

Mid-autumn Festival

Mid-autumn Festival
Bright and round moon brings us stories.
We drift away under the moon, singing, dancing, hand in hand.
May it last forever.
May you be happy and be with your family.
Work less and dream more!

Happy Mid-Autumn Festival!



Drawing by a child sponsored by CHF

Since 2005, Chi Heng Foundation has annually selected AIDS-affected children with good academic records to join our summer camps in big cities, such as Beijing, Shanghai, Guangzhou, Suzhou, Hangzhou, Wuhan, Nanjing, and Hong Kong. A summer camp consists of 4 parts, namely, visits to famous universities, visits to famous enterprises, art counseling, and sightseeing. The children experience life outside their villages, communicate and interact with kind-hearted and helpful supporters who encourage them to live positively and study harder. The summer camp of 2012 is the 8th of its kind. The summer camp activities make children feel loved, open their eyes, inspire them to realize their dreams and encourage them to face and overcome challenges in life.



"Today I am different" CHF Summer Camp Beijing 2012

Date	2012-7-16 (Mon)	2012-7-17 (Tue)	2012-7-18 (Wed)	2012-7-19 (Thu)	2012-7-20 (Fri)	2012-7-21 (Sat)	2012-7-22 (Sun)
Morning	Icebreaking activity in National Stadium	Visiting Waggener Edstrom	Visiting VMware	Visit Tsinghua University	Visiting Standard Chartered Bank	Sun in the dark Activity (Experience the life of the blind)	Tiananmen Square
Afternoon	Beijing Zoo	Palace Museum	Science Museum	Summer Palace	Super Hero Theme Park	Hotel Visit / Closing Dinner	Summary and Sharing Session
Supper	Welcome Dinner	Art Counselling (Dancing)	Art Counselling (Drawing)	Art Counselling (Drawing)	Art Counselling (Dancing)		Farewell

Change within me

I can see the change that happened to me since I came to this camp. When I first arrived, I could barely communicate with people that I didn't know. When we were asked to share our ideas or stories in group activities, I put my head down and dodged the eyes of the teacher. Now I feel more courageous in sharing my feelings, and talking with other people seems less frightening. I have had fun in the camp and it made me understand the value of team work. I will keep striving for better.

Malu (Henan, 4th grade)
Chi Heng Summer Camp Beijing, 2012

"Positive Energy in Summer" CHF Summer Camp Shanghai 2012

Date	2012-7-30 (Mon)	2012-7-31 (Tue)	2012-8-01 (Wed)	2012-8-02 (Thu)	2012-8-03 (Fri)	2012-8-04 (Sat)	2012-8-05 (Sun)
Morning	Visit Fudan University, Ceramics class	Visit PizzaMarzano	Mini Olympics at Decathlon	Visit Traditional Chinese Orchestra	Family Science at Abbott China	Beach cleaning with volunteers	Camper feedback
Afternoon	Learn Yoga	Visit Baxter	Karate Lesson	Talk at Standard Chartered Bank	Stage show at Shanghai Dramatic Art Center		Tour of Shanghai Aquarium with Caribbean Association
Supper	Early Rest	Art Counselling (Dancing)	Art Counselling (Drawing)	Art Counselling (Drawing)		Closing Dinner at KS	Farewell

"Helping Community" CHF Summer Camp Guangzhou 2012

Date	2012-7-25 (Wed)	2012-7-26 (Thu)	2012-7-27 (Fri)	2012-7-28 (Sat)	2012-7-29 (Sun)	2012-7-30 (Mon)
Morning	Arrive	Dr Sun Yat-sen Museum	Visit Yantian International Container Terminal (YICT)	Visit Sun Yat-sen University	Art Counselling (Drawing)	Activities in Garden Hotel Guangzhou
Afternoon	Outward Bound Activities, Team Building	Visit Yu Feng Glass Factory	Beach Visit & Activities	China Hotel Inspection Tour, Art Counselling (Drawing)	Visit Zoo with Standard Chartered Bank Volunteers	Farewell
Supper	Rest	Dinner & Performance with Volunteers	Art Counselling (Drawing)	Closing Dinner - China Hotel	Enjoy the night view of Guangzhou	



People living in Hong Kong have access to everything. People living in Hong Kong are lucky, for abundance of opportunity makes everything possible. From this trip to Chi Heng summer camp in Guangzhou, I have learnt that many friends are not as fortunate as we are. They are nevertheless living their lives with positive attitudes.

