

2023年7月--12月

July to Dec 2023



# All About the Girl

一切为了女孩

THE WORK OF CAPTIVATING IN CHINA

中国区项目更新报告

# *in this edition*

## 本期内容

03

*Message from the CEO*  
首席执行官致辞

---

04

*It's All About the Girl: The Numbers*  
一切为了女孩:数据报告

---

06

*One More Year School Scholarship Program*  
“再多一年,逐梦起航”项目

---

14

*Captivating Chicken Program*  
大凉山偏远家庭养鸡项目

---

22

*Husky Energy Tailoring Skills Program for Women*  
哈斯基裁缝技能培训项目

---

32

*Send a Volunteer Teacher Program*  
志愿者教师项目

---



# message from the CEO

## 首席执行官致辞

To our amazing supporters of  
Captivating's work in China,

We are really excited to report another solid performance and impact period for our work in China, July - December 2023. We hope you enjoy this beautiful "All About the Girl" edition pulled together by our amazing China and communications team. Please take a moment to grab a coffee and read some of the many stories of lives changed and genuine opportunities created. We are so lucky to have an amazing team and a generous support base.

We have big dreams for 2024, and our theme for this year is "Standing With You". We see this from two perspectives. Together in China, we will stand with over 1,000 struggling girls, young women, and moms focused on bringing them genuine hope for a better tomorrow. We genuinely believe that just ONE ACT can open doors to ENDLESS IMPACT. We also know that, together, we are standing with you. Without your support, we can do nothing. If you'd like to "do more in 2024", then please contact Andrew directly at [andrewc@captivating.org](mailto:andrewc@captivating.org). We have immediate needs in China that can't progress without financial partners. Let's bring genuine hope to the lives of many.

We hope that as you read these pages that follow, you see that (1) we are serious about the work we do, (2) we work hard to reach the most desperate needs we can find, and (3) our solutions bring results. It all happens because we have a wonderful and dedicated team, and financial partners like you.

Together, we plan to "do more in 2024".

致 Captivating 中国区的尊贵支持者们：

我们很高兴向您汇报 Captivating 中国区在 2023 年 7 月至 12 月期间所取得的卓越业绩和深远影响。希望您喜欢由我们杰出的中国团队和传媒团队共同呈现的《一切为了女孩》半年度报告。请您抽出一些时间，泡一杯咖啡，阅读这些改变生命、创造机遇的故事。我们非常幸运有着卓越的团队和慷慨的支持者。

2024 年，我们怀着宏伟梦想，并以“与你同行”为今年的主题，从两个层面来看待。在中国，我们将与 1000 多名奋斗的女孩、年轻女性和妈妈们肩并肩，致力于创造更美好的明天。我们真诚地相信，只需一个行动，就能打开无尽的影响之门。同时，我们也清楚，我们一直在与您同行。没有您的支持，我们无法取得任何进展。如果您想在 2024 年“做更多善事”，请直接联系 Andrew 先生，邮箱地址是 [andrewc@captivating.org](mailto:andrewc@captivating.org)。在中国，还有许多迫切的需求，而这些需求无法在没有财务合作伙伴的情况下推进。让我们共同为更多人带来真正的希望。

希望在您阅读接下来的页面时，您能看到：

(1) 我们对待工作的认真态度，(2) 我们努力满足最迫切需求的努力，(3) 我们的解决方案带来的实际成效。

这一切都离不开 Captivating 拥有的出色和专注的团队，以及像您这样的财务伙伴。

期待我们共同努力，在 2024 年“做更多善事”。



**Andrew Colquhoun**  
CEO & Co-Founder | Captivating





# IT'S ALL ABOUT THE GIRL *the numbers*

IT'S ALL ABOUT THE GIRL									
The Numbers									
	2016	2017	2018	2019	2020	2021	2022	2023	NOTES
<b>ONE MORE YEAR (OMY) *formally VSS - year by year program</b>									
Class of Sept 2016	60	54	46						
Class of Sept 2017		76	72	62					
Class of Sept 2018			102	98	90				
Class of Sept 2019				105	87				
Class of Sept 2020					92				
OMY Scholars starting Sept 2021						500	456	446	previous years - dropouts/graduates + replacement scholars
OMY Scholars starting Sept 2022							144	147	previous years - dropouts/graduates + replacement scholars
<b>TOTAL</b>	<b>60</b>	<b>130</b>	<b>220</b>	<b>265</b>	<b>269</b>	<b>500</b>	<b>600</b>	<b>593</b>	
<b>The Impact</b>									
# of girls who graduated				46	62	87	0	53	students who graduated from vocational school (July 2023)
# of girls employed/ have internship				27	54	N/A	N/A	19	
# of girls furthering their education				17	2	N/A	N/A	30	
% of graduates employed/ have internship or in advanced studies				96%	90%	N/A	N/A	92%	
<b>MY FIRST JOB (MFJ) - 3 to 8 month program</b>									
Started MFJ training	10	40	30	120	120	61	120	90	90 women started Captivating Kitchen businesses (June 2023). See page 14 for more info (This is an 8-month support program).
<b>The Impact</b>									
# of women who graduated	9	33	30	103	113	60	102	0	Program yet to conclude (February 2024)
Indirect beneficiaries (2 dependents per woman)	13	46	42	144	158	84	102	0	Our best estimate based on post-program success %
<b>HUSKY ENERGY TAILORING SKILLS PROGRAM FOR WOMEN (HET) - 3 month program</b>									
Started HET training			44	30	30	60	60	30	The 2023 Husky Tailoring program training 30 women started July. See page 22 of this report.
<b>The Impact</b>									
# of women who graduated			43	24	27	55	49	26	
Indirect beneficiaries (2 dependents per woman)			60	34	38	77	49	48	Our best estimate based on post-program success %
<b>SEND A VOLUNTEER TEACHER PROGRAM</b>									
Number of volunteer teachers supported (food, travel, accommodation)						10	20	30	Our 30 volunteers increased the teaching capacity across 7 schools by 60%, directly benefiting a total of 1,317 students.
Total number of students directly benefiting						260	1236	1317	
<b>TOTAL GIRLS/WOMEN HELPED IN THE YEAR</b>	<b>70</b>	<b>170</b>	<b>294</b>	<b>415</b>	<b>419</b>	<b>621</b>	<b>780</b>	<b>720</b>	
Total Beneficiaries	13	46	102	178	196	161	151	48	
<b>TOTAL VOLUNTEER TEACHERS SUPPORTED</b>						10	20	30	
Total Student Beneficiaries							1236	1317	
<b>TOTAL LIVES IMPACTED PER YEAR</b>	<b>83</b>	<b>216</b>	<b>396</b>	<b>593</b>	<b>615</b>	<b>792</b>	<b>2197</b>	<b>2115</b>	

# the narrative 项目概述

- » **593 students** continued in our One More Year (OMY) Program through July to December 2023. To know more about this program, please go to page 6 in this update.
- » **90 women** started the brand new Captivating Chicken Program June 2023.
- » **30 women** started the Husky Energy Tailoring Skills for Women (HET) Program July 2023, and graduated November 2023.
- » Our **30 volunteer teachers** increased the overall teaching capacity across 7 partner schools by an amazing 60%. This made a huge difference to each school and **directly impacted 1,317 primary school aged children.**

