

WIDE HORIZONS



WIDE HORIZONS

Newsletter

2018 Academic Year



Website

<http://widehorizonsmaesot.wixsite.com/widehorizons>

Table Of Content

1. Esteeming and conserving our ethnicities.....	5
2. Is Plastic hazardous?.....	6
3. Opportunity.....	6
4. Don't be afraid.....	7
5. Being together with cameras.....	8
6. Travel to Hpa-Ann.....	10
7. Feed Your Brain.....	11
8. A nice day with full of fun.....	12
9. If you have power, what will you change in Myanmar?.....	13
10. Running activity in Wide Horizons.....	14
13. A Bridge for Future Leaders	15
14. Love Your World	16
15. A pencil.....	16
16. Good Bye.....	16
17. Life Trip.....	16
18. To My Dearest	17

Welcome To Wide Horizons 2018 Academic Year Newsletter

We are 23 students of Wide Horizons. We would like to get newsletter that is why we tried hard as much as we can. All students have chances to share ideas and opinions on these newsletter with our favorite topics. The target of newsletter is, we would like to share about our studying, opinions, ideas and also what we are learning here. I hope, you would enjoy when you read our newsletter. Welcome from Wide Horizons family.

Wide Horizons Background

Wide Horizons (WH) is a two year Program established in 2006 in Mae Sot, Thailand, with a mission to build capacity of young adult from Myanmar to work effectively in Civil Society Organization. Every year, WH selects 24 students who have at least one year experience in their host organization. Most of students come from different places, religions and organizations along the Thai-Myanmar border and inside Myanmar to join WH academic Program to learn 10 months theory and 10 months in work placement. Students' ages are between 20-35 years old. Wide Horizons Program focuses on three core Topics. They are English Language, Community Development and Computer Skills. Wide Horizons opened in Myanmar in January 2018. After the academic year, Wide Horizons students will be able to help successfully at their host organizations to improve their education sections and Community Development sections.

Email : widehorizons.myanmar@gmail.com

Phone : (+95) 99-5441-8834

Website : <http://widehorizonsmaesot.wixsite.com/widehorizons>

Facebook : <https://www.facebook.com/widehorizonsmaesot/>

Wide Horizons Newsletter

Newsletter Directors

1. Eh Gay Wah
2. Kawn Khur

Author of the Articles

1. Non Htaw (Leader)
2. David
3. Nan Khin
4. Sein Min
5. Ngwe Sein
6. Khu Mi Reh
7. Khun Youn
8. Khaung Kalaine
9. Aie Mon
10. Gyp
11. Gho Lon
12. Benjamin

Revisor

1. Mya Moe Phyu (Leader)
2. June Eh Nar
3. Shar Shar
4. Sandar

Editor

1. Phaung Phaung Heet (Leader)
2. Hsu Lae
3. David
4. Sein Min
5. Law Law

Designing and Publish

1. Law Law
2. Gyp
3. Philip
4. Phaung Phaung Heet
5. Benjamin

Loving and conserving our ethnicities

Ethnicities are good as learning each other cultures. In 2018 Academic year, many students and staff come from different places so there are many different ethnicities in the Wide Horizons program (WH).

And all students have identical aims, decisiveness in our lives and build our skills in WH to help communities to be developing. We are staying and studying with many different ethnicities such as Karen, Mon, Shan, Karenni, Burmese, Muslim, English, American, Arakan and Lisu, and we from different places such as Mae Sot, Chiange Mai, Arkan State, Mon State, Karen State, Bago Division, Magwe Division, Karenni Refugee Camp and Umphium Camp. There are 23 students and 5 staffs at WH. In our school 12 students and 2 staffs are Karen ethnicity and they are majority group of ethnic for this year.

