



普賢會訊

P.H. Express

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Editor's note

vulnerable kids under our care
nickname prefixes;

	girl	boy
Malawi	Wan-	A-
Lesotho	Di-	Tian-
eSwatini	Jing-	Qing-
Namibia	Ru-	Yi-
Mozambique	Ci-	Da-
Madagascar	Hua-	Fa-

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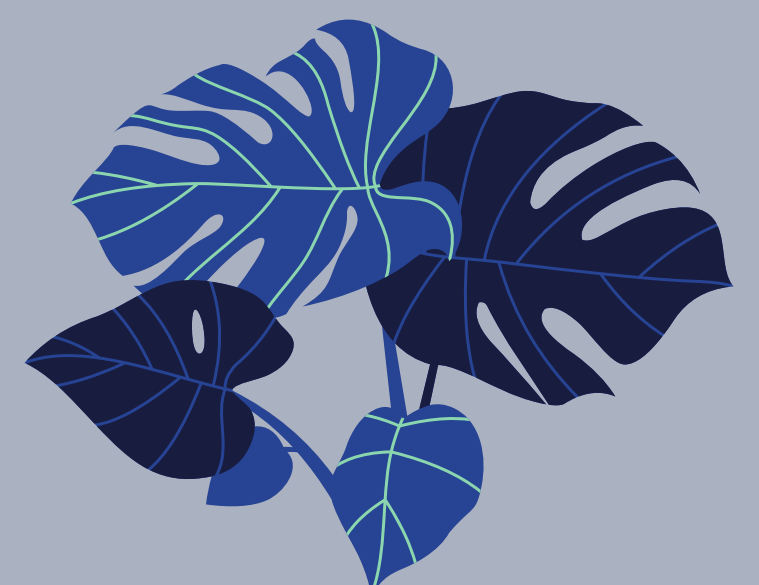
AUSTRALIA

See Madagascar, love in ACC!

*** 【Travel for Love】 ~ ACC "Home in Madagascar Photography Exhibition" will be exhibited in Kaohsiung Ruoyu Cultural and Creative Industries from December 12th. "Ruoyu Cultural Creation": No. 657 Wenxue Road, Zuoying District, Kaohsiung City**

2020 Travel for love.
11.10^{TUE} – 12.6^{SUN}

Photography Exhibition
ACC 家在馬達加斯加 攝影展



The origin of the celebration

Amitofo Care Center's (ACC) international shelter aid program's anniversary falls on November 17 of the lunar calendar each year.

It has been 16 years since ACC was found, and in different countries and districts in Africa, we celebrate the ACC anniversary day at different corners of the world.

ACC has been around for 16 years. In different countries and campuses in Africa, ACC's birthday is also celebrated. We hold a fun competition at the school in the Namibian campus, which makes the atmosphere of the event soar! The Niyuan District cooperated with the Malaysian alliance partners to open a live broadcast, so that everyone can feel the children's life in the campus, and the children in Malawi also drew a big poster for ACC, full of children's hearts. Children in Madagascar can return to the shelter care center on this day. Each care center shows off the joy of ACC happy birthday!



〈Education Collection〉

Donate equipment to give back to New Taipei City schools

In 2020, in response to New Taipei City Education Bureau, we will donate a number of sports equipment to Gongliao Junior High School, a key sports development school in New Taipei City, and do our best to cultivate future national players for the country!

Although Gongliao Junior High School is located in a remote area and has limited funding, the principal has brought students the spirit of "only you can't think of, nothing you can't do", so that the school's track and field team still wins a lot for the school even with insufficient training equipment.

On October 28, Japanese colleagues went to Gongliao Junior High School to participate in a warm and grand "sports equipment" donation ceremony. Gongliao Junior High is a school surrounded by mountains. There was still a drizzle when we arrived that day, but from the moment we entered the gate of the school, the welcoming hospitality by the guards made women volunteers felt the full enthusiasm of Gongliao Junior High.