- » 2023 年7月至12月，“再多一年” (OMY) 继续资助 593 名学生完成高中或职校学业。想了解更多该项目信息，请阅读本报告第6页。
- » 90 名女性于 2023 年6月启动“我的第一份工作大凉山偏远家庭养鸡项目” (MFJ)。
- » 30 名女性于 2023 年7月启动哈斯基裁缝技能培训项目 (HET)，并于 2023 年11月结业。
- » 我们的 30 位志愿者教师将 7 所合作学校的整体教学能力提高到惊人的 60%。这对每所学校产生巨大影响，共有 1,317 名小学适龄儿童受益。



# *one more year* SCHOOL SCHOLARSHIP PROGRAM

Our One More Year School Scholarship Program is for girls whose families are struggling financially to be able to keep sending them to school. Most of these girls come from rural areas and families whose only source of income is a small plot of land to till or from a parent working away from home. They carry an unspoken but immense pressure to either finish or stop schooling so they can immediately help their families. Our sponsorship program relieves them and their families of this burden, allowing the girls to stay in school for one more year, and focus better on their studies without much worry.

After reviewing past teacher recommendations, previous academic performance, their family situations, and personal commitment and desire to learn, our team selects scholarship recipients that receive the opportunity to participate in the program. For them, the assistance they receive goes beyond financial help. The kindness of people they haven't even met provides them with encouragement and motivation to continue schooling, make better choices, and pursue bigger dreams. Their eagerness to succeed is not just for themselves and their family, but also so they can touch other people's lives just as theirs have been touched. This will impact change for generations starting now.

The support from the following donors and sponsors has made an enormous difference in the One More Year School Scholarship Program, which now has a total of 600 students across 18 schools in four provinces in China. We, at Captivating, along with the students and their families, are deeply grateful.



## “再多一年,逐梦起航”项目

“再多一年”奖学金项目旨在帮助家庭经济困难,无法继续上学的女孩们完成学业。她们中的大部分来自偏远农村,家庭收入来源依靠一小块儿耕地,或者父母外出打工。背负着无言却巨大的压力,她们要么完成学业,要么中途辍学,料理家务。奖学金减轻了这些家庭的经济负担,女孩儿们能多在学校里学习一年,专注于学业,无后顾之忧。

通过核验教师推荐,学业成绩,家庭状况,个人承诺与学习愿望后,团队筛选出符合条件的学生加入项目,获得奖学金。对于她们来说,奖学金不仅仅是财务上的支持,更宝贵的是看见从未谋面的陌生人愿意鼓励支持她们求学,做更好的选择,追逐更大的梦想。现在她们渴望成功不仅是为了自己和家人,也是为了能够触及他人的生活,就像他们的生活被改变一样。积极地影响到接下来的几代人。

感谢以下捐赠者和赞助商对“再多一年,逐梦起航”奖学金项目的大力支持,该项目在中国四个省份的18所学校资助600名学生。Captivating团队,以及学生和家都深表感激。

深圳市南山外籍人员子女学校,科爱赛国际学校, Rigards, 深圳国际交流学院, 深圳外国语学校国际部, 深圳市前海国王国际学校, ZURU, 哈斯基石油, 深圳伟嘉电器有限公司, 慈善半夜跑, 深圳市慈善会

# thank you

FOR MAKING THIS PROGRAM POSSIBLE



Now a member of the Genovus group of companies



OUR CAPTIVATING INDIVIDUALS AND FAMILIES WHO SPONSOR A GIRL



# A Child's Determination

吉马:我的决心

Hello, my name is Jima. I would like to share a short story about me and my family. We used to live in a dirt house on top of a little hill. It was unstable and my father would always patiently repair the holes in the house. I was very playful as a kid, but even at a young age of four, I was fully aware how hard my parents worked under the blazing sun.

We later moved to a new dirt house when I was ten. It was still difficult for us as my parents had to borrow money from their siblings so we could replace the hollow bricks and refurbish the house. In order to pay their debt and my schooling, my parents had to work outside. I did my best in school and maintained good grades putting me among the top students.

Unfortunately, my father got into an accident and fell from the third floor on the site where he was working. It was painful to see him lying on the hospital bed. He told us that not only will he be unable to earn money, but he will also be a burden to the family. Hearing his words made me more determined to study harder and help uplift our situation. During my third year in middle school, I would study under the warm light in the classroom as early as four in the morning.

Now, thanks to your help, I was able to continue my schooling and am now taking classes at a local high school. Although subjects are now more complex, I am doing my best to overcome the challenges. I listen closely to the teachers and take notes diligently. Once I finish college and find a stable job, I will definitely repay the kindness I received from my parents, my hometown, and you, my sponsor. I will pass on the compassion you showed me to other children in need. I wish you peace and prosperity in everything.

您好!我想先跟您分享一下我家的故事。我们家曾经住在一个搭建在小山坡上的土房里,很不结实。父亲总要抽空儿修补房子上大大小小的窟窿。我很淘气,但仅仅是四岁的我也深知父母在烈日下挥汗如雨地劳作有多么辛苦。

十岁时我们搬到一个新土房,虽然当时房价不高,但对于这个家庭来说也是个大难题。我们向亲戚借了些钱,翻新房子。为还清债务以及支持孩子们的学费,父母一起外出打工。校里的老师对我十分照顾,初中我的学习成绩一直名列前茅。

不幸发生在初一下学期,父亲工作时不慎从三楼摔下来,得知这个消息我仿佛受到晴天霹雳,立马从学校请假跑到医院看望父亲。他躺在病床上的样子让我难受极了。父亲一边叹气一边告诉我没能挣到钱,还成了家里的负担。我下定决心更加努力学习,改变家庭现状,让父母过上好日子。初三那年,我把握每分每秒,早上四点在教室的暖光下奋笔疾书。

我现在在本县高中就读,十分庆幸自己当初的努力是值得的。高中的课程虽然繁杂,但我会尽全力去克服困难。等我考上大学,找到一份稳定的工作,我一定会报答父母,回报家乡,同时报答您给予的帮助。我会像您一样继续将这份爱传承下去,去帮助更多需要帮助的孩子。祝您在今后的生活中平安顺遂,万事顺意。





## APPRECIATION FOR PARENTS' LOVE

I am Mose, 16, and currently in first high school. I have three younger siblings - one studying in middle school and the other two in elementary. Both our parents work as farmers, although my father also sometimes works away from home.

In our village, a lot of children drop out of school because their families can no longer afford to support them, and they either work or marry at a young age. My parents never considered that. They would always pay for our schooling no matter how hard it was. Because of them, I was able to see the importance of education as a tool to break away from poverty.

Every time I see my parents come home from farming full of sweat, and just drop dead-tired, I would feel bad for them. I would tell myself non-stop to work hard to give them a better life. Perhaps, that is what motivates me and makes me cherish this opportunity to learn.

