



Newsletter

Wide Horizons Organizational Development Program

23rd December 2020



Wide Horizons 2020 Academic Students

The Capacity Building Opportunity of Wide Horizons Students

BY NANG LAO KHAM

Wide Horizons academic year students who obtain the opportunities to attend this community development program are in a privileged position for their career goals because the program improves their capacities. During the academic year, the students are actively learning their lessons according to their interests and goals. The major subjects of Wide Horizons Organizational Development Program are Advanced English, Advanced Computer, and Community Development. In advance English, the students learn reading-by-reading stories, books, essay writing, paraphrasing, news articles, newsletter writing, and report writing. The students get a chance to learn English grammar also. *KHAM, PAGE 3*



The WH Classroom Activity

Table of Contents

The Capacity Building Opportunity of Wide Horizons Students	1
Wide Horizons Organizational Background	1
Importance of Teamwork	2
The Benefits of Dance Fitness Activities in Wide Horizons	2
Importance of Time Management for Wide Horizons Academic students	3
The Capacity Building Opportunity of Wide Horizons Students	3
Leadership	4
Wide Horizons Academic Students Weekly Meeting-	5
Wide Horizons Online Class	5
The Great Mentors for Mentees	6
Intelligence Quotient	8
Waste Management at Wide Horizons	9
Playing Friendly Football Match with TARAO	10
Door Mat Fundraising Project	10
The First Week at Wide Horizons	11
The Frontier Citizens	12
A Visit to the Garden	13

Wide Horizons Organizational Background

Burmese Migrant Workers Education Committee (BMWEC), Patrick Keams and World Education (WE) established Wide Horizons Organizational Development Program in Mae Sot, Thailand in 2006. Wide Horizons moved to Mawlamyine, Mon State, Myanmar in 2017.

Wide Horizons is a platform for youths from different regions, ethnicities, religions, and organizations to collaborate and study together. Also, it is to build peaceful communities throughout Myanmar. Wide Horizons prepares young adults from Myanmar and Thai-Myanmar Border to have the abilities and skills to be

able to positively and sustainably change their communities. Wide Horizons program selects 24 students: 12 females and 12 males who have at least one year of work experience and have intermediate English skills. It is a two-year program, and three subjects: Community Development, Computer, and English are taught in WH. The first year is when the study learn experiential learning lessons in class with community projects. Students implement different projects by dividing groups every year to get knowledge and experiences. Also, the second year is when the student have to do their work placement.

In 2014, Wide Horizons received The Wenhui Award for Educational Innovation in Asia and the Pacific Honorable Commendation Recipient. It was recognized by UNESCO in 2014 and by Windham Institute for Progressive Education. Wide Horizons has increased capacity for more than 200 organizations. Child Dream Foundation is Wide Horizons' main donor.



Importance of Teamwork

BY SAW SOE MOE AUNG

Teamwork is when many people have the same goal and collaborate as a group to achieve their common goal. A motivational speaker, Walter Bond said, "You hear people say this all the time. I don't need anybody I am going to do it all by myself. Let me tell you something, if you want to do something great, if you want to do something big time, if you want to do something special, you have to be able to function in a team because you cannot do anything great all by yourself." Working together is one of the great things for common people to complete the goal successfully. There are so many things that we can talk about teamwork. Teamwork is important in the workplace because it helps to solve problems,

can bring new ideas, is supportive and can build self-confidence. Firstly, cooperation in a group can solve the difficult issue in teamwork. In a team, there are so many different ideas and solutions from team members to solve the problem. For example, when we work together, we can share and compare the ideas that we bring up and choose the one that is the best to solve the problem. There is usually more than one solution to every problem. Secondly, thinking and suggesting are good for the team to give and take each other ideas and come up with imaginative ways of doing things. It is very important when we are working together because everyone has different ideas. Therefore, in teamwork, it needs new fresh ideas to succeed in the competitive world. Additionally, teamwork is supportive. Sometimes, in teamwork, one of team members will feel down

Wide Horizons Newsletter

and weak.

At that time, encouraging the member that faces problems and feels weak in the group will help the team. Finally, the team will develop an ability of being friendly as you work toward a common objective to build individual confidence. Then the members will feel that their work is very important, and they are appreciated. Through association, everyone in your team has a strong feeling that they have ability to help each other and the common objectives. In conclusions, teamwork is significant for people who are working together and have the same purpose that they want to achieve. Especially, in workstation, teamwork is very vital because it helps to solve dilemmas, can bring new ideas, is helpful and can construct self-assurance.

