

F.1 Breakthrough Camp & Peer Mentorship 2014-2015

Frankie: Good morning Mr. Yuen, Father Philip, teachers and fellow schoolmates. I am Frankie Yim from Form 4C and he is Percy Wong from Form 1D. From Mid-October to Early-November, three Form One Breakthrough Camps were successfully held at the Jockey Club Cheung Chau Don Bosco Youth Centre. Today, we would like to represent all Peer Mentors and Form One students to share our experiences and what we learnt. Percy, would you like to share what you learnt in the camp?

Percy: Oh, I felt proud of myself. Throughout the camp, I learnt to be self-disciplined, persevering and caring, which were the aims of the camp. The trainers prepared lots of activities for us in these three areas. In the camp, we were always guided by our peer mentors and they took good care of us. Frankie, I'm sure that you must have received lots of training before the camp, right?

Frankie: That's true Percy! We had six day-campus trainings in June and a two day overnight wild camp at Pui O which provided us with a good chance to equip ourselves in order to perform well in the Form One Breakthrough Camp. Although the process was tough, I believe that it was worthwhile as we were able to apply our skills and knowledge in the camp. I also feel proud that all of you learnt a lot in the camp. Percy, which activity made the most impression on you at the camp?

Percy: For me, the 'Tarzan Rope' made the biggest impression. We had to do rope-climbing in order to get from one place to another, but I have a fear of heights. I felt extremely scared and lacked the courage to start. Frankly speaking, I thought I was going to give up.

Frankie: So, how did you overcome the fear? And what have you learnt in the process?

Percy: When it was my turn, I was not prepared to go up. Some of my classmates suggested that they could go first in order to show me it was not that hard. Witnessing my classmates complete the task safely and successfully, I was much less nervous. However, what really motivated me to have a go was the cheering and encouragement from you and my classmates. In addition, I remembered that while I was doing the rope-climbing, you all supported me by giving me concrete advice on how to do it and motivated me through clapping and shouting. This gave me enough courage to move on and finish the task. I was particularly touched when you all praised me that I did well, even though I only managed to complete half of it. This was a shot in the arm for me to take the challenges ahead. I was truly thankful for what you and my classmates had

done to get me out of my comfort zone and overcome my fear.

Frankie: Percy, I am so glad to hear about your breakthrough! That must be very significant to you. But you know what, Percy, I had a similar experience too! On the second day of the camp, I felt really exhausted and desperate. This was most likely because I could not sleep well in the tent the night before, along with accumulated tiredness from study. At one moment I felt like quitting the camp, I even questioned myself as to whether or not I was suitable to be a peer mentor. However, it was you and your classmates who lifted me up! When I heard you calling my name and seeking for my help, I regained my determination and enthusiasm. Although it seemed insignificant to most, it did mean a lot to me. Furthermore, seeing you all try so hard to finish all the tasks, I told myself that I also had to be tough to overcome all the challenges and difficulties along with you. This is what a good peer mentor is supposed to be, right?

Percy: I am so grateful to hear we are significant to you as well! I guess this is what our college song, "brothers here we stand together, all for each and each for all" truly means. Without the help and care of each other, it seemed that we would hardly achieve what we had now.

Frankie: Indeed! We are in the big family of St Paul's College. In it we supported each other and united against challenges and difficulties. We shared both good and bad times together and I do hope that you continue enjoying your secondary school life in this caring campus.

Percy: Last but not least, we would like to thank those who have supported us in the training, all Form One Form Teachers and Co-Form teachers, discipline Master Mr. Li, guidance mistress Miss Yu, guidance teacher Miss Kwong, Father Philip and our school social worker, Dominic for their contribution and support in the camp. We would also like to thank Mr. Yuen and the College Council for their generous support for this meaningful and rewarding activity. Thank You.