I have great appreciation for what our parents do for us. They always give us the best and never complain about it. They will not let us worry about money for school, and only hope that we learn more. I believe this is what love from parents is like - always giving their all.

I would also like to thank you for helping me and my family. I will not let the love you've shown go to waste, and I will use it to become a better person and help others just like you did to me.

## 莫色：感恩父母的爱

您好！我是莫色，今年 16 岁。我们家里四个孩子都在读书，分别在高二，初二，小学四年级和二年级。爸爸和妈妈在家里种田，有时爸爸也会出远门打工。

在我们村里，许多孩子因为家庭经济困难不得不辍学打工，或者结婚，可我的父母从来不这么想，就算再苦再累他们也会想办法让我们好好学习。正因为这样，我能知道受教育是改变贫困命运的有效途径。

每当看到农作回来的父母带着汗臭味，身穿汗水打湿的衣服倒床就睡时，我很心疼，不停地告诉自己，以后一定让他们过上好日子。或许这就是让我更加努力，更加珍惜学习机会的原因。

父母总是把最好的留给孩子，却从不抱怨，不让我们操心钱的事情，让我们学习更多知识。我看到了父母全然付出的大爱！

最后我真的很感谢您帮助我，帮助我们这个家庭，我不会让您的爱失去意义，我会用您给予的帮助成为更好，更优秀的人，将来也像您一样去给予他人帮助，在社会中成为有用的人。



# stories from the *graduates*



Farming is the main source of income for my family. Our living conditions weren't as comfortable as those of my peers, but I know that my parents raised and nurtured me wholeheartedly. They didn't want me to become a farmer, my face towards the ground and my back under the scorching sun. The difficulties we experienced made me deeply aware of the importance of education.

Thanks to you and your assistance, I was able to complete my three years of high school education. Now, I am studying at Guizhou Vocational Technology Institute (Guizhou Open University), majoring in Big Data and Accounting. College life is very different from high school - it takes more initiative to gain a deeper understanding of the course. I have been visiting the library often to review and prepare for the junior certificate for accounting this year.

I will always carry a grateful heart and sincerely thank you for your support. I look forward to the day when I will also be able to give back to society.

Before entering third year high school, I was quite lost, unsure of how to improve my academic performance and doubting whether I'll be able to get into college or even finish high school. I sought help from teachers and learned study methods from classmates who excelled in their studies. I constantly explored and eventually found my own pace, keeping up with everyone else. Along with this, I became part of the OMY School Scholarship Program which ensured my high school education.

Through a national special examination, I scored satisfactorily and was admitted to my choice university. I am now taking up Veterinary Medicine - a flagship program in the university with top laboratories and operating rooms on campus. I will continue to work hard in the next five years, strive to qualify for graduate study and acquire more in-depth knowledge to prepare for my future entry into the Animal Husbandry Research Institute.

I have never been more sure of what I want to accomplish in the future. Thank you for making it possible for me not only to keep on dreaming but to actually reach them.



## 毕业生故事



种田是我家的主要经济来源。父母虽然没能带给我像同龄人的成长环境 and 经济条件,但我知道这已经是他们的所有。他们不希望孩子们成为像他们一样面朝黄土背朝天的农民。经历过困难和磨难让我深知发奋读书,刻苦努力的重要性。

感谢您的帮助,我能顺利完成高中三年学业。现在就读于贵州职业技术学院(贵州开放大学)的大数据与会计专业。大学生活和高中完全不一样,学习氛围比较轻松。我时常去学校图书馆查阅资料,深度了解专业知识,计划年初备考会计初级证书。

我时刻怀着一颗感恩的心,十分感激您对我的资助。我很期待自己有能力回报社会的日子尽快到来。

上高三之前我比较迷茫,不知道该怎么提高学习成绩,怀疑自己是否真的能考上大学。我向老师求助,学习班上成绩优异的同学。不断摸索,不断充实自己,最终找到自己的节奏并跟紧众人的步调。这期间,我有幸加入“再多一年”奖学金项目,得以顺利完成高中学业。

高考的成绩不错,我考入理想的西南大学,被我的第一志愿动物医学专业录取。它是西南大学的王牌专业,学校内拥有多个顶尖实验室与手术室。我打算在未来五年里努力学习争取得到保研资格,学习更多知识,为我以后进入动物养殖研究院做准备。

我从未像现在这样确定自己未来想要完成什么理想。谢谢您让我不仅能够继续做梦,而且能够真正实现梦想。





one more year  
*in photos*









Shenzhen Charity Federation  
**CAPTIVATING**  
ANNUAL CHARITY AUCTION  
深圳市慈善會·丹麥威汀基金會年度慈善拍賣會

## CAPTIVATING *chicken program*

The Captivating Chicken Program is our newest animal husbandry solution which is aimed at supporting women in remote farming areas to secure stable income sources, improve their families' economic conditions, and enable their children to receive better education. The project focuses on 90 women whose families are facing financial hardships in three villages in Daliangshan, Sichuan. These women come from low-income households and have limited educational levels. Due to geographical limitations, their main sources of livelihood are mountainous agriculture and temporary work, as the rugged terrain makes it difficult to cultivate high-value crops.

After the first batch of distribution of chicks in July to September, the team focused on providing on-site guidance and training to the beneficiaries regarding poultry-raising issues. We visited 25 households to understand their situation and be able to provide adequate solutions.

In October, we distributed additional feeds for the beneficiaries and revisited more households. We were also able to give recognition to outstanding farming households. After further revisits and assessment, we proceeded with reissuing chicks to replace those that died after the initial distribution. The beneficiaries continue to undergo training to learn about advanced poultry farming techniques.

Traditional beliefs, communication barriers, and lack of cooperation and discipline were some of the key challenges experienced in this program. Despite these challenges, we still receive a lot of positive feedback and are seeing gradual but significant changes among the assisted families. We will continue conducting trainings and household visits.

The training and support part of this program, which will conclude in February 2024, has been made possible thanks to the amazing support of ZURU and the Shenzhen Charity Auction.

UP NEXT: Our plans are to launch Chicken Program #2 starting March 2024 for another 90 women. This new program will incorporate key learnings from our first program in the hope we can increase sustainable yields and impact.

We are also investigating the launching of a Captivating Pig Program, aimed at helping an additional 90 women over the coming months.



