



# WIDE HORIZONS

## Newsletter

(2016-2017) Academic Year

Volume 2



COMMUNITY DEVELOPMENT  
PROGRAM

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## Introduction

### **Welcome to Wide Horizons Newsletter 2016-2017 academic year (second version).**

We (24 Wide Horizons students) have successfully published the newsletter volume (2) for 2016-2017 academic year. Every year, Wide Horizons students write newsletter about their school activities, things they did, what they learn and share ideas to the others. We tried as hard as we could to get an interesting newsletter for 2016-2017 academic year. Every student has a chance to share their ideas and choose their favorite topics. We also translated this newsletter into Burmese language. The objective of writing newsletters is to learn and share experience, ideas, opinions and what we have done and learnt in the ten months in Wide Horizons. We thank everyone who helped us and gave suggestions to complete this newsletter. We hope the reader will enjoy reading our newsletter.

**Written by Saw Gay Lah**

### **Wide Horizons Background**

Wide Horizons Community Development Program was established in 2006 by World Education (WE) and Burma Migrant Worker's Education Committee (BMWEC), in Mae Sot Tak, Thailand. Wide Horizons is a two-year leadership development program dedicated to building the capacity of young adults from Burma to work effectively in civil society organization. Wide Horizons program selects 24 students every year who have at least one year work experience in their host organization. They come from different ethnicities and religions around Thai-Burma border and inside Burma. The ages are between 20 to 35 years old. They come from different organizations. The school provides three main subjects such as English, Community Development and Computer skills. After the academic year, they will be able to help effectively at their host organization to improve education sections and development sections.

**Written by Seik Chan**



## The Beauties of Wide Horizons School

**W**ide Horizons school is a place that we can say that it is a very beautiful place. We have playground in the school compound, we play the funniest games and do class activities there. After finished class in the evening time some of students like to play badminton and cane ball. Beside of the playground we have small a pool, especially in the evening time, we sit at the corner of the pool to reduce pressure by looking sunset and paddling. When students have free time, that pool is the best place to relax. Moreover, behind of our girls dormitory there is a beautiful garden.

In our school environment is different with other places as it is more natural and a good to stay. In front of our school there are two big trees and it is very nice to sit in the shade of these trees because it is very cool.

Our school is not only a simple class room. Regarding our classroom has no wall, we can see birds flying and singing joyfully around the school. Moreover, the butterfly are also enjoying with the flowers in front of our classroom. Also it is such a great time in the morning when we start our class the sun shines into our class especially in cold season.

There are many kind of books in our library at Wide Horizons School. Library is very helpful for students and staff because it is the most quiet place in our school, so it is a suitable place to have students meeting and small group discussion, and interviews. Especially at night time, most of the students do homework and read books in the library.



Written by Hla Hla

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### Friend

EVEN THOUGH WE MEET OVER A SHORT TIME,  
FIGHTING EACH OTHER, LOVING EACH OTHER.  
IT'S MEMORIES FOR WHEN WE STAY FAR BUT  
FOREVER AFFECTION, MISS YOU ALL THE TIME "FRIEND".

Written by Seik Chan



## Adobe Workshop

On 3/7/2017 brought an interesting workshop to Wide Horizons the second time, which is called Adobe Workshop. People know natural building as well, because we are using more mud instead of using iron, sand, stone and wood. Wide Horizons program has been established 11 years ago. However Wide Horizons students had done this kind of adobe workshop only one time. It happened the second time for Wide Horizons students.

To implement it, all Wide Horizons students went to Mae Tao Clinic. All the students are very excited to learn new thing before they started working. Adobe workshop was taught by Agora Architect. Agora invited Wide Horizons to join adobe workshop in order to understand how adobe workshop going up and how adobe workshop useful for people.

As soon as we get at the work place, Albert, who leads the project, divided us in to three groups by different tasks. Moreover, he explained about why he starts to build natural building as well. He gave four reasons to build it.

1. Cheaper
2. Everybody can do it.
3. Save environment
4. Cooler



Even though, we have divided in to three groups by different tasks. Each group had the opportunities to try each other groups again and again in order to understand every single steps of natural building such as making brick, arrange brick and smooth wall by mud. In addition, let me explain the step of how to get a good quality brick. To acquire a good quality brick, first we have to dig clay, secondly keep water on the clay, a few minutes later we have to mix with rice-husk, and then we have to stump the clay and rice-husk until everything mix together. Finally, we have to create size of brick that we prefer, the only one is we have to dry under the sun at the least 4 or 5 days to get a strong brick.

**Written by Isaac**





## My Friends and I

Everybody knows that what a friend is. However, not everyone may know the meaning of friendship. Similarly, I was also included in those who did not understand the meaning of friendship. Luckily, Wide Horizons teaches me what the real friend is. In the past, I had noticed who had been talking with me. They would be forever friends for me. But when they left me, nothing happened to me, everything was fine for me. It was easy to forget them. I think they would not be my real friends. Due to this condition, I have a question for myself. Why didn't I miss them when they left me? Only one answer was that they were not my real friends.

Currently, I am one of the student at Wide Horizons in the 2016-2017 academic year in Mae Sot. It is the first step of my life to know what the real friend is, because I have to study with new different 23 new friends. It makes me excited and happy. I believe that they would be my best friends one day. Moreover, I expected from all 23 students, especially when I am in the trouble or happy. They are accompany and encourage me to be strong.

Fortunately, everything really happened that I expected. Actually, I am a lucky person for being one of Wide

Horizons students, whenever I am sad they are willing to encourage me. They teach me right from wrong. They raise me from their good experiences such as sharing knowledge. I am really satisfied with their kindness. I strongly believe that all 23 students will be my forever friends.

“Wide Horizons creates many valuable things in my life to know what the meaning of friend is”.

I am sure that without Wide Horizons I would not meet with different friends like in the past. Moreover, I would not get any real friends for my life. Since, I become as a Wide Horizons student, I truly know that I will have to leave from 23 friends one day, it makes me worry and sorry. Because, everything does strongly between our friendly attachments day by day.