The Benefits of Dance Fitness activities in Wide Horizons

BY MU YU NWEL SOE

Fitness dance is a kind of exercise that people are dancing to get a healthy life. The activities of fitness dance welcome to all ages and people who like to dance. In the 2020 academic year, we had fitness dance activities in Wide Horizons School. We usually danced in the evening after class. Students (boys and girls) and teachers were happy to participate. According to the government's rules and guidelines, when we danced, we kept a 6 feet gap between each other to protect us from Covid-19. By doing fitness dance activities, we get physical benefits, mental benefits and emotional benefits.

Firstly, we get physical benefits. In fitness dancing, we have to move our body many times,



Dancing Activity at Wide Horizons

so by those movements, our heart rate goes up, and it makes our bones strong. A dancer, Lao Kham said that she felt more light and more active to do other homework after she danced. Moreover, because we have to do a lot of movements, we lose weight, maintain our blood pressure and prevent

ourselves from getting heart diseases. Therefore, different movements not only increase strength, but it also improves balance.

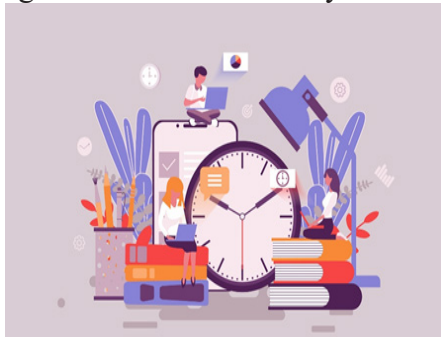
Secondly, we get mental benefits. Dancing can maintain and even boost our ability to think as our age. Scientists have found that the areas such as

NEXT PAGE

planning and organizing in the brain that control memory and skills can be improved by dancing. In fact, dancing activities challenge our brain because when we dance we have to focus not only on the constant of changing but also recalling moves and patterns.

Thirdly, we get emotional benefits. One of the greatest things about dance is that anyone can participate. It can be a social activity. Dancing with many people around us is very good for our social and emotional health. Because we will not feel shy when we are dancing with so many people. Also, it can reduce our stress and depression. In Wide Horizons, students have to sit and focus lessons the whole days. When we dance, we feel fresh and relaxed. According to Roi San, she said that she felt happy when she danced. Because when she danced, she forgot about all of the worries and other depression.

organization or community visits, guest speakers, training and awareness campaign, traditional ceremonies, group works, meetings, and event days. Furthermore, students have to do Wide Horizons school projects, community projects, writing individual proposals, and on-going assignments. For all these things, students have to conduct over a hundred meetings. There are hundreds of assignments for Wide Horizons academic students during the academic year. Therefore, how the Wide Horizons students manage their time and how important time management for them really matter.



Time Management

Importance of Time Management for Wide Horizons Academic students

BY HNIN WAI WAI LWIN

An anonymous proverb said, “Time and tide wait for no man”. Of course, this saying is quite correct. Everything is made up with time, so time management is very important. Time management is the process of organizing and managing our specific activities in a specific time. Time management is a powerful skill for everyone, especially for Wide Horizons academic students who have to use their time wisely in their studies during 10 months.

First of all, there are three main subjects including Community Development, English, and Computer. Moreover, there are often out-of-class activities like sports, community research,

Moreover, every student has the same amount of time. The following ways are how they manage their time effectively. First, the students have to make a to-do-list and write down the most important things to the least important things on it. This helps the students not to forget what to do for each day. Also, students set up their goals to be accomplished. Setting up goals is a very important point for all students to reach and find themselves where they are at. Thirdly, students manage the disturbance. Students know what can disturb them and what can take their attention away from their works. Therefore, they do a list of the things that can disturb them to do so that they can stay away from them. Moreover, students do not do a lot of works at the same time because students know that they cannot do

many things at a time effectively, and it would increase their stress. Doing a task after another is the best way of managing to finish many of their tasks. According to the WH student’s interview, she always finished her assignment or homework the first among the students. She was very active and very clever, and she could do her homework quickly. Therefore, she could save the time. She said that, firstly, she made a general timetable for one week. Then she created a timetable that had a specific time what she planned to do in the following days. She had a plan A and plan B, and she respected the time. If she had to do any assignment, she tried to focus on it and finished it. Therefore, she did not have a lot of stress for the assignment, duties and the study time. As a result, knowing how to manage the time is very important for WH students. In conclusion, to finish tasks effectively in limited time, it is very important for Wide Horizons students to manage their time in a fruitful way. If students fail to manage their time very well, they will have high pressure in their study.

