

NEWS LETTER



Wide Horizons 2021 Academic Students and Staff

2021 DECEMBER

Team Work

p.3



Teamwork is the most important thing for everybody. If you know how to work in a team, you will achieve success in every part of your life. Teamwork is one of the most effective skills that everybody should have in order to solve dilemmas in the workplace and to improve individual social skills.....

Football Activity

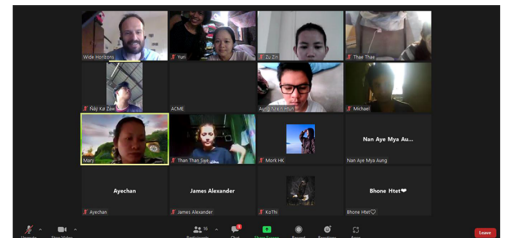
p.4



One of our female students said, "I didn't like playing football in the past. Now, I like it even though when we are tired, it can make us happy, fun and healthy. Later, I want to play again with friends."

Covid-19 Experience

p.5



2021 academic year students had the chance to learn offline, but they must obey the ways to prevent covid 19 announced by the government. Covid 19 in Myanmar was getting worse in July. As a result, the students had to study online. Some students went back home, and some stayed in the dormitories. The classes went online, so they faced some issues including internet connection, electricity, sound, and health. For instance, the students could not focus on the lesson and could not concentrate on the computer screen for a long time which caused them headaches, eye strain and eye pain....

Covid-19 Experience

p.7



In the first trimester, the water from the well made most students itchy because the water color was not very clean. One student was allergic to the water and had to take medicine often. Therefore, we cleaned our school biosand water filter in May.....

Table of Contents

Wide Horizons Organizational Background	2
Team Work	3
Wide Horizons' A One-Morning Football Activity	4
Wide Horizons Weekly Activities	5
Covid 19 of Experiences in Wide Horizons.....	5
Student Exchange at Wide Horizons Program.....	6
Biosand Water Filter	7
Sexual Reproductive Health.....	7
Video Editing Training	9
Knowledge and Experience from Child Protection Training.....	9
Importance of Time Management	10
Waste Management Training at Wide Horizons	11
World Refill Day	12
Wide Horizons, The Poem	13
2021 Wide Horizons Academic Students' Newsletter Group Members	13

Wide Horizons Organizational Background



Wide Horizons Organizational Development Program, also known as Wide Horizons was established by Burmese Migrant Workers Education Committee (BMWEC), Patrick Keams, and World Education (WE) 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 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 students 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 students have to do their work placement.

In 2014, from UNESCO, Wide Horizons received The Wenhui Award for Educational Innovation in Asia and the Pacific Honorable Commendation Recipient. Wide Horizons has increased capacity for more than 200 organizations. Child's Dream Foundation is Wide Horizons' main donor.

Team Work

Soft skills are the most important skills for everyone as an individual needs to develop over a period of time in order to achieve massive success. When we are going to talk about soft skills, the skills that we cannot forget in soft skills is teamwork. Teamwork is an art of collaborating with others to go toward a common goal. The different word of teamwork is different pieces of larger puzzles come together with different workers taking on different pieces of work. According to Lailah Gifty Akita, "Good team and network promotes amazing results." There are so many things that we can talk about teamwork. We all know that every person has different strengths and different pieces of work, and when we combine those different things altogether, achievement will not be so far with us. Teamwork is the most important thing for everybody. If you know how to work in a team, you will achieve success in every part of your life. So, without a team, an organization or workplace cannot be successful. If you don't have the skills, you can develop these skills over a period of time, and this is what I am going to write below.

To say "Let's do it!" is more powerful than "I do it or you do it?" Firstly, when we try to solve one problem, there are usually countless solutions. Even the most creative individual will only provide a finite number of solutions to a problem when a team tackles a problem of a project, this project can be benefited from multiple perspectives. As different people in the group, so many ideas come up in discussion meetings so that we can choose the best solution for the problem.

Secondly, teamwork can reduce stress by sharing workload, responsibilities and different ideas.