Anyway, I knew that I had to leave from my lovely friends at the end of school. But I would not forget them. I would miss them all the time. If I have opportunities I wish to see with all of my friends the next year graduation day. I real thanks Wide Horizons School, which is helping me to know “the real friend”.

**Written by Isaac**

“See You Soon!  
My lovely friends”



## Kachin Traditional Minced Beef Curry (Shan Hkak)

### Ingredients

#### Amount

- 1.5 kg-----beef
- 1/2 teaspoon-----turmeric
- 1 teaspoon-----pepper
- 10 cloves -----garlics
- 1/2 teaspoon -----MSG
- 3 teaspoon -----salt
- 2 teaspoon-----chili powder
- 3 tablespoon-----peanut oil
- 1 bunch-----long coriander
- 1 liter-----water
- 1 gram -----ginger
- 2 pieces -----tomato
- some Kachin spices (basil,phet phe, laksa leaf)
- cinnamon



### Preparation

- Cut tomato into small pieces
- Wash beef and then chop into small pieces
- Pound the pepper chilies, garlic, and some leaves of Kachin spices together.

### Recipes

**Step 1-** Put beef in the frying pan, pound ingredients leaves and put some oil, coriander, ginger, salt, MSG, tomato mix them together thoroughly.

**Step 2-** Put the fry pan on the stove and drop the oil until the water come out from the beef.

**Step 3-** After that put a glass of water and boil until the beef tender.

**Step 4-** After thirty minutes, take off the fry-pan from the stove. Now it's ready to serve.

Written by Khon Mai

## Indian Traditional Wedding

Each ethnicity has different and beautiful traditional wedding according to their culture. When they married, they use many different ways that depends on their cultural. Now, I would like to present about Indian wedding. They also have lovely beliefs and beautiful heritages and traditional. In beautiful traditional, traditional wedding is beautiful and difficult thing. Every Indians have to follow the rules of wedding.



For wedding, they have one rule especially for the oldest daughters and only one daughter in their family. Firstly for engagement, groom family has to come and propose to bride family with flower, snacks and sari. After that, groom family has to celebrate big engagement for bride. After that, groom has to prepare for 7 wedding ceremonies. They always celebrate small 6 ceremonies which include engagement, small party with relatives, drawing henna on the

bride hands, wearing the yellow powder on bride and groom body and face, and praying at house.

Secondly, they make small party with their relatives at groom house by eating, dancing, and singing. Next day, the bride wears the beautiful dress and has to sit down on the stage. After that, many relatives come and draw henna on bride hands with many different color and design. Fourth ceremony is wearing the yellow powder on bride and groom body and face. That day is very funny and happy for them. Next day, they make a praying at groom house for their lives and generation. At that time, they make many different delicious snacks.

Even they celebrate 6 ceremonies, bride cannot visit the groom's house. They cannot live together until the last wedding. For seventh ceremony, they make a big wedding.

After the last wedding, all Indian brides have to move into the groom houses. They cannot stay at their house even they are rich or poor. If they don't follow with their grooms,

grooms parents think their daughters-in-law are against them. Therefore, the brides follow with their husbands. Those 7 ceremonies are not for the youngest or middle daughters so they don't need to celebrate like that. They make the normal wedding. Indian brides should have the cooking skills and



household management skills.

So that, all Indian grooms have to find a lot of money to get married. If they don't do that 7 ceremonies, they cannot get married. Indian grooms respect the traditional rule for their wedding. I think this traditional is very lovely for me. I feel they adore their brides. I think every traditional weddings are very beautiful. Even though, we live in different modern countries, we should keep and continue to do our traditional events. We should not forget our lovely traditional things.

**Written by Lucia**





## Democracy and Making Decision at Wide Horizons

**W**hat does the democracy really mean to you? Some people even ask, is Myanmar a democratic country? Democracy is the popular word in everywhere nowadays. Students are using democratic culture at Wide Horizons community. There are some important elements of democracy, such as the meaning of democracy and how to make decision.

Democracy comes from the Greek words **Demos** means 'the people', and **Kratos** means 'rule'. So democracy means 'the rule of the people'. In democracy, 'the people' means all of the citizens in a community. These citizens have equal rights and responsibilities in that community. Rule is another word for authority which means the rights to use power and ability to make others do what they want. There are no kings or religious leaders who have more rights than other people in democracy. The authority belongs to and comes from the people. At Wide Horizons, school's rules are created by all students, and they bring the rules to teachers and coordinator to be adopted in the first week of the school. Moreover, all students include in decisions about how the students should be involved. Wide Horizons community is using the democracy culture by creating school's rules.

Making decision is very important in democracy. People have different needs and ideas, so there will always be some conflict when making group decision. Every Friday at 7 pm, the students have students' meeting at Wide Horizons. They discuss the students' issue and everyone participates in the meeting. Sometimes, the students have different ideas on how to address the issue, and they have to make decision. The students are making decision by majority voting and consensus. For example, students have different ideas for refreshment in monthly birthday party. So, every students vote for what kind refreshment we would have for birthday party. Student's leader will make decision based on the majority vote by all students. This is called decision making by majority voting in democracy. Moreover, all students have a chance to express their ideas and opinions before decision is made. Then, the student's leader tries to make decision that every student can support and all students agree with the decision. This is called making decision by consensus in democracy.

In conclusion, democracy is 'the rule of the people', which comes from Greek's words. In addition, all students take part in decision making about issue that affect them and practice the democracy in their daily life at Wide Horizons.

Written by Wang Gakao



## English Class

**D**o you want to know our amazing English class? In English class, I have learned many topics such as writing process, debating, advocacy report etc. But I am going to tell you only three issues. They are debate, news (current affair) and literacy book. I hope those topics will be helpful for the readers to know what we had learnt in English class. Based on the article, the reader might be willing to work with others people and they will know more about the benefit of team works as well. So, I chose those issues to share to you and to let you know about our Wide Horizons amazing English class.