The first situation in Wide Horizons, some of students speak English well but many students' pronunciation was including with native languages, so that using English language became the first challenge to build our friendship, and it was funny conversation in around two months. All students have to speak English 24 hours during the academic year at Wide Horizons program

Therefore, many different ethnicities in the same habitation and every ethnicity have different traditional, cultures, religious and different impressions and outlook. Therefore, we can learn a lot of knowledge from each other except school subjects in this WH for a few terms. To build confidence and forget introverted in our life is the best way to improve for our life, prepare for our life in this WH to be our best.



because this is the school policy. It is easy to improve our English speaking skill. Nowadays, we have got a good chances to learn from many different ethnicities in our WH school.

All ethnicities have their own traditional culture and believes/ religious. WH is a decent place to get knowledge and learn from each other such as knows more about many traditional dress that how difference and how to use it. Especially, staff and students wear traditional dress when they go to Pagoda or Church and ceremony. We can learn many different traditional foods from cooking duties, and also have normal conversation to share about how to cook traditional foods. Furthermore, we can learn from each other about living standard, knowledge, faith, believe in tradition, culture and religious with multiple ethnicities.

By Khu Mi Reh

Is Plastic hazardous?

Plastic is the dangerous issue for our environment and health. On June 2, 2018, capacity building and Leadership School (CBLS) and Wide horizons (WH) school cleaned up the plastic among the WH compound, on the Mayan Gone community street at 1 Pm to 4 Pm in Mawlamyine. Fortunately, Thant Myanmar supported us (50) shirts, 5 yellow gloves, 5 packs of plastic glove, Rubbish bags and the material for picking up plastic. We were around 45 people including staffs and teachers.



Firstly, teacher mix WH students and CBLS students into two groups and two groups and chose two leaders to lead us how to collect plastic. We have two leaders from WH to show us the way to clean up plastic. We were separated into 6 different kind of bags for foam, cloth, plastic, glass, can, and paper. Secondly, we divided our responsibility to collect plastic in community. Some of us carried plastic bag and some were collated paper and carried water. We also reduced to use plastic in our school. Thirdly, after we have collected plastic and measured weight with scale. As a result, during 3 hours, we collected plastic 315 Kilos in Mayangon section. All in all, we were very happy to collect plastic because, we saw many plastic beside the road and also not good for community.

In summary, plastic is very dangerous for our environment and health. Therefore, we should take our responsibility to reduce wasting plastic and maintain our environment for our future generations.

By **Benjamin**

Opportunity

Opportunity can change your life brighten the way into the future if you take the opportunity that are coming to you. There are many kinds of opportunities such as opportunity to study, speak, and get job. But opportunity is the one that you cannot see immediately and it mostly comes in unexpected time.

Actually, opportunities always knock equally to everybody's door but some people do not want to open their door for opportunities. They just want to stay in the darkness and waste the time on the street for their happiness. Sometimes, even though they have a chance for scholarship to continue their study, they do not take it. For example, many of young people who live in Karenni refugee camp they have opportunity to attend school freely but they are not interested to go to school because they want money. Therefore, they go to work at construction site with their friends in the city outside of the camp. According to Chinese Proverb "Teachers open the doors, but you must enter by yourself." Some do not think for their future, just want to work for money to spend with their friends in short term.

Every youth have a chance to work at Youth Organization and speak out for their rights. Some youth leaders are very easy to work with youth because they are flexible with young people and adaptable with community. Also, many of youth really have self-confident to speak in front of people especially in meeting that concern with Youth's development. Almost every meeting of organization invited youth to participate and organize the meeting as facilitators and note takers. So some organization offered youth to work with them without filling the application form.

If you want your life to be successful and happy, be alert and prepared to hear the call of the opportunity that come any moment. Even you don't have any opportunity in your life, never lose the hope. Don't blame anyone or anything for not having any opportunity in your life. The important thing, you always need to be ready to take any opportunity that comes to you and make the opportunity arise to you. In conclusion, opportunity can change your life brighten the way into the futures. If you have any opportunity that are coming to you, don't be hesitate to take it.

By **Khun Yaun**

Don't be afraid

Everyone afraid of losing their things, restarting their life and making their goals. Why? What are they afraid of?

