
WIDE HORIZONS

Newsletter



2018 Academic Year

Volume - 2

Introducing

There are 23 students at Wide Horizons (WH) in 2018 academic year. Every year, students have written 2 newsletters for our school to gain experiences in producing good articles. We were organized into 6 groups and all students have chances to share their ideas and opinions in this newsletter with their favorite topics and experiences. The aim of our newsletter is to share the ideas of what we are doing, studying and learning here. We hope you enjoy our newsletter thank you so much for who help us to complete our newsletter. Welcome to Wide Horizons family.

Wide Horizons Background

Wide Horizons is a two years organizational development program which was established in 2006 under World Education and Burma Migrant Worker's Education Committee (BMWEC) in Mae Sot, Thailand but Wide Horizons have moved into Myanmar in January 2018 with a mission to build the capacity of youth from Myanmar to work effectively in Civil Society Organization. Wide Horizons selects 24 students every year between ages 20 to 35 years old from different ethnicities and religions around Myanmar and the Thai-Myanmar Border. There are three main subjects that Wide Horizons provide, which are English, Community Development and Computer within 10-month academic year. After the academic year, the students will be able to help their organizations and community effectively to develop and improve their livelihoods.

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Leader

The process Leader does, The best they drop

To develop the people

The time they spend, The thing they learn

Always focus on development

The work they choose, The idea they use

To improve the people's lives

The thing they do, The rules they set

Always match with freedom

The way they act, The dress they wear

Be a role model of the people

The speak they talk, The word they tell

Never create the conflict

The event they do, The process they value

To move people life with achievement

The plan they set, The success they fight

Nothing is overnight

The people they lead, The trust they achieve

Keep their influences

The goodwill they give, The trip they are

Showing your avenger

The promise they gave, Did like they tell

Deal to die, able to join the war

Who they are?

Your Leader

By Aie Mon

Healthy Body by Happy Yoga Class in Wide Horizons

Yoga is a kind of exercise that is essential for people to be healthy in daily life. People who do yoga regularly are healthier, more active and more concentrate than those who don't. In 2018 academic year, we had yoga class at Wide Horizons School. Students and teachers were happy to participate the yoga class. Why do they liked to participate the Yoga class? The reason is, they understood the benefits of exercising yoga. Also, there are a lot of benefits by practicing yoga such as reducing your stress, focusing your present, perfecting your posture and encouraging your self-care.

Firstly, the yoga will help you with a focusing your present. As I have learned from the yoga book, if you practice yoga regularly, it will improve your coordination, reaction time, memory and even IQ scores. People who practice yoga with meditation every day, can solve the problems that occur to recall their information. It can improve their balance directly. I believe that, yoga can release you from depression and can make you to be happy in your present.

Secondly, as I have experienced by practicing yoga, it will benefit for your posture. People move their body such as their legs and hands for eight or twelve hours a day and so it's no wonder you get tired. When you do yoga, you might feel tired but it will improve your posture. If you do not want to suffer from tiredness that you face from poor posture because you move your body less. If you have a poor posture, it can cause more diseases from your health such as muscle pain, back pain and less eyes vision. However, you can change your habits to encourage and to create your body to be healthy by practice yoga or moving posture regularly. I can say that, when you joined yoga class, you might have perfect posture.

Finally, practice yoga will fulfill you to encourage your self-care. As I know about yoga, the more you practice, the more you get the benefits. People who have many kinds of diseases from their body, they



Doing Yoga

might feel uncomfortable when they start doing exercise or yoga but it will give you the methods that help you to feel more comfortable by practicing yoga over three days. After you practiced, you might notice your self-care it can help your health to become a healthy and happy life. The yoga will give you not only the benefits of your health in current but also in the future.

All in all, yoga will help you not only be healthy but also have a happy life. Also, yoga is focusing your present, perfecting your posture and encouraging your self-care. So, I wanted to encourage you to involve in yoga class when you have free time. If you can give the time for that, you also will get back a self-care in your life to be better by healthy and happy.

22 September 2018

By Phaung Phaung Heet

Benefits of Students Exchange

Going on a student's exchange is a rewarding because you learn and know about the understanding of other situation, culture, language, new skills and knowledge. During the exchange, you will learn a lot of experiences from other schools but also some of the challenges for you, because you will be facing many different things which you learned from your school. There are a lot of benefits of students' exchange. Therefore, I am going to describe the two benefits are education and personal.

For the education benefits of student exchange, you will gain understanding of another culture and more understand about your own culture by comparison. Sometimes, when you go to another school and you have never seen their culture before. You possibly will think that what kind of culture they are, their culture is different from mine. Then you will be interested in their culture, you will be prepared your conversation with them to learn about the culture, and though you less know own culture, you will attempt to share to the other about culture as well. Similarly, you will learn a new language or word from the other and you will improve your current skill by practicing with them. Certainly, you will meet with new friends and you definitely will talk with them, maybe using a different language or English level, when you talk with them, and you will get some new vocabularies that they used. Also, you will develop much general knowledge and

understanding of global issues, and education about the future scholarship approach to learn in different place. Some of your new friends may know about the events that happening around the world because they may read the newspapers or watch TV every day. Some people, who want to continue their further education may know about scholarships for applying to university. So you can get information from them about how to apply for scholarships to attend the university.

For the personal benefits of student exchange can develop self-confidence a result of your exchange experience. They will welcome you to their school in the first time, so you will feel excited and nervous to introduce yourself, because everything is strange and new for you, even though you have experienced in your school before. But later on, these strange and new things make you to be more self-confident for the reason that you have to speak in front of the strangers and also you will able to control your speed. Next time, if you have a chance to speak in front a lot of people, you may not feel excited and nervous any more.