The Capacity Building Opportunity of Wide Horizons Students

KHAM FROM COVER PAGE

Moreover, the students have a chance to practice English speaking and listening 24 hours in their activities both in class and out-of-class activities through the academic year. The students attain technical skills such as Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Photoshop, Video Editing, InDesign, and Website Building from,

NEXT PAGE



computer classes. In community development, the students can learn multiple skills including project management, project cycle, research methods, community philosophy, sustainable development, critical thinking, translation and interpretation, reproductive health training, WASH training, waste management training, and civic education training. Regarding development skills, there are leadership, negotiation, and communication skills. There are a lot of soft skills to learn from each other in teamwork. The students have the opportunities to learn skills and lessons that they do not have access to learn those in a high school, a university or in a college. After the students complete the ac-

ademic year, the students can apply their invaluable skills to their host organization, make changes to their community, and build sustainable community development. Moreover, students are able to speak English confidently and fluently, and the student can write their individual project proposal, organization report, and any kind of letter writing. Furthermore, the students understand the philosophy of community, critical thinking, problem solving, research methods, project management or project cycle, and sustainable development. Therefore, the students have the supplementary abilities to organize and manage the project or write their own reports independently. Accordingly, the

students will be reliable persons in their organization and community. Occasionally, all of the experience and knowledge progress the work ability of students and their learning, or education. Overall, Wide Horizons Organizational Program is helpful for the career goal of the students in the future.

In conclusion, Wide Horizons Organizational Program is the great opportunity for young adults around Myanmar and Thai-Myanmar Border because there are many subjects that can improve their capacities. Likewise, the capacity building for the students such as personal development and community development are preparing them for their career goals in their entire life.

Leadership

BY NAW HSER KHU THA

The proverb, “With great power comes great responsibility” has a simple meaning. If someone has the ability to do something, he or she has to make sure that it is for the good of others. Highly admired people like Gandhi and Ninoy Aquino did things that followed the spirit of this message.

According to India Times, the famous leader, Mahatma Gandhi got power and also got responsibilities. The leader’s responsibility is to know if the team member is a learner or a doer. If the person is a learner, then the leader must take the lead in decision making. It would be irresponsible to have a team member decides about something they don’t know. In that case, it is the leader’s job to develop the team member’s competence, so they can make their own decisions in the future. If the person is a doer, then the leader needs to let the team member makes their own decision and experiences the pos-

itive or negative consequences, so the team members gain self-confidence. An anonymous person said, “For a leader to lead, they need a good follower.” Small trees depend on the higher trees to cover themselves, and higher trees depend on the small trees to have a grass root to protect itself. Also, followers need the leaders to guide and lead them, and the leader needs the follower to achieve the goal. Everything depends on each other. If someone becomes a leader, he or she will face a lot of challenges. Sometimes the leader will feel disappointed. So, the leader should know one thing that the higher tree always has to face the strong wind to protect the other trees and itself. Occasionally, strong winds can destroy the trees, and people can destroy others as well. To become resilient, people may fail. A leader’s job is to find a purpose, growth, and lessons from failures. When a team member fails, the leader should not overreact, criticize, or blame the person for it. The leader should facilitate

the team by asking questions to improve their situations and apply the lessons learnt in the next step.

When someone makes people accountable for their actions, the person is effectively teaching them to value their work. When anything is done right, accountability can increase team members’ skills and confidence. So, the leader should have responsibility and accountability in every single word he or she has spoken. By this way, it will strengthen a good connection among the team.

Finally, a leader faces a lot of challenges. the leader should be a role model among members and the others. He or she has to be patient and has to understand the people. A leader’s job is to change the failures to opportunities to improve the team. The story that we write is very important for our generation because they will follow every step of us. So, try to write a successful story that you can still leave your good legacy.

NEXT PAGE



A Students' Meeting in Wide Horizon Classroom

Wide Horizons Academic Students Weekly Meeting

BY KHOON EDWARD PHOE

Wide Horizons academic students have their weekly meetings. In this students weekly meeting, the academic students share information, listen to each other, discuss and cast votes for specific topics. For example, they talk about their weaknesses, issues and needs. After that, they make decisions to solve issues in the meeting together. Normally, the meetings start at 7 p.m., and it finishes at 9 p.m. on every Friday in the classroom. Moreover, to take action for these meetings and finish them successfully, among the 24 students, two of them have to be the facilitator and the note taker for each meeting. During each meeting, eight members of student leaders including students' leader, classroom leader, computer leader, boy dorm leader, girl dorm leader, outside class leader, photograph leader, and library leader have to share information about the students' behavior during the weeks. Also, sometimes the WH student coordinator comes and shares what the students need to know and follow. Generally, all of students have to discuss the key of one or two topics from students and the students' leaders in the meeting. After the meetings, note taker share his or her meeting notes to the students and reports it to WH staff in staff meetings on every Tuesday.