Firstly, in debating class, teacher gave us topics and 20 minutes to find out information for our debate. He separated different groups. After that, we started to find information and ensured first argument, rebuttal of the other groups' ideas, summary

and final thought. Before we started debate, the teacher said you should check the quality of your friend's information and their argument strong enough or not.

Secondly, for current affairs we chose international news and national news. We had to share news to the class. We had to prepare PowerPoint for our news presentation, summary our news and make some discussion questions. We had to lead the class for 40 minutes for our presentation and discussion. During presentation class, we shared our perspective base on our news. After discussion, a group who present the news summarize the students' ideas and information from article.

Then, in literacy book class we shared the idea from the book that we read to our group members. We tried to make connection from text to text,

text to self and text to world. In addition, we made summary for discussion. We tried to find out themes in book and analyze the character and summarize the book. Then, we also wrote reflection what we have learned from the book. Moreover, each person we had our own questions that we wanted to discuss with our friends because we try to learn different perspective from each other.

Finally, in my point of view I would like to say that we have learned many perspectives from our friends and we knew more about their skills as well. This was a kind of the basic of communication to know others perspectives. Moreover, we learned how to accept others people perspectives. Therefore, English class is very amazing and helpful for Wide Horizons students.

**Written by Paw Kari Htoo**



## Dream Do Come True

People are trying hard to gain the professional skills and experiences in order to achieve their goals. Among them, I am the one who try to complete my achievement. I would like to share how I set up my goal, how I can reach my destination and how my dream become true. My purpose is everyone should set up each goal for the future.

Everyone might have been set up at least one goal since they were young. As for me, I started setting up my long-term goal when I was 18 years old. My long-term goal is to be an expert computer teacher who is able to speak English fluently within the next six years. Moreover, I eager want to develop for my community in IT sector.

Before, I have been looking for opportunity from some programs which trains many skills especially Community Development, English and Computer skills. But I cannot find any programs in Burma that can help me reach my goal. Fortunately I heard about Wide Horizons Community Development Program information from its alumni. Then, I was truly interested in applying this Wide Horizon Program (WH). I expected from this program many skills especially computer skills and English skills that will fulfil my long-term goal.

In April 2015, hundreds of students were waiting to take entrance exam a long Thai-Burma border school. Among hundreds of students, I saw many students gathers at Ban Nan Soi School. Those students were waiting for entrance exam of Wide Horizon Program and Minmahaw Higher Education School. Those students were from different schools from refugee camp 1. Some students look so excited like me. Some student

just joked with each other. All students went back to their places with expectation to pass the exam. Every student was waiting the result after one month. First, I felt very stress because I did not think I would be accepted. However, I try it again then I passed it in 2016.

During the course, I got many skills and experiences. For Community Development subject, I am able to write proposal, budgeting, management skills and critical thinking skill. I gained many skills from English subject report writing, CV, cover letter, translation and interpretation. I am also very enthusiastic in learning at computer. We learn Microsoft office, InDesign, Photoshop, Video editing and Creating Blog.

In addition, Wide Horizons School divided student into 4 groups to practice proposal writing. Each group wrote proposal one for WH school project and one for community project. Among 8 projects, students have successes 6 projects. I achieve many skills and experiences from Wide Horizon Program.

Finally, I say myself "I am ready to serve my community".



"I am ready to serve my community"

Written by Okay



## Students' Exchange

Every year Wide Horizons has exchange with Minmahaw Higher Education. For the past years, the exchange was held only half day but in this year we had exchange for the whole day. Especially, this year we had an amazing agenda such as presentations, talent show, games, and in the afternoon we had a debate and a football competition. The purpose of the exchange is to promote and develop mutual understanding between Wide Horizons students and Minmahaw students.



The first agenda was when Minmahaw students arrived at Wide Horizons School, we started to introduce ourselves one by one. After that, we started our school's presentation. We continued to show amazing talent from a queen and a king in each school. The reason why we chose a king and a queen from each school is to show the ability of how the king and the queen can do their best as they were presented by their school. For example, we can say that Wide Horizons and

Minmahaw schools competed each other to show the skills that we were learning things which is better and difference than yours. Then, we moved to game activities which led by Wide Horizons and Minmahaw students. There were so many funny games that both students lead. We were so delighted by having such amazing games that we played. We spent almost 3 hours in playing games because it helps to build self-confidence to talk to each other.

We all joined lunch together including teachers from Minmahaw and Wide Horizons school. After lunch, we started to debate the topic, "Should abortion be legal or illegal?" and there were three people from each school. Teacher Steve led the debate and the judges were three teachers from Minmahaw and one teacher from Wide Horizons. Both of the schools were good at debating but Wide Horizons students won the debate as they covered a wider range of issues. Also, we went to NFC football ground to have football competition. Male students competed against each other for 35 minutes and Wide Horizons beat opponent Minmahaw students. However, Wide Horizons female students lost to Minmahaw female students because we did not have much experience of playing football. After students exchange, we realized to have more

competition and made friendship with them in order to promote and



develop mutual understanding between Wide Horizons and Minmahaw students.

We got so many benefits are like learning from each other's skills that we received from different school and had confidence to talk and ask questions to each other. Moreover, they invited Wide Horizons students to visit them on their school holidays or have a party with them. Due to the exchange, they became better friends with the Minmahaw students when we implemented the project at their school. They were helping us and whenever we need help from them, they helped us as much as they could even they were taking exam. Therefore, we had learned so far that making friendship with people are such wonderful things that we had ever done in our life. We are hoping the next batch students who are going to join Wide Horizons program will experience the same feeling that they couldn't forget like we did in this year

Written by Paw Gay Moo



## Financial Literacy Training at Wide Horizons

**N**ot everyone understands about financial management. Therefore, acquiring financial literacy at school is intended to help students to take control of their lives. It is also very important for the people to learn how to apply financial management skills in their work field and school. Furthermore, many young adults do not appreciate how to process the basic knowledge of managing money. Financial literacy training was conducted by Wide Horizons' staff which is very important for the students. My aim for this article is to share the knowledge that what knowledge the students have gained from the training and how the students can apply those assets.