In conclusion, you know that students exchange will not continue to exist for your whole life, after you finished the school you will never have chance of students exchange again. The students exchange is very valuable for you to develop your wisdom by exchange your ideas and abilities.

By Khun Yuan

Who are we? (DNA Journey)

Billions of people are living around the world with same nationalities and different ethnicities and different nationalities and the same ethnicities such as Burmese, Kachin, Karen, Shan, Mon and many others are living in Myanmar. There are also many different ethnicities and religions in every country in the world. We do have general identities for our races. But, there is questions, who are we really? Do we really have pure race? I have an answer which is DNA journey. Before we get started, I want to explain what DNA is and how it works. DNA is an acronym of Deoxyribonucleic acid. DNA is a molecule that control the instructions an organism needs to develop, live and reproduce. We can see these instructions in every cell. It is passed down from parents to their children specifically half from father and half from mother. Fifty percent from each of them and they get fifty percent from their parents and, back and back. (DNA) contain genetic information, we exactly can find out who we really are.

Momondo Journey Group which is a DNA journey company check the origins of people's DNA. The answer was that the average people come from 6 to 8 different ethnicities. We were many groups and stayed at many places. Yes, we are different because of language, face, cultures and skin colors. Actually, these are according to their taking places. If we talk about we all are the same, would you accept and think deeply.

Ask yourself _

Who are you?

Where you come from?

How does become your life?

Why do you hate people?

Why do you love people?



We all are stand on human being. We do not know “where did our life start in the past and where would we arrive in future families”.

In fact, there is no such a pure race. In a broad sense, we all are kind of cousins. Finally, the world and our community and every community should not have such thing as extremism.

<https://www.youtube.com/watch?v=4jL3YOb1OeA>

<https://www.momondo.com/discover/article/momondo-the-dna-journey-how-it-was-made>

By Hsu Lae Nwe

Eid Mubara

The commandment is to obey and practice for all Islamic men and women the law of Allah he created (Suhur) fast. The God must be guidance (Suhur) fast in every Ramadan month. During the Ramadan (days), the persons who are adults boys or girls must do Ramadan fast. During one day, Ramadan is fasting from sunrise to sunset. For Muslims, there are some rules of god's commandment as guidance, announcement, warning, and informing were based on the Quran.

The Quran was provided from the Lord's Prayer to Prophet Muhammad (Peace be upon to him). This is the holy book that has sent to the Prophet Mohammad (Peace be upon to him) from Allah as guidance for people to different eras (2:185) (9:107). In addition to fasting, Muslims who have good health, should abstain from eating, drinking, smoking, getting angry, being greedy and engaging in sexual activity from dawn to sunset.

We have the main reason for Eid in Quran to show about the Ramadan fasting, Allah was guiding the people to know about ethics and to be good in ethics, then the Ramadan fasting was specifying the people must have ethics. According to clinical observation, Suhur is good for the person who working nonstop the whole day can effect on their body structure to promote blood circulation. So, some ethics was built in after Ramadan month Eid (Muslim religious festival).

Eid is the first day of the month of Shawwal, during that day all Muslims people are not allowed to fast. One of reason, they can control hunger themselves and empathize the person who is really famished in their life. Another reason is the people would know to be value benefits for Allah provisions to be alive for people. Prophet Muhammad (Peace be upon to him) have to show many kinds of guidance. If people taking Ramadan cannot control greed, pride and angry (etc...), they will get no benefit for their lives.

After Ramadan fast month Eid day is an elevated and joyful festival for Muslim people. It is happening during Shawwal month, after this one month, we have ethics to become a good characters for people. Prophet Muhammad (PBUH) must address everyone have Eid festival.

All Muslim people praised to pray for the Almighty Allah at the Mosque or at home. Then, they wore the glad rags and beauty themselves and they went to Mosque for prayer blessed to the Almighty Allah. In the Mosque plan to pray blessed to safety for every people to peace for village and city and to bless for people who have passed away.

Then, Muslim people went to their family, friends and their relationship say by Arabic language (Peace be upon to you). Most Muslim people went to their family say "*happy blessed to you*". And also the person who visited other people house may provide sweet food before or after the Eid prayer, but many people also cook deserts themselves and celebrate to their home.

Therefore, Eid Mubarak is Muslim greeting reserved for use on the festivals of Eid al-Adha and Eid al-Fitr. Eid means celebration and Mubarak means blessed. It is only used during the celebration of the two Muslim holidays.

By Sandar Htwe

Karen Wrist Tying Festival

Maintaining the culture is maintaining the ethnic to become unity. There are many types of important activities and traditional day for Karen. Karen wrist tying day also one of the important day that Karen nation have to maintain. The purposes of wrist tying with a white thread are to remove bad spirits from the body, to use in the celebration of weddings and to be united.

First of all, Karen Wrist Tying day was begun because our Karen ancient ancestors, great-grandmother, and great-grandfathers are coming from Tevess, China to Myanmar. During they



came on the way they faced many kind of difficulties like natural disasters. Because of this problem some are starving, ailing and dying. So, when they arrived in Myanmar they tied their hand with white threads to take out the bad spirits in their body and call a good spirit to be healthy. So, they celebrate Karen wrist tying day on the last week of August (Wagaung) full moon day and during the festival the oldest people in our community tie string around the new generation every year.