# 大凉山偏远家庭养鸡项目

在四川大凉山,许多家庭面临经济窘境。为了帮助他们改善现状,以大凉山偏远家庭养鸡项目为起点,Captivating 推出新的解决方案。该项目旨在支持偏远农村地区的妇女,确保她们获得稳定的收入来源,改善家庭经济状况,子女接受更好的教育。

四川大凉山三个村庄中的 90 名受助妇女来自低收入家庭,受教育程度有限。由于地理限制,她们的主要生计来源是依靠山地农业和临时工作。崎岖的地形使种植高价值作物变得困难。

7月至 9 月,团队陆续派发小鸡之后,项目为学员提供现场指导和培训,解决与养鸡相关的所有技术问题。我们拜访了 25 户家庭,了解情况,提供帮助。

10 月,项目为每个家庭分发饲料,再次拜访更多家庭,并表彰出色农户。在进一步的回访和评估后,我们重新分发小鸡,替换在初始分发后死亡的小鸡。学员继续接受培训,学习先进的养鸡技术。

传统信仰,沟通障碍,缺乏合作和纪律是项目面临的主要的挑战。尽管存在这些挑战,我们仍然收到许多积极反馈,并在受助家庭中看到逐步且显著的变化。项目将继续进行培训和家访。项目培训与支持将于 2024 年 2 月结束,感谢 ZURU公司和慈善拍卖会的大力支持,项目才得以实现。

接下来:我们的计划是在 2024 年 3 月为另外 90 名女性推出第二期养鸡项目。它将结合前一期的相关经验,期待可以提高可持续的产量和影响。

我们还在研究计划家猪饲养项目,旨在未来几个月内帮助另外 90 名女性。





# chicken program *in photos*









## Cai's Chickens

Cai, 54, is married and is a mother of three. Her eldest daughter is married and now has a family of her own. Her second daughter (26) works away from their home, while her youngest son (22) is a freshman in college. Their main source of income is cultivating 20 mu (~1.33 hectares) of green pepper. However, due to weather conditions in the past two years, they weren't able to earn much from their harvest. Their second daughter earns a monthly salary of 4,000 RMB (550 USD), but can only provide limited support due to her own living expenses. Due to their age and poor health, both Cai and her husband are unable to find more work outside.

In September 2023, Cai and her family were one of the households who received 20 chicks from our Captivating Chicken Business Program. We visited her again in November to check up on her and see how her business is going. Unfortunately, she was hospitalized at the time due to illness. Since her husband was taking care of her, and their children were away for work and school as well, their niece was the one who helped look after their home and small business. She took us to the backyard where the chickens were being raised.

Out of the 20 chicks Cai received, she successfully raised 14, each now weighing around 4 to 4.5 kilograms. They are mainly fed with corn and vegetable leaves from the garden. Cai's niece mentioned that since receiving the chicks, Cai has been taking good care of them, and is now just waiting for them to grow to around 5 kilograms before selling them in the market. She expressed her gratitude on behalf of Cai and her family, and asked the team to leave their phone numbers so Cai could also thank them over the phone when she returned.



## 蔡女士家的小鸡

蔡已婚，今年 54 岁。家中一共 5 口人，大女儿已经出嫁，二女儿 26 岁外出打工，小儿子 22 岁在上大一。家中主要经济来源是 20 亩青花椒地，近两年天气原因基本没有收益。虽然二女儿在外工作每月 4 千元工资，除去个人开支，能贴补家用的很少。蔡和老公因为年龄大了，加上身体不太好，很难在外面找到工作，一家人的生活比较困难。

2023 年 9 月，蔡是项目受助农户之一，她家收到初始鸡苗 20 只。11 月入户访时，蔡因病住院，老公在医院照顾她，侄女在帮忙照看家。她带走访人员去后园看了蔡养殖的小鸡。14 只鸡苗被成功饲养，现在每只鸡基本在 8-9 斤之间，平时喂的就是玉米和园里种的菜叶子。小姑娘说自从领回鸡苗，蔡一直很用心地照顾，想等到它们长到 10 斤的时候拿到市场去卖，卖的钱可以贴补家里开支。小姑娘一直不断地说着感谢，并请走访人员留下电话号码，等蔡回来后再打电话表达谢意。

## A Strong MOTHER-AND-DAUGHTER TANDEM

Sha Wuge's spouse passed away four years ago due to an illness. Sha, herself, suffered from pneumonia and pulmonary tuberculosis, which affected her hearing and resulted in a third-degree hearing impairment. Currently, she only lives with her 21-year-old daughter who's now in second year college. Their family's income mainly depends on government subsidies and cultivating 10mu (~0.67 hectares) of land. Due to adverse weather conditions and lack of manpower for the past two years, their annual income dropped to 20,000 RMB (2,770 USD), barely covering their basic household expenses.

Sha was one of the women who received the chicks in September 2023. When we visited her again in November, we were very happy to learn that all 20 chicks are alive, each weighing around 5 kilograms. She shared that when the chickens grow larger, she plans to sell some of them to supplement her daughter's monthly living expenses.

During our visit, Sha's daughter was also there for vacation. She proudly exclaimed how amazing her mom is. When she doesn't have school, she helps her mom harvest green peppers, collect firewood, and till their farming land. She is strongly motivated to graduate and start working, and dreams of taking her mother on a trip to Yunnan. She shared that her mom has never travelled far, and she wants her to see the outside world.

Both Sha and her daughter are grateful for providing them an opportunity to start a business, and help them ensure her college education.

## 母女强强联手

沙的爱人于4年前因病去世，她本人曾患肺炎和肺结核，虽然目前已康复，但因为耳鸣影响了听力，被评定为三级听力残障。21岁的女儿现在大二。家里的经济来源主要依靠低保和务农，10亩土地大部分用来种植青花椒，因缺乏劳动力和近两年的天气原因年收入约20000元，只能维持家庭基本开支。

2023年沙从项目收到的20只鸡苗全部存活，每只大约在10斤左右。沙说等它们再长大一些，她就卖掉一部分，可贴补女儿在学校里的生活费。回访当天，沙巫各的女儿在家里休假，提起妈妈，小姑娘骄傲地说：“我妈妈是最厉害的妈妈！”她周末回家帮妈妈摘青椒，拾柴火，干农活。沙巫各的女儿有个心愿，等到毕业工作后，想带妈妈去云南旅游，妈妈从来没有出过远门，她想让妈妈去看看外面的世界。

沙和女儿特别感谢项目为家里提供的机会，饲养家禽增加收入，她就可以顺利完成学业。



## Hope for Yuer's Family

Yuer's family is identified as a low-income household in their village. Their residence is part of a building reconstruction project which they received through government subsidy and housing loan. Yuer's husband is suffering from cerebral infarction and pulmonary tuberculosis, making it impossible for him to work outside. His medical expenses amount to 400 to 500 RMB (55 to 69 USD) every month. Their eldest daughter is in first year high school while their youngest son is in fourth grade. Their second daughter already stopped schooling and started working, with her income only enough to cover her personal expenses and unable to assist the family.

Their family's main sources of income are government subsidies and their earnings from cultivating green pepper within 13mu (~0.87 hectares) of land. With favorable weather and market conditions, Yuer's family usually earns an annual income of 50,000 RMB (4,000 to 5,500 USD). However, due to poor weather and market conditions in recent years, their income significantly dropped, leaving very little savings after deducting loan repayments, her husband's medical expenses, and their children's tuition.

During our follow-up visit, we learned that 17 of the 20 chicks she received in September survived, with an average weight of 4 kilograms. As Yuer isn't very proficient in Chinese, her husband attends the training sessions and teaches her afterwards. The couple shared that the training is very useful as it helped them increase the chicks' survival rate. Yuer expressed her happiness for being part of the program and receiving such a great opportunity. She plans to sell some of the chickens when they grow larger to aid their financial needs.