Jinglong (Hong Kong, 12th grade)
Chi Heng Summer Camp Guangzhou, 2012



With friends, I am not alone

It was destiny that brought us together. We are kids of similar age from the same province, but we have never met each other till this camp. Far away from home, we treated each other as if we were a family. I was timid at the beginning, but I became a good partner to chat with once I opened up. Someone who introduced himself to me eventually became my friend. I learnt from that, and started to approach other campers that I didn't know. Everything starts with a simple 'hi'. I tried to pay attention to other people, caring about their needs and helping them by small efforts. I greet people with a smile even if I do not know their names. Now, I no longer feel alone.

Xiaogang (Henan, 9th grade)
Chi Heng Summer Camp Beijing, 2012



Embrace Sunshine with A Big Heart: A Letter to Myself in Ten Years

First of all, I hope that you can learn to be grateful. Remember that you are taken care of by people around you no matter how hard life appears to be. Every moment, you receive grace from people who help you to succeed, so never claim all the credit to yourself. For you will never be successful without others' help. If you fail, do not resent those people who mock you. Their humiliation motivates you to work harder. Of course, also say 'thank you' to those who held your hand when you failed. They brought you warmth, power and a grateful heart, making life more beautiful and more meaningful for you.

Second of all, I hope that you can have a big and open heart. I hope you stay calm and rational even when misunderstood. People may misread you, neglect you, and treat you with different standards. You will feel wronged, helpless, but do not blame them. They do not know you, but they are not malicious. A big and open heart will lead you to tolerance and sunshine.

Qi Qi (Henan, 12th grade)
Chi Heng Summer Camp Beijing, 2012



Confidence and Persistence; Wings to my Dream

I have a dream that one day I can become a biochemist, decoding the curse of HIV and save millions of lives over night. I have a dream, that one day I possess endless wealth that can be delivered to families struggling on the fringe of poverty. I want to bring out their smiles.

It was difficult when dad left us. Medical bills cost all our savings but couldn't save daddy's life. It did leave me, mom and sister in poverty and misery. My academic performance secured me a spot in a well performing high school, but I was not sure if I should keep studying, as it put burdens on our family finance. My heart felt the pain when I saw mom growing weaker, and I knew that the family could no longer support my dream of going to college. It was Chi Heng that relieved me from worries and sent me back to the classroom.

My stay in Beijing rewarded me with more than friendship. Staying with volunteers that I have never met before taught me a lot: smile and persistence are answers to fate and misfortune. I have evolved from a confused girl to a confident dream chaser. I will face all the challenges with courage and live up to my dream. I will pass down the torch of kindness and help people with my efforts.

Yingying (Henan, 9th grade)
Chi Heng Summer Camp Beijing, 2012



Smiling at the Future with "Positive Energy"

During my trip to Shanghai, I met many talented people. I truly admire the exceptional individuals I met. From Fudan University to Baxter International, Abbott and elsewhere, I realized that behind every success story is perseverance and hard work. I found my direction and learned techniques to master English. Everyone has their own lifestyle, and the attention and support of these talented individuals made me feel warm inside. I found light in this seemingly indifferent world. I will try my best to improve my studies and look forward to my future with confidence.

Xiao Qiang (Anhui, 12th grade)
Chi Heng Summer Camp Shanghai, 2012



Change from this moment

When at school, I found it difficult to be part of the group or to become 'one of them'. Some invisible distance kept me from fully enjoying myself in group activities. Sunday was always boring for me as I found nothing really interesting or worth doing. I became a mopey couch potato, spending days in front of a 'talking machine'. I have barely traveled anywhere. The world was brought to me by the TV set.