There are seven materials are used for wrist tying in the ceremony. Each material is meaningful. These are a glass of water present that to make people to be clean, fresh and peace of mind, three white threads present that to protect a person from misfortune and evil spirits, seven rice balls present for being united, seven triangular-shaped lumps of sticky rice in the pack ages present that to be solidarity and sharpness with a united, seven boiled bananas present to be a good discipline and loyalty, seven branches of flowers present to signifies our ability to settle and grow anyplace, and for the last one is seven pieces of sugarcane present the quality of good ethics,

moral values and racial progress.

Secondly, celebrating a wedding is a part of the culture. Tying hand with white threads is useful in celebration of Karen wedding because it is building loyalty between the couple and to be a legal marriage couple. In addition, it is not only for celebration wedding but also we can use in between sibling. Moreover, we can also use between friend and strangers to build a friendship.

Thirdly, every person comes and meet in one place is a kind of unity. As we know, nowadays most of the adult are staying far with their family and relative because to support their family they need to find money in the business

areas. So, they celebrate wrist tying day is to meet back with their family and relative that far from them, to be a unity and help each other to stay with a peace and to obey the encouraging words from the oldest people in Wagaung. In conclusion, Karen wrist tying ceremony is one of the ancient traditions of the Karen people. It is not a Karen Buddhist tradition that we maintain and celebrate, but rather a reminder to citizens of all nationalities of what we can live together in unity and strength not as Karen people but also with other ethnic nationals in a multicultural society and also to recognized the new generation of Karen.

By Shar Shar

Sexuality Education Training

Sexuality Education is the scale or balance of human sex, sexual and reproductive health and sexuality reproductive health rights. I believe that if we can give the sexuality education to adolescents and adults in Myanmar that will be able to understand gender equity and equality.

Wide Horizons Students had learned about sexuality education 2 days training by Dr. Thet Su Htwe, Family Physician, Sexuality Educator, Founder of Strong Flowers Sexuality Education Services (Yangon) at Wide Horizons classroom on 23 Wednesday, August, 2018.

People should be able to talk about their body. Definitely, biological and anatomical pictures say our bodies are simply combining with many different parts within the whole of our body. As the Doctor Thet Su Htwe explained in training, at least we need sperm and ovum to produce a new generation. These are basically need and also, we should know step by step of the body process.

When we compared our knowledge and the doctor said it became funny because of our individual knowledge and other beliefs in our lives were not logical. As we had believed our body at the past knowledge and after training comparison that was totally different because some knowledge is just taboo.

Sexuality is a part of human body. Certainly, if we say human body or life, there is including the whole part of sexuality. Sexuality is wide and mild of human being daily life process such as value, personality, attitudes, behaviors, physical appearance, beliefs. The beginning of the life and till the end that full with meaning and pleasure, sensation and sexual activities, produce generation. According to Strong Flowers Sexuality Education Services, Dr. Thet Su Htwe said “Sexuality Education is the very basic part of knowing yourself as human being, value yourself, self-respect and to others.”

Gaining general sexual health knowledge and Sexuality Reproductive Health (SRH) rights that can be fare in each family.

Specially, all human being needs to know ourselves what is sex, sexuality, what involve, influence, sexual health, reproductive health and Sexuality Reproductive Health rights in our life. These are we must to know as basic human right. If we know the reproductive health, we can understand the women’s health needs and also, we can promote their rights to access healthcare. Such as women give birth and have pregnancy being a motherhood. If we know the SRH right we can understand the opposite sex and that can be balance of family or others human body. According to Strong Flowers Sexuality Education Services, Dr. Thet Su Htwe said “Based on Sexuality, we can understand gender equity and equality.”

All in all, knowing sexuality, gaining general sexual health knowledge and SRH rights and accept the human life without taboo is better for future. When you know the people boundary or rights and sexuality rights, you can protect and promote them within their rights. If you can help yourself or apply to help other people that is great for you and neighbor. So, learning and giving the sexuality knowledge is the great job of the both side for future and now.

Written by: Saw Sein Min

Happy with Video Shooting Training

The purpose of video shooting is to receive the skill of video shooting at Wide Horizons (WH) to adapt for their future. So, video shooting skill is a part of important skill that Wide Horizons students need to know. On 31st August 2018, trainer Fiona Thompson from Ireland, who is working for Burma Border Project, came and provided video editing training for 5 days. This training took place in Wide Horizons (WH) compound.

In the beginning of the training, WH students introduced themselves and set up the ground rules. After that the trainer asked the students, how the students understood the media, than the trainer explained that how its work. Making a video was a part of media than the trainer explained that how to create the video to tell the story and give a message with short film. There were 3 parts of different action to make a video, pre-production, production and post-production.

In pre-production, mostly they plan like define the purpose, audience, production brief and shooting plan. In the middle of production, mainly they had



to practice shooting the video. In post-production, they mainly edit and feedback process.

Secondly, the trainer explained about the camera angle like bird eye view, high view, eye level, low angle and worm eye view. After that she divided 7 groups to practice shooting video than the trainer explained the position of camera why people shooting the video. At the same times she explained, how to manage the outside voice, why the people shoot the video and how to choose the right place because they need to focus on the quality of background and select the place for shooting video.

After all, students choose their own topics and they had to plan for shooting video. Those videos were about awareness of students and drug, domestic violence gender discrimination, stop bullying, save the water, stateless and child labor. After that students chose the right place. For shooting video, they took two days because they had to shoot until the video smooth. Then, all students had to edit their own videos in their groups to deliver. All students divided their responsibilities in their groups. Some were producers, actresses or actors, finding the background music information and directors. Therefore, all students were busy with their own responsibilities.

