

## **Reflection on Project Mingde Summer Camp 2017 (11<sup>th</sup> – 15<sup>th</sup> June, 2017)**

**Lee Chun On  
3035270082  
MBBS, Year 2**

It is my privilege to join this Voluntary Teaching Camp, and I would like to thank the Department of Engineering and Project Mingde Student Association, especially two student PICs (Andy Chan and Vicky Tse), for giving our team (health education team) enormous support and flexibility in carrying out different public health interventions. This is my first time joining service trip and I am glad that I have learnt a lot from it.

Although we only stayed for 2 days in Daping Village, our team has done quite a number of public health interventions and most of them were in great response. In health education, I helped in teaching primary school students correct way of hand hygiene and playing a drama to convey anti-smoking message. When I was planning for the service trip, I have been worrying the effectiveness of our teaching as the children might find hard in absorbing so much knowledge within a 35-min lesson. Much to my surprise, the responses turned out to be exceptionally good, as I observed, most of the kids have started using correct steps of hand washing, which is very encouraging.

In addition, we set up a booth in canteen of the school and did health check for villagers. Due to our packed schedule, we could only serve around 20 villagers. Nevertheless, it was disappointing to learn that almost all villagers we came across were both smokers and heavy drinkers in obesity with high blood pressure. Having said that, they were not aware of the detrimental effects of these harmful behaviors. After some counselling with them, I was pleased that they have started contemplating quitting smoking, yet there is still a long way to go.

“That’s one small step for man, one giant leap for mankind.” Although what we have done in this trip seems trivial for us, its impacts to villagers could be far-reaching. I have to admit that this trip was not easy, however, I have never regretted joining it. I remembered the moment I was struck when a kid told me that she walked 4 hours to school every day. Her endurance really touched me and confirmed my decision in serving this community and responding to their needs. I hope Project Mingde could continue its mission and reach out to more remote villages in China to improve villagers’ well-being.