

CONTENT

1. University & College YMCAs	P.3
2. Global Y Trainee Programme	P.3-5
2.1 Introduction	P.3
2.2 Goals of Internship	P.4
2.3 Period of Overseas Internship	P.4
2.4 Job Nature of Overseas Internship	P.4
2.5 Internship Locations & Programme Fees	P.5
2.6 Content & Schedule	P.5
3. Internship Details	P.6-19
3.1 North America	P.6
3.2 South America	P.7
3.3 Europe	P.8-10
3.4 Asia	P.11-17
3.5 Oceania	P.18
3.6 Africa	P.19
4. Past Trainee Feedback	P.20-28

1. UNIVERSITY & COLLEGE YMCAS

As student associations affiliated to the Chinese YMCA of Hong Kong, the University YMCA® (Uni-Y®) and College YMCA® (College-Y®) aim to shape youths into future leaders with strong adaptability, creative insights and passion for serving the society through an array of distinguished learning experiences. The first University YMCA was set up at Hong Kong Baptist University in 2003. After a decade of expansion, a total of eight University YMCAs and one College YMCA have been established in Hong Kong, serving over 5,000 members.

2. GLOBAL Y TRAINEE PROGRAMME

2.1 Introduction

Through offering overseas internship opportunities, the Global Y Trainee Programme served 920 students since it was first launched in 2004. Appreciable partnerships have been developed with over 30 countries in six continents to offer students with valuable opportunities to work abroad during summer. The Programme has continually received positive feedbacks from students, who often describe their working experiences as rewarding and meaningful.



Beyond Service, We Explore The World

2.2 Goals of Internship

- To promote international youth movement by raising youths' awareness of global issues;
- To develop positive working attitude in students and enhance their employability in their future career;
- To allow students to develop their leadership, communication skills, sense of responsibility and to explore their unique potentials;
- To act as a platform that fosters friendship across cultures and countries around the globe.

2.3 Period of Overseas Internship

May to August 2020 (4 to 10 weeks)

2.4 Job Nature of Overseas Internship

The job nature of the internship may include, but not limited to the following:



Camping Instructor



Leading Programmes/
Interest Classes



Teaching



Day Care/ Child Care



Administrative /
Clerical Support

2.5 Internship Locations & Programme Fees

Internship Locations & Programme Fees		
Continents	Internship Locations (mainly at YMCA centers)	Programme Fee*
North America	USA	\$15,000
South America	Brazil, Colombia, Mexico, Peru	\$9,000
Europe	UK	\$15,000
	Belarus, Ukraine	\$11,000
	France, Germany, Greece, Spain	\$10,000
Oceania	Fiji, New Zealand	\$10,000
Africa	Tanzania	\$6,500
Asia	Japan, Korea	\$6,500
	Cambodia, Laos, Malaysia, Myanmar, Nepal, The Philippines, Singapore, Sri Lanka, Taiwan, Thailand	\$4,500
	Mainland China	\$2,000

* Including accommodation and partial meals.

Additional Expenses to be paid by Participants:

- \$500 deposit for programme fee below \$10,000 or \$1,000 deposit for programme fee at or above \$10,000
- Round-trip flight tickets
- Travel insurance
- VISA application fee (if any)

2.6 Content & Schedule

Highlighted Activities	Schedule
• Training Day	21 March 2020 (Sat)
• Local Internship	April to June 2020 (fulfil at least 8 working hours)
• Pre-departure Briefing	5 April 2020 (Sun)
• Overseas Internship	Late May to August 2020 (4 to 10 weeks)

3. INTERNSHIP DETAILS

*For reference only. All information is subject to change.

3.1 North America

Destination	USA
Name of Campsite / Organization	China Town YMCA, San Francisco
Internship Period (Tentative)	Late May to mid August (10 weeks)
Type of Accommodation	Hostel
Number of Working Days (per week)	5
Number of Working Hours (per day)	8
Allowance / Stipend	<ul style="list-style-type: none">• USD125 per week (10 weeks)• USD500 (at the end of internship)
Roles	<ul style="list-style-type: none">• Assist in administrative work• Teach in summer school• Organize activities in day camps

3.2 South America

Destination	Brazil	Colombia
Name of Campsite / Organization	Sao Paulo YMCA	ACJ YMCA
Internship Period (Tentative)	Mid July to late August (5 weeks)	Early July to mid August (6 weeks)
Type of Accommodation	Hostel	Host Family
Number of Working Days (per week)	5 to 6	6
Number of Working Hours (per day)	9	9
Allowance / Stipend	N/A	N/A
Roles	<ul style="list-style-type: none"> Organize youth leadership programmes, social projects and camp programmes 	<ul style="list-style-type: none"> Organize and lead activities for children and youths Interact with students and their families