In the end of the training, all students presented their videos in front of the class and they did a fantastic job. After all, the trainer and all students cheered together.

In conclusion, video shooting is a fun activity and can make other people to smile. Moreover, all students were enjoyable and could get video editing and shooting skills from this video training. Therefore, they can apply in their academic year in 2018, second trimester and also in their future job. **By Ngwe Sein**

Value of Debate

Debate is to activate our brain and to be active. It is similar to the grindstone to hone knife for sharpening. The debate is important and useful for students to improve in critical thinking, therefore we had been learning debating in Wide Horizons.

The debate is a process that involves a formal discussion on a particular topic, where opposing arguments about a proposition are put forward. In debating, there are normally affirmative and negative teams, and there are four steps in debate process, which are construction, rebuttal, conclusion and final thought. In addition, the teams also have time to ask question from both sides after each round before the final thought. Debate is not about arguing what you personally believe. Debate is based on topic and demonstrating different opinions and giving evidence to the opposing side.

The responsibilities of participants in debate are to prepare the information and be ready for the debate. We need to do a research and prepare logical information to make strong arguments. For example - We can research information from website or library, have conversation with members of debate group and use the knowledge from your experience as well. In addition, we must prepare the points, the speech and practice before debating, as it builds our confidence. The preparation is eliminating the challenge during debating, so we are ready, confident, smooth, and have strong information.

The benefit of debate is to develop our skills and

knowledge. During debating we can get many ways to improving such as we have more confidence



in speech and we can give speak more clearly. And we can learn from each other perspectives as well. In addition, during research information we can learn many vocabulary and spelling, grammar and different opinions. Furthermore, we can see and know the information of situation in our community or over the world as well. Debate



builds good critical thinking now but also student can apply it in the future as well.

All in all, debate is motivating for students' knowledge. The debate can control the debater with rule of debate on topic to share the information from different opinions. The student improves in speech, research and preparation by debating. Furthermore, the students learn different opinion and knowledge in during debate. I would like you to remember this word the most we learn the most we get. Thus, when we have a chance to learn the debating in a reputable place of Wide Horizons.

By: Khu Mi Reh

Financial Literacy Training

People need to know that saving plan is one of the most important issues that we are facing today. Everybody should know how are going to manage the income and outcome. On September 25 to 28 in 2018, Wide Horizons (WH) students gave “Financial Literacy Training” to the Mon Intensive English Program (MIEP) students at MIEP compound. The main finance donor is Khom Loy Development Foundation, who supported the Financial Literacy Training to be completed. WH students were not only trainers in Financial Literacy training but also, they were learners from Wide Horizons. Even though WH students shared their knowledge with MIEP students to aware and how to draw the budget plan in their life such as to be able to divide between necessity and luxury in their income/outcome, and to know their short-term-goal, medium-term goal and a long-term goal by themselves. The Financial Literacy training included Market Session, Goals and Money Beliefs, What are saving? Making Saving Plans, Household Budgeting, and Time Management/Time as a Value. Moreover, the training was included Business Challenge as well. Afterwards we gave the training to MIEP and it went well and built a better relationship between 16 of WH students and 52 of MIEP students in the training.

Before WH students gave the training at the MIEP, WH students were trained in Financial Literacy training and Training of the Trainer (TOT) for five days at Wide Horizons. The trainers were WH Program Coordinator, WH Student Coordinator, and Assistant at WH. WH students tried to understand every step because they had to give back the training to MIEP students later. Every day, WH students had to go role play a day or working and shopping in the market session. In the market session, WH students can learn about how to manage their money, how to set up their short-term goal, and how to manage the time. In that training WH students knew the time management are absolutely important for every part. Some of the students can find money more than they expected because they can manage their time plan very well.

After Wide Horizons students finished the training, they had to draw their lesson plan and action plan to be ready for Financial Literacy training at MIEP. It was really excited for them to give the training because some student was the first time for them to give the training to the other people. All of WH students worked-hard and tried hard for their training. Before the day of the training, WH students prepared the material that they need, such as stationary for lesson, objects, pictures with costs, and fake money. Finally, WH students were ready to give Financial Literacy Training from 25-Sept-2018 to 28-Sept-2018 at MIEP.



Consequently, not only WH students have a chance to share knowledge about their financial literary training but also MIEP students have a chance to learn. As a result, MIEP students can apply that knowledge for their life to achieve their goal. Also, MIEP students will be able to share their knowledge

with their friends. Furthermore, WH students got the opportunity to teach and to apply their skills. WH students were hopeful that this training was useful for them.

Taking everything into consideration, finance management is important for the human being to manage as a systematically. MIEP students now know about financial literacy how to draw the budget plan, how to set up short, medium, and long goal. Also, they aware between necessity and luxury for their future. Moreover, MIEP students get the opportunity to demonstrate for their life by Business Challenge. WH students have a chance to practice facilitator as well. Not only MIEP students understand about Financial Literacy but also WH students have a chance to demonstrate for their presentation skills. Therefore, Financial Literacy training can give wonderful life to WH students and MIEP students.



Four Days of Training

The First Day of the training, WH students took responsibly to teach “Market Session” with activities as well as pictures. Also, the students had to use fake money for the market session. In the market session, students had to travel to get in their work place. Then, they had to eat for daily meals, work for income and pay rent the house for accommodation too. In next morning, they had to do like that again to continue for their daily life.

