



2011 梦想行动 Dream Program

We Connect the Talent with the Dream



A BRIDGE FOR CHILDREN
INTERNATIONAL

About

ABC

Founded in 2007, A Bridge for Children International (ABC) is a U.S. registered 501(c)(3) non-profit organization headquartered in Beijing, China, dedicated to serving orphans and migrant children — two of the most vulnerable and at-risk populations in China. Built on the conviction that every child deserves a family and an education, ABC serves underprivileged children in three programmatic areas: CONNECT(牵手) (CSR and Volunteerism), DREAM (梦想) (Education and Life Skills) and TALENT (才) (Migrant Children Sports, Arts, Music and teacher training).

ABC programs construct “a bridge for children” to support what is typically a precarious crossing from society’s margins into the greater community. This transition is difficult for these populations characterized by limited education, life skills and job training.

A Bridge for Children International (ABC) 成立于2007年，是一家在美国注册的非营利机构501(c)(3)，总部设在中国北京。我们的理念是每一个孩子都应该有一个温暖的家，每一个孩子都应有一个良好的教育机会。

ABC主要通过三个项目：CONNECT “牵手”项目，TALENT “才”项目和DREAM “梦想”项目来帮助两个弱势群体——孤儿与流动儿童。

ABC所有项目旨在搭建一座“儿童之桥”支持社会边缘群体过渡到社会主流群体，这样一个过渡阶段对于那些接受过有限教育、职业规划教育和核心工作技能的人群来说是很必要且艰难的。



ABC寄语

自2011DREAM项目启动，我们便满怀期待DREAM项目将会带给孩子们怎样的改变。12个来自中国不同地区的孩子集聚在这里，开始了一段共同的成长旅程。他们不仅学习英语、语文、计算机和核心技能（例如，沟通技能、团队合作、自我管理和领导力等）培训课程，同时每个周末都参与到TALENT项目中担任志愿者。渐渐地，他们开始由沉默不语变得乐于表达，由害羞胆怯变得勇敢自信。他们在逐渐成长中学会了独立生活，更加积极乐观地面对挑战。每一个尽职的老师、家庭老师和志愿者看着这些可爱的学生现在的样子，不禁对他们的未来充满了设想和期望。

不用很久，我们就能看到每一个学生的潜在在他们独一无二的个性和智慧下闪闪发光，照亮每一个人用自己的希望和梦想绘出的蓝图。在肩负一年紧凑的室内课程和多样的课外活动的责任中，他们每一个微小的改变都令我们倍感骄傲与鼓舞。他们热情洋溢的笑脸，正是我们坚持的无限动力。我们期待并欢迎在未来有更多的学生、志愿者和我们一起并肩前行，实践梦想。

家庭老师寄语

亲爱的各位学生：

你的心中也许有困惑，也许会感到迷茫，你似乎在追寻什么，是人生的方向？还是个人的价值？带着这些疑问、迷茫和困惑你们来到ABC。

在这里你可以展现真正的自己，更加了解你自己，你获得爱和懂得怎样去爱。这里的每一个人都是真心爱你们，不计代价地爱你们！这里是你们温馨的家。从此，你们有了根基，找到方向，明白自己是谁，要做什么。

孩子们，满怀期望，展开翅膀去飞翔吧！

—— 孙老师

你们就要走了吗？希望你们能把在这里一年中收获的一切，当作你们一生的财富去支出，和你们生活在一起也让我收获了不少的感动，谢谢你们！

—— 马老师



Words from Foster Home Managers

Dear Students,

Maybe sometimes you are concerned with what are you looking for in life; which direction you should pursue? Or which personal values you should adopt? You come to ABC with all of your concerns and questions.

Here you could show yourself and recognize yourself more. You get love and learn how to love. Everyone loves you from their hearts here and it is your warm family. From now on, you find your root and direction. You recognize who you are and what you want. Kids, fly with hope and fly with your own wings!

Teacher Sun

The time went by too fast; you are already leaving. I hope you could take what you learn here as your wealth for your whole life. I achieved a lot living with you. Thank you so much.

Teacher Ma

2011年2月28日：2010届八名同学毕业典礼活动，熊龙飞和福杰分别获得ABC奖学金；

2011年3月14日：ABC梦想助学项目2011届12名新生报到；

2011年3月21日：新生上课，ABC提供英语、语文写作、普通话、商务技能和青少年生活教育等课程培训；

2011年3月26日：新生欢迎会，每个学生为自己在ABC写下一年的学习目标；

2011年5月22-23日：接受来往美国佛吉尼亚志愿者团队的培训；

2011年6月25日：作为志愿者参加ABC-高盛高华社区活动，到一所打工子弟学校跟小学生一起做手工活动和粉刷教室；

2011年7月4-8日：与美国大学生志愿者团队进行一对一英语口语练习；

2011年7月9日：参加第二次ABC-高盛高华活动，参观北京科技馆，学生与志愿者一起进行有奖问答活动。ABC学生积极踊跃。此次活动不仅拓宽他们的眼界、更重要的是他们认识到团队合作的重要性；

2011年8月13日：爱心人士资助ABC学生在天地剧场观看精彩的杂技表演；

2011年8月28日：参加ABC Talent项目志愿者培训活动；

2011年9月17日：第一次参加为期八周的志愿者活动，ABC学生分别到两所打工子弟学校教篮球课程；

2011年10月8日：ABC提供职业规划培训和辅导，辅助学生完成简历写作和根据每一个学生的实际情况制定个人发展计划；

2011年11月25日：参加NBA关怀行动——职业见习日。15名NBA志愿者为ABC学生提供岗位职责和项目活动策划培训，ABC学生深受NBA员工敬业精神和工作激情感染，从此次活动中，他们受益匪浅。

2011年11月26日：2011年ABC Talent秋季项目正式结束，ABC 12名学生作为志愿者协助四所打工子弟学校女子篮球联赛活动。

2011年12月2日：参加第二次NBA关怀行动活动，NBA志愿者提供简历写作、面试练习和面试准备培训。

2011年12月5日：ABC为12名学生志愿者举办感谢宴会，感谢他们坚守承诺，坚持八周到打工子弟学校做志愿者。

2011年12月24日：ABC为所有员工和学生准备一个温馨和美好的圣诞节。

ABC Events in 2011

February 28, 2011: ABC's graduation party for 2010 students. David and Jenny Fu each won an ABC scholarship.

March 14, 2011: ABC 2011 students arrive in Beijing.

March 21, 2011: Students start their training. Classes include English, Chinese writing, Business skills, Mandarin, Computer skills and Life skills training.

March 26, 2011: ABC provides a warm welcome party for new students. Each student wrote down and shared their goals for the year.

May 22 -23, 2011: ABC students receive computer and presentation skills training from a volunteer team visiting from Virginia.

June 25, 2011: ABC students work with Goldman Sachs volunteers during the Community Teamwork event to teach migrant students art and painting skills.

July 7-8, 2011: College students from America provide 1-on-1 conversation practice for students.

July 9, 2011: ABC staff join Goldman Sachs volunteers in the second Community Team Wrok event this year. The team visited the Science Museum with ABC Dream Program orphans. The students were asked to complete competitive team work tasks during the day.

August 13, 2011: ABC Dream Program students watch a wonderful Acrobatic Show sponsored by a donor from Goldman Sachs.

August 27, 2011: Students participate in ABC's Talent Program Volunteer training.

September 17, 2011: ABC Dream Program students volunteer for the first time at two migrant schools to teach the children basketball.

October 8, 2011: ABC provides career planning training and service for students. Each student learns how to write their resume and personal development plan.

November 25, 2011: ABC Dream Program students participate in Job shadowing day in NBA's office. 15 volunteers from NBA provided events planning and job roles training for ABC students. They were excited to have this opportunity. The volunteer's passion and responsibility greatly influenced the students.

December 2, 2011: Dream Program students participate in the second NBA cares event. ABC students were provided practical resume writing training and tasked with preparing for and conducting a mock interview with NBA staff.

December 5, 2011: ABC prepares a warm appreciation meeting for 12 students for their commitment to volunteer for the Talent program. ABC students volunteered for eight weeks to help the migrant children.

December 24, 2011: All ABC staff and students have a warm and wonderful Christmas Day together.