During the donation ceremony, the Gongliao Junior High Track and Field Team combined the training movements with popular music and adapted them into a dynamic welcome dance, which opened the prelude to the donation ceremony. First, the representative of the New Taipei City Bureau of Education-Section Chief Xia Zhiqiang of the Sports Education Division gave an opening speech; Gongliao Junior High School Principal Shi Minxiong shared the school's teaching methods, invited the authors of the textbooks to the school to chat with students, and used a lively and vivid way to communicate with Gongliao Junior High. To build a paradise in the Northeast Point; Shi Feiyi, the director of the Association, also expressed his full assistance in the development of rural schools in his speech. He also hopes that if there is an opportunity in the future, the children of Gongliao Country would like to meet kids from the African ACC vulnerable children school campus.



In the African ACC campus, due to various challenges many materials are restricted or are lacking. Fortunately, we have the support of very giving people from all walks of life, so that we can pass on their love so the children can receive adequate care and education. Therefore, when we return to Taiwan from Africa, ACC is able to emulate the plight of the rural schools. As the saying goes, "Workers must first sharpen their tools if they want to do their jobs well." We hope that through our efforts, everyone will be the locals. Children do their best to promise a bright future.



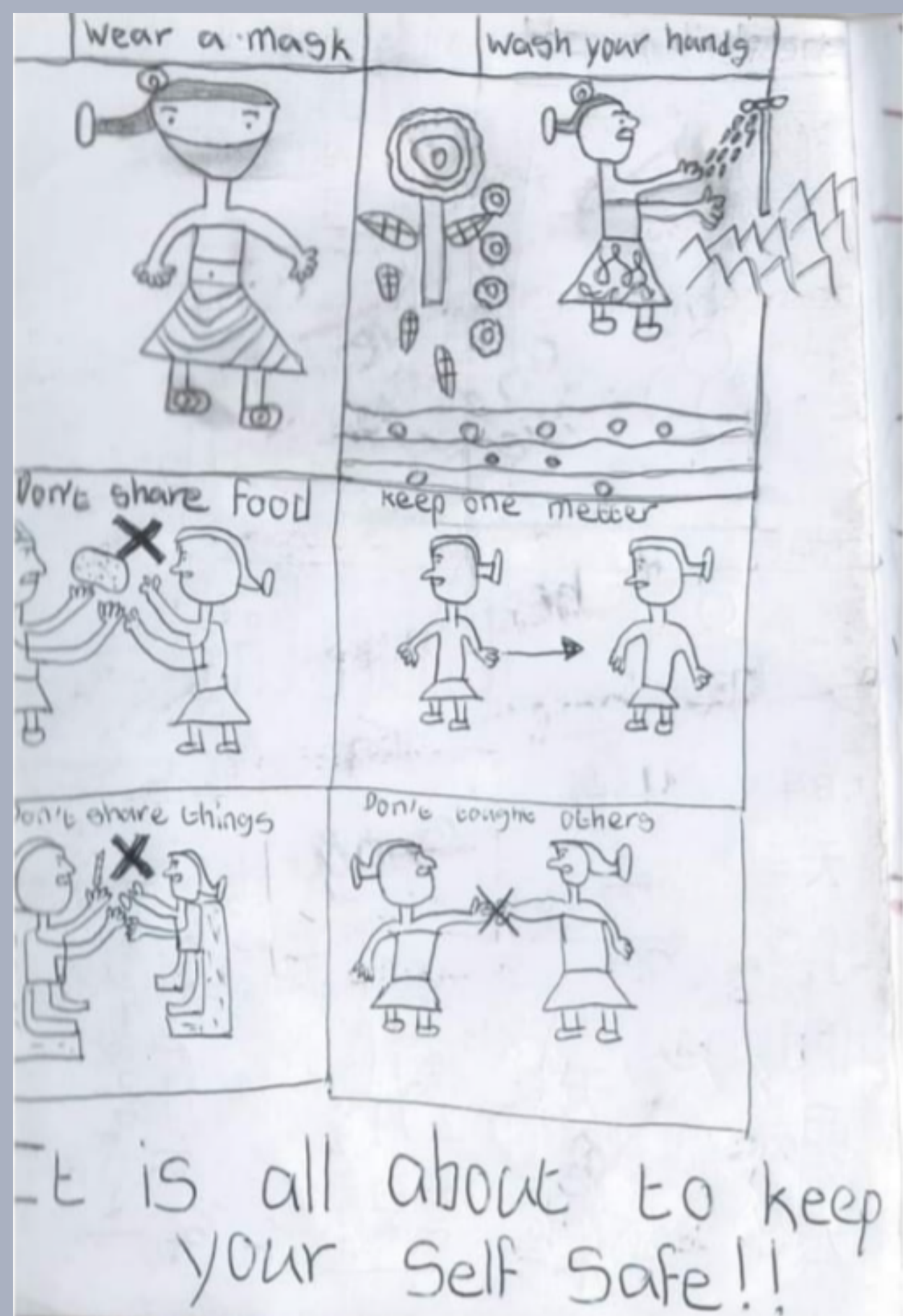
〈Central District〉

Feel free to change the situation

Contributor: ACC Namibia

The world faces many trials and challenges due to the new coronavirus, and daily life has to be changed. Going out and wearing masks, disinfecting at any time, taking body temperature and maintaining social distance. Health education has been strengthened in the care center, which has been deeply rooted in children's hearts for several months. Every year new children come to the shelter, and we most often see them digging through the trash can or picking up wire, branches, any thread on the ground... etc., some put them in their mouths and chew, and some play with them in their hands. To change these bad habits requires constant reminders, and it may not be possible to change after a year or a half. However, when the news of the virus spread, everyone began to feel a little scared. The bad habits that were hard to change at ordinary times were suddenly changed. When