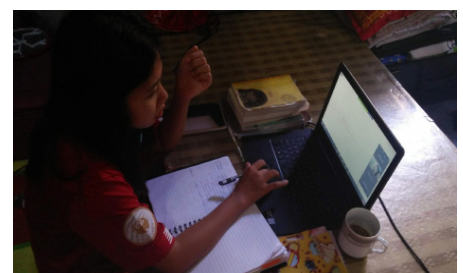
There are many benefits including daily update news, speaking skills, collaborative skills, facilitate skills, note taking skills, and listening skills. In addition, the students have a chance to give suggestions to each other and share their feelings stress, and challenges. Moreover, the meetings strenghten meeting agenda skills of current students and makes positive changes to the Wide Horizons community. Thus, these weekly meetings will continue in every academic year for the new or future Wide Horizons academic students.

Wide Horizons Online Class

BY NAW SU SU MAW

During Covid-19 pandemic, Wide Horizons students have to study online. Wide Horizons 2020 academic years students could not study as a normal class even though they have many groupworks and

discussions for their community projects because of Covid-19. The students had to study online at home and Wide Horizons dormitories during covid-19 pandemic lockdown at Mawlamyine, Mon state, Myanmar. According to the Myanmar Ministry of Health and Sports announcement, the public



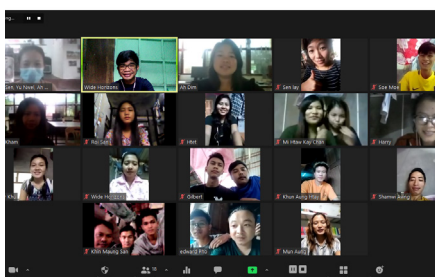
A WH Student's Online Study

cannot gather a lot of people, any school or program was not allowed to open. Wide Horizons still needed to run because all of the academic year students are from around Myanmar and Thai-Myanmar Border. So, the students could not go back during the pandemic. They had to separate themselves for online class and study at their dormitories and homes.

24 academic year students had to study online class. As a result, they missed their lessons and faced technical issues, electricity, and internet connection problems. The students could not concentrate on the lessons and could not focus on the screen for a long time. One of the 2020 academic year students said “I don’t like online classes because I cannot concentrate on the class all the time because I can’t focus on the computer screen for a long time. Sometimes I have electricity and internet connection problems.” “When I heard the school announced that the program will run online class, I felt so sad because I could not study at home because

internet connection is not good in my village, and we don’t have electricity. I had so many problems, and my father was sick. I had to take care of him. I could not study like my friends, so I missed so many lessons. As a result, I had to quit my school, and my father passed away. I cannot continue my school anymore.” said Naw Yu Yu, a 2020 academic year student. Covid-19 gives the students so many chances to study online even though everywhere is under lockdown. So, 2020 academic year students still need to learn

students still have a great chance for their study and their academic year. Wide Horizons Community Development Program started online class in May. Some students stayed at home to study online class, and some were at school dormitories study online class.



2020 Academic Students’ Online Class

online until the government gives a chance to reopen the program. That might be so difficult for every academic students, but the stu-

The Great Mentors for Mentees

BY WIN NAING AYE

Everyone should have a mentor for their education when they are at home, in work, in the country, or in their daily life because we can get good ideas, ways, advice and experiences from mentors. Wide Horizons has that program for every student since 2018. That program’s purposes are to help the academic students become more self-aware, to gain knowledge and skills from former students, to feel more supported, to build partnership and network in community development and encourage the WH students to mentor each other. Also, Wide Horizons is hoping to strengthen academic students and alumni connections and partnerships, to strengthen our net-



works and assist each other to develop our relevant fields throughout Myanmar.

This program is important for us because we have a lot of benefits of being mentors and mentees. Mentees can get these from mentors. From this program, the students gain practical advice, encouragement, and support, and they learn from the experiences of others. Moreover, it increases their social and academic confidence, and they become more empowered to make decisions, develop their communication, study, personal skills, and strategies for dealing with both personal and academic issues. It also enables them to be able to identify goals and establish a sense of direction for their work.

Mentors also can improve communication and personal skills, develop leadership and management qualities, reinforce their own study skills and knowledge of their subjects, increase their confidence, and motivation. In addition, it encourages them to engage in a volunteer opportunity and to be valued by employers. Also, it enhances their CV, and they will have a chance to receive a mentor certificate if all meetings and evaluation are completed.

