

Child Injury Prevention (CIP) Lessons

To us Social Sciences students, the most significant learning experience came from interacting with the children of Trung Dung when delivering Child Injury Prevention lessons. Because we were not given much time to get to know the children beforehand, the classes were multifunctional in that we were also able to find out more about each of the children while we taught them important things to remember to stay safe in the local environment. We taught the children about six injury types and our groups took turns planning each lesson. It was definitely a challenge getting the children to focus on the lessons especially when the interpreters played such an instrumental role. Although it was easy for the interns to get pushed to the back, we eventually found different ways to engage the children through other means such as games and poster presentations. It was also interesting to see the children open up and become more and more comfortable with attempting to communicate with us in English. The biggest learning moment for me was finding out that the children's minds were imaginative and complex, making it worthwhile to interact with each of them to figure out the best ways we could help them.



Construction Work

The internship allowed me to step outside my comfort zone and experience the construction work involved in the building of the school's new swimming pond. Although the construction work was most useful for engineering students, I feel that I was also able to learn patience and perseverance under the strenuous and demanding work we were required to do under the unimaginable heat.



Although the process seemed dull and heavy, seeing the finished swimming pond gave me a sense of accomplishment from knowing I had contributed in its building process, no matter how small. Thinking about how useful the pond might be in teaching the children swimming to prevent drowning cases still makes me feel a sense of fulfillment. The construction experience from this trip has opened me up to the various similar opportunities I may stumble upon in the future, and I feel like I would be more confident in taking such tasks on.

Creating Friendships and Memories

When I first met the group of students I would be interning with during the orientation week, I felt nervous and worried about how I would get along with them. I knew that along with the language barrier between myself and the Vietnamese locals, I would also have difficulties in overcoming the language barrier with my peers who seemed more comfortable to speak in Cantonese. However, the trip revealed to me that as long as I am open and willing to make friends, there will hardly be any problems. The trip was also a great language exchange experience for me in this aspect.

Being placed in an unfamiliar environment with people from similar backgrounds tightened our bonds over the two months. Although some of us talked about how we were skeptical of whether we would all remain friends, I feel hopeful that we might even take another trip to Vietnam for memories' sake. We were also able to make some memorable friendships and experiences with the children in Trung Dung, and although it will be difficult to keep in touch with them, I feel that we were able to leave Vietnam hoping all the best for the children.