ABC梦想项目培训目标

Pathways to Independence 成长之路

课程学习
Academic
Training

核心技能
Life Skills

实践活动
Applied
Learning

职业规划
Career
Development

责任，人际关系，团队合作，领导力
Building Responsibility, Social Skills, Teamwork, Leadership

ABC梦想项目培训内容

课程学习 Academic Training

English Language
英语
Chinese Literature
语文和普通话
Business Skills
商务技能
Youth Development
青少年心理健康教育
Computer Skills
计算机技能

核心技能培训 Life Skills Training

Teamwork
团队合作
Communication
沟通技能
Leadership
领导力
Social Skills
社交技能
Problem-Solving
解决问题能力
Productivity
个人效能
Character Building
品格塑造
Food Management
饮食安排
Money Management
财务管理
Time Management
时间管理

实践活动 Applied Learning

Volunteer for Talent
program
志愿者活动
Field Trips
参观和浏览活动
Dream + Program
梦想+活动
Project Planning
项目策划

职业发展 Career Development

Resume Writing
简历写作
Job Shadowing
职业见习
Mock Interviewing
模拟面试
Job Searching Skills
寻找工作技能
Personal Development
Planning
个人发展计划
Transition Planning
过渡辅导
Post-Program Support
跟踪支持



我们的班级

By Jim

那时，我有了一个新的班级，人不多，十二人，我们之间有很多都来自一个地方，彼此都很熟悉，只有几个不认识的，我们的班级很快乐。

我们之间相处还很融洽，我们一起学习，就在这个班级，我们不乏快乐，我们班有能说会唱的，而且还有会讲笑话的，每当我们下课时，大家凑在一起聊天，总会有那么多的事情可聊，我们谈论着自己的理想，我们讨论着什么时候去那地方玩，我们谈论着这个题怎么做。

每当我走进这个班级，只要里面有人先到，里面就会哈哈大笑，我也义不容辞的加入这个团队，我们过着有朋友的生活，我们能学到很多知识，我们身边有那么多爱我们的人，他们很关心我们，我们都是朋友。虽然我们有时会犯下一些错误，而且还有冲突，因为我们来自不同地方，有不一样的文化和成长环境。这些冲突并不可怕，因为冲突让我们更加学会忍耐和尊重，而且我相信我会慢慢改正，这就是我的成长。在这里，每个人肯定会有很多跌跌撞撞，因为这是一个与我们过去生活完全不一样的环境，我接受这些挑战，而且我的朋友们会帮助我不断成长。

我有一个很特别的班级，这是我莫大的幸福。就算以后偶然想到这段经历，它还会带给我很大的鼓励。

Our Class

At that time, I got new classmates. There are 12 of us in the class, many of whom are from the same city. We know each other well except for few of us that we didn't know. We have a happy class here.

We get along well with each other and study together. This very class is filled with joy. We have someone who is good at singing, someone who is good at telling a joke. Every time after class, we get together to chat, and we can never get enough. We talk about our ideas, about where should we go for a trip, about how to handle the problem.

Every time when I walk into the class, there must be some laughter, I'm so willing to join in. We live as friends and learn a lot. We have many others who love us and care for us, they are all my friends. Even though sometimes we make some mistakes or some conflicts happened between us because of the different back grounds we came from, we were not afraid of these disagreements. They make us learn to be tolerant and respectful to others. I believe I'll keep correcting myself, which is the way I grow up. Right here, everyone goes through ups and downs, for it is a living environment that entirely differs from the one we used to live. I accepted these challenges. Meanwhile, all my friends will help me on my way to grow up.

I'm from a special class that gives me tremendous happiness. If in the future, my memory flashes back to these days, it will bring me inspiration.



按自己的方式度过人生。
Live your life according to your own way. —Drew



生命本身就是一场旅行，让我们把ABC的幸福之旅存入我们的心里吧。
The journey is life itself. Let us put ABC's happy trip in our heart. —Wendy



有些事情即使坚持你也做不到，要学会“舍”与“得”。
There are some things that you just can't do, but you must learn how to give and to receive. —Jim



在生活中有一些东西是我们无法改变的，无论是贫穷还是富贵，都会有一些事情让我们不知何去何从，不如我们抛下一切不好的习惯和自卑，让快乐的力量带我们去寻找自己的梦想吧。

In life there are some things we cannot change, no matter if we are rich or poor. There will be some times when it is not our decision on what path to follow, but let us throw away all the bad habits and pettiness. Let the power of happiness take us in search of our dreams. — Jenny



如果先别大家在一起的日子，真心希望我们带走些什么，带走我们的收获；带走每个人的祝福；只留下你的脚印和快乐吧。

If we don't get everyone together someday, I really hope we take with us this bountiful harvest and everyone's blessings. Just leave your footprint and be happy. —Susan



带走的是无限的快乐，留下的是美丽的回忆。

I take with me infinite happiness, and leave with beautiful memories. —Jasmine



我们无法改变这个世界，我们只能改变自己。
We cannot change the world, we can only change ourselves. —Luey



生命注定是要奋斗，征途中必须有血汗，不是天注定，而是自己定。三分注定，七分要打拼，所以我们力争上游，信心、自信、勇气。

Life will present struggles. These struggles will produce sweat and blood. These struggles are not predestined, but produced by myself. We must strive to move upstream, with confidence and courage. —John



懂得道理很重要，实际运用也重要，两者相结合，能做得更好。

To know the truth is very important. Practical application is also important. In combination, they are even better. — William



没有伞的孩子，必须努力奔跑。
Children without umbrellas must diligently run. —Stephanie



用心的人是有福的。
Blessed is the man who lives by his heart. —Martin



送给 ABC 的同学们，我们相聚一起不容易，这也是一种缘分吧！我们以后不管到何处，我们永远是好朋友，有福同享，有难同当。

To ABC's students, it has not been easy for us, but we sure have been lucky! Later no matter where you are, we are always good friends. Friendship multiplies joys and divides grief. —Lynn



About
Drew

蔡旭阳

Hello, everybody! My English name is Drew. My Chinese name is Cai Xu Yang. I'm 17 years old. My hometown is in Henan, but I live in Beijing now. I'm a student, and I study English, life skills, Putonghua, Chinese history, business skills and computer skills at ABC. In my free time I like to read history books, watch movies, and listen to music. I don't like cooking but I like to eat good food. I also like to travel. My favorite countries are France and Canada. I think France and Canada are very beautiful. I want to go to France and Canada to travel. I want to be a journalist. I think travel can help a person gain knowledge.

“小小”志愿者

这是我们为期三个月的志愿者活动，从9月到11月，每周六清晨六点起来，坐车到很远的一所打工子弟学校——希望之星学校，我们教学生打篮球。以前在每年暑假期间，也会有志愿者来到我们园里跟我们一起做活动，现在我们当志愿者教小学生打篮球，我们从中体验到了做志愿者的辛苦，更重要的是我们体验到付出所带来的成果，所以即使很辛苦，我们信守承诺坚持到了最后一天。

一次摄影课堂

今天我们请到了一位张老师来讲课，向我们介绍她工作的情况。她边给我们看照片边讲摄影的知识，大家都听得津津有味，等看完所有的照片后，心中突然升起一股冲动，具体也不知道表达，自己也好想转一圈，看看大自然的神奇，同时也让我觉得当个旅行家挺好的，背着一个包到处去旅游，去看各地的风景，有机会的话，一定要趁着年轻到处去看看，说不定以后等老了就该后悔了，到12点半才把所有的照片看完，好像都忘记该吃饭了似的。

今天的收获真大，而且我也想去学习摄影，因为我很喜欢摄影，我觉得做自己喜欢的事情很幸福。

My Volunteer Opportunities

This is about my volunteer opportunity for 3 months from September to November. We had to get up early at 6am every Saturday, and we took the bus for more than 2 hours to a migrant school called Xiwang Zhixing. Our role was to teach young girls to play basketball. Before, during the summer holiday, there were a lot of volunteers that came to my Sunshine family to play with us. Now, we also work as volunteers to teach younger students. I now understand the volunteers' exhausting efforts. Most importantly, I also experienced their happiness from witnessing the outcomes, so even though we were tired, we committed and worked to the last day.

A Photography Class

Today there was a new teacher that came to our class and she will teach us photography. First, she introduced her working experience to us. At this time she shared a lot of wonderful pictures with us and shared with us her photography knowledge. It is so interesting, so we were engaged in her talk. After watching all the pictures, a deep motivation came up from my mind, I don't know how to describe it clearly, I just want to go out and travel around the whole country, to see the magic of nature. I want to be a traveler, so that I can put a bag on my back and see all the good scenes. I feel this way because I believe we should see these sights when we are young, so that I will not feel regret when I become older. At 12 o'clock we completed viewing all the pictures, and it seemed that we had forgotten our hungry stomachs.

Today I gained a lot, and I want to study photography in the future, because I like it and feel happy if I can do the things that I love.



我很喜欢摄影，
我觉得做自己喜欢的事情很幸福。

About
Susan

何纯洁

Hello, everybody! Good to see you! I'm Susan. My Chinese name is He Chun Jie. My hometown is in Henan Province, but I live in Beijing now. I'm 20 years old, and I'm a student. I also study in ABC. I study English, Chinese history, business etiquette, life skills, and Putonghua and computer skills class, all of them! I have so many teachers, they are very nice. They told us how to study English well, and they told us how to find a good job. All the teachers are very loving and caring with us. I also love them and thank them. I studied so many things in ABC, so I had a good year. I like to listen to music and read books in my free time. They are my hobbies. Listening to music can make me adjust my mood, also I can relax. Reading lets my knowledge become richer, as I learn more things. Sometimes I like to watch movies, and I will tell friends about good movies. Then we can talk about them together. America and Canada are my favorite countries. I want to go someday. I know they are very beautiful. They are my dream places. I want to be a travel agent because I like to be with a group of people to travel. It's important to me, and I will spare no efforts in doing these things!

