Swimming to build your skills. Do *not* sign up if you cannot swim / float at all.

Staff Supervisors: Craig Hamilton, Linda Olson, Michele Morvan

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

In Dance QC, students can experience different kinds of dances, including but not limited to jazz funk, hip-pop, k-pop choreography and cultural dances. 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. Members are also welcomed to take up the teaching role if they wish to share the dances they know.

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 the 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. 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 individual and collaborative analytical and communication skills to formulate convincing arguments. **Debate requires a full-year commitment.** In the past, teams from LPC have gotten to elimination rounds at some of Hong Kong's biggest tournaments, winning individual and team awards. 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. We teach the fundamentals of a variety of debate styles, including World School and British Parliamentary debate. Our leaders are both experienced in a variety of formats, competing on the HK circuit and at international tournaments. You do not have to have participated in debate in the past—we will teach you the basics and provide coaching. Of course, formal debate isn't everything; if you simply want to learn more about public speaking, engage in some friendly debates, or find out how to prove a point, 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 and performing songs from all genres, including pop, jazz, world music, musicals, film, and video-games! 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, Music Night, and Cultural Evenings. Even if you don't play an instrument that is traditionally part of a band/orchestra, we'll still be able to create parts for you (we also welcome singers)! Don't worry if you haven't performed or are nervous about it, Ensemble is a great place to do it for the first time. 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

### **Football (Activity)**

'Boys Football' involves participating in training sessions and highly competitive matches. Weekly training takes place on an artificial turf as you develop your fitness, basic techniques such as trapping, passing and kicking, as well as some tactical points including positioning, supporting and switching between defense and attack. With time, the group of players become a team, and compete in the New Territories Boys A-grade Secondary Schools Football League (to be confirmed). The strength of our team is not its reliance on individuals, but rather its strong work ethic, the fact that all the players are prepared to put in that extra sprint, and our common goals of enjoyment, teamwork and victory. **Footballers will make a one year commitment.**

Staff Supervisor: Ronny Mintjens

'Girls Football' meets once a week to improve football skills and general fitness. The training sessions take place on a hard surface pitch in nearby Sai Kung and last for about 90 minutes. There are training drills, physical conditioning exercises, tasks linked with tactical

awareness and technique, and, above all, plenty of match practice. The emphasis is on serious enjoyment of football. In addition to the training sessions, there are opportunities for some or most of the girls involved in the training sessions to pit their skills against local girls'/women's football sides in local football tournaments. This is a **minimum one term commitment!**

Footballers also play indoor football one evening per week.

Supervisor: Mark Eyeington Liaison: Carl Fowler

### **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 2020 -2021 academic year. In term one 2021-2022, students interested may choose to become **Nurse assistants**. They need to respond to Michele's email to express interest. They will receive First aid training subject to availability.

Staff Supervisor: Michele Morvan

### **Hong Kong 101 (Campus Service and Creativity)**

This QC explores life in Hong Kong and what it truly means to be a "Hongkonger" in different ways. For overseas students, you will be introduced to a new language 'Cantonese' and for local students, you will have an opportunity to teach your peers some basic Cantonese. You will have the opportunity to explore the different districts of Hong Kong with your peers. You may also have the opportunity to be engaged in some local community services.

There is plenty of flexibility with this creativity as we will discuss what you want to do regarding getting to know Hong Kong. You are expected to capture the different aspects of Hong Kong using photos or other media to share with the wider College community. For some Hong Kong students, you may not have the opportunity to explore the hidden parts of Hong Kong. This is also an opportunity for local students to be hosts to overseas students.

In order to have enough time to explore the different aspects of Hong Kong: language, people, culture, history, movie, music, etc, **this activity requires a 'year' commitment.**

Participants can join this activity in two different roles. "Hosts" would be Cantonese-speaking local students, and "guests" everyone else. Students signing up as "hosts" can take this as a Campus Service or Creativity, whereas "guests" can only take this as a Creativity.