So, academic students need to share what happened in the students' lives, ask questions to their mentor once a month during the academic year. To communicate, the alumni preferred means of communication by phone. The students have to complete any tasks assigned by the mentor as well and complete 2 mentor or mentee evaluation after 4 sessions at the end of the academic year. Furthermore, mentors have to do thoughtful discussions with the students for one hour, once a month. The mentors follow meeting discussion questions and activities, and they contact the staff if there are questions,

comments, or concerns. If we talk one hour once a month, we become close and friendly with each other, and this program is more successful. We get to know our mentor or mentee. Mentors always ask mentees' goals, challenges, and strengths in every trimester. In addition, we share our experiences and events in the past. Sometimes, mentors encourage their mentees



to do well and congratulate mentees when they are doing well in their homework, daily duties, and project works. Occasionally, we set expectations together on the topics and set up the time to discuss about our topics or educational video clips.

For activities, a mentor gives the videos to mentee to discuss about "How important is teamwork" and "The danger of a single story" by Chimamanda Ngozi Adichie and "Learning from leadership's missing manual" by Fields Wicker-Miurin. Furthermore, we talk about mind maps like what we did in the past including education, work, and trainings or volunteer work. We discuss the advantages and disadvantages of group works and how important is time management in the project group and how we can apply them in next trimester, and what the best ways are for us. Mentors give the guidances to their mentees. For example, before we talk,

the mentee has to find answers by themselves to improve themselves, so we can decide what the right way is for us in the academic year. Also, we need to listen to the videos before providing any advice or discussion. Sometimes, if we have specific needs such as individual homework or a project, they provide ideas, advice, and materials to us. They mention the mistakes they did when they were in WH. Therefore, by gaining suggestions or sources from them, we can improve our performance in the homework or the projects.

According to two academic year students, they said that this program is good for them because they can practice English with their mentors and talk, discuss, and negotiate about different topics. Furthermore, they can learn from their mentors' experiences and ideas. Sometimes, mentors give good advices and suggestions for the mentees. In the other time, they help them by encouraging them to have positive thinking, brainstorming ideas and thinking about their individual work, or group work. Additionally, the mentors can explain anything in details to the mentees according to what they need or want. Moreover, mentees said that their goal and plans are successful in this program because their goal is to improve English skills such as writing, speaking, listening, and reading. Also, the mentees' time management and individual plans have improved.

In conclusion, this program can support academic students to gain a lot of benefits, responsibilities, connections, advice and suggestions from the mentors. Moreover, the academic students have a chance to think critically and confidently. So, we need mentors for the academic year students in Wide Horizons.

Intelligence Quotient

BY LIAN SIAN NEM



A person's intelligence is usually measured by intelligence quotient (IQ). It is intended to be a systematic measure of a person's intelligence. Normally, an intelligent person is considered a good person. A brilliant person has a high level of intelligence. A person who is not brilliant is considered to be less intelligent. In a foreign country, there is a systematic measure of intelligence.

In Myanmar, as far as I know, there is no systematic intellectual measurement. The average IQ of a person is between 80 and 120. If it is more than 120, it is considered a high IQ. If it is less than 80, it is said that the intellect is low. IQ depends on genetics. The development of IQ begins at birth at the age of 11 and 12 and does not improve after that age of 12. In other words, IQ is an innate ability.

The archetypal education system focuses on IQ. Parents and teachers are encouraged to study hard at school. The only emphasis is on school education, but the students are not encouraged to pursue art, sport, communication, etc. Nowadays, it is accepted that there are five kinds of intelligence. To be a successful person, they have come to accept the need to cultivate these five qualities as followed:

The first intelligence is physical Intelligence. At first glance, you might think it should be a PI, but as I mentioned earlier, it refers to the result of stability. Peking is actually about health. A person needs to be healthy. If you are not healthy, you cannot do anything. Therefore, young people should focus on physical intelligence, and parents should also consider it. Children should be encouraged to play sports. Students need to be able to play sports effectively in schools. In the past, sports were not encouraged or banned in our country because of unnecessary concerns. Exercise is not only about physical development, it is also about mental development. There are many benefits such as respect for competitors, so I think sports promotion should be done as a national duty. When it comes to sports, many sports are accessible to everyone, not just expensive ones.

The second intelligence is Mental Intelligence. As mentioned above, it means the intellectual index that everyone knows. It is a measure of a person's reasoning ability. In short, it is an estimate of how effectively someone can use information and logic to answer a question or make a prediction.