There were several valuable topics that the students have covered from the training. However, I am really focusing to write the most important topic that student had learnt from the training was what are saving and making saving plan. For saving money, there are two kinds of income we have to appreciate about that are regular and irregular income. Regular income includes whether it can be daily income, monthly income and yearly income. Similarly, acquiring to understand irregular income is also important roles that are unexpected income whether it can be overtime payment, lottery, bonus and relative.

The students who are managing and saving money, hopefully they can achieve their goal by following of the

instruction. In this method of saving and managing money, there are six fundamental steps of managing and saving plan.

- (1) Identify monthly income and expense.
- (2) Choose saving goal and amount need to save: make plan how to use money
- (3) Ask when the goal should be met: period
- (4) Determine how much should be save
- (5) Check to see if this amount is realistic or not
- (6) Monitor your saving

After completed all these steps, we need to be realistic what we save and remove temptation of over spending. Also, you have to prioritize what you want when you are saving your money. Additionally, you have to make a budget buddy and reward yourself for good work. Therefore, the financial literacy knowledge training is well-equipping to the students help improve saving and financial decision making. Moreover, providing excellent training is also helpful and supports the students' confidence and motivated necessary to effectively manage money in the work field.

**Written by Plyar Reh**





## Building Confidence in Wide Horizons

People have to face difficult things that they do not want which is called experience. To get experience, we have to face difficult things and that things turn to good example to improve our lives. In my life, I faced lots of things that are difficult for me and I have never faced like that before. Among them, I got some difficult things in Wide Horizons to be good experiences for my life. I want to share my experience when I spoke in front of people.

I was really excited and afraid when I stood and spoke in front of people. I saw strangers who I haven't seen before and they looked at me that I would say. So, I worried that I would make a mistake. Before I arrived to Wide Horizons, I worked in ADRA (Advantage Development and Relief Agency). I did not speak

in front of people and did not participate in my work even though I had 1 year work experience. When I arrived at WH, everything was new and strange for me. I did not have any confidence to speak in front of people even introducing myself. At first, my whole body became cold and shook when I stood in front of people. I did not really like to stand and speak in front of people, because I did not have confident, and felt excited and afraid.

However, I have confident to speak and stand in front of people at present. To be like that, WH school teaches me to have self-confidence and not to be afraid. The way they make the students to be like that is they make a lot of discussion in group, presentation with group or individual, group debating and

many others. These all activities train the students to speak confidently in front of people. Moreover, the teachers and other students encourage to participate in all activities. Therefore, I learned from my friends that they looked like so confidence to do something. It encourages me to think that I can do like my friends. Speaking confidently in front of people is good experience and it is useful for my life. After the school, when the students have to work in different organization, it is good experience to work or speak with other people.

In my opinion, you might face the difficult things that you do not want in your lives. At the time, do not avoid and accept them turning to be good experience to you. You will never get value things in easy ways.

**Written by Rose Mary**

## Cycling – Its Pleasure and Advantage

Cycling is good for physical and mental development of an individual and also for everybody. So, everyone should ride bicycle in order to get mentally and physically healthy life. Riding bicycle makes the whole of our bodies be active and also our heart, lung and blood vessel are get workout. Furthermore, it avoids of air pollution and reduce emission of carbon dioxide for our environment.

Currently, in Wide Horizons School has 15 bicycles for students and staff. Mostly, they use for going shopping and for visit to the communities around Mae Sot. Moreover, sometimes students are riding bicycle to the dam to have fun and to do exercises in the evening. After they ride bicycle, sweat is coming out and the whole body getting fresh and more active. And also at night they can sleep well.

Cycling can reduce depression from our daily work and from studying and homework for students. According to current Wide Horizons student Plyar Reh “whenever I feel depressed and stressed, I usually ride the bicycle in order to reduce my feeling stress and depression. Especially, when I feel unhealthy and loss appetite, cycling always assists me those things. After riding bicycle, I feel fantastic and energize because I got sweaty and refresh.”

Therefore, everyone should cycling because of its pleasure and advantage for life. Moreover, it helps you have a healthy life and reduces depression from our daily activities. And also it one of the important thing to save our environment by reducing emission of carbon dioxide.

Written by Seng Maw Aung

## Tomorrow Never Comes

### Tomorrow Never Comes

Starting from tomorrow,  
I will wake up  
early every morning.



Before sleep

Um.....Today is so cold and  
I haven't had enough sleep yet,  
I will start tomorrow !!!!



The next morning

By:Seik Chan(A.D)



## Life is Beautiful

**M**ost of students are working every day with groups to achieve their objectives and goals. Therefore, all of Wide Horizons students are motivated to work with group in class. Everywhere group works activities are working with more than one person to achieve the same goal. Especially in Wide Horizons, working with group can achieve more and can succeed when we are implementation our project.

When the students had group to work and discussed, they can finish their work for sharing knowledge as well. All of them are very motivated to work with group because they are helping and supporting each other like their family and relative. And also they were guided and encouraged each other.

According to one of Wide Horizons student, working with group can make the students motivated to show their skills. And also, main activity group work in Wide Horizons is language. They can practice the language that they are learning because they can talk to each other and explain to each other. When they are working in groups, teacher can see the students help each other and learn from each other as well.

Moreover, even though no family beside of them, all of their classmates are becoming like their family. It might be a good idea to work with group because a lot of benefits come from the working with others. Therefore, all of Wide Horizons students are working with pair to get more idea from their friend.