First of all, I think that scaring of losing thing and terrifying of doing some business is not a good way to keep in people's mind. Thus, instead of hiding money and valuable things, people can do business such as lending money to others with interest, keeping money in the bank and running own shop. In my opinion, doing something money is better than nothing. So, it is a time to start doing something because things are illusion. One day it will all be disappeared. Therefore, keep fears away from you and start doing something new.

Secondly, most people are terrified of restarting their life. Among them, I am the one who had been scared of other people and alarmed of restarting my new life.

I had to cried everyday when I was young. My heart felt so hard because I was scared and could not overcome from other people controlling over me. It made my opportunities fly away. Nevertheless, I started changing my life while I was 16 years old. I set up my goal that not to keep fears anymore. To see example of this, we should not be afraid to other people because everyone has equal rights. So, what are you afraid of? Keep your eyes open from now and on. Encourage yourself and try to rebuild your new life. Life is just a funny game. Thus, try to fight your weakness and believe in yourself.



You may also hear some people said they do not have goal because of they are scared something. Why they cannot set up their goal?

I think that the reason why they cannot set up their goals are. Some people are afraid, so fear is preventing them to set up their aims. Some are alarmed that their goal may not be achieved and some do not know how to set up their own goals. To see the mentioned three reasons, we have to ask ourselves one question. Do you already have your goal? If you do not have yet, it is time for you to set up a goal today. After setting up your goal, you have to know that what is your goal and what do you need to do to achieve it? Because everything has reasons to reach it.

Without any reasons, nothing can achieve for you. Due to that, you must set up your goal and work or follow effectively and meaningfully. Do not be hesitated to have your own goal! Goal will make you to try hard more and motivate you to challenge important things.

To sum up, I strongly believe that fear is blocking all of the people ways to move on. Thus, switch fear or scaring away from you. Focus on your abilities and strength. Have more purpose and directions in life. Have a great plan for your future. Do not let anyone to let you down. Satisfy who you are and motivate yourself.



Don't be afraid
Life is a gift
Live it
Enjoin it
Celebrate it
And fulfill it

By David

Being together with cameras

Taking photo is one of the things that can tell us something memorable and true stories. On the 26th February 2018, there was “MY STORY” photo training for five days at Wide Horizons school compound. Our trainers were Nathaniel Tileston and Susan Tileston who has been working as professional photographers for many years. Nathaniel is the president of My Story Photo Project Association (MSP-PA) and Susan is the director of MSPPA. Currently they are staying in Mae Sot for the MSPPA project.

According to the trainers, students had to divide into two groups because WH has 23 students and the trainers have never had so many participants before. So, students had to attend training only for a half day. In the first day of training, students introduced themselves and the trainers explained to students about camera, camera maintaining rules and our training ground rules. Then they handed six cameras to the students and made pairs with their partner.



In addition, trainers showed a dancing video to students, the purpose of that video was express about the weather. There are four different style of dancing according to the weather such as raining, winter, summer, autumn. People danced to recognize the person who created that dancing. Students learned from the website and practice for two days, then students took video for the dance. In the last day, trainers handed certificate to students and took group pictures, they also gave 6 cameras to Wide Horizons School. They celebrated the closing ceremony of “My Story” photo training.

When the trainer arrived to Mae Sot, they displayed the photos in the art show which are the students choose their favorite photos. There were four photos were sold out for 500 bath each photo and one photo was set as a training poster. Students can take a look for their video and pictures in the “My Story photo project” Facebook page.

WH students spent the training with full of fun. All in all, Wide Horizons students got a lot of knowledge about camera and they could take a good quality of photos. The Wide Horizons students also

Students learned the methods of how to take photos. Firstly, trainers showed to students about methodologies such as Linking Movement, Line, Rules of third, negative space, micro, repetition, frame and movement. Then trainers let students take photos by themselves. At the end of each day, they gave homework to students to take the pictures that they had been taught in classroom. The next day, students had to present thier taken photos that they took for their homework. They had to go outside to take more pictures. Trainers let students think what kind of photo they want to take. Students were very interesting on the lessons and they could learn very well. On day 4, the trainers let the students choose their favorite photo and the students wrote their profile to set up in the gallery at Mae Sot.



know how to express other feelings through the pictures. This training is useful for the students because it can help the students to take qualified photos, when they go to the community for their project. Not only for their project but also they can take brilliant photos when they travel and can create some wonderful memories. Therefore, photos can show the moment of the real event in the coming future.