For example, when you are going to do one project by yourself there are so many steps you have to find out by yourself and have to finish before the deadline. Then when your performance declines, there is no one to help you improve. At the same time working alone leads to the feelings of isolation and an increase in a lot of stress. In reality, there are a few career paths that operate in isolation. To clarify that, as an employee in almost every organization and every person, they have to work closely together. When you are doing group work, every group member brings a set of strengths and a set of weaknesses to the group. One of the positives of teamwork is that you can allocate workload according to the skills that each person has. Moreover, if one group member's performance turns down, other group members have the knowledge and motivation to help to improve. Furthermore, as you move towards a common goal of building personal trust, members will develop the ability to develop friendships.

Finally, teamwork can build self-sustaining. According to Ram Mohan, "Team effort goes vain when individual effort is in the wrong direction." This means each group member's goal is important to be the same, or the efforts will be useless. Teamwork teaches how to confidently express your own ideas effectively into a group, and how each group member's voices are valued for the group, how to listen to other people's ideas and how to respect each other. Then you can also learn from team work by looking at each member's working styles. According to it, if you develop that team work you will get more productivity skills out of the same person, so you have to adapt and interpret those skills into your real life as well.

In conclusion, everyone is moving forward together, then success takes care of itself. Teamwork is one of the most effective skills that everybody should have in order to solve dilemmas in the workplace and to improve individual social skills.

-Written by Mae Thet Htar Shwe Yi Oo

Wide Horizons' A One-Morning Football Activity

To be a nice and happy football match, our Wide Horizons students and staff were preparing before two weeks; booking a fusel playground, setting up a date for all students to participate and choosing the refreshment for us. Our students enjoy choosing watermelons, oranges, bananas and lime slices with sugar as the refreshment when we are tired after playing football. Moreover, one day before our football day, we divided ourselves into four teams: Black Team, Gray Team, White Team and Blue Team including staff. Each team has three female students, three male students and one staff member as a leader. After that, students happily planned their team logo, team name and team song within team members happily.

On football day (4th July 2021), the Wide Horizons' project manager explained about the rules when we played football before we left for the playground. These rules were set up by Wide Horizons' staff for our football match. One match took 15 minutes and each team earned the points based on the team's song, team work, all team members cheering whether they lose or win, and each goal has to be scored by a girl and a boy. For example, if Team A female player scores the first goal, the second goal has to be scored by Team A male player. Again, every team had to play three rounds, and our football match was from 9:30

AM to 12:00 PM. Finally, The Gray Team and Black Team got the same points thus only girl team members shot the penalties to be the winner. As a result, the Black Team won in penalty shooting and became the winner of Wide Horizons' a one-morning football match. So, the Black Team got the trophy with their team logo and the big chocolate as the prize. Similarly, the last three teams also got each award such as the most beautiful kit award, the best team logo award, the best team song award, and they got small chocolate respectively. After that, every student ate the chocolate and took group photos, selfies and videos.



One out of female students said, "I didn't like playing football in the past. Now, I like it even when we are tired, it can make us happy, fun and healthy. Later, I want to play again with friends." All in all, Wide Horizons' a one-morning football match mainly focuses on happiness, closer friendship and the strength of teamwork. Therefore, we should have this kind of activity often in Wide Horizons.

- Written by Hein kyaw

Wide Horizons Weekly Activities

We have to attend classes for 6 days in a week, from Monday to Saturday, and we have a day off on Sunday. Normally, we have duties every day such as cooking, classroom cleaning, compound cleaning, girl's dorm/ boy's dorm cleaning, and food buying. We do all our duty in the morning before class time. And we have 6 groups to take those responsibilities each day. If group one is cooking, group two has to do classroom, library and staffs' office cleaning, and group three has to do school compound cleaning including filling the big tank at girl dorm side and a water tank at boy dorm side with water. Moreover, group four has to clean boy's dorm/ girl's dorm compound, and group five has to clean the inside parts of boy's dorm/ girl's dorm, and the boy group members from group five have to send a big drinking water bottle to girl dorm because water bottle is in the classroom, and the female students cannot carry it by themselves and finally group six has to go to market to cook for the next day.

For food buying duty, we have to go to market by ourselves and have to buy three meals including breakfast, lunch and dinner.

The market is not really far and not too close to our school, so when we go, it just takes around 10 minutes. We can go by walking and can come back by a motorized three-wheeler because we have to carry the foods which we brought such as meats, vegetables and ingredients. Although we can go like this in normal situations. We do this responsibility between 7 AM to 8 AM, after that we take a bath and go to class. Morning class starts at 9:00 AM, and break is at 12:00 PM for lunch, and each afternoon class starts again at 1:00 PM and ends at 4:00 PM.