**Written by Seik Chan**

## Different but not discordant

**B**urma is one of the countries that has various ethnicities. My ethnicity (Shan) is one of those ethnicities. Over 29 years of my life, I always misunderstood other ethnicities in Burma. I thought we are so different and it is impossible for us to be united and live together peacefully. But today my view is completely different, I realize that the diversity is not obstacle to make unity or peace, if we accept distinction we can live together.

During living and studying with my friends in different ethnicities at Wide Horizon School, sometimes we had problems in our group work, but those problems came from misunderstanding. It is not because we are different. Then, we could solve those problems by

sharing opinions, accepting perspectives and listening to the reasons from each other. Sometimes, we had quarrels and sometimes we had fun. This made me almost forget that we are different. I just feel that we are one family.

I would like to thank Wide Horizon School for giving such a great opportunity to me. I have gained skills to improve myself and for my community. Moreover, the most important thing I have learned is to understand among ethnicities in Burma. For the future, I believe that we can build peace, relationship and unity in our country. No matter we are the same or different if we are openly and acceptant each other, the real peace and unity can always happen.

**Written by Yord Tai**



## Benefit From Group Work In Wide Horizons

Everybody think that life is a struggle. Actually, life is beautiful and pleasant. Therefore, my purpose of this article is to write about why life is beautiful. Sometimes, it has a lot of problems that you might face every day. But, after you are overcome of these obstacles, you will feel that it was made you courage and delighted. Furthermore, you have to reward yourself that's problems make you to gain more experiences and forcing you to be strong. Moreover, such things also encourage you to be interdependent in the future.

Additionally, if you appreciate that Life is full of moments of happiness, pleasure, success and comfort. One day you will actually become a successful person. Moreover, one thing that you need to realize about there is no human being in earth as strong as,

powerful, wise or rich. A person who does not have experienced, struggle, suffering or failures are unable to have a successful life. Therefore, you have to struggle to become successful. So, I would say that life is amazing like a bird fly in the sky.

Without facing trouble in your life is meaningless. So, you should always be ready for your challenges or obstacles. When you start to do something to achieve your goal, you should only look forward to it without worry about the problems that you might face. Sometime, you might get hurt while you are reaching your goal until you do not meet your destiny. However, I would encourage you one thing you have to do is just don't give up easily to overcome the problems or to achieve your goal. Even though life is hard to handle, you need to be clear and specialize of yourself. Let

imagine, people who are falling in love they might also get hurt in love. They might feel inconvenience before they get real love from someone whom they love.

Therefore, life is full of meaning. It is difficult to measure and unlimited. However, if you are appreciate that being a human is sometime can be failure and sometime you might lose that you are value in your life. But it is beautiful things. Therefore, you need to be confidence and keep moving forward to achieve your goal. For whatever reason that you are facing many problems in your life, don't give up and make an important decision to do something. Moreover, you need to realize that failure is guiding you the ways to success. So that, I would truly say that life is beautiful.

**Written by Tuesday**



## Professional Girl Soccer

Girls playing soccer is not as popular as boys' soccer in the world. As well, at Wide Horizons School also boys are used to play soccer very well, but girls cannot play. However, this year Wide Horizons School has professional soccer training for girls, so that the girls can play soccer well. Playing soccer with systematically is very important for soccer player, and it gives us self-confident and feels enjoying at sports.

At the first, we practice the soccer Sunday afternoon with Coach Sia Kukaewkasem. In Wide Horizons, we have twelve girls students. All of the students didn't know how to play soccer well before. Nonetheless, we are very lucky because we have a Coach to teach us how to play soccer professionally. She explains the rules and methods of soccer playing. Then, she teaches us step by step systematically that how to play soccer.

Secondly, before we knew how to play soccer, we are playing like fish flow ways, it means not systematic, like everyone run to the ball and it is not the right ways of playing soccer. Also, we felt very tired and pain the whole body after practice soccer. We felt like no energy to play soccer for coming weeks. Despite we were not active to play soccer, we were continuing practices the soccer as trainer and our teacher Jordan encouraged us.

Thirdly, as we keep going practice and tried to play under the rule of soccer, we realized that the rule and methods of soccer. We were improved than before and happy to play soccer. Also, we felt less tired and healthy our body even we play the long time. Moreover, we love to play soccer and we felt confidence to competent with other schools. Also, we have confident to share that what we learned from our coach Sia Kukaewkasem to other people.

In conclusion, playing the soccer professional is very important for every girls. It is the one that every girls should try, and feel the value of playing soccer. Our Wide Horizons girls' professional soccer player recommend that you should try and play the soccer. It will give to you as self-confident and love to play sports. We need more professional soccer player like the boys around the world. So, let show the ability of girl power with playing soccer in the world.



Written by Wint War Aung

**Nothing is Impossible**



## Learning by Practice

Learning from practical is the best way to get experiences. In Wide Horizons School, students had learnt three main subjects such as English, Computer and Community development. Especially in Community Development class, we had learnt not only learn the theories how to manage the projects but also practice our skills by doing the projects for the community and for our school. In 2016-2017 Academic Year, we wrote four different proposals for Wide Horizons community projects and four different proposals for Mae sot migrant community projects. As a result, we had successes six projects.

We implemented each project and we got many different new experiences from different projects, such as piping, installing water tanks, installing zinc fence and build bamboo wall. Moreover, from Wide Horizons channel project, we had learnt French Drainage system and we got new experience from new channel design by digging the channel rows like fish bone design on the playground. Doing by ourselves is better to realize how it was effected in what we did, and we can feel the result of reflection.



Therefore, by conducting the project during the school time is the best way to get more experiences, because we study and practice at the same time. So, we feel confident to apply our skills and manage the community projects.

All in all, when we return to our own community, we can share our experiences that we had learnt from Wide Horizons and we can work affectively in work placement.