By Mi Gho Lon



The day that we went to pagoda.
By **Eh Gay Wah**



Fire in the water.
By **Saw Sein Min**



Life is hard without money.
By **Shar Shar**



Can you see me?
By **Ngwe Sein**

Travel to Hpa-An

On 13 May Sunday in 2018, 23 Wide Horizons students and 5 staff were traveled to Hpa-An for relaxing because Wide Horizons students were preferred to relax in their special weekend. Moreover, they were not only relax at new place but also built strong friendship between students. As most people liked to take adventure trip, Wide Horizons family also, loved to take adventure as well. In Hpa-An , Karen State, has many places to travel such as Kaw Gone Cave, Yathae Pyan Cave, Kyautkalat, Chitthu Myaing, Zwekabin and Sadan Cave.

WH students give responsibility to dormitory leaders to take care of the students and look after to students during Sunday trip. WH students started to left in the morning. Firstly, WH students arrived at Kaw Gone and Yathae Pyan Cave. Some students and teachers had lunch at Kyautkalat monastery. Some students had taken picture on the bridge in the mid river, rolling Kyautkalat shop and buying local shirt.



In addition, they traveled to Chitthu Myaing. One teacher and three students were celebrated their birthday together with birthday cake at Chitthu Myaing. In addition, they continued their trip to Zwekabin and Sadan Cave. According to WH students, “we were really happy to go with our friends also we sang songs together by playing guitar during on the car”.

In conclusion, traveling is an important for people lives to get relax. Travel can not only build strong friendship between each other but also observe new places. Between Wide Horizons students and staff can build more friendship and friendly. Therefore, most people like to travel in their free time

By **Mi Gyp**



Feed your brain

As people need healthy foods for their stomach, they need knowledge from library for their brain. Wide Horizons, Library is a tool for students, the healthiest way to gather knowledge for their brains and free brain bank for them.

Firstly, Library is a tool of education for WH students because it helps students in learning lesson. Most of students come and use library to get provable evidence for their article and to assist them in doing presentation. Besides, it can also help students to get references in writing their thesis, to get connected ideas in group discussion and to improve writing skills. In addition, the students who use library have more ideas and have confidence to participate in group discussion because they can show evidence from books. According to WH student Phillip¹ said “Library is the best place to find knowledge for me and I like reading especially reports and Newsletters because it can provide me provable evidence for our lesson.”

Secondly, finding information in library is the best way to collect different kinds of knowledge for the brain and it causes less health problems compared to other ways such as reading in phone or computer. Psychguide.com² reported that reading in online can cause health problems like backache, headache, weight gain or lose, disturbance in sleep and eyes fatigue. To prove that, one of 2018 WH academic student³ said “I prefer reading book in Library more than reading in online because I feel eye-ache and stiffness when I search information in online and read it on computer or smartphone for a long time”. So, it is the healthiest way to find Knowledge in library for the brain.



Finally, WH library stands as a free brain bank for the students because of several books and session are available in library all the time. For example, if students prefer reading politics and economy, they can choose and borrow the books from the session that they prefer to read without paying library fee. WH library also provide both fiction and non-fiction book. So, students can read it freely for relaxing or knowledge.

To summarize, WH library plays a great role for WH students, assist students to help them in learning lesson and to get outside knowledge, and it stands as the student's brain bank. Therefore, WH students should maintain the library in order to be able to feed their brain anytime.

By Nan Khin Zar Myint

References

1. Interview from Wide Horizon 2018 Academic year
2. <https://www.psychguides.com>
3. Interview from Wide Horizon 2018 Academic year

A nice day with full of fun

On May 4th 2018, Wide Horizons (WH) students and Capacity Building and Leadership school (CBLS) students from Mon Youth Progressive Organization had exchange in at WH compound. There were 45 people in exchange program including teachers and volunteers teachers. The purpose of exchange was, to build friendship and trust, share different knowledge and social network between WH students and CBLS students in order to assist students in corporation.