The Second Day of training lesson was “Goals and Money Beliefs” to teach the MIEP students. MIEP students learned from that lesson about (1) How to define and gave examples of short, medium and long-term goals, (2) short-term and medium-term financial goal in their life, and (3) beliefs



in their community which prevent them from achieving their goal. The lesson was started with Minefield Activity to connect with our life. Life is sometimes similar with Minefield Activity. The goal of the activity is start at one point and try to move forward. The activity purpose was to know what they want to achieve in their life and having the ability to move forward safely towards their goals. It helps the MIEP students that what goal should they set up in a time and what time can arise that goal. Furthermore, the MIEP students practice to write real goals on paper and share with their classmates. The last of the lesson for the second day finished by market session. Some

students were not buying any things in the market session because they wanted to try to save their money for tomorrow as well.

The Third Day of training lesson were “What are savings? Making savings plans and Household Budgeting”. According to that lesson the MIEP students learned about (1) their household income and expenses, (2) savings and its different uses, and (3) personal savings plan (4) five steps for creating a budget plan, (5) creating a weekly and monthly budget for their household. Another factor that the students had to consider was how to manage saving plans to acquire their saving goal and MIEP students learned by role-playing about between necessity and luxury. During the class, MIEP students possess to exhibit their real income and possessions to create five steps of a budget plan by individual. MIEP students had to present their wonderful plan and they also discussed whether they were realistic or not. Finally, MIEP students made their individual goal, and planning for saving money methods. The third day of the training finished by market session. Research has found that MIEP students were delighted to learn in the lesson.

Finally, the last day of the training was a part of an important day because WH students had to review all of the lessons during the training and MIEP students had to take post-test in the last day. That post-test was useful for WH students because the next month WH students have to

monitor and evaluate for MIEP students. Did MIEP students adapt and apply that knowledge forms the Financial Literacy training? Also, WH students



possess to investment for the Business Challenge. MIEP students received 50,000 Kyat of investment per group. MIEP students have to find a way how to make the business and how to use as an investment. According to the MIEP students “We will sell snack, fruit, and juices two hours per day at MIEP”. Also, MIEP students set up two leaders for Business Challenge for the report to the WH students how is the situation going on. After next month MIEP students will give back the investment to the WH students. Also WH students will monitor and evaluate the MIEP students how are they going on. Before WH students go back they provide the Financial Literacy Training Certificate and taking a group at MIEP.

By Gypt

Planning to Live Your Life Your Way

We should set up our goal to brighter in our future. Nowadays some of young people they don't have goal. They attend a lot of schools and they are working so many places, but they don't know clearly what they are doing. In human being if we don't have a goal, we look like a boat traveling in the sea, but no harbour. You might be clever or a hard-working person, but you will never achieve in your life because you don't have specific goal in your life. There are so many kinds of goal such as career and education goal. At that time, you have to be clear which goal you want to achieve. I want to encourage every young people to set up your goal, whatever you do something. Even you can't set up long term goal, please try to set up short term goal.

I want to share my knowledge about how to set up the goal. If you set up your goal, you have to be careful your goal should be broad end with result that will be obtained when specific objectives are achieved. The objectives that you set up should be S-specific, M-measurable, A-achievable, R-realistic and Time bound. I have been learning about goal and objective so many times, but I have never applied in real life. I think goal and objectives are just only concern in writing report or proposal. I have never thought that it is concern with our lifetime achievement. After I have been learning goal and objective in Community Development Program (CD) class, teacher Jordan ask me to set up my individual own goal and objective in second and third trimester. This time I set up my own goal and objective, and I apply it in real life. After that I see the result whatever I am doing something, I feel like I am more satisfy and have more confidence in my life. I also aware myself that I am improving when I am doing something. You will have more motivation when you achieve your goal. After you set up your objective and goal, you have to follow it as much as you can. If you don't follow the objective and goal that have you set up, you will

never be successful or achieved in your life. However, it is not easy to follow your own objective and goal. At the beginning of the first time when you practice to follow your goal, it will be very difficult for you, but don't give up. You have to practice again and again. Later on, you will overcome all problems that you have faced, and you will achieve your goal.

I think some of you already have goal and objective, so just keep walking to your goal. But, some of you might not have goal and objective yet. After read the short encouragement from me, I want you all take one pen and notebook to set up your goal at once. Then stick your goal and objective the place that you can see every day and motivate yourself to follow your goal.

Mya Moe Phyu

Enjoy Your Implementation Journey at Wide Horizons

Learning by experience is more valuable than finding gold because gold can be lost but experience cannot disappear in our brain wherever we go. Therefore, Wide Horizons students have a chance to practice their skills for the projects every year during academic year to obtain experiences and use the skills that they have learned from the school. In 2018 academic year, Community Development teacher divided 4 groups to do the projects. Moreover, every group have to do 2 projects. They are Wide Horizons and Community project. This year the community projects were an artesian well, organizational development, youth empowerment and a primary school ceiling. The students practiced the skills that they have learned in class and applied them to the real life.

First of all, after the teachers taught in class, all students have a chance to share their ideas and knowledge to their friends and community because, they have to work in the group and participate effectively in their group. Therefore, all students have to meet together and discuss what they have to do for their project and choose the best solutions during implementation. In addition, they have to take perspective from the other people and be united in their group for their project.

The other one is, all students have a chance to help each other and help themselves during implementation. At Wide Horizons, there is no discrimination and we don't look down to other so, we all are full with kindness. If someone cannot do something or do not understand something in

the lesson, the other one is ready to help and explain what he or she can help, because all students have different learning styles. All students have different strengths and weaknesses and, everyone has different knowledge. So, no one feels lonely and weak in their lesson. Therefore, they feel confident and are willing to help their friends.