Written by Zai Let





## Burmese Class at Wide Horizons

The students in Wide Horizons are teaching Burmese speaking in the school in order to help fundraising for the school. There are 2 Burmese Classes in Wide Horizons on Thursday and Friday evening 5 pm to 6 pm. There are many foreigners and local Thai people who are working at different organization around in Mae Sot area, come to class and learn Burmese speaking. Doing Burmese Class activities is really helpful for Wide Horizons and Burmese learner in some ways. We charge one person 50 baht for 1 class. That money is going to student budget and school budget. The money that we get from Burmese Classes, we use on many parts of the school activity that we need. We usually have birthday party once month a time and

sometime we have a football match with other school for fellowship. Furthermore, our girls group has football training twice a week. In those times, students do not need to use their own pocket money. We use those costing money by the money that we get from Burmese Class. On the other hand, the people who come and attend the Burmese Class, they can speak basic Burmese speaking skill after they attend the class so they will be able to communicate with Burmese people easier than before.

We WH students are very active at participation in every paths Wide Horizons of the work. Even we have a lot of work or assignment, when our teacher tells about to teaching in Burmese Class some students are interesting. There are 3 students who were chosen to teach Burmese

Class even in their busy time. Sometimes, if they are really busy, other students are willing to help them to teach for them because they know that this Burmese Classes are not for individual benefit but also for all students. According to 3 WH students who are teaching for Burmese Classes said that, they are happy to teach. They also get many experiences from teaching. They know how to plan the lesson plan. Also, now the Burmese Classes' students are really friendly with them. Because of Burmese Class, we can know with many different people from different cultural and countries.

In conclusion, having Burmese Class in WH is benefit for Students at WH and the Burmese learner. Students get many experiences from teaching Burmese. The Burmese learner also get many knowledge and knowing more about Burmese cultural. Furthermore, they will also have a confidence to working with Burmese community. On the other hand, they are also a part of Wide Horizons donors.

**Written by Zam No**





## Winter Season is Good for Studying

Which seasons make you prefer the most? I expect that the winter season is one of the most beautiful seasons during I am studying at Wide Horizons (WH). I believe that the rest of the students would be liked me as well. This winter season is very suitable and good for studying. The winter season comes after the rainy season. In Mae Sot, we have winter for four months. This winter season is not so cold and not so hot. Nights are long and days are short. In addition, the cold wind blows in the morning time at Wide Horizons.

In Wide Horizons School, students have breakfast at 8:00 AM every morning. Some of students like to wake up early, because they knew that their brains better in cooler temperatures in the morning time. So, they wake up early for their regularly jobs such as reading



books, and doing exercises to be active before the class time as well.

Wide Horizons students have class 6 days a week. Our class starts from 8:30 AM to 3:30 PM for every week. Every day, we are very active participation in class, because the weather is not so hot and not so cool. So, we can study comfortable, and we can concentrate our lessons very well. Also it makes the students to interest the lessons.

Wide Horizons students have morning class and afternoon class form Monday to Saturday. We have to learn many difficult lessons. At that time, we are very confusing and dizzy sometimes, because of the weather also happened. Especially in the hot season, we cannot concentrate our lesson very well. Sometimes, we are sleepy in the classroom. This sleepy is affect to our education also. When the winter season, we aren't sleepy anymore, and we can concentrate on our lessons, even the lessons are difficult. So, the winter season is very good for us to studying and learning.

At night time, we also have night study Monday to Thursday. We are



very busy with our assignments for every single day. So that, we have to do our homework at night. Sometimes, we do not finish our assignments at night study time, and we have to spend more time after night study as well. It makes us effectively to complete assignments. At that time, the weather is very cold for us. Even we go and sleep early, we can't sleep because of cold. So, we still continue for doing homework until fall in sleep without knowing.

There are 3 seasons in Wide Horizons School, Mae Sot, Thailand. The winter season is becoming the favorite season for WH students to study comfortably during academic year. From my perspective, the winter season is very useful for us to study for our future.

**Written by Saw Htun Linn**



## Social Emotional Learning is Helpful

**S**ocial Emotional Learning teaches students how to manage emotions and it is important for improving in our lives or not. In my opinion, social emotional training is very valuable for people who get depression. I thought that, if we rely on others people, we will not truly appreciate who we are. Actually that is really wrong idea that we need to appreciate who we are to determine.

In Wide Horizons School, we had conducted social emotional training on January 19 to 20 for 2 days training .There were many kinds of interesting topics which are self-love, decision making, self-management and self-awareness. We had learned all these things from the training.

Before, we started the class, the teacher let us breathe deeply. It means whatever you do something, you should think deeply and be relaxed your mind. After this step, we started to learn about self-awareness that you could notice and know the thing that is happening in your feeling and your heart. When we practiced self-awareness, we were getting to know who we are, how to understand ourselves, and empathy to other people



and examine how much our heart had stable. In addition, teacher told us to make self-management when we feel

stressed and depression. For example, before we go to sleep, we have to write down what happen in our heart and analysis



ourselves that positive happening is more or negative happening is more. Moreover, if we get depression or something like feeling uncomfortable before we sleep, we should breathe deeply to reduce depression.

Before, we love others people, we have to appreciate that we have to love ourselves first. The reason why we have to love is when we get something like depression or angry, that kinds of things are effecting to our neighbors, friends and families. So we should deeply think our words before we blame other people. In addition, many people think that the most important relationship is our parents, friends, girlfriend and boyfriend or somebody else. Actually, the first relationship skill is from loving ourselves. Moreover, I also thought that making decision is the things that I am doing to achieve something. Actually, the decision that you choose are your responsibility to make a change.

All in all, Social emotional learning training is very important for us to change our attitude when we have depression. It is also important that how we can analyze our emotion and attitude. So I believe that this training is very helpful for us to analyze and evaluate ourselves, our heart and mind.

**“In order to act a positive manner, we must improve to have a positive vision”**

**Written by Stella Paw**



## Worry Transfer to Hurry and Hurry Lead to Trouble

**E**ven when you have a lot of worries, you don't need to worry. Because your worries do not solve your problems. Instead, this can give you more trouble. Let me tell you why?