Dr. Aung Tun Thet

The third intelligence is Emotional Intelligence. EQ is about you and your emotion. It is like knowing one's mind. You can also try to find out about the people you are dealing with. People with high EQ are empathetic. The best example is Maha Gandhi. He and his disciples ran to catch a train as it was about to leave a station, and one of his shoes fell off. As soon as he realized that one side of his shoe was missing, he took off the other side and threw it as close as possible to the other side. When his disciples asked him why he was doing this, he replied that someone could pick up a pair of shoes now. IQ and EQ are different. Even if you have a high IQ, you cannot have a high EQ. We can see many people around us with low EQ but high IQ. This type of people focus their feelings first and ignore the other person's feelings. IQ is an innate ability, and EQ is a skill that can be practiced and developed. A person needs to have the same IQ and EQ because only a high IQ is not enough.

The fourth intelligence is Spiritual Intelligence. Nowadays, I think, (SQ) is the most needed for our country. Religion is concerned with the individual. It is important to respect the religion of others as much as you love your religion. Religion is a very deep, sensitive, and subtle thing. I am a Christian. As a Christian, I need to accept the teachings of the Bible and respect the religion of others. You should not think that your religion is good, and that other religions are bad. It is very important to avoid extremist ideologies. There will be some people who do not accept this statement. Nevertheless, I do believe that people will have divine ideas and the right thoughts

NEXT PAGE

Finally, the fifth intelligence is Cultural Intelligence. In 21st century, cultural intelligence is becoming more and more important. As Myanmar underwent reforms, its relations with foreign countries have grown, and the people of Myanmar have come to accept the concept of cooperation. Moreover, foreign investment has increased, and many foreign-owned companies have set up in Myanmar. As such activities are planned, Myanmar citizens are increasingly calling for help. Similarly, Myanmar-owned companies are recruiting foreign employees. This is to know the situation in foreign countries, to understand the local situation, and to develop cultural intelligence. (CQ) is very important when dealing with people who are different.

Everyone needs to respect the culture of others as everyone loves their own culture.

In Myanmar, the hand-eating Burmese tradition must pay attention to the Chinese tradition of eating with a bamboo stick, and the Western tradition of eating with flatware. People with high CQ tend to be able to adapt to different cultural backgrounds, can accommodate, understand and can recognize new environment well.

To summarize, there are PQ, IQ, EQ, SQ, and CQ. These five intelligences are very important for a person. High PQ is related to living healthy, and IQ is related to learning. EQ is about compassion. SQ is related to a person's deep heritage, and CQ is the ability to transform diversity into strength. Therefore, it is very important for every young person who wants to succeed to have five kinds of intelligence.

Waste Management at Wide Horizons



The Cleaning Activity

BY KHUN AUNG HTAY

Waste is one of the causes of global warming. Then what is waste? This article presents the waste management system at Wide Horizons. Firstly, wastes are the things that are not useful for us, or the things that we regard to be useless and abandoned things. At Wide Horizons, waste is managed in a systematic way. Moreover, many kinds of waste are found at Wide Horizons compounds such as plastic bottles, plastic bags, papers, pens, cans, dry leaves, food waste, and vegetable waste. In total, there are four kinds of waste that have been found in the Wide Horizons campus.

Those four kinds are kitchen waste, food waste, garden waste, and plastic waste. So, how do Wide Horizons manage these waste? In the Wide Horizons campus, there are 23 students who are studying. Moreover, there are 6 staff members who are instructing the students. There are a kitchen, a classroom, an office, two dormitories, and a library. There are 2 waste banks (food waste and plastic bottle bank), and a land-fill. Regularly, one big pack of waste is produced by Wide Horizons students and staff daily.

First of all, Wide Horizons 2019 academic students build a waste bank to store plastic bottles and cans near the Wide Horizons female dormitory. The purpose of this bottle bank is to be able to reuse the plastic bottles whenever the community needs and to raise school funds by selling the plastic bottles and cans to the bottle and can collectors.

Moreover, plastics bags, coffee packs, and papers are thrown in separated bins too. There is a waste recycle system for coffee packs. Students of Wide Horizons 2020 Academic year reuse the coffee packs and create mats or baskets by recycling them. This idea is provided by one of the 2020 academic students called Sen Sen who is from a waste management organization called Chu Chu. Moreover, Wide Horizons staff and students are practicing waste reduction and waste recycling system to reduce consumption of plastics and protect the environment pollution. Students throw plastic waste bags once a week to the rubbish truck.

Also, there is a landfill near Wide Horizon's office where only leaves and branches that are from the campus are thrown and burnt inside the landfill. In order to manage the food waste, Wide Horizons 2019 academic students built a food waste bank which has three blocks and walled with bamboos next to the Wide Horizons male toilets. This food waste bank is to make fertilizers from the food waste to use for growing vegetables on the campus. The kitchen waste like fruit shells, egg shells, and vegetable branches are thrown into a separated bin. **NEXT PAGE**

However, students do not recycle and reuse the kitchen waste, so they throw them into rubbish trucks. Wide Horizons is trying to improve its waste management system every

year as it is one of the important actions to be taken. As mentioned above, there are many different types of waste in the Wide Horizons campus, and they have to manage the waste systematically. Wide Horizons is saving and helping the world to be clean by managing its waste systematically.

