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The Youth Corps newsletter | Oct - Dec 2016

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MEET OUR NEW Leaders!

LEADERS COMMENCEMENT



6th August 2016 marked a new milestone for Cohort 2 and 3 Leaders! They have just completed their one-year programme, serving local & overseas communities.

That evening, we celebrated our Leaders' passion to serve, their sweat, tears and hundreds of hours dedicated in their one-year journey, their resilience, the possibilities that sprouted out of love and service, the relationships built with the communities and community partners, and the friendships blossomed and strengthened through thick and thin.





As the name suggests, the commencement ceremony is not the end, but the start of a new journey for our Leaders.

Together, we can fill the gaps in society with love, make a positive change and inspire others.

Watch this!

Check out the commencement video @
http://tinyurl.com/leaders2



LEADERS IN THE MAKING

INDUCTION CAMP & TRAINING WORKSHOPS

At the start of the Leaders Programme, leaders-in-training or 'Aspirants' attend a 7-day programme during which the Aspirants get to bond with their cohort mates and learn various skills, such as leadership, project management and volunteer management. From July 2016, Aspirants would also go through the following new components in the programme:

Understanding National Issues & Perspectives

The Aspirants attend a series of lectures and experiential activities designed to deepen their understanding of social issues in Singapore, appreciate Singapore's vulnerabilities & challenges as well as understand their roles in contributing to the community.

Community Trail

The community trail allows the Aspirants to experience the complexity of issues on the ground and empathise with the local communities.

The Aspirants participated in community trails in Toa Payoh Trail and Jalan Besar where they had the opportunity to visit the elderly who live in one-room rental flats and chat with them.

HEAR OUR ASPIRANTS!

This camp enabled me to make many like-minded friends who are very enthusiastic in serving the community and leading others for greater good.

Cheong Wai Lum, Sandy
Aspirant, Cohort 6A

It has offered me a different perspective on how my contributions on a small scale, to a small segment of society, actually serve a larger purpose on a national level. That gives me the additional drive to work hard in serving the society.

Heng Wee Meng Samuel
Aspirant, Cohort 5





#SHARELAHSG

October was jam-packed with activities and events because it was intergenerational month!



We Are Stronger Together

On Oct 1, we broke down barriers when youths and seniors gathered for a day of Zumba Gold, art jamming and conversations *(aided by our Share Lah... cards of course!)*.



The event, graced by Dr Amy Khor, kick-started the Intergenerational month of October, which was filled with activities and events that sparked closer relationships across generations.

THANK YOU!
Seniors from Lions Befrienders and Ang Mo Kio FSC who shared so much wisdom with us and a huge shoutout to our youth volunteers for spending your Saturday morning befriending the seniors



By the end of the event, bonds were clearly formed, as some of the youths took wefies with the seniors, and exchanged numbers to keep in contact in the future!

We also launched the exclusive photobook, EYES with a life-sized interactive book!

It will be exhibited at **Toa Payoh Library** from **1-30 November**. Don't miss it!



EYES Photobook

EYES (Engaging Youths, Empowering Seniors) is a volunteering programme where youth volunteers capture nuggets of wisdom from seniors through befriending sessions.

Basic photography skills are also introduced to equip seniors to capture their own memories. Through the sessions the youth volunteers caught a glimpse into the enriching lives of seniors.

This book captures our celebration of intergenerational ties and lifelong friendship.

Age is only a number! The young and old are just as active as each other.

-Auntie Yap Heng





SHARE LAH... Cards

A deck of over 100 cards to spark meaningful conversations between seniors and youths.

Limited copies are available so if you'd like a copy, come down to **The Red Box** by Nov 30!



Watch the Share Lah... trailer video at our **page**!

http://tinyurl.com/share-lah

The Aging Simulation

Held at The Red Box, the Aging Simulation allowed youths to understand and empathise with the elderly.

Each participant was told to put on the basic aging suit to get into character. The aging suit consisted of arm and ankle weights, elbow and knee guards, goggles, earmuffs and gloves. Participants had a mission to stay active by finding a job, indulging in recreational activities or seeing the doctor at the set-up booths. Failing their mission would land them in the cemetery!

With that, the Aging Simulation hoped to help youths understand the needs and feelings of the pioneer generation and the physical challenges they face in their everyday lives.

THANK YOU!
The Red Box Empathy Taskforce Team for organising this Aging Simulation!

Check out a participant's experience @ http://tinyurl.com/aging-simulation

Teh Tarik!

Each month, we invite changemakers from all walks of life to share with our volunteers on the different causes they are championing for.

Here, our volunteers have the opportunity to network, have fun and be inspired to do more for the community at large!

Trybe
August 2016

2 youths from Trybe took the courage to share about their past, their struggles, their turning points and how they became owners of their lives.