All in all, Wide Horizons students enjoyed their implementation. Moreover, they hope, their projects will be sustainable, and they can proud of themselves, what they have done at school. Therefore, they will gain the knowledge and experiences to apply in their future job.

Ngwe Sein

Because a Failure to End the Day for Students

Security is an important part of being safe and important for objects and human. The students value their materials and lock them away in the building. However, one group of thieves came and broke into the boy's dormitory in Wide Horizons, and stole computers, cameras, phones, power banks, backpacks and cash. We want to describe about cause, materials and effect.

That case happened on Thursday, June 14, 2018 in morning time around 10am and during the study time. Every day after break time we go back and checked our dormitory, however that day that was so different with other day. When we went back to our dormitory and the dog was barking at the mountainside. We did not notice that the thief had come and take our materials from the dorm. Coincidentally, one of our friends need to take the computer to discuss with teacher and he could not find his computer in own space, so he checked beside dorm, but he could not find it. After that he told all his friends and every boy-student went back to check their materials. Unfortunately, some of their materials were missing.

The materials are so useful and important in the lesson. Therefore, the day of all-time the thief destroyed the window of the boy dormitory and took many materials

including 1 computer, 1 camera, 2 iPhone 3 phones, 3 power banks, 1 backpack and 250,000 Kyats of cash belonging to 8 students. The estimate all the materials cost was 3,793,000 Kyats. According to one of the student "he was lost so many memorable things and he could not say how much relying on his memories in his life, it was not happening like this before and those were so important in his life". We got a big lesson and experience from this situation to keeping the materials for safe and secure in the future.

Losing materials and money affects our feeling. Those materials were belonging by 8 boys' students from Wide Horizons, and that materials were useful for the students to contact family and friends, useful in lesson and personal life. The result of the burglary is including pictures of memorable events such as, visiting organizations, and school activities, family background for household and lesson planning for teaching courses,. In order, the students who lost their materials feel like the world is full of darkness and hopeless to continue their life in the future.

Overall, the students lost many materials and it has a lot sorrow, also they face with many difficult thing to study in the lesson.

By Khaung Klain

A Beautiful Cap Roof Project Implementing in WH

Project implementing is the main part of the Community Development subject in Wide Horizons (WH). In 2018 academic year, we had 4 projects in WH. Among of 4 projects, we are implementing one project by 5 organizers. They are Ngwe Sein(Project leader), Non Htaw, Kaung Kaung, Benjamin and Kwan Khur have took responsibility for WH classroom by built a beautiful cap roof to protect from the rain which was come inside the classroom raining season.

In WH classroom project, we have many challenges at the beginning. After the donor accepted the project with a limited budget, we had difficulty to manage budget for the project. Moreover, when we discussed with all students about different design within our budget, it was making us to feel down because we just thought negatively. We were only thinking that we could not do it, we could not manage with a small budget and no one wanted to help us. However, we have solved by implementing the Cap Roof Project.

Before implementation, all teachers and staffs encouraged and motivated us. The 5 organizers also motivated and encouraged themselves as well. Although some of our member stayed negative, and were depressed, we motivated each other in daily meeting to stay positive. Furthermore, we motivated each other to have self-confidence to lead in project implementation. However, we did not have confidence to build because we have never had experience about building cap roof. When we started to build, we had challenges how to measure between the old posts and to dig holes for the new posts as well. Therefore, we



had to dig the holes 3 times for each post because we made the wrong measurement. Fortunately, some students who had experiences participated, suggested how to measure and they also helped with their energy. Moreover, the other project groups were happy to involve in the cap roof project implementing as well. On 3rd day, after building the cap roof finished, we all students participated to do a small gardening project with onions and flowers to decorate the cap roof. It was led by one of organizer who has had experience in gardening. Although we planned the project would take 5 days to finish, we could finish building Cap Roof only 2 days and gardening for 1 day.

In conclusion, while implementing, we could show strengthen as unity and leadership skill. The motivation and unity could make us to have more strength. In addition, the community participation could make us to be stronger in building as well. Finally, I could say that, we have completed the cap roof project successfully and we have achieved the goal. The organizers cheered each other with smiling faces and celebrated when we took group's photos at the end of implementation day. The message that I have learned from classroom project implementing is, "before you do, don't say you can't" and "just believe yourself and be confident yourself to grab your goal."

By Non Htaw



Black Soldier Flies

One of the WH projects was a kitchen project. Kitchen project was one of the amazing



projects because we implemented not only one cupboard, one shelf, one dry rubbish bin and one wet rubbish bin as we had planned, but also included wonderful Black Soldier Flies to solve the issue of what to do with our wet rubbish.

After implementing kitchen project, we faced a problem to throw wet rubbish in kitchen project. We do not have place to dispose of wet rubbish as the garbage truck is unreliable. We tried to get solution for this problem because it became threat for WH kitchen project. After we discussed with staffs and group members, we got a solution from Teacher Jordan, who teaches community development subject. She invited a volunteer to the school to help make a small project for solving the wet rubbish problem.

The volunteer name was Sebastiaan Stokhof De Jong who helped to solve our kitchen project threat by building black soldier fly home. He told us that if we put the wet rubbish in a bin and left it, black soldier flies would come as they like wet rubbishes smell and lay their eggs in the home. Then when the eggs hatch, the babies would eat the waste and the smell would go away.