Once, (Minmahaw project group) had appointment with the community for our project. There were 6 people in our group but only 4 of us planned to go due to the other have to go market. We have appointment to go to community at 4pm, unfortunately we couldn't leave on time because we finished class a little late. Therefore, all of us were worried that we would be late to the appointment. We were afraid that, if we see over community would not respect us due to the weakness of our time management. In order to arrive earlier we divided to ride bicycle quicker. Unfortunately, there were not enough for 4 for us bicycles. There are only 3 bicycles we can ride to go to community. Therefore, I had to carry one of my friend at the back of my bicycle. We left at half past four which only gave us 15 minutes

to arrive to community. As we cycled, we were chatting and joking to each other. Suddenly, I saw a pothole so I swerved to avoid it because my bicycle is going very fast. Unfortunately, my friend who was on the back of my bike fell down stairs and fell off bikes on the ground. She hit her chin with the ground and it started to bleed from her chin suddenly. Therefore, she started to cry. We tried to stop the bleeding but we could not. Therefore, one of us had to take her back to school and school coordinator see above her to Mae Tao Clinic. Instead of arriving at earlier time to community, we arrived later than we thought. Luckily, this was not in seriously hurt. Therefore, she was overcame her injury in one week.

I really want to give you a message that worry is not good in your life. It can give you a lot of negatives consequences. Therefore, do not worry too much when you have a lot of things to worry.

**Written by Saw Gay Lah**

## Words of Encouragement for Youth

- ❖ Being different is the most beautiful in the whole life.
- ❖ Go confidently in the direction of your dreams, Live the life you have imagined in your future.
- ❖ The beautiful flowers of youth are growing toward the sun of hope.
- ❖ Success way is loving yourself, liking what you do, and liking how you do it.
- ❖ When you cry at a trouble it becomes double, when you smile at a trouble it disappear like a bubble.

**Written by July Moe**





## Waterfall Trip of Wide Horizons Students

The last month at Wide Horizons made excited us to go to waterfall. 24 students went to waterfall with 4 staff in order to make fun, build the friendship and fulfill the last ordination radiation on March 2017. In the waterfall picnic, we brought many different kinds of activities and special lunch. We did many activities such as birthday party, playing game and paper fashion show.

We celebrated the monthly birthday party for students and staff at school. 5 students and 1 teacher celebrated their birthday at waterfall. Every one enjoyed the birthday party with songs and dancing.

Even though the school nearly to finish, students still busy with their homework and project implementation. They got a lot of pressure and stress from their homework. So, we brought some games that could be cheerful and relax our minds. The games were quiet funny and because were blindfolded some students and the teachers, who had to walk through a maze of ropes according to what the guider shouted. The instructions were “straight”, “jump”, and “crawl under the ropes”. After taking off

their blind folders, everyone saw the ropes had been taken away. Moreover, students continued with the two more games that also was wonderful for everyone, one involved finding objects around the lake. We had the special lunch at 12 o'clock.

We started the second part of the agenda with paper fashion show it was led by Teacher Jordan. The purpose of the fashion show was to be improved our creation, invention and critical thinking the new thing with own design. It was amazed and wonderful to everyone. Firstly, she divided into 4 people each group. Every group tried to create the most

attractive design as much as they can. After, every model who represented their groups performed on the bridge. Their new designs and performance made everyone to be amazed. All students satisfied with their creation and attempting.

In conclusion, picnic was one building friendship between each other and in order to know the different place situation. Students gained many different kinds of experiences and perspective by going picnic. In addition, when they come back to their organization, they will learn and know how to organize the people as we are leaders in our organization.