On weekdays, English is taught from 9 AM to 12 PM and community development is taught from 1 PM to 4 PM. The computer class is on every Saturday from 9 AM to 12 PM and from 1 PM to 4 PM. The students have to be in the classroom for night study from 7 PM to 10 PM, and we have our student weekly meeting on every Friday evening. In addition, we get our day off every Sunday. On that day, we can relax or review the lesson or go out to buy what we need if the situation is good.

In short, doing duties, attending class, doing individual or group work, reviewing the lesson and enjoying free time are the activities that we do in our daily life at Wide Horizons.

-Written by Aung Nrein Htun

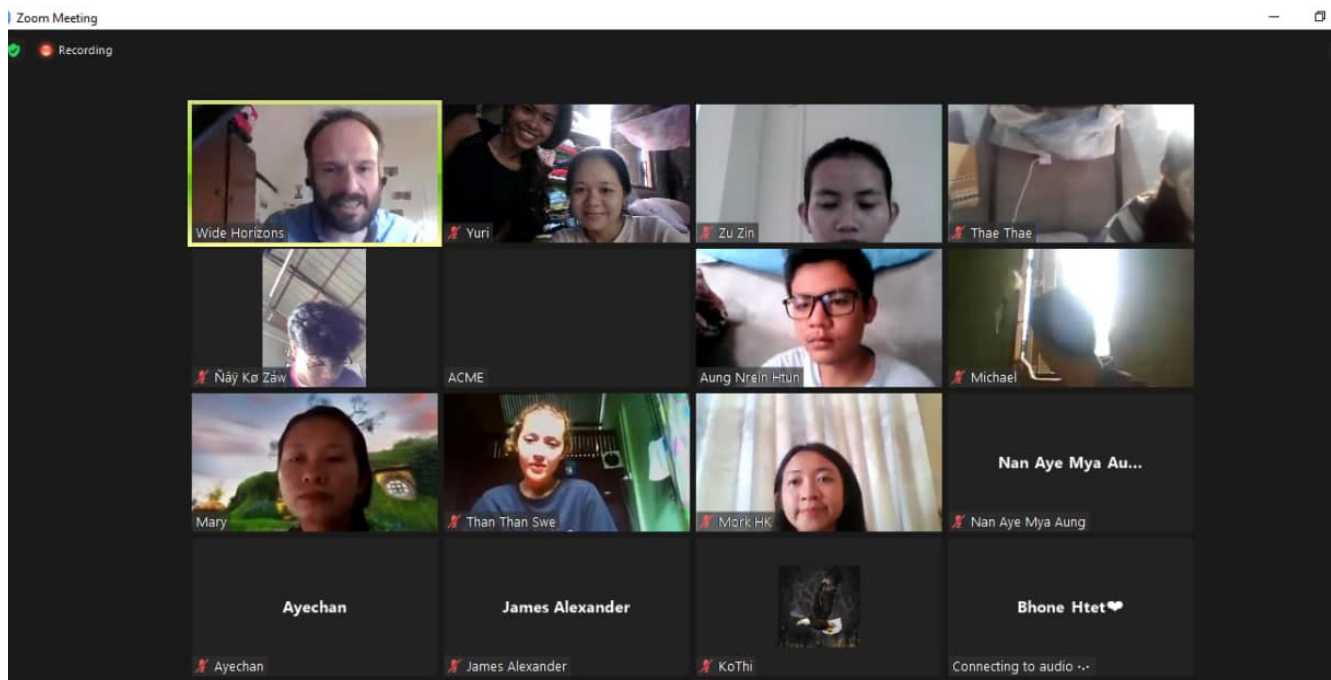
Covid 19 of Experiences in Wide Horizons

Covid 19 is a virus almost all the people in the world have been facing Covid 19 since 2020. Because of the health situation, the 2021 academic year students of Wide Horizons have to study both online and offline.

2021 academic year students had the chance to learn offline, but they must obey the ways to prevent covid 19 announced by the government. To protect themselves from the virus, the students had to wear masks and clean their hands regularly when they went to buy food or vegetables in the market. Also, when they were on campus, they must wear a mask and wash their hands when they came back from the market. Similarly, when the students wanted to go outside on holidays, they must wear masks and washed their hands with hand gel regularly. Sometimes, they could not go outside if covid 19 increased.