读后感——

《高效能人士的七个习惯》

这本书是我们一家人一起学习的书，每周都会学习一个习惯。这是一本很值得学习的书。我会把我看的书推荐给我的家人和朋友，这样就可以共同学习到好的东西。

这里面没有一句废话，全都是精辟而实际的语言，用一些实事的例子在讲述人生中重要的七个习惯。

“人各有志，各有优先要务。必要时，应该不卑不亢的拒绝别人，在紧迫与重要之间，知道取舍。”——这是我们经常会面对的问题，在这其中做出选择，我自己就做得不够好。每当看到这本书中的话语，都让我自己思考一些东西，关于我的个人生活或其他。在选择的时候，应该好好思量，如何恰如其分的决定，该拒绝的要拒绝，以免给自己也给别人带来困扰和麻烦。

“只要把握原则，任何调整都心安理得。”——当读到这句话的时候，我停留了很久，要想成为一个有原则的人多么难啊。一个人拥有而又把握自己的原则时，任何的改变和调动都是从容不迫的。因为他们拥有了淡定的资本。在生活中有变动和无法预知的事会出现很多，我要学会有自己的原则，这样才能更快地适应环境的变化。

“挫折多来自有所期盼，而这期盼反映的是社会价值观，不是个人的价值观。”——这些期盼是每个人都会有的也是不可避免的，因为我们总是在期待着好的后果发生，然而在这过程中我们很多人都会存有侥幸心理，可是世事无常，预知和期盼的并不是绝对的。接受那些不能预知的。

Sharing a Book with You

(The Seven Habits of Highly Effective People)

This is the book we read together every week at home, it is a valuable book, I am willing to share it with my friends and family members, so that we can learn the good lessons together.

There is not a wasted sentence in the book, all words apply to our purpose for reading, and it uses examples to illustrate the 7 habits and how they can be used in our lives.

“Each person has his or her own goals in life, and everybody has different priorities. If necessary, we need to refuse others confidently, we also need to know to make choices in urgent moments.” We often were thrown into these situations, and have to choose one solution. I need to improve my ability to choose. Whenever I read this book, it led me to think about something, whether I thought about my life or others’. When we make a choice, we need to think, analyze, and balance different sides to make a proper decision. Also, we need to reject the things that should be refused to avoid additional troubles.

“As long as you abide by the truth and rules, you will feel peace whenever changes or adjustments happen.” I stopped for a while when I read this sentence, because I found it is so hard to become a principled person when we are also busy seeking our other goals. A person who has and uses his or her principles properly, he or she will not feel fear. Neither will they feel ruffled when changes happened because they will have inner calm. So in our lives, changes and urgent things always happen – anytime, anyplace – and I need to develop my own rules so that I can adjust myself to the changing environment.

Most time our frustration is from our hopes, and these hopes are reflecting the social values, not our personal values.”—— It is not wrong for people to have their hopes, and people tend to look forward to good things that happen, so we are seeking opportunities. However, we cannot control the world. Hope and expectations are not absolute; we need to accept the unanticipated things.

在NBA 的培训

这是一次很有意义的培训，虽然只有两个下午，但是我们的收获很大，我们学会了面试，学会了写简历，学会了如何在工作中和生活中与人交往，看到了富有激情和敬业的工作氛围，了解了企业团队合作的重要性。导师们都很耐心认真地为我们讲解，以后我们也都走向社会，这些技能都很实际，涉及到生活和工作中的每一个细节。

还记得老师教我们以下内容：

1. 要懂得尊重身边的人，无论在生活中还是工作中都要尊重别人，每个人都是平等的，尊重别人就是在尊重自己；

2. 对自己的本职工作负责，选择了一份工作同样也选择了一份责任；

3. 不怕辛苦，没有什么工作是不辛苦的，天上永远不会掉馅饼；

4. 学会合理安排自己的时间，工作中会有很多事要做，再加上自己的生活，如果不合理安排时间，生活和工作肯定会一团糟；

5. 要有良好的心态，不要抱怨，抱怨不会解决问题，学会冷静、认真地处理问题。

这样的机会对我们来说很重要。NBA充满了激情和关爱，每个工作人员都很敬业、有条理和激情，每次老师为我们精心准备很多内容。与他们接触期间让我重新发现了自己一些兴趣，所以我觉得自己要学的东西还很多。谢谢ABC和NBA为我们安排这样的机会，让我们成长的道路上印下了NBA的脚印。

老师，您辛苦了！

Training in NBA

This is a meaningful training for us, though it only was two afternoons, because we learned a lot. For example, we gained interview skills, learned to write a resume, and how to build relationships with others in the work setting. We witnessed a passionate and professional working environment, so we also saw the importance of teamwork. Mentors patiently explained their ideas to us. These skills are useful for us when we go out into society, and it makes sense for our lives as well as our jobs.

Here I shared what I learned with you:

1. Respect the people around you, whenever at home or at the office you need to respect others. Every person is equal, to respect others is to respect yourself.

2. Be responsible for your job, to take on a job means to accept responsibility.

3. Don't fear exhaustion, no job is easy - but life is not a free ride.

4. Try to manage your time, there are a lot of things to do for a job. Adding in other things in your life, you have a lot of things to do. Without the proper arrangements, all of these will be in trouble.

5. Have a good attitude and a good mood, don't complain. Complaints can't solve the problem. Be calm to carefully solve the problem.

This opportunity is important for us. NBA is filled with passion and care; every staff is professional and organized for their job, every time my mentor carefully prepared a lot of contents for us. I found my other interest when stayed with them, and I also found I need to learn a lot of things. I really appreciate ABC and NBA for providing this opportunity for us, in my life, NBA has made an imprint on me, and has helped me grow up.

Teachers, thank you!

我的成长感受

在北京的这一年，是我一次不平凡的成长。现在还在庆幸当初自己的选择，每个人有不同的选择，但是每一次的选择都会有不一样的后果，然而我对这个后果相当满意。从旅程的开始到旅程的结束，我依然怀着感恩的心。

刚来时的懵懂到现在的明确目标，这其中老师对我的帮助很大。一次次的引导，一次次的教导，带领我们不断成长。

每次翻开自己的日记，都忍不住感慨，记录了那么多的经历。不知不觉中我变得更加自信，学会了独立思考，学会了好好的为自己选择，学会了用积极的态度面对困难，学会了很多很多……

不得不说，时间长了翅膀，留下我在这里细细品味着它带给我的点点滴滴。我知道我要做一条活着的鱼，不能做随波逐流的不木。面对我这一年的回忆，我依旧回头，露出满足的眼光，看一看我曾经享受到的幸福。也许美好的将来也会为我保留一份安慰和喜悦，是的，我期待并准备着。

感谢这一年见证我成长的人，让我不低头更勇敢的走在人生道路上。这就是我的生活，我觉得生命是个值得活的东西。

My Feeling of Improvement

During this one-year in Beijing I have had a marvelous experience. Even now I feel excited about my choice. Anyone has their own choices to make, but each choice has a different result. For me, I am satisfied with my choice to come to ABC. From the beginning to now, I continue to have a thankful heart for all the people involved there.

From the beginning, I didn't know anything. Now I can make clear plan for my goals. My teachers are responsible for my improvement that happened with their help and constant guidance. We improve from their non-stop assistance.

Every time when I open my daily journal, I feel excited about writing down so many experiences. Gradually I become more and more confident: I know how to think independently; I know I need to think careful about each of my choices; and, I know I need to use a positive attitude to face difficulties and problems. I learned a lot...

I need to mention, people grow wings when they stay somewhere for a long time, and they need to leave. However, what we leave with is the experience we obtained while here. It is not the time for me to look back. I don't want to be a person unwilling to change. From my experience in ABC, I feel satisfied because I experienced happiness here. Maybe a good future will provide me with comfort and happiness. Yeah, I am looking forward to it.

Thanks to all the people who witnessed my improvement here. You make me pick up my head in life. Yeah, this is my life, and living life is valuable.

Hello, everybody! My name is Martin. I am 19 years old. I'm from beautiful Yunnan. Yunnan is very beautiful, so it is a unique place to tour! I live in Beijing, and I go to class at the ABC school in Beijing now. I study English and Chinese, and computer skills. I like to study them, but I do not study so good, so I can only do them a little. But, I feel ABC school is a very good school because this school has many good teachers. I have two dream jobs, they are a restaurant waiter and a teacher who loves and encourages others. They are my favorite type of work to do. And, they can make a very good life. In my free time I like to play basketball and roam during the weekends. I like to read famous books in English and Chinese every day. I want to go to America and Italy. Because I like to travel, America and Italy are where I want to go. I taught children how to play basketball in Pengying School. I like to volunteer; I like Pengying School and all children because they make me happy.



我眼中的 ABC

我来北京参加ABC的梦想项目，我们的主要课程有：英语（听说读写）、普通话、语文作文写作、Youth Life Education课程培训、计算机技能培训（Word, Excel, PPT和编程）、商务技能和礼仪、团队合作、沟通能力、解决问题和自我管理能力等。

ABC的老师們都是很棒，很优秀，他们没有放弃，只有坚持、努力和付出。这些都是非常值得我们学习的。

ABC的学生们，每个人都带有自己的色彩，我们有过各样的碰撞和冲突，这些冲突不是什么很大的问题，关键的问题是：“不改变就是大问题。”很幸运的是“我们都是知错就改的学生！”呵呵！正是因为经历了这些，每个人都改变了很多，都长进了很多，所以，我们愉快的毕业了。

在北京的这一年时间里，我真的收获很多，更加坚固了自己的信心和选择。在北京的这一年，可以说是改变了我的一生，不管我以后的生活是怎么样，过得好还是差，都不是什么大问题，因为我有能够面对生活的信心和勇气。

ABC in My Eyes

I came to Beijing to join the ABC Dream Program. Our main courses include: English, Chinese (speaking and writing), youth life education, computer skills training (Word, Excel, PPT and Programming), and business skills training (etiquette, team work, communication, problem-solving, self-management etc.)