In the morning section, they started with introduction to be friendly between two communities. After that, the program coordinator of CBLS presented about CBLS objective is to solve the leader's problem for the future. Then CBLS students presented about drug issues in Mon State. Through the presentation, Wide Horizons students have known that drug issue is a big challenge for youth. According to MYPO research, in 2013, 33% of youth had used drugs but in 2017, it had increased to 73%. It is one of the big issues in Mon State. Wide Horizons representative students presented about Wide Horizons program.



In the afternoon section, the students started with quiz game after they shared food in lunch time. There were 5 subjects in the quiz game. They were Current situation in Myanmar, Biology, History, General knowledge and English. And then, they divided into five groups to compete. All students were so excited to play and answer the questions. When they chose the questions, everyone concentrated to the questions and discussed for the answers. After that all students got knowledge from quick game and they knew that couldn't buy knowledge with money. And then, all students played funny team work friendship game and friendly conversation. Finally, the students have learned that activities was useful for building trust and friendship.

In conclusion, students from both communities have learned different goals, diverse knowledge, information and ideas in exchange program. Therefore we hoped that the exchange was meaningful and precious for all of participation.

By Ngwe Sein

If you have power, what will you change in Myanmar?

As Malala said, “One pencil, one student, one teacher can change the world”¹. I believe too, because education is the most important for new generation, they are the one who are going to change the world. If I have power, I would prioritize changing education System in Myanmar. Why I would like to change Myanmar education first, I expected that, if education is strong that can improve many sectors of development in Myanmar.

Before military rule was imposed in 1962, Myanmar education system was the best in Asia. Myanmar lost many advances over 50 years of being shut off from the world by military junta until an elected government came to power in 2011.



After military junta, Myanmar education is left behind compared with international community. In 2012, the Department of Education started drawing up a new curriculum. A new curriculum for KG standard was introduced in the 2016-2017 academic year and for Grade 1 was introduced in the 2017-2018 academic year. According to The Myanmar Times², the rest of standard curriculum will be changed gradually, year after year. Furthermore, according to Oxford Business Group³, the Government steps to bring education to international level, but still a lot to do such as provide enough teacher, infrastructure and technical.

Education is one of the fundamental factors of development. Education raises people's productivity, creativity, promotes technology advance, improving economic and social progress. As Nelson Mandela says, “Education is the most powerful weapon which you can use to change the world”⁴. Education is human rights too. It is also given opportunities, to escape poverty, to support their families and to develop their community. According to Trading Economies⁵ in 2017, the Myanmar Government provided budget under 2.2% for education, Trading Economies said “Public spending on education, total (% of GDP) in Myanmar was reported at 2.1657 % in 2017, according to the World Bank collection of development indicators, compiled from officially recognized sources.” so it is not enough for education spending. so it is not enough for education spending. Therefore, the Government should spend more percentages of budget for Education. Accord-



ing to National Center on Education and the Economy OECD countries⁶ in 2014 spent average 5.1% of their budget for education. Therefore, those countries are developing more and more around the world.

If we compared Myanmar with the developed countries spending budget in education, it is very different.

Thus, if I have power, I will spend more budget to inform Myanmar education. Then, I will target,

- (1) To provide free education.
- (2) To upgrade the quality of Basic Education.

- (3) To ensure capacity building for teachers.

- (4) To provide more teachers.

- (5) To make universities as the main provider of the knowledge-based economic

system of the nation.

(6) To transform into international recognized universities.

Due to turmoil, Education system, Myanmar development left behind the international community. I seriously believe that, if Myanmar Education improve, the country will be developed. Therefore, if you want to see developed Myanmar, you should change Education first.