they picked up things, they no longer start chewing. They used to queue up and push each other, but now they remind their peers to keep their distance. Human adaptability is still very strong, but when we are in the comfort zone, change becomes difficult. On one hand, we feel that there is no immediacy of change, and on the other hand, we are afraid of the unknown after the change. But when the external environment makes people feel threatened, it has to be changed. Policies and living habits have to change, and everything becomes a habit over time. Just take some of the different conceptions of wearing a mask no matter if you're in Europe, America, Africa or other countries, e.g., "It will only be worn by people who are sick or medical personnel. Wearing a mask will also attract attention or discrimination." After experiencing the threat of the virus, masks have become a must-have garment. You cannot go out without a mask or enter public places. In less than a month, the concept of using masks has changed 180 degrees. Wearing a mask is to protect yourself and others, it is an extra layer of safety protection. You shouldn't be attached to past concepts of living, so that life seems more comfortable.

The world is watching daily changes in the pandemic. Government policies are changing every month. We must adjust accordingly and learn to accept the situation with an accepting heart! If "the mind changes with the situation," emotions will rise and fall all the time, that is, when there is no peace. If you look at the world from a different perspective, you can live your life in peace and comfort.





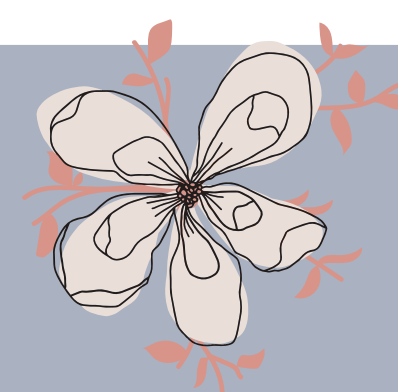
<Africa-Insights> The taste of watermelon

Contributor: ACC Namibia

Namibia belongs to the sandy land, suitable for growing melons and fruits. The main crops are in the northern region. After harvest, they will be transported south to towns, especially watermelons. In the hot summer, when you taste it and it immediately cools you. Last year, a few watermelon plants were also planted in the yard. A child told me after seeing it that he hated eating watermelon. This does not seem to be ordinary people's thinking, I asked him why? The child said: When he was in the tribe, he had only one meal a day, such as sharing a watermelon. In the tribe, several brothers and sisters rushed to eat, and soon became hungry again. For him, watermelon is not an after-meal fruit or a holy product for relieving heat, but the only food that can fill his stomach when he is hungry, he cannot choose!