ABC provides good teachers for us, they never give up, and they continue to hold on and try their best and make a lot of efforts for us. They make good examples for us.

ABC has different kind of students, everyone has his or her own colors, and we experience different kinds of conflicts when we stay together. In fact, conflict is normal because we came from different backgrounds, so the most important problem is not the conflict, but the key problem is “refusing to change yourself.” Fortunately, we are the type of students who “know to change when making mistakes.” Hehe! We all improved and learned a lot just because we experienced these conflicts and tried to change ourselves. Now we are happy to graduate from ABC.

During the year that I lived in Beijing and studied at ABC, I gained a lot. The most important thing is that I strengthened my confidence and the quality of my choices. It can be said that ABC has changed my life. In the future, whatever problems I meet, whether my life is good or not good, these things are not actually bad for me because here I gained the confidence and courage to go through life.

新家里的生活

我在北京有了一个短暂的新家，因为来北京上学，这两个新家对我们刚来到北京的学生都有一种陌生的感觉。

首先，在新家里，我们主要学习：“做饭做菜；打扫卫生；建立关系，与人沟通，团结、互相帮助；在家里或外面的礼貌用语；理财；写日记等等……”

我们每个人都是从最基础的开始学习，就像小娃娃学走路一样的，一步一步的走。我们从不懂到懂，从不熟悉菜名到熟悉菜名，从不会做饭菜到会做饭菜等等……

在这说短也短，说长也长，我学到的不仅仅是这些，更多的是怎样和家人沟通，互帮互助，互相理解，这些对我们的成长和将来建立新家庭至关重要。

在北京（ABC）家里生活的一年里，我所体会到的和所亲自感受到的是爱，以及了解了真正的家庭应该是怎么样——什么是家？有爱的家才是真正的家。

祝愿在我们之后来ABC学校的朋友们，每天都能够天天享受互相关爱的家。



Life in My New Home

I have a temporary new home in Beijing because I will study here, and we all feel it is unfamiliar.

First, in the new home we need to study how to cook. We must “cook dishes and rice, clean the room, set up the relationships with others, try to communicate with others, use teamwork to help each other, practice social skills at and away from home, practice money management, write daily journal, etc.”

For us, we need to start from the basic levels. It looks like a child starting to walk, step by step, from knowing nothing to knowing how to do. We started out having no idea about kitchen appliances and food. We didn't know them well, or how to cook. We had to get familiar with the cooking appliances and basic cooking skills.

It can be said that no matter how long my life in Beijing lasts, the most important thing is to learn how to set up relationships with others. At home we not only learned how to cook, we learned how to understand and respect each other, and help each other. These are key skills for us to set up a family for ourselves in the future.

At the ABC home, I feel deeply about one truth thing: love. I know what a real family is. To be without love is to be without a real family.

I hope all the friends or students who come to ABC in the future also can experience and share the love.

在打工子弟学校做志愿者

在ABC的安排下，我们有机会去参加打工子弟学校（鹏鹰学校）做志愿者，一共分为两次，第一次是刷墙，另外一次是9周的篮球志愿者活动。

在篮球比赛和刷墙志愿者活中，我感觉到我不是在教别人，而是大家一起学习，一起努力，这就是我们的“团队合作”。这种体验真的很不错，学到了很多在别的地方学不到的东西。比如，如何协助其他志愿者粉刷墙面，如何帮助小朋友用正确的方式粉刷墙面，这是我最大的收获！

在周六志愿者活动中，我们的职责是教4—6年级女学生打篮球，我作为他们的老师，需要教他们如何打篮球，还要管理课堂，我真正明白了当老师不容易，尤其是小学老师不容易。虽然我们很辛苦，但是能收获欢快的心情，因为是自己亲身体验的，用心去做好该做好的事，所以每天都有愉快的心情。

Volunteer at Migrant School

At ABC, we have the opportunity to work as a volunteer for a migrant school called Pengying. I experienced two different volunteer opportunities. The first job was to paint walls, and the second job was to coach during the 9 week basketball program.

During the painting project, I felt that I was not teaching the young students, but we were learning from each other. We worked together, this was our “teamwork”. It was a wonderful experience. We learned some skills that you cannot get from class. For example, we learned how to assist other volunteers in painting wall and how to teach younger students to use tools correctly to paint. During this time I learned a lot.

Another volunteer opportunity was to teach the younger girl students (from Grade 4 to 6) basketball. I was their teacher and I taught them how to play basketball, in addition to managing the class. It is a tough job. Now I understand that being a teacher is not an easy job, especial being a primary school teacher. Even though we were tired, I gained happiness, because I can help others with my actions - and the people improved.

Hello, everybody! My name is Lucy. I am 16 years old. I am from Henan Province. I'm studying English, life skills, and Chinese at ABC. I learned how to write a resume and how to care for others. My favorite subject is English. However, I do not like math. In my free time I like to watch movies, go shopping, and listen to music. I also enjoy volunteering. I like freedom in life, and I like cooking. My favorite foods are western foods. Someday I want to be a teacher because I like children very much. They're my favorite thing. I also like traveling very much. I really want to go to America and Hong Kong. In the future, I will study English every day. Next year I will find a job in Beijing. ABC helped me to speak English, but also how to talk about things with each other. This is how ABC helped me for future jobs. Then I will study more in Beijing because I like this city.

NBA 培训

在NBA的培训是很有意义的一节课，我学到了很多知识，例如，如何写简历、面试的技巧、如何发现自己的才能等等知识。虽然只是短短的两天，我们却收获很多。在去NBA之前，我对未来工作的计划很懵懂，也不知道自己的优势是什么，但在NBA老师的细心引导下，我更加了解自己，尤其是我的优点和不足。

另外，看到NBA那么热闹和富有激情的工作氛围，让我对工作不再那么胆怯，看到员工之间默契的合作关系，我心里也暗暗给自己树立这样的员工合作关系目标。

总之，这次培训机会对我而言是很有价值的，我从中学到很实用的技能，这些对我的发展和进入社会工作很重要，因为以前我对外面社会的工作不知道是怎样的。所以我很感谢ABC给我这个机会，它深深地印在我成长的册子上，我也很感谢NBA的老师在忙碌的工作中还抽时间来培训和引导我们，他们帮助我减少了进入社会碰壁的次数。到如今，那些知识还深深印在我的脑海里。

NBA Job Shadowing

The training at NBA is very meaningful and I learned a lot. For example, I learned how to write resumes, interview skills, and how to find my own talent. Even though it was only two days, I benefited a lot. There are many future considerations about work that I didn't understand before I went to NBA. I also didn't know what my talent was. Under the careful guidance of the teacher, I came to understand a lot of my strengths and weaknesses. Being a part of the warm working atmosphere decreased my timidity to do my work. Seeing their natural cooperation among the staff made me know that I can do better.

The training opportunity is very important for me. Although the lessons are very practical, it is very valuable for me because I have no idea about that previously. I am very thankful to the chance that ABC gave. This experience has left a deep impression on me. I am also thankful to the NBA teachers in that they took their time to train and guide us. Their help will help us reduce the number of challenges we will face in transitioning into society.

Up to now the knowledge is still deep in my mind.





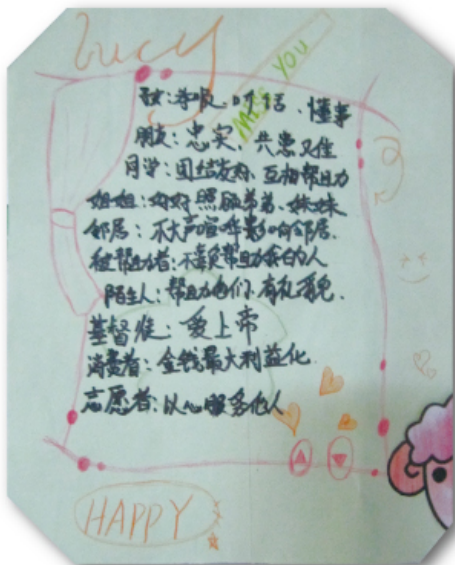
成长的脚印

在ABC学习的这一年，它深深地印在我成长册上；我比以前变得更懂事了，更了解自己，我爱上了英语，我也知道了怎样与不同的人相处……

我从一个不爱思考的小孩子变成一个有很丰富思想的小大人，我从一个没有目标的人变成了有明确目标的人。每次写总结都有很多的感想，每当思想自己的得着，自己做的每一个决心时，我都觉得很幸福。

这一年是我突破、收获和进步最多的一年，很感谢自己能有这个学习的机会，最关键的是老师们在这一年给我们提供品格的塑造。

谢谢老师们对我的教导和关心，您们辛苦啦！



Footprints of Growth

My footprints along the ABC learning pathway are deeply imprinted in my little journal. I have become wiser. I fell in love with English, and I know how to get along with different people.

From a child who didn't love thinking, I have grown up into a little adult with rich thoughts. From a person who didn't have a goal, I became someone with clear objectives. I make greater and greater progress every time I write an entry. Every day I think about my gains and losses, and my determination. I feel happy.

This year I made the biggest breakthrough. I had a good harvest and make the greatest progress. I am very grateful that I have this opportunity to study, including teachers who corrected me a lot in building my character.

I thank my teachers for their guidance and care. I couldn't thank you more!