Written by Cho Hlaing Oo



## Crossword Game

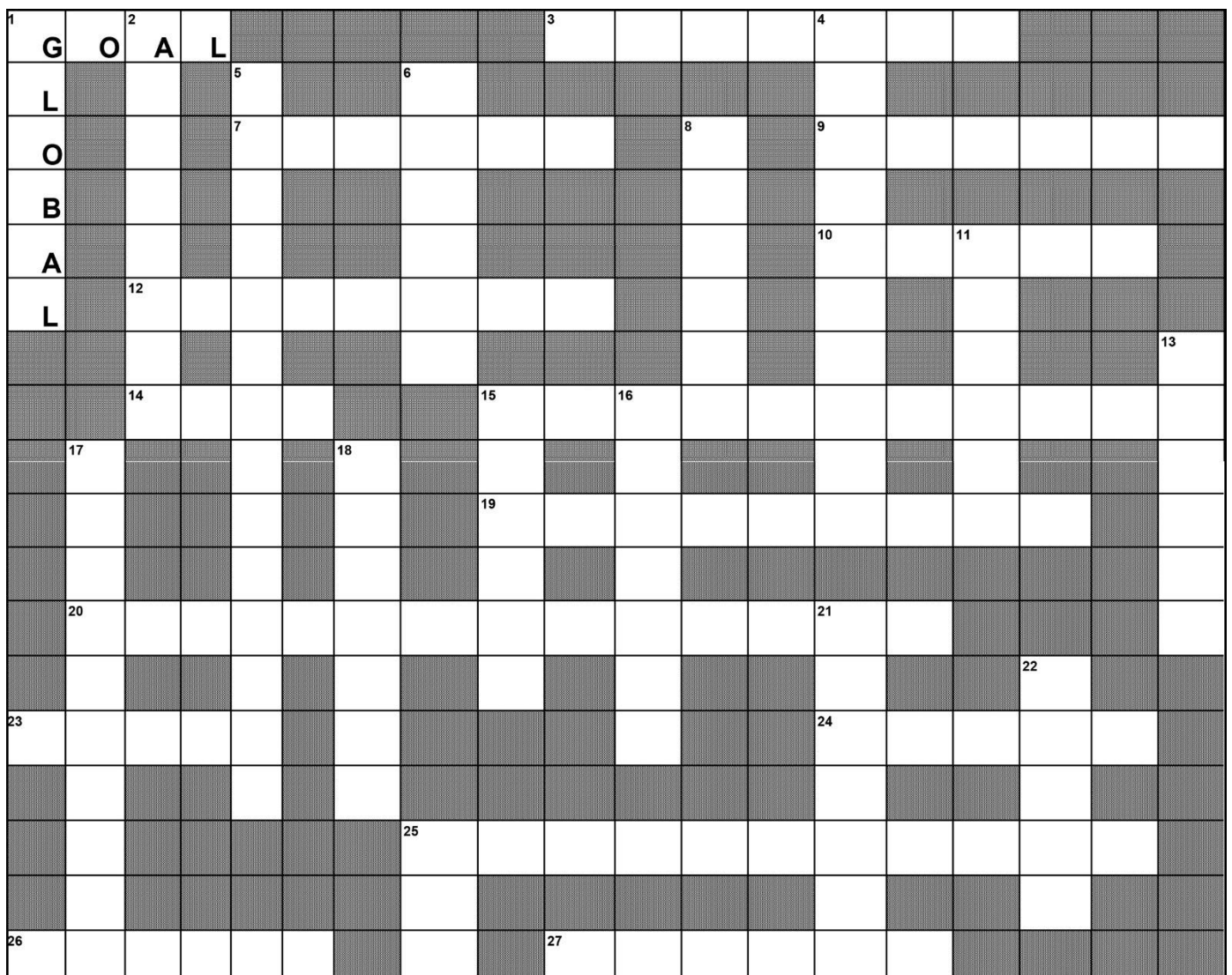
### Purpose of game

- \* To learn some useful vocabularies of proposal writing
- \* Audiences can test their English vocabularies level
- \* Just for fun

### How to play?

- \* Look hint above this chart and answer following its number

Good luck





<b>Type your clues and their number below:</b>
<b>Across:</b>
1. Something that you hope to achieve
3. A planned undertaking
7. Compelling immediate action
9. To think or accept that something is true but without having proof of it
10. Join or combine
12. Relating to the employees of an organization
14. To go down below the surface
15. That can continue or be continued for a long time
19. A group of people living in a particular area
20. The act of putting a plan into action
23. The meaning or most important part of what someone says or writes
24. To go somewhere secretly, try to avoid being seen
25. Something that can be provided as a product of development
26. To pay no attention to something
27. A summary of intended expenditures
<b>Down:</b>
1. Involving the entire earth
2. Abstract separation of a whole into its constituent parts
4. Quality of something after thinking about it carefully
5. The capacity of being prolonged
6. A small individual fact or item
8. To give a description of something or information about it to someone
11. Give information in something to somebody
15. The powerful effect that something has on somebody/ something
13. Immediately after the first and before any others
16. A short statement that gives only the main points
17. The act of observing something
18. The regular pattern of weather conditions of a particular place
25. A barrier constructed to contain the flow of water
22. A list of fact or numbers arranged in a special order usually in rows and columns
21. To see or notice somebody/ something

Written by King Shee



## Fun Run Event

Wide Horizons students organized a Fun Run Event (5 km and 10 km distance) on 4, March, 2017. Organizing Fun Run event was the first time for WH' students to help program sustainable. The event took place at Mae Sot Dam next to a restaurant. In this event, we raised 28138 baht. This fundraising money will be used for the program.

Before we started fundraising activity, we discussed with students and staff about fundraising ideas. Finally, we chose Fun Run activity because students and staff had never done this event before. In order to learn how to run an event, Wide Horizons students and staff decided to do this Fun Run event to get more knowledge in management skills. Furthermore, the money that we raised from the fund run will be used for program running cost. Before the event start, we divided in to 5 groups with different responsibilities. Each groups had to decide what they are planning to do in the event. We visited many organizations to sell our registration form. In total, we have sold 171 registration forms.

The event started in the early morning at 6am. Before the event start, Wide Horizons students and staff had to wake up early around 4am and prepared for the event. It



was very peaceful morning and all of our organizers were excited to welcome the participants. Out of 171 people registered, there were 94 participates in this Fun Run event. Majority of participants were foreigners who work in CBOs and NGOs in Mae Sot area. When everybody was ready for the run, we started the running competition at 6am. During the race, some of Wide Horizons students and staff took responsibility for guiding, security and safety. When everybody arrived back, we announced 7 winners from 5 km runners and 7 winners from 10 km runners. After that we gave the prizes to winners. After giving prizes, Wide Horizons gave speech to participate and explained about the purpose of this event.

During the event, Wide Horizons students were very busy for their

responsibilities. Some had to follow the runner for security and some had to sell the food and products. We also had galley show about our school activities and project we did.

After we have completed our Fun Run event, students evaluated the event in order to know the process of the event. We have conducted small group's discussion with students and staff. Regarding on the discussion, students and staff have gain many experience such as leadership and communication skills as well as management skills. Moreover, students shared survey questions to participants to get feedback from them. Finally, students wrote an evaluation report about Fun Run Event in order to keep record what we did and share with future Wide Horizons students and staff.

Written by Plyar Reh, Saw Gay Lah



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- (8) Mehm Wang Gakao
- (9) Saw Htun Linn
- (10) Zai Let
- (11) Naw Stella Paw
- (12) Seik Chan
- (13) Wint War Aung
- (14) Yord Tai
- (15) King Shee
- (16) Rose Mary
- (17) Sau Yaw
- (18) Naw Cho Hlaing Oo
- (19) Khon Mai
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<b>Isaac</b>	<b>Yord Tai</b>	<b>Plyar Reh</b>	<b>Saw Gay Lah</b>	<b>Naw July Moe</b>
				
<b>Saw King Shee</b>	<b>Saw Htun Linn</b>	<b>Zam No</b>	<b>Mehm Wang Gakao</b>	<b>Mi Seik Chan</b>
				
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