Staff Supervisor: Esther Chau

### **Kayaking (Activity)**

Kayaking is a water sport activity that will allow participants to experience the surrounding waters in a unique way. The kayaking QC will allow people to become confident on the water, and build the skills necessary to traverse open waters, by using the pool to begin then later moving to the bays nearby. Kayaking is good exercise that is also low-impact, allowing you to develop core strength at the same time.

Supervisor: Craig Hamilton

### **Krav Maga (Activity) - *New experience!***

Krav Maga ('contact combat') is a self defence system first developed in Hungary during the Second World War and then adopted by the Israel Defence Forces. It combines several martial arts styles and techniques to produce a highly effective form of self defence. Regardless of size, strength or gender, Krav will give you the tools and confidence to defend yourself in real world situations and is an essential 21st century skill. You will be instructed by the Director of Krav Maga Asia (International Krav Maga Federation) and it is a one year commitment.

Staff Supervisor: Steve Reynolds

### **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: Kunjal Nair / Development Office

### **Maths Club (Campus Service & Creativity) - *New experience!***

In Maths Club, we enjoy real, fun, Mathematics. We extend our knowledge to off-campus competitions and events for which we prepare throughout the year. We provide students in need with academic support and assistance to overcome their struggles. And we do FUN mathematical problems like sudoku, decrypting texts, puzzles, etc. Join our QC if you believe Mathematics is more than a school subject. Join our QC if you want to overcome your fears of Mathematics. And remember, you don't have to be a master to enjoy and understand the magic of Mathematics.

Staff Supervisor: Angela Otula

### **Mindfulness with Yoga (Creativity and Activity)**

Mindfulness and yoga are whole body meditative practices which contribute 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 these powerful tools. 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 familiarise 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 modelled on the Oxford University Peer Support Program. Students will choose this experience in Term Two of Year 1 for training (so do a different Campus Service in year 1, Term 1). Continuing Peer Support in Year Two is DEPENDENT on satisfactory completion at the end of Year One. Students certified in Year 1 are **required** to select this activity in Year 2!

Staff Supervisor: Michele Morvan

### **Rugby (Activity)**

Rugby is played in Hong Kong in several formats, including XV's and 7s. LPC students play club rugby, usually with the [USRC Tigers](#), a member of the [Hong Kong Rugby Union](#) (HKRU). Rugby is a full contact sport and a waiver will be required from your parent / guardian, so speak with them before signing up.

If you are a girl, it is okay to begin as a complete beginner.

If you are a boy, we have found that the level of rugby played at club level is too challenging for beginners. Therefore, you should be at least an intermediate level player with a strong commitment to the game if you sign up.

If you are over 18, you will need special permission to play with the Senior teams (from both Linda and the relevant HoH). A number of students who are 'too old' to play on other school teams have chosen this option in the past.

Staff Liaison: Linda Olson

### **Science (Creativity and Campus Service) - *New activity!***

Are you interested in experiments beyond the classroom, discussions about frontier research and astronomy trips? (note: night-sky observations only available if permitted under Covid-19 restrictions) If so, Science QC is for you! There may also be opportunities to attend workshops, go on field trips and receive support for competitions. As a new QC, we

also aim to celebrate events such as Earth Day and promote gender equality in the field of STEM. The only prerequisite necessary is a keen interest and an open mind. **This experience is a one year commitment.**

Staff Supervisor: Joyce Ngai

### **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 & Drama (AKA 'School Play') - (Creativity)**

An opportunity to perform or work backstage on a full scale scripted play, directed by the supervisor. This experience is open to non-Theatre students and no previous experience is required (IB Theatre students may also join). This year it is likely that we will focus on the LPC 30th Anniversary performance in the new amphitheatre in November! Auditions may be involved to determine roles in the performance.