Regarding learning, 24 students could learn three subjects in the classroom and also, they had many kinds of training in the classroom. When they were in the classroom, the students had to wear masks and use hand gel.

Nan, Page 6

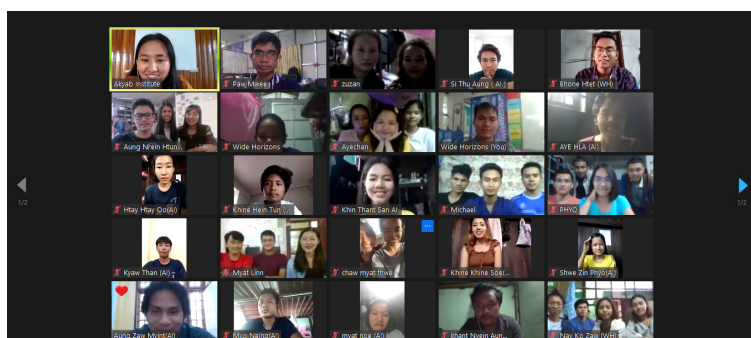


Numers of Covid 19 case surged in Myanmar in July. As a result, the students had to study online. Some students went back home, and some stayed in the dormitories. The classes went online, so they faced some issues including internet connection, electricity, sound and health. For instance, the students could not focus on the lesson and could not concentrate on the computer screen for a long time which caused them headaches, eye strain and eye pain. Furthermore, one of the academic year's students said, "I could not look at the computer for a long time, and I had a headache. In addition, I needed to increase my glasses' power. Also, I don't understand many lessons clearly, and I cannot communicate easily with the teachers because the internet connection is unstable."

All in all, even though online learning was so difficult for 2021 academic year students during this year, we still had a chance to study for our future.

-Written by Ma Tin Ya Wai Nan

Student Exchange at Wide Horizons Program



Rakhine State in Myanmar. Akyab Institute is a 12-month social science residential scholarship program with its students. The main agenda in the discussion was sharing different perspectives on gender between staff and students. The student exchange agenda included a discussion section, sharing experiences in the perspectives on gender, a question-and-answer section, and a group photo. In the group discussion, brainstorming of gender equality. Then we were sharing ideas. After that, we were back from a Zoom break room question and answer section. The Wide Horizons and Akyab Institutive (AI) have been a good network since 2018.

Wide Horizons has student exchange almost every academic year to strengthen students' networking communication, knowledge, and experiences. Before the 2021 academic year, student exchange was outside. Wide Horizons school used to do student exchange by visiting network organizations, zoom meetings, and gender discussion in school.

Wide Horizons met with Akyab Institute (AI) on 8th June 2021. Akyab Institute (AI) is located in Sittwe,

-Written by Myat Linn Oo

Biosand Water Filter



In Wide Horizons, there is an artesian well. In the first trimester, the water from the well made most students itchy because the water color was not very clean. One student was allergic to the water and had to take medicine often. Therefore, we cleaned our school biosand water filter in May. First, I did not know how the water filter is made and what materials are needed. From that activity, I learnt that, to get a good bio-sand filter, there are not many things we need. The things we need are smooth/ fine sand, coarse sand, charcoal, corn size stone, and potato size stone. Firstly, we have to take out the old sand, charcoal and stones and then clean the water tent not only inside but also outside of the tent. Secondly, we have to clean the potato size of stone for two times because it's the first step

we have to put in the water tent. We have to put a minimum 5 inches height from the water tent floor. Thirdly, we have to do the same way with a potato size stone for corn size stone, but this one is 4 inches minimum from the potato size stone. Then we have to do charcoal the same way with the above steps, but the minimum height is 2.5 inches from the corn size. For step five, coarse sand is done the same way as before. Put a minimum of 4 inches and the last thing we have to put is smooth/fine sand (minimum 5 inches from charcoal). Finally, we have to fill the water slowly and keep it for around 4 hours, and after that we can get clean water which is good for our health and for cooking. Now, we are using cleaning water from the biosand water filter.