By Mi Non Htaw Ah

References

1. <https://www.youtube.com/watch?v=Eme25t1Add0>
2. <https://www.mmtimes.com>231-educentre>
3. <https://www.oxfordbusinessgroup.com>back>
4. <https://www.washingtonpost.com/news/answer-sheet/wp/2013/12/05/>
5. <https://tradingeconomics.com/myanmar/public-spending-on-education-total-percent-of-gdp-wb-data.html>
6. <https://www.ncee.org/what-we-do/center-on-international-education>

Running activity in Wide Horizons

Jogging is a part of mental and physical exercise for people. The more you run the more you get strength for your body. Therefore, it is also one of the best exercise that don't need any materials.

At Wide Horizons family has running activity 2 times week lead by the teachers Steve and Jordan but some WH students joined because it is optional for all students who participate but they have a lot of home work so some cannot participate in Running. The running usually start between 4:30 to 6:00 PM at the Strand road on the river side in Mawlamyine. According to Jordan who leads the jogging said the distance is around 5 to 6 miles and 4 to 5 students often run.

Running gains lots of physical health benefit in a body. First of all, I am Philip and a student who always join in running activity. When I run, my body gets wet but my brain, my body's muscle getting strong and my brain refresh because it helps to maintain a healthy body weight and build strong bones for me. Better health organization reported that running and jogging have many benefit such as help to build strong bones, as it is a weight bearing exercise, strengthen muscles, improve cardiovascular fitness, burn plenty of kilojoules, help maintain a healthy weight.



Therefore everyone should run to improve the body physical to be wealthy health.

Secondly, running decreases my resting such, heart rate every time I run. Very Well Fit said "It reduces stress by boosting levels of serotonin in my brain". In other side, it helps me sleep well to create more positive mode and the immune systems of my body to get wealthy health such as brain. At the same time, running reduces anxiety, helps improve sleep, running encourages social interaction, boots creativity and it can help control addiction. So running is an exercise that you don't need any materials for refresh your brain.

By Mg Kyaw Moe Naing (Philip)

References

1. <https://www.betterhealth.vic.gov.au/health/healthyliving/running-and-jogging-health-benefits>
2. <https://www.verywellfit.com/mental-benefits-of-running-4103550>

A Bridge for Future Leaders

A bridge is very important for the person who needs to reach and pass the destination that they want in their life. Wide Horizons (WH) is a program like a bridge that fulfill the gaps of young adult leader capacities to success their goals on the ways of changing social community to become positive change. WH is necessary for young leaders who will make Civil Society Community development in peaceful and effective ways to become positive change in Myanmar.

Firstly, WH provides leadership, community development, English and computer skills to the future leaders who will become positive change agency in the host organization based on the border line and inside Myanmar. The mission is - the person who was learned and got skills from WH, they will build their Civil Society Community to develop and change into positive with the skills that they gain from WH, also the other talents and experiences as they have.

WH is 2-years program, first 10-months is learning theory and practical as well to build skills in school with teachers and the 2nd year is work placement at their host organization.

WH has been being training to 24 young leaders every year. Every year WH has many different ethnicities who will become leaders. So, leaders have chances to learn from others people strength, weakness and traditional. Luckily, during the school year future leaders can get meeting management and moderator skills. That is also useful in daily life and work.

So every step of project cycle management in class are really important in students work placement. They are Situational Analysis, Need Assessment, Identify Goal and Objectives, Project Planning, Implementation, Monitoring, Evaluation, Reporting and Proposal Writing are very detail and thoughtful practicing. Leadership, group work, communication and how to organize and lead the community, these skills are providing in Community Development (CD) course. Therefore, CD is important for community organizers or future leaders.

The Essential English course is very useful for community future leaders how to write in academic writing, read, speak and listen in advance level. There has a big note taking that is short, sweet to the point. It is very useful for leaders. The English skills is giving the students a precious gift, that is useful for reporting, presenting, communicating in global language to donors or others people in professional way.

WH provides advance computer course such as Word, Excel, Power Point, Adobe Photoshop, In Designs, Video Editing, emailing and create website to help the future leaders when they are building community development in smooth way. The leaders can use these skills for reporting, budgeting, presentation, editing video, create design and photo, making website and professional emailing.