They spoke about how many youths (including themselves when they were younger) have benefitted from having a mentor to guide them.

Each one of us have our own set of challenges. It's all about *how* we face them, and *who* we face them with.





Singapore Youth for Climate Action
September 2016

Our most recent Teh Tarik Session saw 2 Climate Captains, Nor Lastrina Hamid and Cuifen Pui, from Singapore Youth for Climate Action, inspiring youths to combat climate change!

Apart from sharing their volunteering journeys and experiences at the United Nations Climate Change Conferences, they also challenged our youths to seek for the legacy that they want to leave behind.

Interview with

Owen Tan

Cohort 2 Leader
&
Leader of Jiak Simi Project



Why did you decide to work with seniors?

Seniors have a lot of experiences and stories to share and whenever I talk to them, I learn something. When they tell me things that I should not do, I listen to them, because they are based on their own experiences; there is a reason behind it. I appreciate their advice.

Were there any problems/roadblocks you faced during the execution of this project? How did you overcome them?

As the project requires us to bring seniors to eat at hawker centres, it is challenging to reimburse the cost of the volunteers who usually pay upfront.

We decided to inform the volunteers that they had to treat the seniors for each outing. Thankfully they were very understanding and felt that it is still worthwhile because it brings smiles to the seniors!

You believe that 'volunteering is a lifestyle'. As a working adult, how do you make time to volunteer?

Its all about making it a priority. My friends asked me "How do you have so much time to volunteer?'. Some people my age spend their free time and money clubbing and drinking. What I do is that I ask my friends to join me when I volunteer, and it becomes an outing for us. Gradually, my fellow volunteers and the seniors become my friends.

Jiak Simi means "what are we eating?" in Hokkien. Its a term that is not only familiar among the seniors but the youths as well!

The name of the project was chosen as the phrase, 'Jiak Simi', brings the seniors anticipation and excitement for the various food choices they get during every outing.

The Jiak Simi Project is a 12-month initiative funded by the Pay-It-Forward Award (PIFA) to enhance the quality of our seniors' lives by bonding volunteers with seniors over local delicacies in Singapore. It is run by a passionate team which aims to bring joy and a sense of 'home' to the seniors of Thong Teck Home for Senior Citizens by establishing personal relationships coupled with delicious varieties of food.

The team aspires to provide the seniors with regular outings of exciting 'makan' places for them to visit and enjoy all year long.

Jiak Simi is a Youth Corps Leader's project and is part of the Common Space for Common Good initiative.

View photos from Project Jiak Simi x MissTamChiak (29 October 2016)!
http://tinyurl.com/jiak-simi

ATTENTION!

Upcoming Events

HUMAN LIBRARY



29 Nov

Human Library is where readers come to share conversations with human books in a safe space. The purpose is to encourage empathy by bringing people from different backgrounds or profiles together.

Have an inspiring story to share? Why not be a human book?

Sign up @ http://www.etch.sg/humanbooks

VOLUNTEER APPRECIATION DAY



10 Dec

In celebration of the volunteers* involvement over the past year! Look forward to delicious food and exciting workshops such as Barista, Bento-making, Cajon, Ukelele, Firefly Jar Making and Brush-Lettering.

Event details:
Time: 3.45pm onwards
Venue: Youth Park/ The Red Box

*By invitation only

STARSKIDS



2-9 Dec

Love children?
We want you!

Secure, **T**houghtful, **A**ccountable, **R**espectable **S**tudents (STARS) Kids is an enrichment programme which meaningfully engages lower primary children during their school holidays.

You will work together with a young buddy to unpack and reinforce the value of "Respect" via story-telling, arts and crafts, and sports and games.

Looking for: Volunteer Coordinators (VC), Volunteer Befrienders (VB).

Apply now @ http://tinyurl.com/starskids
Closing Date: **20 Nov 2016**

KEEP CALM AND HACK ON





In July, Youth Corps held our very first Hack for Good, co-organised with ChangeBug. The participants at the social innovation hackathon had to work around the themes of *Persons with Disabilities* and *Vulnerable Communities.*

They brainstormed projects and innovative solutions to help address challenging issues in the community.

Our second Hack for Good will be on 3 & 4 December on the themes of *Elderly* and *Children, Youth & Family*. We are really looking forward to seeing you there!

Stay tuned to our Facebook page for details!

Hopefully, **The Hunger Hack** sparks some ideas that you can bring with you when you attend our next Hackathon!

DOING GOOD AROUND THE WORLD:

THE HUNGER HACK

20-year-old American volunteer, Maria Rose Belding, noticed a flaw in the food distribution system: 30 percent of food end up in the trash, yet people are still going hungry. Together with a few of her friends, they created a solution in the form of an app!

Read the full article @
http://tinyurl.com/the-hunger-hack

Be somebody who makes EVERYBODY feel like a somebody

– ANONYMOUS

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