-Written by Khin Yadanar Aung

Sexual Reproductive Health

Sexual Reproductive Health is relevant with all people (It covers all human beings) because of sexual reproductive health as a state of comprehensive physical, emotional, mental, and social well-being. Sexual health requires a positive and respectful approach to safety and healthy sexual relationships. Therefore, everyone has to know and be aware of sexual reproductive health knowledge to reduce and prevent sexual reproductive health problem. Sexual reproductive health care is to prevent sexual reproductive health diseases because Sexually Transmitted Infection (STI) and Human Immunodeficiency Virus (HIV) are a parts of serious sexual reproductive health problems. Sexually Transmitted Infection (STI) is can be spreaded by other intimate physical contact and skin-to-skin contact. STI causes by bacteria, viruses, and parasites.

It is transmitted through unprotected same-sex and different sex partners. This is the most common way it can spread. Also, if a pregnant woman has sexually transmitted disease, it can be transmitted to the baby during pregnancy, childbirth, and breastfeeding. Signs and symptoms of Sexually Transmitted Infection (STI) diseases are unusual discharge from genitals, sores or warts on the genital area, painful or frequent urination, itching and redness in the genital area, blisters or sores in or around the mouth, abnormal vaginal odor, anal itching, soreness, or bleeding, abdominal pain and Fever. After that, complications of Sexually Transmitted Infection (STI) diseases are seriously associated.

Shaung, Page 8

For example, if STI patients cannot receive medical treatment, there will be higher risks for pregnancy, and delivery, and women can get cervical cancer. And then serious damage to the bones and joints, heart, eyes, brain, male and female reproductive organs, and nervous system. Also, liver damage has a higher risk of developing liver cancer, and the infection will progress to HIV infections.



Prevention of sexually transmitted diseases is the most reliable way to avoid anal, vaginal, or oral sex, unprotected sex, and same-sex partnership. By vaccinated and using condoms the right way and choosing less risky sexual behaviors can prevent STI diseases. Get blood tested and treated for Sexually Transmitted Diseases (STDs). Therefore, for the STI disease health problem, we need to talk with health care providers, health volunteers, and medical doctors about medicines to prevent STIs.

HIV stands for Human Immunodeficiency Virus. It harms the immune system by destroying a type of white blood cell that helps the body to fight infection. This puts at risk for serious infections and certain cancers. HIV can be transmitted by unprotected sex with a person with HIV. The most common way is that it spreads by sharing drug needles, through contact with the blood of a person with HIV, from mother to baby during pregnancy, childbirth, and breastfeeding. Also, anyone can get HIV, but certain groups have a higher risk of getting HIV. Besides that, people who have other Sexually Transmitted Infection Diseases (STIDs) have a higher risk of getting or spreading HIV.

The disease can be transmitted by unprotected sex. Moreover, signs and symptoms of HIV infection are fever, chill, and rash, sweating at night, muscle aches, sore throat, fatigue, swollen lymph nodes, and mouth ulcers. These symptoms may become two to four weeks.

This stage is called acute HIV infection. Some people may not feel sick during the earlier stages of HIV infection. So the only way to know HIV for sure is to get a blood test. After that, the complication of HIV is that if HIV patients cannot receive medical treatment, it becomes chronic HIV infection. Often, there are no symptoms during this stage. If it is not treated, eventually the virus will weaken your body's immune system.

Then the infection will progress to AIDS due to AIDS (acquired immunodeficiency syndrome) is the final stage of HIV infection. It happens when the body's immune system is badly damaged because of the virus. So, it becomes more and more severe infections and high risks for health.

To prevent HIV, there should not be sex without condom, shared needles for condoms should not be used for with sex partner. So, it can reduce the risk of spreading HIV infection by getting blood tested for HIV, choosing less risky sexual behaviors. Moreover, the HIV patients have to receive medical treatment for Sexually Transmitted Infection Diseases (STID) from health care providers, health workers and medical doctors about medicines to prevent HIV.

-Written by Hpaulu Brang Shawng

Video Editing Training

Everyone should know about the “Information technology”, or “IT” in short form. If you are one of the modern people, you should learn a lot about “IT”. Among IT skills, I would like to write about the video editing training which was from 5th September to 10th September at Wide Horizons. I was one of the 23 trainees. Our trainer’s name is Wara who is so patient and is really expert in video editing. We have to learn about the reporter rule, script writing, video shooting and video editing.