## 余尔家的希望

余尔家是村里的低保户家庭，43 岁的爱人患有脑梗塞及肺结核，无法外出打工，每月需要400-500元左右的医药费。家中小儿子小学四年级，大女儿高一，二女儿在外面打工，收入仅够她自己的生活，无法帮补到家里。家里现在居住的房子属于危房改造，国家补贴修建，现在还在还贷款。家庭收入主要依靠种植 13 亩青花椒和国家发放的低保补贴。市场行情和天气好的时候，家庭年收入总计约 5 万元。这几年受天气和市场影响，种植青花椒收入少了很多，除去爱人的医药费和孩子的学费基本没有结余。

余尔领回的 20 只鸡存活了 17 只，现阶段每只鸡平均重量在 7-8 斤之间，平时主要是爱人和她一起喂养。余尔因为汉语不太好，每次培训都是老公去听，回来教她。培训内容很有用，鸡苗成活率高，就是长大了以后爱打架，要分开养在不同的鸡圈才行。余尔很开心一只鸡可以卖 100 多元，家里钱紧张的时候可以卖几只鸡帮补一下。





# husky energy

## TAILORING SKILLS PROGRAM FOR WOMEN

The Husky Energy Tailoring Skills Program for Women provides an opportunity for women to learn the skill of sewing, allowing them to find employment or establish their own small business later on. The women in this program come from rural villages, have limited or no educational experience, live in difficult financial conditions, and have very limited opportunities to generate sustainable income.

Recommendations for application come from local leaders, based on their initial assessment of the women whose families are in dire need. Many of the women from the July batch are single mothers and most have had no formal education. The experienced teachers tailored their classes and teaching methods to meet the women's different needs and varying levels of understanding. By mid-term assessment, the majority of the women achieved very good results.

The program encountered challenges - four women dropping out shortly after the training started due to personal or family reasons, and lack of training equipment resulting in class suspension. We are grateful for the perseverance and dedication shown by the women and staff despite these challenges, making the Tailoring Skills Program a remarkable success. A total of 26 single moms and young women completed the training in November 2023; some of them already found suitable jobs.

Our thanks to Husky Energy (now a member of the Cenovus group of companies) for making this program possible.



Now a member of the Cenovus group of companies

## 哈斯基裁缝技能培训项目

哈斯基裁缝技能培训项目为女性提供培训，结业后可以自主就业或经营小生意。该项目学员均来自农村，她们的教育水平极低或完全没有上过学，家庭生活条件贫困，几乎没有稳定的收入来源。

当地干部根据申请人的家庭情况，推荐急需帮助的妇女参加审核。今年七月份的学员中许多是单身母亲，大多数没有接受过正规教育。经验丰富的老师及时调整课程和教学方法，以满足这些妇女的不同需求和不同理解水平。课程中期评估时，大多数妇女都取得不错的成绩。

项目同时也面临挑战，在培训开始后不久，有四名妇女因个人或家庭原因退出学习，缺乏培训设备导致课程暂停。尽管挑战在前，感谢学员们和工作人员表现出的毅力和奉献精神，使裁缝技能项目圆满成功。共有 26 名单身母亲和年轻女性于 2023 年 11 月完成本期培训；其中一些已经找到合适的工作。

感谢 Husky Energy (现为 Cenovus 公司集团成员) 使这个项目成为可能。







*Chugjangtso finished the program as the 6th best trainee and received a flat iron. She is now working at a Tibetan clothing shop, earning RMB 2,500 (USD 351) monthly.*



## Women

### FROM THE RURAL REGION

I am Chugjangtso. I joined the Husky Energy Tailoring Skills Program for Women in 2023. During the three months of training, a lot of young women like me gathered together to learn tailoring. I got to know fellow participants from my hometown and built good friendships.

The results of our training have been excellent, all thanks to your support. I know that there are women like me who are very interested in the tailoring industry but are constrained by their family conditions and the lack of opportunity to engage in professional training and develop their interests. With your help, we women from rural regions have seized this learning opportunity. Our families now have hope for a way out of our financial difficulties.

Before entering the program, we lacked employable skills. Most of us have never attended school so it was challenging to find work. After the training, we can make clothes ourselves that we can sell for a good price. We had internships that allowed us to earn while continuing to hone our skills. Once we officially started work, our income doubled. We are very grateful for the teachers' commitment to help us.

On behalf of all 26 women, I express my sincere gratitude for all the sponsors' loving dedication. We now have our own careers and source of income, and are confident that we can do better in the future. Once again, thank you for your generous support!



## 来自偏远牧区的曲什

我是曲什，2023 年裁缝班学员。三个月的培训中，好多像我一样年纪的妇女在一起学习，我结识到一些老乡，我们之间建立了亲密的友谊。

我们学习裁缝的成果特别好，都是因为有了资助人的帮助。高原地区的好多困难家庭有出路了。很多妇女很早就喜欢裁缝行业，但苦于家庭条件有限，没有机会发展自己的爱好和从事这个行业。现在我们紧紧抓住这个学习机会，希望摆脱家里的困境。

培训前我们都挣不到什么钱，因为没上过学，很难找到工作。参加培训后我们可以自己做衣服挣钱。收入不低我们很开心。培训结束后我们开始实习，期间继续锻炼技术，正式上岗后我们的收入比以前多了一倍。现在我们有自己的收入来源，感谢老师的一直陪伴和教诲。

我代表全部三十名妇女感谢资助人的爱心奉献，现在我们有自己的事业，相信将来可以做的越来越好，再次感谢您的慷慨支持！

曲什顺利结业并被评选为优秀学员第六名，获奖电熨斗一台。曲什现在一家藏族服装厂上班，每月收入 2500 元人民币。





## DEDICATED TO *Learn*

*Dekyid graduated as the 5th best trainee and received a sewing machine as a reward.*

My name is Dekyid Lhamo, and I come from a poor family in Qinghai Province. I grew up in the pastoral area and only attended school until the sixth grade. I stopped schooling due to difficulties and got married at a young age. Before joining the training, I was unemployed and our family didn't have a stable source of income. When I heard about the tailoring skills program, I was eager to join. I thought that acquiring this skill would allow me to support my family better, especially when I couldn't engage in manual labor anymore when I get old.

My husband has been very supportive of my decision as he also believes that it will be beneficial for us. Finding job opportunities is challenging, so possessing a skill is an advantage. Moreover, clothing is a basic need - I can learn to make Tibetan and Mongolian clothing to sell to others as well as to clothe my own family.

My experience in the program so far has been fulfilling. I had zero knowledge about tailoring but in just over a month of training, I've learned a lot about design, sizes, and patterns. The teacher ensured we understood each topic before allowing us to practice on the sewing machine. He was strict and I am grateful for that and his dedication to teach us. I practiced repeatedly and familiarized myself with the processes. I dismantled my stitches and practiced sewing them again, continuously improving my skills. I dedicated myself to learning, and demonstrated hard work and diligence.

