

F.1 Breakthrough Camp & Peer Mentorship 2014-2015

Calvin: Mr. Yuen, Father Philip, teachers and fellow schoolmates, good morning. I am Calvin Li from Form 4A, one of the peer mentors.

Albert: I am Albert Cheng from Form 1B.

Calvin: We are pleased that we can represent the peer mentors and the Form One students to share our experiences and edification during the three days of our Form One Breakthrough Camps which were held in October and November and the wild camp which was held in July. Albert, do you still remember the themes of the Breakthrough Camps?

Albert: Of course! They were self-discipline, perseverance and care which, put more simply, is "SPC".

Calvin: Can you tell us about your experience in the breakthrough camp and what you have gained?

Albert: Although the Breakthrough camp only lasted for 3 days, we learnt a lot. We needed to cook three meals without the help of our parents or maids. From this activity, we learnt that helping each other is really important.

Calvin: That's right! Though some of you are not familiar with the cooking tools, the others would help them and trust that they could do well. Even if they failed in their first attempt, the others did not blame them, but encouraged and supported them so that they could do better next time.

Albert: Without the help of our teammates, I am sure that we couldn't have finished all of the tasks including cooking, washing and tidying up within the time that the trainers provided.

Calvin: Yes, we as peer mentors were all pleased to see that you were willing to help others who were not even in the same group. Also, we were glad to see that all of you trusted each other in the activities like the 'Stairway of Trust', which required a high degree of trust between the teammates. I believe most of you enjoyed this activity, right?

Albert: Of course. During the activity –The Stairway of Trust, we learnt that we should believe in others. During this activity, we needed to walk on the pipes that our friends were holding. We

needed to show our bravery and put our faith in our friends.

Calvin: When we were asked to walk on the pipes that you were holding, we did worry that you might not be able to hold our weight, yet when we realized that all of you were confident and determined to finish the task, we trusted that you could accomplish it and indeed we made it!

Albert: Yes, for me, this was the most unforgettable session in the whole of the Breakthrough Camp.

Calvin: That's true! Trust really acts as an important part in our life. Like our 2 days and 1 night wild camp in July of this year. Through conducting and participating in many interactive games and activities, we learnt the importance of communication and, most importantly, 'trust'. I still remember that we were required to make an egg carrier to collect a falling egg without break it in an activity. The egg was dropped by the teammates and the student who held the carrier could not see the position of the egg. This tough training task reminded us to communicate well and trust one another. In order to be successful, we did not blame each other but accepted each other's suggestions and respected each other, even when we had different opinions. The campus training and the wild camp were very rewarding!

Albert: That's right, it is only through working as a team, to be willing to give, to make compromises and, more importantly, to make sacrifices, that we can live up to the motto of our College – "All for each, and Each for all."

Calvin: Last but not least, we would like to express our sincere gratitude to all F.1 form teachers and co-form teachers, our discipline master Mr. Y.H. Li, guidance mistress Ms Yu, guidance teacher Miss Kwong and our school social worker Mr. Dominic Li for their immense contribution in organizing the programme and Mr. Yuen and Father Philip for visiting us. We would also like to thank Mr. Yuen and the College Council for their generous support in making this programme possible in the first place.

Calvin and Albert: Thank you!