Chi Heng summer camp opened my mind and I began to say hi to people that I didn't know. I became more engaged in group events. In addition to seeing cultural relics and places of interests, we have visited transnational corporations like Standard Chartered and VMware which made me realize how important it is to learn English.

The game of Treasure Hunt has taught me the value of team work: one for all and all for one. The visit at Tsinghua University was most impressive. Students of Tsinghua shared their experiences, teaching me the principle of "no pain, no gain". I have also learnt a tremendous amount from our volunteers, who have given me a lesson in compassionate action. I want to be a kind person; a person who works for the welfare of society.

Xiaohui (Henan, 8th grade)
Chi Heng Summer Camp Beijing, 2012



Welcoming Challenges with a Smile

After taking the senior high school graduation exam in the summer of 2010, I felt exhausted, introverted, and unwilling to engage with others. After being selected to participate in the Shanghai Summer Camp that year, and given the opportunity to see cultures from different parts of world during the World Expo, I became curious about the world abroad. I had never left my hometown before, but the summer camp made me see the beauty of the world outside, a world much bigger than I had imagined. I also made many new friends during that camp, with whom I still keep in touch. I am now about to start my third year of university, and I still thank Chi Heng for a wonderful Shanghai experience. I have changed from a shy high school student to a university student willing to express myself. At school, I actively engage with my classmates, and have gained the trust of my peers and teachers, and was selected as class representative. Looking back at the road I've traveled, I appreciate Chi Heng's direction and support. I attribute my change to being a part of the Shanghai Summer Camp, which made me realize how to improve myself, and how to welcome all of life's challenges with a smile.

Longlong (Anhui, College Sophomore)
Chi Heng Summer Camp Shanghai, 2012



Dear Chi Heng Student Campers, I don't know how I should greet you. Some of you call me auntie, some of you are the same age as me, some of you are older than me. However, I think that calling you "friends" is best. Welcoming friends like you all from far away has truly been my joy.

This joy comes from your understanding and engagement with life. You all understand life: you told me that playdough and dough are the same, when to add water, when to add slurry. You started with your own approach before I gave a demonstration, you kept the table clean and you were considerate of others. I remember the boys from table three told me: "Teacher, thanks for your hard work". This is something that people floating on the surface of life cannot understand. Amongst your engagement with life and all of your creative ideas, you all sincerely say, "I like it." I hope you guys can cherish your own understanding of life, which will give you greater stamina to deal with life ahead. I hope you will all maintain your engagement with life, and when met with life's challenges, still sincerely say, "I like it."

When you all receive these words from me, I will still be in Jingdezhen working with porcelain. I regret that I don't have another chance to see you all again. Actually, I don't regret it; we can take the happiness we experienced together and walk forward to a beautiful life; isn't this better than any reunion dinner?

Clay holds us, it is firm; water envelops us, it is embracing; fire forges us, it is dynamic. These are three elements that I brought with me when we met. Throughout this time we have become the best of friends. I hope that you all can become friends as well and lead firm, embracing, and dynamic lives!

Best wishes,

Cui Can (Fudan University)
Chi Heng Summer Camp Shanghai, 2012



Chi Heng, your summer camp was great! The kids both had fun and grew a lot. I would like to tell them that life is like a treasure hunt. What is treasure is for you to decide. The trail is not only the bird's nest zoo, your hometowns of Henan, Beijing, or even China. The whole world is your trail. This great big world lacks brave and adorable talent like yourselves. Keep up the good work!

Michael Wix (Volunteer trainer)
Chi Heng Summer Camp Shanghai, 2012

In joining the Chi Heng Shanghai Summer Camp closing dinner, I was filled with positive energy. Although our resources are limited, and we may only be a small bit of light, we must spread the light to lives in need of warmth.



Mao Mao (One Foundation)
After participating in the Chi Heng Summer Camp banquet, I feel that the kids did a great job. Although they all came from different family backgrounds, to be able to see their confidence and spirit, to feel their happiness, to shake their hands and to give them hugs made me realize that not only they need material support, but they also need love and understanding.

Yang Yang (Volunteer Dance Instructor)