Now, I am gradually mastering this skill and have a job sewing Tibetan clothes. With a steady income of RMB 2,500 (USD 351) each month, I feel a sense of relief and joy, knowing I can now properly care for my family.





## 勤奋学习

我叫代吉拉毛，来自青海省的一个贫困家庭，小学六年级以后就没有继续上学。到结婚的年龄就出嫁了。培训之前，我没有稳定的工作，家里也没有稳定的收入，当我听到裁缝培训这个机会时，我很想参加，如果以后做不动体力劳动的时候，可以靠这个职业来维持全家人的生活。

我丈夫觉得参加这个培训很好，也很支持我。衣服是我们每个人都需要的，学会做藏服和蒙古服，可以卖给别人，也可以自己和家人穿。

培训前零基础，到现在我的成绩不错。在掌握好藏服的设计，尺寸和裁剪等方面后，老师让我们用缝纫机实践操作，从陌生到熟悉，从笨手笨脚到灵活掌握，我一遍又一遍不断练习。为了学好这个技能，我把衣服拆了缝，缝了又拆。在学习过程中老师对我们每个人都严格要求，感谢老师对我们的付出。

我逐步掌握了这项技能，并在服装店打工，收入稳定，每月工资 2500 元。我感到非常高兴与欣慰，因为我现在有能力照顾这个家。

代及拉毛顺利结业并被评选为优秀学员第五名，获奖缝纫机一台。



## COMMITMENT TO EXCELLENCE

Hello! I am Dorje and I was a part of the tailoring skills program in 2023. I am writing today to express my gratitude to you who made this program possible.

Growing up in the pastoral area, I have limited exposure to various things, resulting in a narrow scope of knowledge and skills. I used to envy those who could earn through their labor. But with your help and because of this training, I have transformed from an envious observer to someone that can inspire others.

With much excitement, I joined the three-month training program. I approached each class with 100% determination. I wanted to show my gratitude and appreciation to you through my actions. I attended every class diligently, actively participated in practical exercises, and overcame difficulties without missing any training session. During my free time, I read books and consulted with my co-trainees, and strived to make each piece of work the best.

I am proud to share with you that I did not let down your expectations. I have successfully mastered my tailoring skills, ensuring that every Tibetan outfit produced by my hands meets the required quality standards. I have completed my internship and now secured a well-paying formal job. For this, I want to express my sincerest and deepest gratitude for your efforts and assistance!



*Dorje now works at a Tibetan clothing shop, earning RMB 2,000 (USD 280) monthly.*



## 力争优秀

大家好! 我是 2023 年学员多杰, 今天写下这封信表达我对您的感激之情, 感谢您出资开办这个项目。

作为高原牧民的我们接触的东西少, 知识面狭窄。我特别羡慕那些能通过自己的能力赚钱致富的人, 而今天正是因为你们的到来, 让我从羡慕人变成被羡慕的对象。

怀揣着激动的心情, 我加入了为期三个月的裁缝课程, 我以百分之百的认真态度去面对每一节课, 我用实际行动来向您表达我的感谢。我认真听课, 积极实践, 力排万难没有落下任何一节课。课余时间, 我认真翻阅书籍请教他人, 力求把每一件作品做到最好。

我十分自豪自己没有辜负您的殷切期望, 成功地掌握了裁缝技能。实习期间, 我毫不懈怠, 认真完成每一项任务, 但凡经过我手所制作出来的藏服质量都是没有问题的。如今, 我已经结束了实习工作, 并且从事一份收入颇高的正式工作。为此我要特别感谢您的付出和帮助!

多杰现在藏族服装店上班, 每月收入 2000 元人民币。



# husky energy

tailoring skills program for women

*in photos*







## SEND A *volunteer teacher* PROGRAM

The Send a Volunteer Teacher Program aims to provide a teacher to students who otherwise don't have one. The remoteness and isolation of the schools in mountainous areas make it difficult for them to find teachers who are willing to stay. Thanks to your generosity, we have been able to train, send, and support numerous volunteer teachers, creating an impact on at least 1,000 students across remote schools in Western China.

A principal in one of the schools we visited expressed how helpful the volunteer teacher program has been, considering the significant gap between the national implementation of the nine-year compulsory education and the genuine need for quality education in the local schools.

Leaving the comforts of their own homes, being away from their families and friends, and living in a new environment, is not an easy feat for the volunteers. Nonetheless, they strive hard and continue to draw inspiration from the thousands of children they will be reaching out to. They undergo rigorous training to refine their teaching skills and polish their lessons, to ensure that they bring quality education to the children. Each of the teachers handles a class of about 30 to 45 students. Even after school hours, they find ways to enhance their lessons and better connect with their students. These teachers don't receive a salary and rely on the support from this program to provide for their food, accommodation, and transportation expenses.

Many of our volunteer teachers enter the program with the anticipation to spend only one semester at their schools. But many of them choose to stay because of the bonds formed with their colleagues, but more especially with their students. Through visits, we have heard touching stories from the teachers, which you'll be able to read in the next pages.

We take pride in supporting the teachers both economically and emotionally, hoping to inspire more teachers to volunteer. Of course, all these would not have been possible without the support of our key donors, ZURU, GPA Global, and ISNS, and the support of those who purchased a plush toy at our Annual Charity Auction.







ZURU

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Shenzhen Charity Federation  
**CAPTIVATING**  
ANNUAL CHARITY AUCTION  
深圳市慈善会·开普威汀基金会慈善拍卖会

## 志愿者教师项目

“志愿者教师项目”的目标是为那些没有老师的学生提供教学服务。山区学校偏远与孤立，很难找到愿意留在当地执教的老师。感谢您的慷慨奉献，我们已经培训，派遣和支持了 30 名志愿者教师支教，影响到中国西部偏远学校的 1000 余名学生。

一所学校的校长表示，志愿者教师项目关注到国家实施九年义务教育与当地学校对高质量教学的实际需求之间存在的显著差距，并及时提供帮助。

离开舒适的环境，远离家人和朋友，生活在全新的地方，对于志愿者来说不是件容易的事情。然而，他们努力坚韧，并从接触到的孩子中汲取灵感。经过严格培训，完善教学技巧，打磨课程，确保老师为学生带去优质的教育教学。每位老师负责一个班级，包括 30-40 名学生不等。即使在课后，他们也会努力寻找方法以便改进课堂，更好地与学生建立联系。这些教师没有薪水，他们依靠项目的支持来支付食物，住宿和交通费用。

许多志愿者教师最初加入项目时，计划支教一个学期。在与学生和同事们建立起纽带后，他们中的许多人选择继续留下来。通过访问，我们听到老师们的感人故事在此与您分享。

我们以在经济和情感上支持这些老师为荣，希望激励更多教师加入志愿者团队。当然，所有这些都不可能发生，如果没有我们的主要捐赠者——ZURU、GPA Global 和 深圳市南山外籍人员子女学校 的支持，以及在 Captivating 年度慈善拍卖会中购买毛绒玩具的爱心人士们。

## HEARTWARMING TEACHING EXPERIENCE

I came from a small city in Hechuan District. I used to work in advertising design and production before participating in the Send a Volunteer Teacher Program. Currently, I am a volunteer teacher at Naituo Aimu Elementary School teaching Chinese for grades three and four. I also conduct Rubik's Cube classes and assist in Arts classes.