3.3 Europe

Destination	Belarus	Ukraine
Name of Campsite / Organization	YMCA Brest	YMCA Lviv
Internship Period (Tentative)	Mid June to mid July (3 to 4 Weeks)	Whole July (4 weeks)
Type of Accommodation	Hostel	Apartment, with office downstairs
Number of Working Days (per week)	Flexible (3 to 5)	Flexible
Number of Working Hours (per day)	Flexible (2 to 8)	Flexible
Allowance / Stipend	BYN620 (depends on number of meals included)	USD200 (depends on number of meals included)
Roles	<ul style="list-style-type: none"> • Take part in activities organized by YMCA • Organize Chinese culture workshops, presentations and games for camp participants • Introduce Chinese and Hong Kong culture to the public 	<ul style="list-style-type: none"> • Teach in primary school • Help promote Ukraine through online platforms after excursions • Organize Chinese workshops in different occasions

Destination	Germany		Greece
Name of Campsite / Organization	Siegerland YMCA	YMCA Nuremberg	YMCA Thessaloniki
Internship Period (Tentative)	Late June to late July (4 weeks)	Late June to early August (7 weeks)	Mid June to mid July (4 to 5 weeks)
Type of Accommodation	Hostel	Host Family	Campsite
Number of Working Days (per week)	5	5	5
Number of Working Hours (per day)	10	6	5
Allowance / Stipend	€100	N/A	N/A
Roles	<ul style="list-style-type: none"> • Work in the campsite • Organize cultural activities with local people • Assist in wild camp and youth camp 	<ul style="list-style-type: none"> • Prepare programme materials • Organize Chinese cultural workshops for children 	<ul style="list-style-type: none"> • Organize activities for children • Prepare workshops for kids and participants in camp

Destination	Spain		UK
Name of Campsite / Organization	YMCA Camp Priego	YMCA Salduero	YMCA Fairthorne Manor
Internship Period (Tentative)	Late June to late July (4 to 5 weeks)		Early July to late August (8 weeks)
Type of Accommodation	Campsite (bunk bed)		Dormitory (bunk bed)
Number of Working Days (per week)	7		5
Number of Working Hours (per day)	<ul style="list-style-type: none"> • 12 to 18 (Some are overnight camps) • Two half-day offs every two weeks 		8
Allowance / Stipend	€100 per week (pay at the end of the internship)		N/A
Roles	<ul style="list-style-type: none"> • Camp work • Help in different camp activities • Encourage young participants to learn and speak English • Take care kids during their free time 		<ul style="list-style-type: none"> • Organize and help in camp activities • Manage children aging from 4 to 13 • Help in survival camp and water camp

3.4 Asia

Destination	Japan		
Name of Campsite / Organization	Osaka Jogakuin University	Osaka YMCA* (Rokkosan YMCA)	Osaka YMCA* (YMCA Shirogane Kindergarten)
Internship Period (Tentative)	Mid June to mid July (4 weeks)	Early July to mid August (8 to 9 weeks)	Early July to mid August (8 to 9 weeks)
Type of Accommodation	Host family	Rokkosan YMCA (campsite)	Host family
Number of Working Days (per week)	5	5	5
Number of Working Hours (per day)	8	8	8
Allowance / Stipend	¥9,000 food allowance & 2 transit passes	N/A	N/A
Roles	<ul style="list-style-type: none"> Teaching Assistant 	<ul style="list-style-type: none"> Organize summer programmes in campsite 	<ul style="list-style-type: none"> Prepare classroom activities Provide support to local staff
Remarks	* Candidates need to conduct a Skype interview with Osaka YMCA for selection.		

Destination	Mainland China	Korea
Name of Campsite / Organization	Hangzhou YMCA	Seoul YMCA
Internship Period (Tentative)	Early June to mid August (6 weeks)	Early July to late August (7 to 8 weeks)
Type of Accommodation	Hostel	Hotel
Number of Working Days (per week)	4 to 5	5
Number of Working Hours (per day)	6 to 7	6
Allowance / Stipend	N/A	₩ 600,000 (whole period)
Roles	<ul style="list-style-type: none"> Organize activities with children 	<ul style="list-style-type: none"> Assist YMCA staff in sports programmes Serve as kindergarten teaching assistant Outreaching services