At the beginning of the training, the trainer started to introduce the basic compositions of photography and the reporter’s basic rules. According to him, a reporter is someone who has a chance to take the news from famous people to homeless people. They cannot be biased. If they heard one news, they have to go to check specifically to get the real news and have to be fair to both sides. Moreover, they have to have good communication skills and be full of confidence when they interview someone.

Then, our trainer gave us a chance to create a one- minute video such as raising awareness of an issue, love story and individual daily life with our own group. Before we took a video, we had to create the script and had specific plans for the video project. According to the trainer, video scripts should be specific and logical. For example, the script should include specific time length in each scene, and everything that is to be in the video should be scripted. After taking the video, we should connect each video script and take out any script or scene that is not related. At the last of the training, each group had to present their video.

-Written by Nan Nilar Zin



Knowledge and Experience from Child Protection Training

Beautiful flowers, the treasures of our country, young children who cannot protect and care for themselves. In 1989, according to the UN convention, they recognized a person who is under 18 years of age as a child. Child rights are human rights. However, I did not know what child rights were before I attended this training delivered by Min Aung Myint, a freelance trainer. Even training was only two days, 16 hours. I got a lot of general knowledge and the Convention on the Rights of the Child (CRC) from this training. The training purpose was also to understand child protection and be able to apply it again in our communities. So, I believe that if we did not get children’s rights in childhood life, we will not get human rights and women’s rights when we grow up.

Teacher Min Aung Myint, who has 5 years of experience about this training, and he has good education qualification relating to this. Therefore, I am really happy and satisfied by attending this training and meeting with him. He taught us that there are 54 articles in CRC. Each article shows exact information regarding child rights, child protection from abuse and exploitation.

According to the training, there are four principles of child rights: (1) the right to survival, (2) the right to protection, (3) the right to development, and (4) the right to participation. These rights are based on the

Firstly, the first moment when the children are

born, they have the right to life. For example, they have the right to nutrition, shelter, and medical services. Also, when children are born, they have the right to be protected from all forms of harm including domestic violence. For example, they have the right to register their names and nationality. In Addition, they have to be protected from ill-treatment, sexual or physical violence, neglect, and exploitation. Third, we already know a child today is an adult of tomorrow. Education and development are essential rights for them. To illustrate, they should have the right to go to school. Finally,



Photo: UNICEF

children are members of society. So, they can speak freely and can join associations. They may be small in size, but they have the right to freely express their thoughts, views, and opinions.

In addition, most of the students participated actively in this training because the trainer taught and asked us a lot of questions. The part I liked the most was that we could think freely and share our experiences in this training. And he listened to whatever we discussed and shared until the end. We can call it mutual respect between teacher and students.

In conclusion, I believe most students will understand and apply it in their community after finishing the Wide Horizons because I saw that they are treating and respecting the community of Wide Horizons' children kindly. And then they respect and accept the rights of children.

-Written by Aye Hlaing Win

Importance of Time Management

Jim Rhon said, "Time is more valuable than money". Everyone needs to develop their personal skills. Time management is a personal skill. If we want to be a smart person, we have to make sure that we have a good plan for every single part of our daily life. Then we must arrange our time systematically and do our work for each. Moreover, we should use our time wisely and effectively. Time management is the essential skill for everybody who wants to accomplish their work in a short time, especially Wide Horizons students who have to complete daily work, assignments, or projects on time.

I had to do several things for my daily life, but managing my time was challenging, so I usually faced insufficient time problems for my daily life. As a result, I could not finish my tasks such as my assignments on time. Because of lack of time management, I did not have a chance to sleep regularly. Then when I did not have enough sleep, I could not participate actively in group work and could not concentrate well in the class time. Even though I set up time for my daily time, sometimes I cannot control my time because I never learned about time management. Now I am one of the 2021 academic year students in Wide Horizons. I already learned time management in English class. Therefore, I can manage effectively because I apply the things that the teacher taught.