Playing Friendly Football Match with TARAO

BY SEIK HTAW

Playing football is not only good for healthy and fresh minds but also improves relationships between team mates. In the same way, our wide horizons students had friendly football matches with TARAO program students on March 8, 2020. Firstly, Wide Horizons student coordinator, Teacher Aung Than took responsibility to make appointments with the TARAO program to know the time and place (stadium) for the friendship matches. When we knew the time and place for the matches, student leaders reminded students after class to leave at 4:30 p.m. because the matches at Akarit United Futsal Stadium were from 5:00 p.m. to 7:00 p.m. Then we went there by a car and sang many songs on the car. When we arrived at the Aarit United Futsal Stadium, TARAO students and WH students made conversations and introduced themselves to each other. After that we mixed all students from both schools and divided ourselves into different teams. We set up rules to play for 15 minutes each by rotating around and discussing to assign positions for each person in every team. Then we started playing football, and we ate fruits and drank juice we brought from our school at break time after one hour. It was so fun and happy because some students made appropriate jokes while we were eating the fruits. After our friendly football match



Playing Football

finished, we took a group photo with TARAO students and gave our Facebook accounts to each other. One of Wide Horizons students, Kyaw Kyaw Lin said, "We got a lot of benefits for our students because that friendly football match was not a normal football match. Instead, we could broaden our network with the school and become friends with them because of the matches. This football match was helpful for us to reduce stress from school assignments or study. Therefore, we should have this kind of match many times." In brief, Wide Horizons students and TARAO students could organize friendly football matches that not only are good for health, but also valuable to extend the students' network and friendship.

Door Mat Fundraising Project

BY DAN MAI AWNG

To implement the Door Mat Fundraising Project, first, the WH Financial Literacy Group of the students provided the door mat making training to the other WH students. The aim of this training is to deliver a certain method of door mat making to raise some fund and cover a part of WH fund next year. Let's look at how we try to

implement our project to deliver the maximum impact. There is a student leader, Ms. Sen Sen, who knows how to create a doormat, amongst the students, from Chu Chu organization, Dala, Yangon, Myanmar. Because of COVID-19, 10 % of Wide Horizons budget was cut by its donor. Therefore, the school fees will increase for next year students. However, because

the students come from different places, backgrounds and ethnicities, it can be difficult for them to be able to afford it. The financial literacy team at WH decided to raise fund by making door mat with motorbike tubes. Moreover, the financial literacy group met with WH alumni to explain and discuss about this project to get the best idea from them. *NEXT PAGE*

The team gained recommendations from the alumni who are willing to help the project by retailing the products in their networks. The financial literacy group informed and discussed this project with the students in student weekly meetings for the project implementation. The group has made budget breakdown including refreshment, transportation, and raw materials. Then the financial literacy group divided themselves into smaller groups to take responsibilities to buy and collect materials. Two team members went to a motorbike shop to buy 600 old motor-

bike tubes before the financial literacy team showed the video, led by Sen Sen, about how to make door mat with motorbike tubes. After the students watched the video and knew how to make the door mats from the tubes, the students had to make the door mats for the fundraising project. The students participated in making door mats one day per week till the target of 200 door mats is met. Normally, the students have conducted fundraisings such as selling T-shirts, but this activity is cancelled because of COVID-19. Also, the students were divided into 3 groups in

different places to make the door mats. The first day of making the door mats was hard for the students to make door mats because they have no experience about it. However, in the second week, they could make the door mats faster. Recently, the students have made 107 door mats for fundraising. It will be a good opportunity for the new generation students to continue the fundraising. All in all, we hope that it could help cover some part of WH budget. we hope the purpose of the project will be successful and helpful for next year budget from the profit. So, if you are interested, you can support us by buying the doormats.

The First Week at Wide Horizons

BY KHIN MAUNG SAN

When you travel somewhere that you have never been, you will get new fun experiences and exciting feelings. I came from Rakhine State to Mawlamyine to join the Wide Horizons Program. When I arrived at Mawlamyine, it was almost dark. I took a motorbike taxi from the bus station to Wide Horizons. I was dropped in front of American Children Hospital. At that time, I did not know how to go to Wide Horizons. Therefore, I made a phone call to Teacher Aung Than.