When I first told my family about my decision to participate in volunteer teaching, their primary concern was my safety. Eventually, when I explained my decision, they became very supportive. My first training was challenging, but I persevered. I also learned a lot from other teachers such as using various teaching methods, assigning useful homework, and managing students. I still have a lot that I can improve on, but I am now also one of those helping out the new trainees.

My teaching experience so far has been very heartwarming. The students in our school are very lovely and pure-hearted. During one weekend in spring, I went strawberry-picking with two students. One of them, Shiluo, found a particularly large strawberry while washing her hands by the stream. She ran happily towards me, she almost tripped. "Teacher, look at this big strawberry!" she exclaimed. I told her that she can eat it, but she insisted that it was for me. She was very happy to share it with me and it warmed my heart.

During another time, some first-grade students asked me to go out with them to pick fruits. In the mountain, we saw a fruit-bearing tree but they were difficult to pick. Normally, we wouldn't bother and just go on our way. But this time, the students insisted on getting something delicious for me. They also said that when they grow up, they want to take me to many places and treat me to hotpot. They also mentioned saving their pocket money to buy me a birthday cake and a large bouquet of roses. At that moment, my face almost split from smiling.

These children don't need to do any of those, but they still come up with ways to make me and other teachers happy out of the kindness of their hearts. They deserve the highest quality of education and so much more. I am determined to enhance my teaching skills and expand my knowledge so I can also give them my best.



## 暖心的教学体验

我来自重庆合川区，支教前是做广告设计的。现在担任乃拖爱慕小学三四年级的语文老师，美术课助教老师，魔方课老师。

当我告诉家人支教的决定后，他们首先担心的是我的安全，了解到全部情况后特别支持我。第一次培训的时候觉得好难，差点就放弃了，还好后面坚持下来。我从其他老师身上学到很多东西，比如讲课方法，怎么布置作业，怎么管理学生等等。我把其他老师的方法和我自己的方法结合到一起来教授学生，管理严格与放松相结合，在学生面前竖立威信，上课时培养好习惯。我需要改进的地方还有很多，但现在可以帮忙培训新来的老师。

这段时间的教学进展很棒，学生们可爱纯真。春天里的一个周末，我和两个学生去山里采草莓，有一个女同学叫石洛，她在小溪边洗手时发现一颗特别大的草莓，她很开心地摘下来让我吃掉，我让她吃，可她一定坚持给我吃，我当时心里特别温暖。

还有一次，有几个一年级的小不点儿叫我去摘果子，到了山里，树上的果子特别难摘，如果是我自己的话就不会去摘，但她们说给老师摘好吃的再难都要摘，还说长大后要带我去好多地方玩，要带我去吃海底捞，还说自己的零花钱不能花，要存起来给我买生日蛋糕和一大束玫瑰花，然后几个人就在那里嘀咕着自己的零花钱还有多少，当时我的脸都要笑劈叉了。





## IN HELPING OTHERS HEAL, *we also heal*

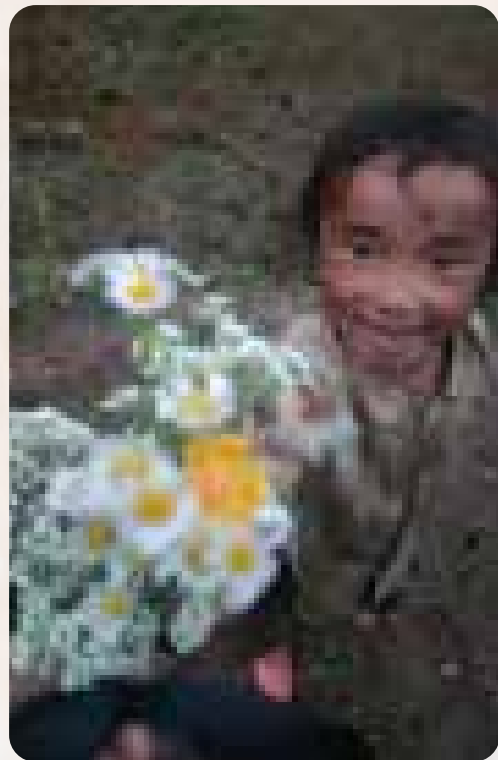
When I first joined the program as a volunteer teacher, my primary goals were to gain teaching experience and fulfill my passion for teaching. During the training, I told my roommates that we should be patient with the children because they are already leading difficult lives. As we help them heal from adversities in life, we also heal ourselves. It was when I officially started teaching that I felt that the children helped me more than I helped them. I would like to share three short stories of my heartwarming experiences with the children.

One Friday, the school had a power outage so classes ended early. I decided to walk outside for a while. On the way, I met Wei, a fifth-grader. Afraid to go far on my own, I decided to invite him to accompany me and he readily agreed. He was very athletic - jumping up and down, climbing cliffs, and picking flowers and fruits. While trekking and taking pictures with Wei, I felt a strong connection.

By sunset, we reached a stream where the golden reflection of the sun spread beautifully. I was resting on the grassy slope when he came up to me and put a flower basket on my head. He picked the wildflowers while we were trekking and weaved them into a beautiful flower basket. One of the veteran teachers told me before that when it's the Soma flowers' season to bloom, they would receive flowers picked by the children every day. It was the first time I experienced it myself; it was a simple gesture but it really touched me.

In another instance, I scolded the children during our meeting in the morning. I kept a serious expression the whole time and the atmosphere in class was quite tense. I thought that they probably wouldn't like me anymore for being so strict. I shrugged it off and just reminded myself that setting rules was more important.

When I returned to the classroom during the afternoon break, the children excitedly approached me soon as I entered the room. "Teacher, we were discussing what gift to give you for the Mid-Autumn Festival," they said. Upon hearing this, my stern expression suddenly turned into a big smile, which made the children laugh too. I still told them that they are not obligated to give me a gift. I was surprised the next morning when they went to the dormitory and called out to me. They were carrying a bunch of potatoes, corn, walnuts, and chili powder. I felt that these children are more forgiving than adults. They understood that there should be strict rules inside the classroom, and they don't take things personally.



Lastly, there was a storytelling competition in school and I chose one girl from my first-grade class, Wu Ba, to participate. All participating students were invited for rehearsal on a Saturday morning. The children, including Wu Ba, showed up and practiced earnestly in the classroom. I was amazed with Wu Ba's concentration at a young age. Children her age usually only have an attention span of about twenty minutes. Since her knowledge of Chinese characters was still limited, I showed her a video to imitate so she can practice her actions and expressions. The video was only about three minutes long, but she practiced over and over for almost two hours.

The next day, I was surprised when I heard Wu Ba shouting at the school gate, asking if she could come in to practice. It was a Sunday so the children weren't required to come. But here she was, still very eager to practice. At that moment, my heart swelled with joy and pride. As a teacher, discovering students' shining qualities brings me immense happiness.