Destination	Nepal	Singapore
Name of Campsite / Organization	Nepal YMCA	YMCA of Singapore
Internship Period (Tentative)	Early July to early August (4 weeks)	Early June to early August (8 weeks)
Type of Accommodation	Host Family	Hostel
Number of Working Days (per week)	5	5
Number of Working Hours (per day)	6	8
Allowance / Stipend	N/A	N/A
Roles	<ul style="list-style-type: none"> • Teach English • Take care of the children in the child care centre 	<ul style="list-style-type: none"> • Organize camp • Assist in programme design of the Community Service Department • Assist in administrative work

Destination	The Philippines	
Name of Campsite / Organization	YMCA of Manila	YMCA of Pangasinan
Internship Period (Tentative)	Late June to late August (2 months)	Early August to late August (4 weeks)
Type of Accommodation	Hostel	Hostel
Number of Working Days (per week)	5	5
Number of Working Hours (per day)	8	8
Allowance / Stipend	N/A	N/A
Roles	<ul style="list-style-type: none"> • Assist in programme • Teach children in elementary school • Help in camp activities 	<ul style="list-style-type: none"> • Develop youth empowerment projects for elementary students, high school students and college students • Assist in administrative work

Destination	Sri Lanka	Thailand
Name of Campsite / Organization	YMCA Matara	Tai Tung School
Internship Period (Tentative)	Early July to mid August (6 weeks)	Early June to early July (4 weeks)
Type of Accommodation	Hostel	School hostel
Number of Working Days (per week)	5	6
Number of Working Hours (per day)	6 to 8	4 to 12 (depends on teaching schedule)
Allowance / Stipend	N/A	N/A
Roles	<ul style="list-style-type: none"> • Teaching • Organize camp programmes • Assist in office work 	<ul style="list-style-type: none"> • Take care of the students living at school hostel • Work as a substitute teacher • Teach Chinese, English and Mathematics • Assist in administrative work

Destination		Taiwan	
Name of Campsite / Organization	YMCA Taipei	YMCA Tainan	YMCA Tainan-Child Welfare Centre
Internship Period (Tentative)	Late June to mid August (6 weeks)	Late June to early August (7 to 8 weeks)	Late June to early August (7 to 8 weeks)
Type of Accommodation	Apartment	Hostel	Hostel
Number of Working Days (per week)	5	5	5
Number of Working Hours (per day)	9 to 14	9	9
Allowance / Stipend	NTD300 per self-organized meal	NTD6000 (depends on number of meals included)	N/A
Roles	<ul style="list-style-type: none"> Assist in English teaching Help with YMCA events 	<ul style="list-style-type: none"> Assist in administrative work Organize social services for underprivileged children Help with camp activities 	<ul style="list-style-type: none"> Teach English Organize summer programmes

Destination	Taiwan		Laos
Name of Campsite / Organization	Changhua YMCA	Taichung YMCA	Lao YMCA
Internship Period (Tentative)	Early July to mid August (6 weeks)	Early July to mid August (6 weeks)	Whole July (4 weeks)
Type of Accommodation	Host Family	Apartment	Lao YMCA centre
Number of Working Days (per week)	5	5	5
Number of Working Hours (per day)	8	11	8
Allowance / Stipend	N/A	TWD3000 (whole period)	N/A
Roles	<ul style="list-style-type: none"> Organize and lead Children & Elderly Camp Assist in elderly & children services 	<ul style="list-style-type: none"> Organize and lead camp activities Administrative work in camp 	<ul style="list-style-type: none"> Assist in YMCA programmes Administrative work in centre

3.5 Oceania

Destination	Fiji	New Zealand
Name of Campsite / Organization	YMCA Suva Youth Centre	YMCA Gisborne
Internship Period (Tentative)	Early June to late June (4 weeks)	Late June to early August (6 weeks)
Type of Accommodation	Centre	Hostel
Number of Working Days (per week)	5	5
Number of Working Hours (per day)	8	8
Allowance / Stipend	N/A	N/A
Roles	<ul style="list-style-type: none"> • Design posters and brochures • Teach mathematics at primary school • Help with renovation 	<ul style="list-style-type: none"> • Support childcare services • Assist in different programmes and administrative work

3.6 Africa

Destination	Tanzania
Name of Campsite / Organization	The National Council of Tanzania YMCA
Internship Period (Tentative)	Early July to mid August (7 weeks)
Type of Accommodation	Hostel
Number of Working Days (per week)	6
Number of Working Hours (per day)	7
Allowance / Stipend	N/A
Roles	<ul style="list-style-type: none">• Teach and work in schools including kindergarten, secondary schools and vocational training centre• Facilitate daily operation of the hostel and cafe in the YMCA

4. PAST TRAINEE FEEDBACK



Belarus

“This programme brings me such a fantastic experience. We mainly promote Hong Kong and Chinese cultures through different interest classes, such as Chinese painting, calligraphy, Wushu, and some workshops on traditional Hong Kong food and festivals. Belarusians are so friendly and they are interested in knowing our cultures. I have made a lot of friends from different countries here. This programme means a lot to me.”