Hello, everybody! My name is Jasmine. I'm 17 years old and I come from Henan Province. I like to read a lot. I can gain much knowledge from books, so I frequent the library. We go to school in Beijing to study. English is my favorite subject and I like talking to people from different countries, but sometimes I'm very shy. Watching movies is my hobby, especially foreign films. I usually study English from the movies, and that's a good way to learn English. I like languages, but my favorite thing is cooking. I don't know why. I don't know very much about cooking. It's just my favorite! So I have a dream to become a good western chef. I like the vocation, it's so cool! I think about the job sometimes. I browse some information on the internet, so that when I finish school I will find a job. Someday I want to go to Hainan, China where there is a beautiful seascape. Other than Hainan, I also want to go to Switzerland because I like watches, but they are expensive. I hope I can get one! In ABC we are learning English every day, so I can communicate with different countries. I think that if I study English it will help me achieve my future goals.

北京的学习生活

在北京都快一年了，其中最值得与大家分享的是我在北京的学习生活。学习英语是我最大的乐趣，即使每天在学校用不太熟练的英语与老师对话，对我来说也是一种难得的机会，在这个不大的教室里每天都充满着欢声笑语，教室里的每一个角落都留有我们的学习记号。

其实我们的学习生活很是丰富多彩，在博物馆看展览也能获得很多知识，通过这样的机会让第一次看到那么大的复制版恐龙化石，但之后得用PPT演讲的方式给老师一个反馈。

不管是怎样的学习方式，从中都能获得许多乐趣，这对我来说是很宝贵的机会。

My Study Life in Beijing

I have been here for almost one year. The most valuable thing to share with you is my daily life and learning in Beijing. Learning English is my greatest pleasure, even if I'm just talking with teachers in not-fluent English at school every day. For me it is a rare opportunity. There is laughter filled in this small classroom every day, with our learning signs in every corner of the classroom.

In fact, our learning and life is colorful. For example, we gained a lot of knowledge when viewing an exhibit at the museum. Experiencing this exhibit, for the first time I saw so many model dinosaur fossils. I had to give teachers a feedback report using a power point presentation.

No matter the learning situation, it is valuable for me to have a lot of fun while learning.



在 NBA 的大丰收

当我听说要去NBA这一消息便很兴奋，因为马上就要见到篮球明星了。可当我们一来到了NBA后发现并不是这样的，它只是一个公司，并且员工工作有激情而专业。当天在我们的导师的带领下我学会了怎样做策划，尽管在学校老师也布置过类似的作业，但这次我所学的是更深一层的内容。导师一步一步的讲我们认真地听，慢慢的我们就做出了属于自己的作品“NBA中国赛的策划”，这让我油然而生一种成就感，很感谢ABC给我们这次学习的机会而且我确实也学到了很多。

下面是我分享我在NBA学到的知识：

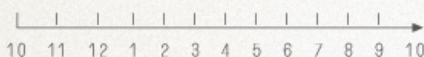
课题：策划NBA中国赛

一、NBA中国赛简介

二、赛前策划球场

1. 场馆
2. 资金
3. 媒体转播
4. 授权产品的设计和制作
5. 门票发行

三、时间轴



10—12：与球队和球场签资金合同

1—6：

- 1、签赞助商合同，媒体转播合同
- 2、中国赛logo

7—10：宣传

10月15日：北京五棵松体育馆

10月18日：郑州体育馆

四、具体执行

1)5W1H

- a. Who: Lakers vs. Wizards
- b. When: 10月份
- c. Where: 中国·北京 郑州
- d. What: NBA中国赛
- e. Why: 增强球迷对篮球的进一步了解
- f. How: 怎样执行?

2) 其他事项

- a. 晚宴
- b. 媒体沟通
- c. 球员住宿、餐饮
- d. 安全措施
- e. 对球员的细节安排

My Achievement at NBA

I was very excited to hear the news about going to NBA because I thought I would soon see a lot of basketball stars. However, this was not the case. We went to NBA because it is a company, and I was deeply moved by its staff's passion and professionalism. That day I learned how to do project planning. We were led by our mentor. While in school our teachers arranged similar work, but this time what I learned was deeper. Our teacher explained step by step and we listened carefully, and slowly we made our own project "NBA China Games Planning". This made me feel a sense of achievement, I was very grateful for the learning opportunity that ABC gave us and I did learn a lot.

I want to share the things I learned from NBA to you.

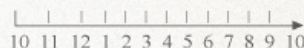
Subject: NBA CHINA GAMES PLANNING

I. Introduction of NBA China Games

II. Court Planning

1. Courts
2. Budget
3. Media Coverage
4. Empower the designing and making of NBA Products
5. Tickets issued

III. Timeline



10—12: Sign the contract with Basketball team and Court

Owner

1—6:

1. Sign sponsor and media coverage contracts
2. Make NBA China Game Logo

7—10: Promotion

Oct 15th: Beijing Wukesong Stadium

Oct 18th: Zhangzhou Stadium

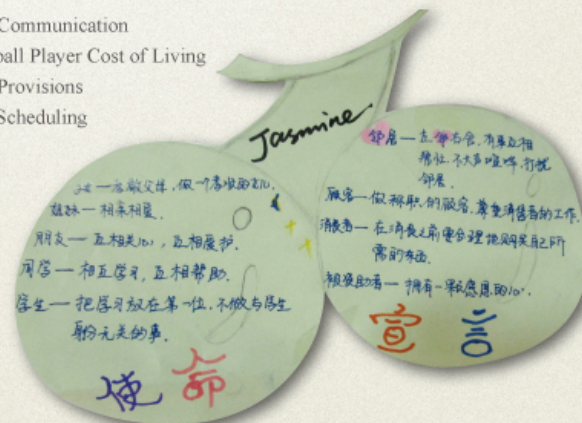
IV. Executive

1)5W1H

- a. Who: Lakers vs. Wizards
- b. When: in Oct
- c. Where: Zhengzhou, Beijing, China
- d. What: NBA China Games
- e. Why: Increase basketball fan knowledge
- f. How: How to implement?

2)Others

- a. Dinner
- b. Media Communication
- c. Basketball Player Cost of Living
- d. Safety Provisions
- e. Player Scheduling



Hello, everybody! Do you want to know who I am? Now I will introduce myself! I'm Jenny Shang. I'm 16 years old. I'm from Henan and I go to school in Beijing. My favorite subject is English but my hobbies are reading books and dance. I like the colors black and white. I think the colors are like my character. Sometimes I feel a little inferior, and I thought that I had no value in the world. But I am a very lucky girl to come to Beijing where I study English and Chinese. I also study Life Skills. I think studying English is very good. I have a dream. I want to be a teacher. I want to be happy very badly now, and I believe that nothing helps with success like confidence. When I'm really confident it attracts success like a magnet. I learned here that I think it's so important to believe in myself. The activities that taught me that I need to have confidence were to go to NBA to study. My teacher was very helpful to me, he said that he believed in me. I'm very happy to know this.

北戴河三日游

北戴河三日游，是我们家的一个集体活动，也是我第一次去海边，在游玩的几天里，我们向大海呼叫，我们向大海倾诉我们不好的，把过去的一切抛给大海，我又是一个全新的自我。无论是什么事在此时此刻，面对着大海一切都会成为浮云。在我们的成长当中何尝不是一道美丽的风景，无论我们身处何方，用大海来调节自己的心理，让自己的心变成一个大海，

用时间来释放每一次的失落与对自己的不满，只有这样我们的心灵才会更加的快乐。

Wonderful Trip to Beidaihe

In October we had a three-day trip to Beidaihe, as our family activity. This was my first time to go to the seashore! During these days, we yelled to the sea and shared our bad or good feeling with the vast sea. After going, I became a new person again. Wherever I am, going to the sea is a good way to change ourselves so that we have a heart like the broad sea.

We must take time to release our unpleasant emotions and self-dissatisfaction, only then can our lives develop healthfully. Then you will become happy.

我当小小志愿者

在志愿者活动当中，我们扮演不同的角色，我们所接触的人也有所不同。在活动中我们扮演的角色一直在变化，如老师、学生、朋友等。无论我们扮演什么角色，最重要的是我在小朋友身上学到了“坚强”。在活动中，我们曾多次的抱怨和生气，我们曾多次被小朋友的勇气而感动，我们曾因为累而去选择应付，但是我们依然坚持到底，因为她们的热情给了我们无数的力量，因为他们的笑脸，给了我们勇气让我勇往直前。当然也让我的性格有所改变，不再像以前那样的没有耐心，不再像以前那样的没有原则，不再像以前那样的感到自卑。

I am a Volunteer

During the volunteer activities, we all played different roles, and had different positions. As such our responsibilities are changed and we worked with different kinds of people. Sometimes we were a teacher, sometimes we were students alongside them, or friends with them. No matter what role we took, the most important thing I learned from this opportunity is that a young student's emotions are tough. During the period, I complained and was angry several times. Though, I always was moved by the student's courage. I also experienced the emotions with them because I was tired. In the end we persisted because of their passion and courage. Their smiling faces encouraged us to continue. Certainly my personality has changed a bit from this opportunity, because I needed to be patient with them. I also needed to establish discipline in the class, so I became more confident than before.