Now I would like to share what other academic students think about time management. According to the WH students' interview, everything is going with time in Wide Horizons, so that the students need to manage their time effectively because they have to do a lot of things such as cooking duty, project group work and individual work. Here, we have to set up the time with an alarm and write our daily tasks and the time in a notebook such as bath time, phone time, group work and self-study time. On the other hand, the interviewed participants said that if a student does not manage their time well, he or she will be in serious trouble. One of the students who watched a movie one time the whole night said that he could not submit his assignment on time, and he could not produced quality assignment. After that he had received unpleasant results. Moreover, the next morning, he could not join cooking duty. At that time, he felt disappointed. Furthermore, he could not concentrate in the class, so he did not understand the lessons. Hence, he realized that those are the consequences of not having good time management.



Photo: The Learning Academy

In conclusion, time management is an essential soft skill for Wide Horizons academic students. If the student does not manage the time well, they can face trouble. Also, the students will not be satisfied with thier results.

-Written by Than Than Swe

Waste Management Training at Wide Horizons

Wide Horizons organizers provided many trainings to for the academic students every year. This year (2021) students were given with many trainings such as child protection, sex reprotecton, waste management training, video editing, curriculum development, and Water, Sanitation and Hygiene (WASH) training which is about to make hand sanitizer and soap. This article presents the waste management training at Wide Horizons. There are 23 academic students who joined Waste Management Training. The training purpose was to reduce the signal use of plastic in our daily lives and raise awareness of environmental impact. That training was delivered by Sayama Thae Su Wai who is from Thant Myanmar on May 24. The trainer shared about Plastic Reduction and Rural Waste Management. The training took 9 hours.

Now, I would like to share what I learnt from the training. Firstly, plastic waste is one of the causes of global warming. Wastes are the things that are not useful for us, or the things that we regard to be useless and abandoned things. Moreover, many kinds of waste are found in our community such as plastic bottles, plastic bags, papers, cans, dry leaves, food waste, vegetable waste and many others. So how can we reduce the use of plastic in our daily life? According to the training, we can reduce plastic by bringing reusable items from home and taking them to the shops, so the excessive use of plastic can be reduced. For example, when we are shopping, we can

bring a shopping basket from home, reusable bags, oil bottles, or food carriers. We can refuse to take new plastics from the shop. In total, there are four kinds of waste that have been found in our community. Those four kinds of waste are kitchen waste, food waste, garden waste, and plastic waste. According to that training, three kinds of waste can be changed into fertilizer which are Kitchen waste, garden waste and food waste. However, some leftover food wastes can be used to feed the birds, pigs and other animals. By collecting the animal's waste and mixing with soil, it can be used as natural fertilizer. So how to make fertilizer with garden waste and kitchen waste?

Now I would like to share how to make compost. Making compost with waste from the kitchen and waste from the yard, and composting by storing in a cool location away from direct sunlight.

Type	Ingredients	Time	Process	
			Preparation	Daily task
How to make compost	Brown leaves, twigs green materials (grass, wet leaves) fruit leaves (30%) Water Sieves/wire nettings made of iron, bamboo and wood Brick(or)Board of wood Bamboo matting	Average of 6 months or 1 year	Wire netting (4 feet high, 10 feet long) Brown products (70%) and fruit and leaves (30%) Zinc wire (3-6 pieces) Water Preparation time (half an hour	Composting depending on dryness, you have to water, Add dried leaves

This is the method that we can do fertilizer with garden waste and kitchen waste. Another information that trainer shared to the students was how to separate the rubbish.

As I mentioned above, garbage can be sorted into four types: leftover food waste, kitchen waste, garbage from the yard and plastic waste. Garbage can also be classified as biodegradable and non-biodegradable. The biodegradable waste can be turned into fertilizer. However, the plastic cannot be turned into fertilizer; therefore, the non-biodegradable plastic waste should be dumped in a systematic manner. The reusable empty-bottles, purified drinking water bottles, plastic cans, metal cans, soft drink cans should be put in one place/ plastic bag, but snack packets, the



Photo: Khin Aye (Wide Horizons 2021)

disposal Styrofoam boxes and disposable cups should be properly sorted and put in another place. If you do not have enough waste bins, you can use cloth sacks or rice sacks as the waste bins. Sorting and disposing of waste have many benefits for human beings and it also has many benefits for their environment. There are many benefits to sorting your waste such as reducing environmental pollution, reducing odor, being able to sell empty-bottles, being able to reuse items, and learning to manage environmental pollution. Moreover, incinerating is quicker and easier and reduces air pollution. Incinerating a mixture of wet garbage and dry garbage without sorting the waste materials causes prolonged exposure of smoke. The added moisture can increase air pollution, increasing more toxic chemicals into the environment and generates a foul odor. In addition, by mixing wet and dry waste, it can attract a lot of mosquitoes and flies as the biodegradable waste takes longer to break down. Therefore, sorting and separating waste reduces our environmental pollution but also raises living standards.