Staff Supervisor: Steve Reynolds

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

**NB: Swimming will occur *if* the Hong Kong government allows pools to remain open and it is still warm enough.**

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

## **Swimming (Advanced swimming, open water and lifesaving skills) (Activity)**

### **Recommended to join:**

- Anyone who participated and completed the beginner swim QC at LPC
- Anyone who knows at least one of the four styles (Freestyle, Backstroke, Breaststroke, Butterfly) well enough to swim longer distances non-stop (250m-500m)

### **Goal:**

The goal is to increase the participants' skills in all four swim disciplines (Freestyle, Backstroke, Breaststroke, Butterfly) in order to make them more confident in, on and near water. Additionally, the aim is to motivate the participants to set personal challenges by testing their skills with pool training and open water sessions and possibly join some open water races. This QC seeks to inform the QC members about lifesaving and to stir their interest. If interested, the participants can learn lifesaving skills in terms of swim skills, conditions, and responses.

**Period:** 1 Term - **Friday 4:45-6:15pm + Saturday 1-2:30pm open water/ 5-6pm pool / irregular**

**QC leader:** Eren Barlas     **Staff Liaison** Hayley Goldberg

## **Tennis - (Activity)**

This QC is open to anyone who's interested in training or learning tennis. We will start the session with some fitness and mainly be playing tennis. On rainy days, we will have a whole session of fitness in the Gym. This is a one-year commitment, join us if you're interested!

Staff liaison: Mark Eyeington

## **Volleyball (Activity)**

An activity for fitness, leisure and eventually, to represent the College as a team! This activity runs at the same time for boys and girls. **This experience is a one year commitment!**

Staff Liaison: Alfred Otula

## **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: Michael Tsang / Thandi Moyo

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

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.**

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, and the Vertical Race (please note - none of these are currently taking place due to Covid19 restrictions)!

Staff Supervisor: Steve Reynolds

## **Community Service**

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

### **Beach Clean Up**

Starfish Bay and Kite Beach need your help! We will clean up either Starfish Bay or Kite Beach each week - something that is valuable in itself. We will make a visible difference on our own doorstep and aim to keep promoting a clean beach environment to the wider community. This Service suits anyone who has an interest in the environment and wants to actively make a difference. **This is a minimum of one term commitment and maximum commitment of one year unless you become a leader in the second year.**

Staff Supervisor: Karen Tee

### **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 physical and social contact



with others. Moreover, during activities such as community encounters 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 depending on Covid regulations!

Staff Supervisor: Jesus Sanchez Rodriguez

### **Marine Sustainability (aka 'Coral Monitoring') (Can also be Creativity)**

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 organisations, 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 2021-2022, it will be one year.**

Supervisors: Linda Olson, Michele Morvan, Craig Hamilton

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

Green Pioneers for Sustainability, GPS in short, can be interpreted as guiding people towards a greener lifestyle. We aim to promote sustainability within LPC and the local school communities by organising educational events and initiating sustainable measures on the school campus.

The highlight of GPS is a day-camp for high school students to join, in which we spread the UWC value of sustainability through games, workshops and discussions. We engage the local school communities to share their ideas and initiate green activities to promote sustainable usage of Earth's resources, such as sustainable fashion.

This QC is also a campus service. We will learn about environmentalism within ourselves to be able to educate others on environmental issues with the goal of exciting others about solutions to these problems. Our ultimate goal is to help people to change their lifestyle and thereby create a generation who will carry on sustainable habits into our futures. We encourage LPC students' ideas of new projects within our campus such as lending tote

bags at the gate; maintain past projects like hosting the flea market for everyday necessities, as well as hosting events like Sustainability COP day.

If you are interested in learning more about environmental issues and/or enjoy outreach in the school community and organising campus events, then this QC is for you! **This is a one year commitment.**

Staff Supervisor: Janice Chin/Liaison: Adrian Kwong

### **Hong Kong Dog Helpers - *New experience!***

There are many dogs being abandoned or mistreated in Hong Kong. Hong Kong Dog Rescue is one of the many shelters in Hong Kong that saves dogs and tries to find new families for them.