The life experience in the growth process frames the internal values and influences the differences in interpersonal relationships, attitudes and perceptions of things. When we in Africa, we have to empty our past.

Summer comes, work hard



In the morning, there was a buzzing sound in the ears, and a whole group of busy bees were working hard to collect nectar. This dry environment makes it hard to fine the bees. There will be a few days in the early summer of each year. Our children came to the kitchen during the holiday to help the kitchen staff to arrange the Moringa leaves,

“go to the branches and save the leaves to prepare dinner” 30 third grade students finished the task in less than an hour

Become a bee, exert team strength. Children like to help with things. We also create opportunities for them to participate in various tasks and develop the habit of doing housework, which can cultivate a sense of responsibility, hardworking attitude and independence. Adults take a step back, children take one step further, this is growth!

Moringa is native to southern subtropical and subtropical regions, and it is drought resistant and grows rapidly. Suitable for growing in dry environment, Five years ago, someone donated small saplings and more than a dozen trees were planted in the shelter care center and they grew fast and well. In winter, the temperature is close to zero, and the branches and leaves above freeze to death. We will prune them sharply, leaving the bare main trunk and when new buds emerge in spring, green leaves will soon become lush. Moringa leaves and Moringa seeds are also very popular health-care herbs by locals, rich in vitamins and it also increase immunity level. Therefore, the moringa grown in the courtyard is also a good vegetable.

Winter in the northern hemisphere is approaching. Everyone is worried about the spread of various viruses and seek for ways to strengthen their immune system to fight the virus. As a good practice, stick to good and normal work and rest routines, a balanced diet and continuous exercise can maintain health to get through the cold winter prepa.





"Goose Flying-Thousand Miles" Thanks before parting



After graduating from Africa Amitofo Care Center's vulnerable children high school, they came to Taiwan from Malawi to study in 2015. In the initial adaptation and exploration, they finally completed their studies. Due to the impact of the global pandemic in the waiting for homecoming, Alu, Wanxiang and Wanmu The three older children finally got on the long-awaited flight back to Malawi on the afternoon of November 13.

The five years of university studying in Taiwan passed in a blink of an eye. Before leaving the stage, the three children's moods were mixed they wanted to go home, but because of the pandemic, the plane did not fly and the return date was uncertain. Waiting now to board a flight to go home, made them suddenly feel they couldn't bear leaving the people and things behind in Taiwan. It was a complex mood, happy, but also a touch of sadness, and infinite gratitude!

On the eve of parting, the three children used Line (similar to WhatsApp) to send messages to Fu Xian's teacher... Wan Mu said: "Time flies so fast! Now we are going back home. To be honest, I'm really disappointed after all I've been here for so long. Thank you for your care and concern over the past few years. I wish you all safety and good health. We will meet again! Thank you everyone for your blessings."

Wanxiang wrote: "Thank you for your care and love over the years. Although we don't see each other often, every moment is a good moment. Thank you for showing up in my beautiful days. I wish you all peace, happiness and good luck!"

Alu wrote a long message: "Hi, time flies too fast and five years have passed like this, I am looking forward to Malawi and very happy to go back. But I still feel an ache in my heart, reluctant to leave Taiwan, reluctant to leave everyone. Everyone has worked hard in the past five years by taking care of us, caring about us, but also helping us when there were busiest situations. Lu Ge should go back, don't worry, Brother Lu has grown up and knows what to do and what not to do. I will definitely work hard when I go back. I hope that we will live up to everyone's hard work in taking care of us and will live up to everyone's expectations of me!"

The children left their heartfelt words, and Fu Xian's teacher's also wanted to say: Dear children, the future is still very long, and there is a long way to go! After returning to Malawi, remember to bring the experience you gained in ACC and Taiwan to your younger siblings. After you return, you shall start to face many things alone. No matter what difficulties you encounter, you must remember ACC will always be your home!