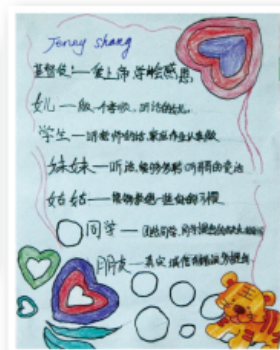
2011 我的成长

在这一年当中我的思想改变了很多，无论是在做事方面，还是思想方面，我有了很大提高。在这一年当中，有伤心、有难过、有堕落、有快乐、有感动、有幸福、最多的是进步。在家里有老师用爱呵护我们，在学校，我们有老师的陪伴与教导。在这里我们渡过了我们最丰富的一年，在这里有看电影时嘻嘻哈哈的笑声，有朋友在一起打闹的幸福声，有遇见事情没有做好的教导声，甚至有时还会有哭泣声，无论是什么声音，这些经历对我来说何尝不是最有意义的祝福。用声音来描绘自己经历，用音乐聆听自己的成长，用心写好每一个音符，用感受填写每一句歌词，这样的音乐何尝不是人一生中最动听的音乐。

My Improvements in 2011

In 2011, I have changed a lot, and the way I do things have changed. I improved a lot. During this year I experienced sadness, depravation, happiness, and was moved by joy. The greatest achievement was self-improvement itself. We have a teacher at home who loves us and takes care of us. In school we have teachers who teach and guide us. So I have a colorful life here. We had many laughs while watching movies and playing. While we also needed guidance when making mistakes. Sometimes we used voices that cried, but no matter what voices we were using, this has been a meaningful blessing to me in my life.

Using my voice to describe my experience, using discipline to plan my development, using my heart to live a good day, and using my feeling to write the lyrics, this is the best song of my life.



Hello, everybody! I'm John. I am 18 years old. I like to eat noodles and bananas and oranges. My hobbies are playing computer and drawing. My drawing is very good. My school's name is ABC, I am studying there. I want to travel to America and Paris. I want to be a waiter because I can learn and improve myself from serving others. In ABC learning English can help me in future career. I also learn money management (how to spend money) and time management. But I most like to play badminton. I study English in school, and take life skills classes. My English teacher is very good. I like running, I run every morning now. Running can test your will and your body, because I found running can let me exercise and teach me how to persevere.

难忘的生日

这是2011年的3月14日的一个晚上，也就是我们来的那一天。然而这一天给我的最感动的地方却是在晚上。因为让我意想不到的是在一个陌生的地方却有人知道我的生日。而且还是我后来的家庭生活管理员——马老师，这一晚上对我来说意义重大，很多人一起来庆祝我的生日。当大家唱生日快乐歌时，我的心一下子从惊奇转到感动，觉着这个生日太有意义了，回想以往我过生日时，通常是记阴历。但阴历没有阳历准，以往的生日反正我也不准备轰轰烈烈的过，因此也没邀请同学，只是“闭门自娱自乐”。当大家让我说几句话时，我那时却显得有一点胆小而害羞，一站起来脸就红了。但是在我叔、我哥和朋友们的期待下我说了几句……吃蛋糕时大家齐声向我祝贺。顿时，我的脸颊通红通红的。心里却把这一天记下了，默默地在心里说：“不许为感动而哭！”而我的上脸露出了笑容。



A Memorable Birthday

It was March 14th, 2011 and it was a night time. It was the first time I went to the home, and this day was the most moving moment for me because at the dinner that evening, to my astonishment, was a person who knew my birthday in that unfamiliar place. It was my foster home manager, Ms. Ma. This night it was a significant time for me. Many people came to celebrate my birthday, and when they sang songs for me, I went from being astonished to being moved, and I thought it was meaningful. Before I often had my birthday based on the Lunar Calendar, but it was never accurate. So I didn't

want to have a big birthday so I never invited classmates to my birthday before, I just entertained myself by myself.

When they asked me to say something, I felt shy and timid. My face turned red when I stood up. At last I said several sentences because my director and elder brother encouraged me, and they both gave me blessings while eating cake. At that moment my face turned red again.

Remembering this day I silently said to myself, "no crying!", so my face showed only a smile.

山上的启发

照片是我在十三陵登山时的照片，然而给我留下深刻印象的是这碑上写的内容：“好人一生平安，身心健康，积德行善……”，虽然这些字只是在告诫人们要做个好人，保护环境。但对于我而言，每当看到这张照片我就会想起了很多事物，记得这天登山前，我的病还没痊愈，当看着别人一步一步高兴的往上爬时，由于自己的病还在恢复阶段，爬起来显的比较吃力。但是那时我已经下定决心一定要爬上去，终于黄天不负有心人，爬了上去。站在高高的山上向下望，想想自己看看这些字令我有一种深深的回忆。在山上一切我都想明白了，自己现在要面对的是挑战。

My Enlightenment at the Peak of Mountain

The picture beside me showed that I was at the mountain of Ming Tomb. The contents written on the stone most moved me. It said, "A good person should have good fortune. They are mentally and physically healthy, and do good things..." It was a simple truth for leaders to be good people and protect the environment. I can remember a lot of things about that day when we climbed the mountain. Before we left home, I was sick and didn't recover well, so when I saw the others quickly and happily climb the mountain, I was tired and fell behind. I made a decision for myself: I should arrive at the peak of the mountain. So I tried and I achieved. Standing on the peak and looking down to the bottom of mountain, I felt a great sense of achievement. Therefore, whenever I see this picture and the words in the stone, I recall from within me a deep memory. I also figured out that I need to challenge myself in life.

“今非惜比”

为什么写这个题目，因为我觉得今年有太多留恋的地方了。在自己没来到北京之前，自己从来没想到自己的以后怎么办，而且还有很多坏习惯，虽然现在有些坏习惯还在慢慢的改正，虽然时间不多了，不过我想能改掉自己的不良习惯是对我有帮助的！

给我印象最深的是，我们第一次做志愿者时，那是一个早晨。由于时间问题，我上完厕所没有把马桶刷干净，而我这边已经到达目的地了，老师却再三催，让我回来……

从这件事中我知道了“负责”两个字的内涵，也就是从这件事中我知道有时候责任并不那么简单，有得必有一失，这一句话我至今仍在提醒自己。

Today is Not Yesterday Repeated

I wrote this article because I think I have done a lot of memorable things here this year. Before I came to Beijing, I never thought about what I will do in the future. I also adopted a lot of bad habits before. Even though now I am continuing to try my best to correct these bad habits, and time is limited, I still believe it is helpful if I change these bad habits.

The deepest experience for me is my first time to be a volunteer. It was early morning, and since we were in a rush I didn't flush the toilet cleanly before I left. And, when I finally arrived at the migrant school and started to work, my teacher demanded that I come back home several times. So I went back……

From this experience, I know the real meaning of "responsibility and accountability", and we often have to lose things when taking on other responsibilities. So far I still remember this punishment and its lesson.



读书中所悟到的

慢慢的这一年过去了，有谁能说自己是踏着一路的顺利过来的，一路阳光走过来的？又有谁能说自己以后不会遇到失败，我们都知道成功的背后往往布满了很多东西和事物！虽然现在我对有些事物还不是很了解，但是我会慢慢的积累积累积累！因为一时的受挫就轻易放弃，半途而废，到头来我想后悔的只有自己；因为害怕失败而丢掉前行的勇气、失去信心，就不会实现目标，正如我曾经听一首歌中所唱，阳光它总是在风雨之后……我相信命运掌握在自己手中。讲到这我想到了秦老师曾经说过我的一句话，“机会只有一次，关键看你怎样利用这一次机会了”。这一年经历的无论是挤地铁，还是回到家被老师看到不对的地方就立马指出来，虽然我当时心里不服气。但是有时想想还是自己有不对的地方。

2012来了，自己也即将面对新的挑战，我有信心挑战自己，因为我有一颗坚持的心。而如今我知道命运掌握在自己手中，关键是你怎样去应对了。记得书上有这样一句话，人生就像一盘棋，关键是看自己怎样下了。

What I Learned from the Book

Time goes so fast, and the final day at ABC is approaching. No one says all of them went smoothly the entire year, and no one thinks they won't encounter failure in the future. This is because we all know that behind success there are a lot of challenges and effort! Even though now I still don't understand a lot of things, I am gradually learning and learning! I think a moment's failure and frustration cannot stop me to continue to try. If I give up, I will feel regret myself. I also believe no one will achieve if he or she fears failure, which causes a loss of confidence and courage. As in a song I heard before, "sunshine always goes behind the rain." I believe my life is controlled by myself. When I wrote here, I remembered Ms. Qin taught us before: "Opportunity is rare, it is up to you how to use it." I agree. This year we squeezed into the subway, and sometimes were blamed when arriving home because we made mistakes, even though I was not angry while blamed, at last I could see when I really did something wrong.

The year 2012 is new, and I will meet other new challenges, but I have the confidence to change my life because I have an insistent heart. I know my life is controlled by myself, it is up to me. I remembered there is a sentence in a book, "life is just like chess, it is up to you to play it".