In this *Service QC*, you will visit the shelter once every two weeks, take the dogs out of the kennel for a short walk, and help around in the shelter. You will learn how to handle animals, understand dog behaviour, as well as assist the shelter with fundraising activities. Other times, you will be staying on campus to work on social media, leading or participating in campaigns on animal rights and animal cruelty, or organizing fund-raising activities for the shelter.

Visiting the dog shelter with over 100+ dogs and hearing the constant barking noises can be overwhelming. But if that doesn't scare you and you don't mind getting your hands dirty or cleaning up after the dogs (includes cleaning up dog excrement); if you love animals and want to help as much as we do, we will be happy to welcome you to the Dog Helpers team

Staff Supervisor: Karmen Wong/Liaison: Angela Otula

### **ICYCLE**

ICYCLE stands for International Community of Youth Committed to Local Education.

ICYCLE will be working with organisations to focus on providing opportunities for participants to speak in English to increase their confidence in oral skills through different activities. 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 local students. 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/activities with participants on zoom.

Overseas students taking this activity will have an opportunity to share their culture with local or overseas participants. If possible to go off-campus, students can conduct f2f activities in the local secondary school in Kwun Tong and local primary school on Wednesdays between 3:00-6:00pm. (the actual activity session is about an hour, the time includes planning and travelling)

Staff supervisors: Esther Chau and Elaine Chan

### **Initiative for Peace (IFP)**

IFP is a longstanding community service focusing on conflict management and resolution within the context of the lives of minorities here in Hong Kong. IFP works together with local NGOs to bring marginalised groups closer to each other. This occurs during external events such as workshops, conferences, summits, and our recent Peace Camps, all organized by our **IFPers**. Fun activities! Engaging discussions! And a variety of opinions! IFP brings students of different backgrounds to the LPC community and guides these students through our very own interactive and exciting activities. We facilitate workshops exploring privilege, injustice, human rights, diversity, and inclusivity themes. There is a strong emphasis on student leadership and collaboration as all new members will develop skills to facilitate interactions among our peers. We hope to build a tight-knit, committed and creative team with the energy and enthusiasm to achieve our ultimate goal, **Bringing Peace!** Those with an interest in communication and design will also benefit from joining IFP as they can gain valuable experience in those fields while planning and organizing our events. If you want to get a taste of working with peacebuilders and better understand problems within the local community, IFP is the right place for you.

#### **Minimum one-year commitment.**

Staff Supervisor: Magan Savant/Liaison: Adrian Kwong

### **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 received proper training in taking care of these children (aged from 3 to 6 with special educational needs) in terms of 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

### **Programming (Community service and Creativity) - *New Experience!***

If you are an aspiring programmer or just starting to dive into the world of coding, come join us! The Programming QC welcomes all programmers, regardless of their experiences or skill level, to engage with the various aspects of programming. Explore the application of programming in fintech, machine learning, cybersecurity, apps, games, front-end, and back-end development. With a focal point on project-based learning, we aim to complete at least 2 major projects per academic year. These major projects will be community-based, addressing issues in the LPC and wider Hong Kong community (such as creating an app that solves a problem). Voluntary-based competitive opportunities are also available to members who wish to challenge themselves and extend their skills beyond the QC activity.

\*Programming is a 1-year commitment.

Staff Liaison: Wendy Tai

### **Refugee Relief**

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 organisations like Refugee Union to engage with asylum seekers on a personal level and volunteer for related causes. We will fundraise for Refugee Union and make periodic visits to the centre, depending on COVID social guidelines. The QC will be conducted both online and face-to-face. 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. International students who are non-Cantonese speakers and HK locals are all welcome. As a visual language, HKSL can act as a bridge to understanding the complexity of Cantonese. Through the sessions, with an experienced teacher, we will learn HKSL with the goal of reaching out to the Deaf community in HK (dependent on the COVID regulations). We will be spending our first term learning basic communication in Hong Kong Sign Language, then we hope to be able to interact with the hard-of-hearing community in the second term. As a result of our learning, we aim to abolish stigmas and raise awareness on campus about the challenges of the deaf community in HK. New initiatives are welcomed in this QC as sessions will also 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 a full-year commitment.**

Staff Liaison: Sandy Carvalho

### **Sino-Japan Youth Conference (SJYC)**

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 organisational, 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.