All in all, as the mentioned above, WH is like a Bridge that will let the future leaders pass on his back to build the community development with the skills that he provided, and combine with the leaders' talents. Therefore, WH is a place (a bridge) that the young future leaders should learn and build their capacities, and pass to their ambitions.

Community Development subject is existing for WH future leaders. It gives students the techniques and tools to build the community in positive and effect ways to become peace and graceful. The teacher trains the students to become perfect project managers or leaders. This is very important for project management when the students go back and work without teacher in their mother organizations.



By Saw Sein Min

Love Your World

Being a human you are ...
You can do it what you can
You can hate or love as you want
.... if you have enough chance
Freely you can live your own world
...even it may big or small
But to become a beautiful world
To become a peaceful world
To become a graceful world
Change it from your inner world
Move the hate from inner world
Keep the truth that useful for all
It might be a hope that you love your worlds
Beautify it before your chances gone.

By **Saw Sein Min**

A pencil

Nice to sharp
Ready for us
Write our goal
Delete our old
Break our past
Build our best
Show us point
Where the black

By **Ngwe Sein**

Goodbye

The sun goes down from the sky
The darkness will reoccupy the night
That place we have arrived
This place will not be the same again
The weather, it changes
The rain will start
Present will become the past
Like a thunder hit in my heart
The rain that come
The water will dominate the land
The meeting will end
We have to say goodbye again
The wind blows that times
The sea will cry
Please, keep your smile
I hope, you will not lie
However, tie our soul, hold our hand
Let's pray to see you again.....

By **Aie Mon**

Life Trip

Strolling on your way
Stay in your land, Stand for your nation
Begin for your life, Write for your history
Believe in your hope, Note in your mind
Try with your best, Keep notice yourself
Look back your mistakes, Keep lessons for your
next
Take your acknowledgement, Don't spend your
times
Never cry for your past, Don't stress for
your future
Doesn't matter let's it go, Can't control every
situation
Using what you know, Can control that effect to
you.

By **Aie Mon**

To My Dearest

You tell me that you love me
I won't forget the time windy
The place when you I sit down
That's the school day we learn

We stay at the same village
Now we have to be separated
Because of education
You and I stay far away

I'm lucky studying in Mawlamine
You are unlucky working in farm
I'm studying in Wide Horizons
You are helping your brothers and sisters

As you give me encouragement
I'm trying to be educated
I will try when I am alive

One day you and I will be glad
Whenever I live
My love will be alive
Whatever I do
My love will be true

It's your love that you give
I won't forget as long as I live
Ocean might be dry
My love for you will never die

It's the word that you said
I won't never forget in my life
Whenever I feel sad
Letter is sent to my dearest.

By **Kaung Kaung**

Newsletter 2018 Volume 1



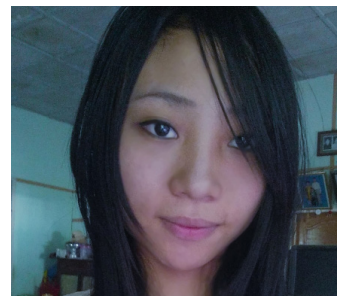
Sandar



Sein Min



Shar Shar



Hsu Lae



**Khaung
Klain**



June Eh Nar



David



Philip

Newsletter 2018 Volume 1



Aie Mon



Benjamin



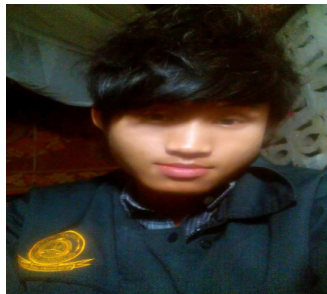
Eh Gay Wah



Goh Lon



Gypt



Kaung Kaung



Khun Youn



Kawn Khur



Law Law



Mi Reh



Mya Moe
Phyu



Nan Khin



Ngwe Sein



Non Htaw



Phaung Phaung
Heet