The project did not cost a lot and used with natural way without having any effect on

the environment. When we have black soldier flies, other flies could not come and affect people and safe for people health around the environment. We got three benefits from there. Firstly, we do not need to worry the black soldier flies because they do not like to come a place that people stay and try to avoid humans. Secondly, the other unhealthy fly do not come to the black soldier fly living environment because they will be eaten. Moreover, the babies eat the wet rubbishes when they were young. However, they are alive just five days.

To keep black soldier flies for long term, we built a small roof (tent) for black soldier flies to stay and put the wet rubbishes inside a plastic box under of tent. The plastic box had two holes to fly babies can climb up. We made a hole with a tap at the bottom. This tap was for the waste liquids to come out which can be used for planting vegetables as another benefit.

In conclusion, the black soldier fly project solved our wet rubbishes problem and benefit for our environment considers health, nutrients to grow vegetable and grubs we can feed to chickens. This is a benefit not only for current students and staffs but also new students. Now, we can cook and prepare food without bad smell in our healthy kitchen and can throw the wet rubbishes systematically.

By Hsu Lae Nwe



Reading Leadership Book in Wide Horizons School

Leadership is the basic need for everyone to become successful. Leadership can determine a person's level of effectiveness, potential, ability and capacity. So, the final literacy book that my group read was about leadership in order to feed our brains. There are three main points that why I want to show all of you. They are the background of leadership book, how is useful and effective for my life and why I want you to read this book.

First of all, The 21 Laws of Leadership was written by John C Maxwell. He is an international recognized author, coach and speaker who has sold more than thirty million books. He is one of the most influential leadership experts in the world. Moreover, he also has trained millions of leaders from every country of the world. The book has sold over a million copies.

Secondly, I can say that I have read over 100 books in my life like history of Burma books, love story books, philosophy books, bible books, geography books and so on. Among them, I saw that lots of books are good to read and it can persuade me to read again and again. Nevertheless, it cannot change my life. But when I read about the leadership book, my life is changing. I have more confident how to deal with people.

I know what my leadership style is and how to change it. Furthermore, I also understand how to look at other people in positive way rather than looking bad things and I can reflect on myself and how to apply in the present of my coming days that I have to achieve. The book also said that, "without leader, you cannot lead the people. To lead the people, you need to have leadership skills". Moreover, there are lots of skills you need to know inside of the book like influence, trust, connection and etc.

The book stated that, "the true measure of leadership is influence". That could be the truth because everyone cannot influence to other people even they tried hard. It is hard to become a real leader and have influence to other people. Only true leader can effectively influence to his or her followers.

A leader need to have trust to his/her followers or members. He or she cannot build trust by talking. They need to build trust by achievements and showing the real work that what he or she is doing. Trust is also the best key that all leaders should have in their mind because no one want to spend their time with someone who he or she doesn't trust.

To have a strong trust to each other, you need to have a good connection. The best way to have a stronger relationship is to connect with individual. If you work with individual, your connection will be faster and you will know what your audience is, what is their histories, dreams and what do they care about. However, you need to care about your followers before they come and care about you since people do not care how much you have experience until they know how much you care about them.

Finally, I want all of the readers to read about leadership book because it is so different with another book. There are lots of invaluable words inside of the book. I want you to take the knowledge that have inside of the book since I want you to taste how delicious is it. I believe that you will get lots of experience from the book that I want you to read. You will get like mental, physical, general knowledge and how to improve your life. If you want to change your life, I can guarantee for you that leadership book is the best book that will help you to change your life in a better future.

To sum up, I believe that you may get some ideas of the book and what is the book look like. If you want to know the details of the book and if you want to improve your life by yourself, I recommend you to try and read leadership book as soon as possible because the book said that "a person who cannot be a leader is who never pick up and read leadership book". Therefore, if you want to be a real leader, just try today to read leadership book since today is the best day to improve your leadership and today is the most expensive and valuable day to spend your time with reading leadership book.

Written by: David

Special Football Competition in Wide Horizons

Football is the most famous sport in the world. Playing football can give lots of benefits like having healthy body, refreshing our mind and making better relationship with each other. At the same way, in August 21, 2018, Wide Horizons students and teachers had a special football competition.

At the beginning, we had to create our group name, song's name and football shirt's color for each group. The group's names were United Ethnicity F.C team, WH United team, Monster team and Tway Ma Shaung team. At the same time, we were practicing our group's songs..

After the Wide Horizons professional football players had arrived in the football playground, we started singing our group song group by group. The song that we sang was also given the points for the best football song. After finishing lovely songs, Teacher Jordon and Steve explained the rules of the football match and how we could get points throughout the game. Each match is we have to play for 15 minutes.

In the rules, if one team score, they will get one point. And then the first team to come together to cheer with all of their group members will also get a point. But if they forget to cheer, the other team will get the point. Also changing people is also one point that we have to notice and the last point that we have to know is changing the goalkeeper.

To win in every team is dependent on teamwork. A team which is good at teamwork, they get more score because every motion is related with listening to each other to have strong communication and active moving as the goal scorers have to be different genders. If one boy scores one goal, the next goal has to be scored by a girl. This is a big challenge for every group as they have to negotiate to each other before they play. They have to change their football playing style in every match because every group skills are not the same. Some group have less skills so they are afraid that their opponents will score more goals than them. Therefore, they have to focus more and have to communicate more. If each team finished their special

match, they have to come to the judge to know how much score they got and how is their teamwork.

After all of the matches competition finished, we added up all of the points. Then, the Judge advertised to all of the football teams. The judge was started calling the lowest point. At that time, they felt very excited to their point. They think that their team points will be lower than other teams. Nevertheless, their point is higher than they expected. So, they satisfied their football results and felt very joyful. At the same time, the point calling became higher and higher.

