

## **FU Man Chi**

This trip is certainly very fruitful to me and it further assures me to carry on doing humanitarian work in the future.

The most inspiring incident encountered is meeting the family of You-peng, a boy with epilepsy. You-peng lives in a very harsh environment. His mother left him when he was still a little kid. What makes things even worse is his father is a chronic drinker, who abuses his family members when drunk. The responsibility of nursing You-peng falls to his grandmother, who is very old and does not know how to speak Mandarin. In addition, epilepsy stops You-peng from going to school as there is no proper care for an epileptic kid in the school. How can one imagine the life of a boy with epilepsy living in such an environment? Despite this frustrating condition, You-peng still manages to wear a lovely smile on his face. I really feel very very very sorry for him. You-peng loves going to school but his disease destroys his life. His family condition further aggravates the effect of the disease as no medical care can be provided to him. If the same condition happens to a child in Hong Kong, probably his condition can be controlled by drugs and the impacts on his daily life can be minimized. But the fact is he is not living in Hong Kong. This incident makes me realize there are a lot of people in the world that do not have adequate medical care. A mild disease can become debilitating. I learn that my profession, being a future doctor, is extremely meaningful and useful. I also learn that I should fully utilize my knowledge, not only for locals, but also people living in various parts of the world where medical care is insufficient.

Another part of the trip which stimulated my thoughts was the planning of sex education curriculum. There is a sex education session in the morning of day 4. I am the one responsible to design the content of the class. Originally, I was a bit confused as sex is a taboo in many parts of China. It was difficult to think how deep should we cover in the class as it might be quite sensitive to them. Finally, I included some of the important topics, such as changes in puberty. For the format of the class, I decided to use the combination of a lecture and a tutorial. It turned out to be fine for girls but not works in boys. Girls were willing to sit down and listened whereas boys lost their attention at the very beginning of the class. I felt a bit sad for this because I have not considered the difference of responses of the gender towards the class format. If I have had the chance to re-do the class for boys again, I would have employed a more interactive approach such as games and videos, instead of a lecture and a tutorial. This reminds me the way of delivering your messages is very important, apart from the content.

In short, I have learnt a lot from this trip. If you have the chance to go to a trip organized by Project Mingde, please do not hesitate! I am sure you will get something as return, something invaluable!