**Minimum one year commitment.**

Staff Supervisor: Arnett Edwards/Liaison: Adrian Kwong

### **Social Innovation Network Group (SING) (Community Service and Creativity)**

If you are someone who wants to change the world but don't quite have the ideas yet (or do), then Social Innovation Network is the perfect QC for you! SING allows you to learn social entrepreneurship, which is to come up with enterprise level solutions to foster human and environmental wellbeing. Social enterprises are not just other businesses or profit organisations; they are institutions that apply commercial strategies to maximize improvements in human and environmental issues and create lasting social impact. During our QC sessions, you will gain valuable insights into the field of entrepreneurship and be attending a Design Thinking workshop with CoCoon (a partner foundation under HK Jockey Club). The workshops will guide you to solve social issues, exercise teamwork, and practice pitching. You will also get the opportunity to participate in many external competitions, bootcamps, and competitions such as 'GoMAD', 'Microsoft Imagine Cup', and the 'Hong Kong Youngtrepreneur Challenge'. We will also, collaboratively as a QC, be organizing an external bootcamp for students outside LPC to gain from the exploration, research, and planning process. You will build more specific entrepreneurial skills such as logo designing, business budget planning, and also AI & Big Data - our highlights this year. We'll also have company visits to explore the companies' work environment, philosophies, stories, and visions. Last year, our QC provided the opportunity to visit TESLA, Farfetch, The Mills

Fabrica, & Sino Inno Lab, and a virtual visit to HSBC. Are you ready to make a difference?  
Now come join us!

**Minimum one year commitment.**

Staff Supervisor: Fiona Ng/Liaison: Adrian Kwong

**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 organisations. Social media is important to organise 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.

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. Fundraising activities include snack shop, bake sales, Winter gift packs, Graduation gift packs, Halloween Night. For 8 consecutive years, in pre-COVID19 days, LPCUWC would visit our partnership village school in Cambodia for Project week and spend a week in the village working within the school and supporting creative learning activities. We 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.

In term one, we shall be working together with outside charities and legal professionals to become familiar with migrant workers rights in HK. In term two, we will carry out outreach work (hopefully in person with domestic workers on Sunday's) to provide language support, cultural exchange and learn about the working conditions of the workers first-hand.

This QC will help you to understand issues pertinent to Hong Kong, along with the ins and outs of labour laws and gender issues.

Staff Supervisor: Joyce Ngai

## **Youth Plus Mission - *New experience!***

YPM, one of the newest experiences at LPC, is a community and campus service which brings youth in our community closer to the UWC Mission in two ways: by exploring effective ways to bring UWC to other students, and by creating collaborative experiences to bring students to UWC. Since 2019 we have been building a diverse network of students who empower each other by creating opportunities for leadership capacity-building and the exchange of ideas/skills across schools, ages, and backgrounds.

So why join us? During your year with YPM, you will develop your capacity for outreach, networking, communications, content creation and event organisation. You will attempt to connect with audiences in Hong Kong and beyond to promote distinct UWC experiences — this process may see you collaborating with other QC groups, or even students from other schools. The year will culminate in a summer event tailor-made by our team for students outside the UWC bubble. In the past we have focused on conflict simulations, cultural case studies and videography as themes - the possibilities are endless. Join while spots last!

P.S.: 2022 is a significant year for both LPC and UWCHK, this being their 30th and 50th anniversary respectively. Our inaugural YPM team will play a significant role in the celebration events throughout the school year.

**Minimum one year commitment.**

Staff Supervisor: Adrian Kwong/Liaison: Arnett Edwards

## **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\\_T4dI2JYG7BnH42PC9qw](https://www.youtube.com/channel/UCnP_T4dI2JYG7BnH42PC9qw)

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 2022