Experiencing moments like these with the children is always refreshing and soothing to the soul. I came here with the thought of helping the children, realizing later on how much they have been helping me as well.



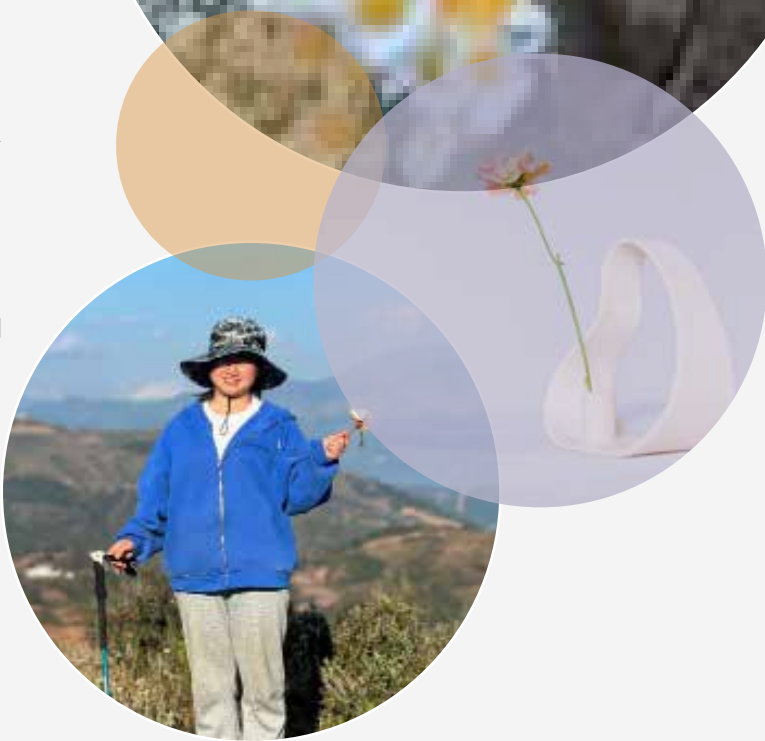
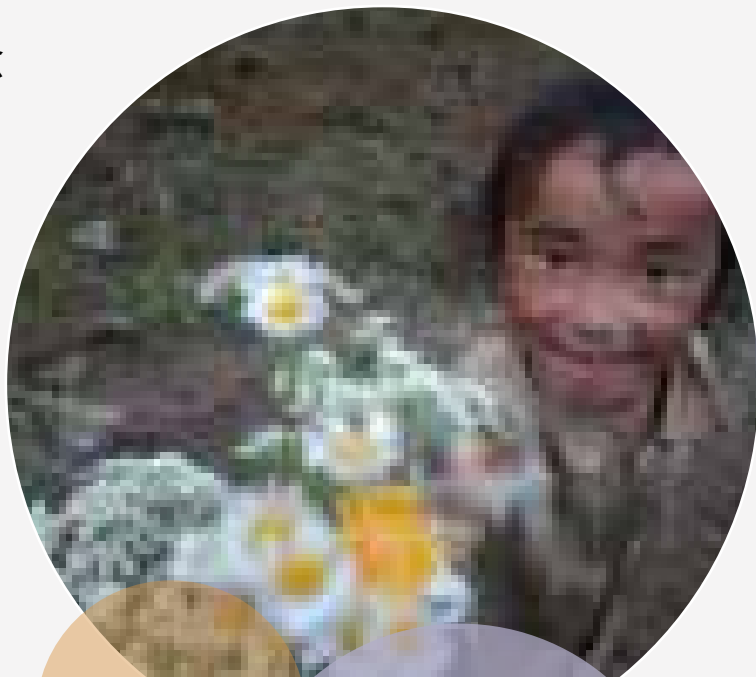
## 帮助别人治愈的同时,我们也得到治愈

刚来支教的时候我抱着积累教学经验的目的而来,同时也为完成心中的支教梦想。集训的时候我跟室友说:对于凉山的孩子我们要好好地教,要有耐心,因为这里的孩子们过得很苦,在治愈他们的同时也在治愈童年的自己。开始教学以后,我发现孩子们带给我的帮助远远大于我带给他们的。随着支教生活慢慢展开,我的心真的被这里的孩子融化了。在此和大家分享我和孩子们之间发生的故事。

有一个星期五,学校停断电不能给学生做饭,上午课结束后就放学了。那天阳光明媚,我打算出去走走。在路上,我碰到五年级的伟者,因为怕一个人走远遇到危险,索性就叫上他跟我一起,他特别爽快地跟着我走了。

凉山里的孩子们真的很有运动天赋,他像一只小猴子在前面窜上窜下,一会儿蹦到小山坡,一会儿又跳到小路下面的土地,不知道在看什么鸟,摘什么果子。

到达山沟里的小溪时正赶上落日时分,夕阳的黄晕洒在小溪波光粼粼的水面上特别好看。那时正是村民们赶羊回家的时候,羊儿的铃铛声配上暖暖的夕阳特别美,我一边和伟者往上爬一边拍照留念。







伟者不时地低头扯一种有藤蔓的野花，然后编成花环带在我头上。以前就听老支教孟老师说，每年索马花开的季节，老师们每天都会收到孩子们采来的索马花，我想这边的孩子可真好。当我真切地接触到孩子们最纯真的表达时，心被暖暖的爱意融化了。

有一天因为一些事情我批评了班级，整个上午都没对学生们笑过，一直板着脸，班级的气氛很冷。我里暗自琢磨这么严格地对他们，学生们肯定不喜欢我，不过无所谓了，立规矩要紧。

回到教室后听到孩子们一脸兴奋地说：“老师我们在讨论中秋节给您送什么礼物”。我一听到这句话板着的脸突然就笑开了花，学生们见我笑也跟着笑了。但我还是说：“你们给老师送礼物我很开心，但你们不必这样做的”。第二天早晨，学生们抱着，提着一大堆东西在我宿舍门口等着，我走上去一看，什么土豆啊，玉米啊，核桃啊，甚至连辣椒面都有，当时我那颗心又感动，又自豪到了极点。或许小孩子们都是不记仇的，这边的孩子们更加可爱。

协会举办“故事大王”比赛，我选了班里的伍呷来参加比赛。所有参赛学生必须在星期六排练。一年级的伍呷能和高年级的孩子们一样长时间专注很难得。伍呷没上过幼儿园，认识的字基本都是我这两个月上语文课教的，我让她观看视频，模仿其他孩子的动作和表情。那天她连续练习两个小时，视频三分多钟，不知道她反复观看了多少遍。

第二天星期天，学生们不需要继续来学校练习，下午我听到伍呷在校门问能不能进来练习讲故事，当时我欢喜，欣慰的心再次到达顶点。作为教师能发现学生身上的闪光点非常开心。与孩子们在一起时，灵魂感受到清新和宁静。我最初是带着帮助孩子们的想法来到这里，后来意识到他们对我的帮助才真是大啦！



# 衷心感谢您阅读本期报告

# thank you

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