-Written by Nay Ko Zaw

World Refill Day

On 16th June every year the planet protecting partners and thousands of activists all over the world celebrate world refill day in order to do an awareness campaign to prevent plastic pollution and help people live with less waste. At the same time Wide Horizon school located in the Mawlamyine, Mon State Myanmar also created online posters and created designs for water bottles to do campaigns. The purpose of the campaign is to make the audience care about the issue and we show actions the audience can follow after that we are committed to making a change.

Firstly, to create the online poster we have a one-day workshop with a community development teacher. After that we were divided into 6 groups to complete the online posters such as one time use plastic bags, plastic bottle, plastic oil bottle, plastic stall

and Styrofoam cup and Styrofoam boxes. Each group created a poster with the picture in the competition. In the pictures, students included the story picture like going to the market with a cloth bag in order to reuse it again and they can refuse the plastic bag as well. And then students took the pictures with a reusable water bottle by refilling it. Another one is they take the campaign picture by bringing their own cup and refuse the Styrofoam cup and boxes. After that, they create the poster and send it to the teacher. Hence, the teacher chose the best posters and sent them to Helvetas Myanmar. Then Helvetas Myanmar chose the best poster. Furthermore, they posted it on the Wide Horizon page and Gulf of Mottama Project page. To raise awareness and encourage the audience to keep our environment, oceans, cities and communities'

plastic-free for the future. That is why we created the online poster for the audience to get our message

Secondly, six groups of students created the design for reusable water bottles. We designed it with the English language first and translated it into Burmese language. Furthermore, the teacher chose the best design and sent it to Helvetas Myanmar organizer who chose the best design for 100 reusable water bottles. These reusable bottles were supported by the Helvetas Myanmar under the Gulf of Mottama project to distribute them to students at Wide Horizon and others. Moreover, when we go to do the training or awareness at the community, we will distribute the water bottles to the participants, reduce plastic water bottles and to refill their water.

In brief, by doing the online poster campaign and creating water bottle design people will be aware to reduce the single use plastic instant of that people will try to reuse the reusable water bottle, cloth bag and basket. According to Steve, our community development teacher said that only 5% of people in the UK think single-use items are safer than reusable. That is why we also should think in the same way as them and try to reduce, reuse, refill and repeat in order to live in a better world.

-Written by Nang Mounk Mo Hayo Kha



Wide Horizons, The Poem

If you come to visit or study here,
See and meet whom you haven't seen before.

For Thai-Myanmar border students and inside Myanmar adults,
Wide Horizons provides the same opportunities to us.

They are adults and represent their organizations,
And are from different religions and regions.

Since Myanmar has a lot of ethnic groups,
Study and move forward the dream they pursue.

Regardless of race, gender, religion and identity,
Wide Horizons is committed to ethnic harmony.

Community development, advanced computer,
And English are for you,

Nowadays, networking is very important to do business and others.
The one that also you will get from here.

Wide Horizons always cordially welcomes you.
Therefore, do not hesitate to join Wide Horizons.

-Written by Aye Hlaing Win

2021 Wide Horizons Academic Students' Newsletter Group Members

Writing Team	Editing Team	Design Team
Aye Hlaing Win (leader)	Khin Aye	Aung Thein Htun
Aung Nerin Htun	Kyaw Naing Tun (Leader)	Ma Pyae Phyo Ma Ma (Leader)
Hein Kyaw	Kyaw Thiha	Yang Aung Mg Mg
Hpaulu Brang Shawng	Mg Yairni	
Myat Linn Oo	Ma Zu Zin Moe	
Ma Tin Ya Wai Nan	Nan Aye Mya Aung	
Mae Thet Htar Shwe Yi Oo	Nang Aye Mu	
Mi Khin Yadanar Aung		
Nay Ko Zaw		
Nan Nilar Zin		
Nang Mounk Mo Hayo Kha		
Than Than Swe		