Lui Yan Yi, Uni-Y (HKBU)

Germany

“I am really impressed and grateful for Germans’ hospitality as they are willing to offer help and share the German culture with us. Meanwhile, they are also interested in the historical and cultural stories of Hong Kong. I am also surprised that Siegerland has 55 YMCA centers in total to serve the communities. Besides, we visited the Addiction Service Euelsbruch in Freudenberg where the drug abusers are not treated strictly as prisoners, but as dignified individuals being respected instead. Such humanity practice is worth being taken by Hong Kong as a reference. ”



Lee Chun Sing, Uni-Y(CCC CUHK)



Beyond Service, We Explore The World 20



Greece

“In the camp, I was responsible for the arts and crafts workshops. While the children were making their arts, they always asked me to translate their names from Greek into Chinese. Moreover, I have found that language is a good way to shorten the distance between both of us. We also taught each other our mother language. I have learnt some easy Greek words, such as numbers and greetings. It is really amazing when I can sometimes understand what they say. ”

Chan Yuen Ting, Uni-Y (HKBU)

Japan

“The internship opportunity provided by YMCA is far more fruitful than I have expected. The programme started with a 3-day orientation camp, allowing all the global interns to make friends with each other. Even though we had different cultural backgrounds, the team-building activities bonded us up. Working in a tranquil local kindergarten and living with warm-hearted host families have undoubtedly embellished my stay in Japan. Teachers and homestays did not solely help polishing my language skills but also took good care of me when I was ill. The experience and memories they have brought to me will forever be remembered. ”



Flannery Tse Ping Yi, Uni-Y (CUHK)



Korea

“During the internship, my work in kindergarten has made my daily life very fulfilling and has broadened my horizons. I have learned the skills in taking care of children. I originally thought that it would be the best for me to prepare everything for the children. However, by observing what the teachers did, I have found that it is very important to cultivate the children's self-care ability. We should leave more room for the children to complete the tasks by themselves.”

Lo Wing Lam, Uni-Y (HKBU)



Laos

“I have never imagined the time of living alone in Luang Prabang. I am very grateful to meet the volunteers from Taichung YMCA, following them to the village for the construction, playing with the local children, being friend with the local students, and having the opportunity to visit nearby cities. I really have a good time with them, and will never forget the time spending there.”

Shiu Hau Yin, Uni-Y (CCC CUHK)





New Zealand

“Unlike the hustle and bustle of Hong Kong, Gisborne has only one central street with most of the stores operating during weekdays. ‘Mōrena!’ means good morning in Maori, which is spoken by the indigenous population of New Zealand. This Māori culture is continuously passed to the next generation through bilingual education. I have worked in a bilingual childcare centre in which the children have been taught in both English and Maori. I see that this indigenous culture has positive influence on the children. All in all, my work of taking care children in Gisborne is simple but fulfilling. ”

Li Ho Ching, Uni-Y (HKUST)



Singapore

“This internship is as an eye-opening experience that I could engage in the frontline community services in Singapore. I was given many chances to interact with the locals as well as the people who need special care, which offered me opportunities in contributing back to our society. While working at the Y camp, my sense of responsibility and empathy have been enhanced through interacting with the students with special educational needs, who deserve the right to enjoy equality and respect in every aspect of life. I cherish the time in Singapore and it leaves an extraordinary memory in my life.”

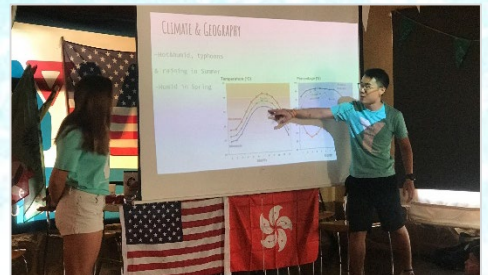
Lo Wing Sum, Uni-Y (HSUHK)



Spain

"I enjoy all of the time spending with the kids in Spain by preparing and holding both indoor and outdoor activities for them. I especially like the day that we did the cliff jumping with the kids. Some of them were afraid of height and they refused to jump from the cliff to the river at the beginning. After being encouraged by the camp counselors and other kids, those kids finally took their steps and jumped into the water. I was proud of them in making the breakthrough eventually. "

Wong Man Hin, Uni-Y (CCC CUHK)



Taiwan: Changhua

"I am grateful to meet with the local supervisor and co-workers who are really nice! As expected, our main duties were to take care of the children and organize different activities for them. Through interacting with the children, they definitely brought me a memorable and enjoyable experience. Though the work there was quite physically demanding, I gained a great deal of satisfaction and fulfilment."