Hello, everybody! Do you know who I am? I know you don't know, so I will introduce myself. My name is Stephanie, I'm 18 years old. I'm from Henan Province. I'm studying English in ABC now. English is very funny, and sometimes is so hard, but I like to study English. My favorite activity is to volunteer. I think it is very good, and I learn a lot as a volunteer. I know that I have responsibility, so I know that I am no longer a child. I should bear responsibility. I also learned how to get along with different people. I am very grateful to the volunteer activities that let me grow up. My favorite hobby is reading history. I think it is very interesting. I also like to listen to music and watch movies, but I dislike Lady Gaga's music because her music is so crazy. So, I don't like it. I want to travel to France and Japan. France is beautiful and the oriental cherry is pretty good in Japan. So I want to go there. I have a dream to be a kindergarten teacher. I can bring happiness to children. I can play with the children. So, my dream job is to be a kindergarten teacher.



我也是志愿者

我接触过很多志愿者，但是从来没有做过志愿者，当我知道自己将要去做志愿者的时候，心中不仅充满了期待，还有一种畏惧感。充满期待，是因为我想尝试一下做志愿者是什么感觉；畏惧感，是因为我从来没有做过，我会怕自己做不好，担心会处理不好孩子们之间的问题；不知道自己该怎么和孩子们建立关系，这些都是我所担心的。

后来，当我真正的融入到孩子们里面的时候，我才发现自己之前的担心都是徒劳的，他们的善良、懂事和天真烂漫的笑脸，都让我很感动，之前的那些畏惧，就在这一刻荡然无存了。

和孩子在一起，与其说是在帮助那些孩子，不如说也是在帮助我们自己。因为只有在教孩子们的时候，我才会发现自己更多的不足，我才更清楚自己的责任，也让我更加坚定自己将要选择的职业——幼师。在这个期间，也让我学会了很多，成长了很多，让我知道，我不再是一个孩子，我应该承担起自我成长的责任，不应该再像一个孩子一样去依赖别人，应该学会独立，用自己的双手来创建自己的生活，那样的生活才是幸福，那样的生活才更有意义。

I am a Volunteer Too

I met a lot of volunteers before, but I never had done a volunteer's job before I came to ABC. I was looking forward to the opportunity when I knew I would work as the volunteer to teach young students, because I want to know what a volunteer will do. At the same time, I feel feared, because I never did it. I was worried that I cannot do it well, that I cannot handle student's conflicts and relationships. I also don't know how to set up relationship with young kids.

However, when I put myself to the class, I found my fears were unnecessary, because these students are kind people. They understand us, and they are young. I feel happy and my fears disappeared quickly.

In fact, for me, teaching these students is not to help them, but help myself, because I found that I have a lot of weaknesses when staying with them. I know I need to improve. I need to take these responsibilities, this voluntary opportunity to practice for my dream job; a kindergarten teacher. During this volunteer time, I learned a lot, and developed a lot. I knew I was not a kid any more, and that I need to be responsible for my improvement and development, and not to rely on others like a kid. Independence is important for me. I need to build my life with my own hands, so that I can gain happiness and so that my life will be meaningful.

那是一个特别的生日

那一天，是一个特别的日子，因为那个日子是我出生的日子，在这十八年生活里，每一次的生日都是平平淡淡，我记得小时候过生日时，一个鸡蛋就算是庆祝了，后来到了十一二岁，就会收到同学们的祝福，再后来就是十六七岁时，有朋友与自己一起庆祝生日。但也一样，平平淡淡。然而十八岁这年，在这个美好特别的花季年龄，有这样一群特别的家人，陪我一起度过这十八岁生日。

然而，在这一天，我和吴迎雨一起过的生日，因为我生日的第二天就是迎雨的生日。这还不是特别之处。特别的是老师为我们生日精心准备，让我们感受到原来还有那么一份爱包围着我们。老师的精心准备也让我们看到她对我们的生日是多么的重视，当我们一家人坐在一起时，看着老师那幸福和满足的面孔时，我也微笑了，一种发自内心的喜悦，似乎老师的那种幸福会传递给了每个人。

A Special Moment

That day, it was a special time for me, because it was my birthday. During my 18 years of life, every birthday was simple. I remembered when I was young I got an egg to celebrate my birthday. And when I had my 12th birthday, I gained blessing from my classmates. And when I had my 17th birthday, some friends stay with me to celebrate my birthday. In general, all these birthday celebrations were simple. However, my 18th birthday was different. I am in my flower age now. I have a special family, that stayed with me to celebrate my birthday.

On that day, the first special thing was that Lucy and me had the birthday party together. Her birthday is one day later than mine. The most special thing is that my teacher (Ms.Sun) carefully prepared the birthday for us. I felt a piece of love around us. I found she valued our birthday from her careful preparation. And when we sat together, I found my teacher was so happy with a smiling face. I also smiled. A piece of happiness came up from my heart. It looks like happiness can be transferred to others.

我们在NBA

那时我们在NBA，这又是一次特殊的经历，在这里我们获得很多的信息和知识，在这里我们的眼界更加的开阔。

第一次在NBA，我们的指导老师带领着我们学习工作之中最基本的常识。老师也给我们分享了他一天的工作计划，老师还告诉我们，在工作中无论多忙，都要抽出时间给自己做一个To Do List，这是很重要的，因为有了To Do List，自己的目标才会更加的清晰，这样才能很清晰的分辨出那些事是重要的。这样，自己的工作效率就会提高。工作的效率好了，自己自然就会更加的有信心做的更好。

第二次，我们再次来到NBA，老师教我们如何写自己的简历和在面试时要注意的问题以及提前要做的准备。老师讲的很详细，比如说在面试时我们要先了解自己面试的工作，了解工作的公司甚至是老板，这样在面试才能更加的有信心和把握，面试时，还有一个重要的要点，不要让面试官领着你的思路，而是你的思路要领着他们，只有这样，才能显示出自己的能力。老师教我们服装的搭配，在不同的工作场合要穿不同的服装，服装要根据自己的工作需要，要简单利落，这样让别人看起来才会更舒服。

老师教我们的知识，能让我们更加自信地来面对自己的工作，在找工作时，避免很多的错误。所以，我很珍惜这次机会。



At NBA

Another special experience was the ABC-Job shadowing in NBA. We learned a lot of knowledge and information here, and it opened my horizon.

The first day at the NBA, our mentor taught us some common sense in the work setting. He also shared his whole day working schedule with us. He told us no matter how busy you are, it is very important for you to make a to-do list for yourself. It is very important. Because with the to-do list, you have a clear goal, and you also can clearly understand your priorities. Therefore, you can work productively. As long as you work productively, you will work confidently and have a good performance in your job.

The second day at the NBA, the mentors taught us how to write your resume, tips for interview and how to prepare for interview. The teachers explained in detail that if you get an interview opportunity, try to know the company first. And sometimes you also need to know who the boss of the company is, so that you can gain more confidence. During the interview, the important thing is to not let the interviewer lead you, but that you lead him or her. Only with this mind can you show your ability to the interviewer. The teacher also taught us about the proper dress for interview; people need to put on different kinds of clothes during different situations. It up to what kind of job you want to apply, but please remember, your dress should let the interviewer feel comfortable.

After going through the training, I found I gained more confidence for my job. Confidence helps us to avoid many mistakes during the interview. So I really appreciate this opportunity with the NBA.

Hello, everybody! My name is William and my Chinese name is Weijing. I'm 17 years old. I am from Henan, and I live in Beijing now. I am a student. In these classes, I studied many things. I study English, business etiquette, life skills, Chinese history, Putonghua and computer skills at ABC. In my free time I like to watch action movies and listen to music. I like to read history books and novels because they make me relax. I like to play ping-pong and basketball because they are exciting to me. I like to play them. I love to eat pizza and hamburgers, they are so delicious. I want to travel to America and Singapore. They are so beautiful. I like them. While at ABC, I'm a volunteer at Xiwangzhixing School. I teach students to play basketball. They play basketball very nice. I learned to be caring and confident as I volunteered at the school. I want to be an explorer, it is so exciting!

张老师的摄影课

今天上午我们上了一节摄影课，由张老师给我们授课，张老师是我们的特约老师，在这节课给我们讲了摄影的入门技术和她在西藏的经历和摄影经历。平时我们拿着手机到处照相，从来不考虑曝光度、时间等等，出来的照片的色彩就不一样，给人的感觉也不一样。张老师的作品能给我一种很美，很舒服的感觉，其中有一张动物的照片，有两个可爱的小家伙，非常的可爱，还有一张山峰的照片，给我一种威武雄伟的感觉，还有一张0.618分割的照片，后面全是高高的黄土，前面有一棵小树，显出这棵小树在这个环境中成长，很坚强，很美，张老师这些照片真的是非常的美，每一张都有其独特的一面和特点。当时自己就有一种冲动，要去西藏摄影去！

A Photography Class

Today we had a photography class given by our teacher Ms. Zhang. She is our special teacher, and this time she taught us photography skills based on her photographic work experience in Tibet. Usually we like to take some photos with our phone. We never had any knowledge about the proper timing and exposure, so when the photos were developed, the color was not so good, and did not capture the true sense of the image.

This time Teacher Zhang showed us her work photos. They were so beautiful, and gave us a comfortable feeling, especially the photo of an animal and a mighty mountain. They gave me a powerful feeling. Another picture was altered so that there was a hole behind a small tree. It was showing that the tree grew up in a barren environment, but it was so beautiful and strong to stand there. Teacher Zhang's pictures are so beautiful; each one has a special story and characteristics. At that moment one idea came to my mind - I want to travel to Tibet and take photos!