Finally, the United Ethnicity F.C football team got the Championship. The prize was golden coconut. This is not really expensive but the name of football team and the honor of being Champions.

Then, the competition was ending with taking photos with golden coconut and cheering to each other. It was so fun and happy football game that we have ever done in our life.

Written by: David



Thway Thout Youth Day

Making friendship is extending our network. We all should have a good collaboration and help others out of habit. 23 Wide Horizons Students and 5 teachers went to Thway Thout Youth School, to build a good relationship with Thway Thout youth community. That activity brought fun for the whole Thway Thout Youth School compound between youth, children and WH members on June 30, 2018. Thway Thout Youth school exist in Thway Thout section, in the outskirts of Mawlamyine in Mon State.

The students from Wide Horizons School built friendship with Thway Thout youth and children at that school, by playing 11 games and funny activities, and create strong relationship for the future. The Games were created by WH Students; in order to give participation. Of course, playing game is teaching someone in an indirect way. The youth learned group work, participation, role and responsibilities. Knowing these activities were a gift for youth and children and also, they got self-confidence when they talk with outside people. These are the way that to open their hopes and eyes to see their chances and how to achieve their goal in their life by working together with a team.

Person who know the way, should give guidance with emphasis, motivation, empowerment and serving others to who hasn't known about the how self-development or community development, and help them how to get their goals. Leaders show the direction and monitor the group or community to be success. It called community or group leader. According to THE LAW OF NAVIGATION written by John C Maxwell "Anyone Can Steer the Ship, but It Takes a Leader to Chart the Course." So, WH teachers and students try to show the way how to participate, group work, unity and show with full of funny games.

It was a big chance to work together with Thway Thout family and build trust with the people from Thway Thout for the future.

Every student had to participate and show their participation skill to gain more fun, built good relationship for now and future. Otherwise, WH students have chance to practice their Community Development skills and management skills. These activities were teaching WH students in learning by



doing, and then what was active participation, coordination, networking, planning, trouble shooting and other management skills.

WH students and Thway Thout Youth combined to start activities on the Thway Thout playground. Accordingly, WH students started introduction and agendas of activities. At the beginning, the children and youth felt strange and they did not want to participate in activities, but WH students motivated the children and youth. So, children dared to involve with WH Students and happy to join in the activities. To be happier for youth, WH students give refreshment such as juice and snacks. WH students did excellent things like persuading children to participate in football team to understanding teamwork and finishing the event on time. Not only they organize for the "Thway Thout Youth Day" event but also after the event, they did cleanup for the venue.

Finally, warmly welcome to help people is a great part to develop our community. Now, Leading the community or group that can give you a good lesson or experience of leadership skills for now and future. Using the helping other help themselves theory is good for one community to others as well. A good planning can help us to be successful. Organizing "Thway Thout Youth Day" is a big memory for WH and Thway Thout Youth. These memorials will increase both communities' relationship in future. So, we should make friendship before we go next step of mission.

Written by: Saw Sein Min



Wide Horizons Wi-Fi



People cannot live without internet and life is nothing without internet nowadays. At the same time people are changing because of technology nowadays. Currently, Wide Horizons School is situated in Mawlamyine at Mon State, Myanmar. It is a beautiful and peaceful place with fresh air, healthy natural environment and it is very peaceful place for current students. But there is only one reason that WH has to face internet problem in the beginning of the year. So, I would like to write about the internet problem while WH had to face in Mawlamyine.

WH had internet problem when the school began. In the beginning of year and every after class, students were relaxing with fresh air around school compound with full of energy from air. But there is something that students wanted to have that was not available in WH school compound, internet. As you know, young people cannot be really happy without internet in this day. Some students from Thailand became lazy because they missed the internet in Thailand and some students worried that they would not have a chance to use internet in WH, because they have already known that there was not easy to get a good internet Wi-Fi in Myanmar. And also, it would cost a lot of money to get a good internet connection. On the other hand, the students did not have money to buy internet, even you bought the internet, the connecting was not good and it wasted your money.

Therefore, Internet is a part body of WH and it is a necessary thing for current students to use for their study. WH students need internet, because internet is one of WH students bridges to reach their goals, so without internet WH students struggle to achieve their goals.

The problems will come first and happiness will come later. WH moved to Myanmar at Mawlamyine in 2017 and started back the school in 2018 with very poor internet connection. As you know, to get a good internet connection is a bit challenge living in Myanmar. At the same time, WH also faced a problem to get a good internet for staffs and students in the beginning of the year. WH used to have a good internet in Thailand and it was very helpful for staffs and students in the study, but in Myanmar the situation is different from Thailand to get a good internet and it is challenging. In the beginning of school, WH had to buy limited internet for staffs and students but there was going very crazy when you used that internet, it was so boring and bad internet connection. Every students felt disappointed to use this internet because students needed internet for their study and their assignments. Staffs also tried very hard to find a good internet for the students, but there was no a good internet connection around WH school in Mawlamyine.

Finally, after two months, WH found an unlimited internet and very good connection, then students were very happy to use the internet for studying, doing their assignments, emailing, downloading software for computers, watching YouTube and using Facebook. Finally, everyone from WH were very happy with a good internet connection, then WH staffs and student's lives became normal with full of happiness by using a good internet connection. Students and staffs have a chance to use Wi-Fi 24 hours for their study, and for their personal needs. Therefore, lives are very hard very difficult for people nowadays without internet, at the same time, it is very difficult for WH staffs and students without internet Wi-Fi at Wide Horizons School.

Written by: Law Law

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