When I stepped into Wide Horizons compound, inside one building that is the classroom, the students were preparing for dinner. One of the students took me to boy dorm, and he arranged the accommodation for me. After that, I came back to the classroom to have dinner. I felt nervous because all people were not familiar with me. I looked at the classroom to sit down. At this time, one female student was sitting and was having dinner alone. Therefore, I decided to have dinner with her. After I finished my dinner, I saw pork curry.

However, she did not eat the pork curry, and I also did not have the pork curry. That was a funny experience for me.

In the next morning, we went to Mawlamyine View Point. When we arrived back at the school, some students who arrived first and the staff cooked lunch. In the boy dorm, some students were sleeping, and some were chatting. We had one week before the school started. We did not need to do any daily responsibilities such as compound cleaning, classroom cleaning, cooking duty, boy dorm cleaning duty, and watering duty. Some students did whatever they wanted to do. Some were in the classroom to surf the internet. Some studied the English language. Some went outside to buy personal materials.

After one week, the teachers started to teach lessons. On the first day, we introduced ourselves. After that, we started to learn the lessons regularly. On that day, we divided ourselves into different groups such as compound cleaning, classroom cleaning, cooking duty, boy dorm cleaning duty and watering duty to do daily responsibilities. Finally, we become best friends, and we have a great time in Wide Horizons.



The Frontier Citizens

BY NANG LOA KHAM

In the Civil War

The starved citizens in the Hades of civil war,
And the conflict increases the hunger of citizens.
Through the hungry eyes of peace, with the apprehensive minds,
Motivates the scrawny and causes the starving stomachs.

The human dignity and the spiritual security are fading away,
And the hungry citizens live under the unsecured shelters, under the irresponsible governor.

Subsequently, the insured soul raised up the anxious sensation,
The anxious sensations turn into a nightmare,
Through a half-awake and a half-sleep of sleeping souls,
The citizens are neglected from equality, justice, and humanity
Among the punishment of violence as the victims.

In frontier area, the children missed the school.
The school is blocked with the wild bushes and dark shade.
The dry leaves in school compound,
The thick dust on the school desk, and benches are presentations of the mourning.

The children cannot enjoy their life.
As replacements for laughing and playing for happiness,
A shocking and seizing life among the deadly bombs and bullets emerges.
The joyful memories are spoiled by frightening or terrifying moments.
The screams were let out due to the terrifying sounds of the bombs and gunshots.
The pure souls colored by the red of the fire and the conflict.

COVID-19

The enormous monster called COVID-19 killed over thousands of millions of people around the world.
People are frightened and struggle for their life from it.
People stay home to save the world and save their life.
The frontier citizens cannot comply with the rule to save the world in the war.
There are unsecured shelters to stay home.
No stage to harvest and collect their crops.
The yields bury themselves under the ground after a period.
The citizens are the victims of the evil and the monster of the world.
Suffering from the perdition of the world penalty, inhumanity, and torture.

The 2020 Election

In every five year, a country under democracy system,
Every citizen has the right to choose his or her favorite leader.
On the other hand, for the frontier citizens,
Where are equality, justice, and human rights for the citizens of the frontier as citizens of Myanmar?
Where are the helpful hands to take them out of the perdition? Where are hopefulness, freedom, and peace-
fulness?
The citizens are threatened by conflict, violence, injustice, inequality, and inhumanity
No right, No vote, No government as stateless citizens.

A Visit to the Garden

BY KHAU GILBERT OO

Once upon a time,
I visited the flower garden.
I saw a number of flowers there.
I saw the gardener watering and taking care of the flowers.
There was not only a kind of flower I see.
They were full of colors and had a sweet smell there.
I went around and visited it
I talked to them.
I sang for them.
They also smiled back at me.
I was happy there.
I wanted to be with them for my whole life.
But it's time for me to go back,
I didn't want to say goodbye,
But I had to.
Because I was a visitor.

2020 Wide Horizons Academic Students' Newsletter Group Members

WRITING GROUP

1. Dan Mai Awng
2. Hnin Wai Wai Lwin
3. Naw Hser Khu Tha
4. Khun Aung Htay
5. Khoon Edward Pho
6. Khau Gilbert Oo
7. Khin Maung San
8. Nang Lao Kham
9. Roi San
10. Seik Htaw
11. Lian Sian Nem
12. Saw Soe Moe Aung
13. Naw Su Su Maw
14. Win Naing Aye (Leader)
15. Mu Yu Nwel Soe

EDITING GROUP

1. Nay Main Aung (Leader)
2. Mi Htaw Kay Chan
3. Htet Htet Kyaw
4. Dim Myat Lamaw

DESIGN GROUP

1. Kyaw Kyaw Lin
2. Mun Aung Lumung
3. Win Thura Hein (Leader)
4. Nan Mue Lar Khaine