

### **Child Injuries Prevention (CIP) Classes**

As part of the interdisciplinary course of the internship, we had to plan and teach a total of six child injury classes for Trung Dung middle grade students. We would teach them all things related to child injury prevention, which includes the various scenarios that would lead to an injury or accident, the consequences, and how to respond in a situation when an injury occurs. Prior to teaching and conducting a CIP class, no one knew how challenging it would be to teach Vietnamese middle school students, until we experienced our first lesson ourselves, and it was quite disastrous as we could not fully control the students or catch their full attention, and we had only one translator who could actually engage to the students in class. As time went on, we became more adaptive and learnt what works best with the Trung Dung middle schoolers, by this we learnt that we did not have to constantly rely on our translators for everything and anything. It was also in Vietnam where most of us learnt and realized that language is not a necessity when it comes to building a connection with a person, as there are various methods to build such a connection besides language. Before we knew it, the last class came around, and everyone was reminiscing of the earlier days of the internship.



### **Construction work**

In the entire internship group, manual labor is something everyone was new to and had no experience of. We all came in with our own different perceptions of what construction work in Vietnam would be like, but it still shocked most of us to the core, as Vietnam's safety standards for construction work is different when compared to Hong Kong's. Getting over the "shocked" stage was quite easy as we all had to work manual labor to contribute to some part of the making of the Trung Dung's swimming pond. Nevertheless, it was an unforgettable experience that helped us relate to construction workers and how much effort they put into their work.



### Life in Vietnam

Living in Hung Yen, Vietnam which is a province that is one hour away from Hanoi was quite challenging, especially if one is used to Hong Kong's fast-paced and bustling city, Hung Yen is the complete opposite of that. The soaring hot temperatures during midday goes up to 45 to 47 degree Celsius, becoming clear that the weather is too unbearable for anyone to work. Thus, around 12pm to 2pm, no restaurants or shops are open at this time, as it is generally known among Vietnamese people that those 2 hours are allocated to resting or napping time. However, when we first came to Hung Yen and had our first day off, it became apparent that some of the restaurants were closed and we had to frantically find any restaurant that is still open and would serve food. During my time in Hung Yen, it made me realize how many things I would take for granted, which made me more appreciative of the little things that people would do and being grateful for all the things that have happened.