Chan Oon Ka , Uni-Y (HKBU)



Beyond Service, We Explore The World 24



Taiwan: Nantou

“Every day I spent in Nantou was fruitful and meaningful. My colleagues were responsible and zealous. They had given a detailed briefing on Caotun and our respective roles at work, allowing us to settle down comfortably. This blissful camp experience will forever be imprinted in my mind. I attended the city hunt which was a refreshing and an innovative way to get to know more about Taichung! River trekking was thrilling, serving as a great challenge for me. This final activity marked a perfect end for the camp. ”



Mak Wai Yi, Uni-Y (LU)

Taiwan: Taichung

“In this internship program, it is always a pleasure to spend time with the kids. Every day, we arranged different activities for the kids such as football, swimming, arts and crafts, etc. Despite the fact that our main job duty was to ensure children's safety during those activities, we also had a lot of great time with them during the lessons. It is worth spending time with these kids when you see their smiles and excitement.”



Pang Ka Man, Uni-Y (HKBU)



Taiwan: Taipei

"I worked in a culturally diverse environment with different people from around the globe. Not only it increases my exposure to English, but also enhances my global vision. As a teacher assistant in the English Camp, English is the only channel to communicate with the kids. Such practice can encourage them to learn the foreign language through actively listening to and talking in English in a daily basis. After work, I spent my time with my colleagues to explore the city, thus establishing a close friendship with them! Such an international vibe really astonishes me! "

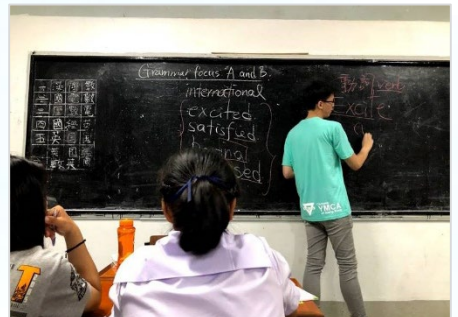
Chiu Yin Chun, Uni-Y (HKU)



Thailand

"I came alone as a voluntary teacher working in Da Tong Junior High School. To be frank, the cultural difference was the greatest challenge for me. It took some time for me to adapt to the new environment. Fortunately, things were getting better when I discovered something that was more valuable for me to override the discomfort. It was attributed to the simple life and nice people around to bring me back the peace and sense of secure. I am looking forward to having more memorable moments with these wonderful individuals in the future."

Charlz Chak Kwan Lui, Uni-Y (HKBU)



UK

“It has been a month since I arrived in UK YMCA Fairthorne Manor. It is a brand-new experience for me as I never get a chance to perform as a day-camp leader before. Though it was challenging due to the language barrier and cultural differences, I was lucky that I have received lots of assistance from the staff and other volunteers. Moreover, I got the opportunities to get to know the youths from other countries like Germany and Spain. We talked about our home countries and discovered tons of differences such as diet and lifestyle. Overall, I am grateful to have this global exposure experience. ”

Cheng Ka Wing, Uni-Y (POLYU)



Ukraine

“We taught Ukrainian kids Mandarin and Chinese culture like calligraphy and paper-cutting. I was responsible for assisting the youngest kids, who could not communicate effectively in English and were comparatively less attentive. It was quite challenging, but I was truly satisfied with that all children could introduce themselves in Mandarin with simple phrases at the end. Also, they taught me a lot of vocabularies and phrases in Ukrainian in return. Apart from the cultural exchange, I experienced the simplest yet greatest joy from playing with the kids and was embraced by the mother nature. All these precious memories and lovely friendships will never fade. ”

Chan Ka Wing, Uni-Y (HKU)





USA

“I mainly assisted the groups in joining various activities in summer school, like bringing them to attend roping course, helping teachers on kayaking and so on. The most valuable thing I have learned at this internship is to step out from my comfort zone. As the American culture is not to plan too much, I am always confused and worried about it. But I get used to it even when I encounter the abrupt affairs. Now, I am looking forward to coming over the cultural differences in San Francisco and hope that I will have a memorable internship during the summer. ”

Chan Tsz Wing, Uni-Y (CCC CUHK)



SAY YES TO AN UNFORGETTABLE SUMMER INTERNSHIP JOURNEY!

Global Y Trainee Programme 2020



Chinese YMCA of Hong Kong
University & College YMCA Department

*U-Adventures
Begin Here*