Hello, everybody! I am Jim. I am from Henan. I am 16 years old. I like to play basketball. So I want to become a basketball athlete. I want to go to America because the NBA is in America. I also want to go to Paris because it is a romantic city. I am a student. I am living in Beijing. My school's name is ABC. I am studying English in ABC. And there is life and business knowledge training. I learn knowledge of these things and they can let me have a very good life in society where I must survive. I have learned some business skills. I can follow directions. For example, I can follow directions to use the train. This helps me with my job because I can know how to use English to follow and give directions in the city.



那时—我们在 NBA · China

那天，我们来到了NBA · China，有机会来到这里我很开心，我本就是一个活泼的孩子，喜欢打篮球，到了这里，就显得格外激动。

我们到了之后，受到了热情的接待，心里很温馨，对于初来乍到的我来说这里很陌生，那些墙壁上到处贴着球星的照片，看起来那么酷，不过我们今天不是来玩的，我们有自己的作业，我们小组需要做的就是制作一个NBA中国季前赛，大家听了老师的介绍之后，就开始设计了，通过自己的了解以及比赛的程序我们完成了一个很棒的设计，当然了，其中也少不了老师的帮助，制作结束了，就要向大家分享我们的成果了，我很幸运，做了那个讲解人，对于我来说这也是个不小的挑战，我并没有很好的讲解能力，不过我努力让自己平静下来，就这样保持着那种感觉讲了下去，表现得很棒，出乎我的意料，我很开心自己有那么大的进步，每一个同学今天的表现都很棒，我们都或多或少的学到了自己喜欢的知识。

今天的时间过得很快，我们就要回去了，我们也满载而归，获得了属于自己的知识，大家都很开心，感谢这次NBA的培训，让我们有那么大的收获。

We are at NBA · China

That day we all went to NBA China, I felt excited when I got this opportunity to go because I am an active boy and like to play basketball.

I felt happy and comfortable when we all got a warm reception at the moment of arriving in NBA. For me this is the first time to go to an unfamiliar environment, there were a lot of basketball stars' pictures hanging on the wall. They all looked so cool. However, I knew that today I did not go to play. We had our own goals and tasks here. Our team's responsibility was to plan an NBA China Game. After the mentor's guided us we started to design the project. With the help from our mentors and team members we did a great job on the Planning Project.

Fortunately, I was responsible for presenting our team's project. In fact, it was a great challenge for me because I am not good at public speaking, especially with all the NBA staff and my classmates and teachers watching. In order to do a perfect presentation I tried my best to make myself calm down and keep talking despite the nervous feeling. At last, I overcame my emotions and I really did a good job on the presentation. I feel very happy for my improvement. Today all of us performed well, and we all learn a lot of things from NBA.

Time went so fast. We had to go back to home, but we learned and witnessed a lot of things in our mind. This knowledge is now our own belonging. We appreciate NBA's job shadowing training.

那时——我是一名志愿者

那时，我得到一个社会实践的机会——志愿者，这是我第一次当志愿者，我的职责就是教女学生打篮球，让她们学习4C精神(Care关爱互助，Confidence谦虚自信，Courage勇于突破，Commitment坚守承诺)，我对这个工作很感兴趣，也期待着它的到来。

当我面对这份工作时，我才真正了解，并不是

I Am a Volunteer

Today, I gained the opportunity to work as a volunteer, and it is the first time. My role is to teach young girls basketball, as well as the ABC 4Cs (Care, Confidence, Courage, Commitment). I feel interested in this opportunity and look forward to it.

When I went to the school on the first day, I just really understood that this opportunity is not only to play. We have to get up early in the morning, teach them about the basketball rules and skills, and learn about the personalities of those girls in the



在一起玩玩就了事了，我们要起得非常早，而且我们不仅要让她们学会篮球，还要让她们从中学知识，这个问题也比较难，并且这些小女孩容易带着情绪打篮球，这些问题都很难解决，不过大家坚持着、努力着，耐心的教导让那些孩子乖了很多，大家看到这样的场面也很开心，我们努力这么久，不就是为了这个结果吗！学生们也没有让我们失望，在最后的联赛中取得第一名，这是属于她们的荣誉，她们都很努力的练习，也付出了很大的精力，这样的结果也是对她们最好的回报。

做了这么久的志愿者，说实话，我很累！毕竟人不是铁打的，不过我也很开心，我认为自己尽到了该尽的职责，我知道自己从中获得一种成就感，因为我看到了她们取得的成绩，看到了大家的赞扬，这就是我的成功。

我很开心自己有这个机会，让我认识了这群可爱的小朋友，她们很棒，我喜欢和她们一起学习！

class. This is the most difficult part for me because it is easy for these girls to lose emotional control and be angry during the class. It is hard to make them feel happy. Therefore, we all have to insist, try our best, and have patience with these girls. This is so that they also become a bit better later. All of us volunteers also feel happy and accomplished when we saw them changed, since we made a lot of efforts here, and we achieved what we hoped to achieve. These students also didn't let us lose hope. At the final tournament they got the first place! This is their honor because they all worked hard to practice, and make a lot of efforts here, and they were rewarded.

I worked as a volunteer for 3 months, and to be honest I really felt tired, because I am not made of iron. But I felt happy, because I tried my best to undertake my responsibilities, and I also feel the sense of achievement from their performance and results. This is my achievement.

I feel happy with this opportunity for me to work with young students. I learned together with them and we all improved together.

Hello, everybody! My name is Wendy. I'm 21 years old and I'm from Guizhou Province. It's in the west of China. I'm one of ABC's students. The school is very special, and all of ABC's teachers are very kind. We have many subjects. For example, there are life skills, computer skills, business skills, and so on. English is also an important lesson, because it's a world language. You need to use it to communicate with other people. I think all subjects have a different way to help me. For example, "life skills." In the home, I find that a family needs to have much and take time to make it well because we are so close. We are just like relatives. I learned a lot even though the school only gives us 1 year to study. I also know how to cook! I'm sure I will never be hungry at all. I have a lot of hobbies. I like to exercise. In my spare time I like to go to the library. I think knowledge is power. I can learn new things from different books. Movies are also my love, because I can relax. Paris is one of my dream cities that I'd like to go to. It's a romantic city. I will go there someday. In the future, I want to be a secretary, I'm sure I can do it very well. I have a long way to go, maybe it is not as easy as I think. I just have to do it! I believe that there is a

一次课堂感触

每次上秦老师的课，自己都会有意想不到的收获，假如我是一个勤于思考的人，那么我可能会周详考虑事情之后再执行，考虑到解决每一个问题之后它所带来的连锁反应，或是知道完成每一件事之后进行总结经验等。但是我并不是一个勤于思考的人，也就是这个原因阻碍了自己的提高和进步。

今天的课程主要是关于沟通，因为这几次作业是关于寻找自己的优点和不足，还有自己如何进行弥补不足的计划，通过作业的反馈，同学们都觉得沟通很难。虽然这个话题在我们家里面每天会进行，因为它和我们的生活息息相关，沟通就是时时发生在我们的身边，只是看我们自己有没有用心留意过。所以老师安排我们演一个小剧情，主题是沟通不畅引发的矛盾，而且必须是发生在我们之间的一件实事。那天我们的话剧演得绘声绘色，因为它就是发生在我们的生活中的真实故事，我们很容易就能表演出来。

结束之后，秦老师对我们这件事进行点评，我们对自己当时的行为感到很后悔，大家都觉得不应该这样，不应该那样，但却没有寻找到可行的解决方法或是采取任何挽救的措施把伤害或者损失降到最小。这时我才恍然大悟我考虑问题是那么的不周全，不管是在生活中还是在表演话剧里我都是一直把自己置身之外，沟通对于我来说只不过是流于形式，要么是涉及一些肤浅的话题或者是沟通态度不积极，所以很难进行有效的或者深度的沟通。因为我对沟通的重要性不是很了解，我也不太关注别人的感受，不会感受到我对别人的伤害，只会竭力防止外部对我的影响，当情绪往上涌时，不再聆听他人，而是一味的抵触和反对。

How One Class Moved Me

I found I always learned a lot from Ms. Qin's class. If I were a person who liked to think, I would think carefully before taking actions, and I would see the chain reaction that results from each way of solving problems. And, I would summarize after completing the project. However, I am not such person; I think this is an obstacle to my improvement.

Today, our topic is "communication" because in these next few weeks our homework is about finding our strengths and weaknesses, and how to improve our weaknesses. I learned from the homework, that our communication skills are not good. Even though we do a lot of communication at home, and communication is deeply related to our life, and it happens anywhere, I found I didn't pay much attention to communication before. Ms. Qin assigned us homework and let us role play conflicts raised from miscommunication. We did this as if it should be the real thing. Today we performed it vividly and actively, because it is real thing in our home and we all remember the details, so it is easy to perform it.

After the performance, Ms. Qin gave some comments. We all felt regret about our behaviors. We all think we shouldn't act in such a way. But no one can find practical ways to solve the problems when they happen and try our best to decrease the sense of loss created. At that moment, I realized that before I was so careless. I realized that I never had regard for my life in a way similar to what was acted in our play. Communication to me is just a formality, or a way to talk about some simple topics. I didn't have a positive attitude about communication. So, it is hard for me to conduct effective and deep communication. Because I didn't understand the importance of communication, and I don't care for other persons' feelings, I also had no awareness of how my behaviors hurt others. I always tried to protect myself from the outside. When I lost control, I don't want to listen to others, and just opposed and refused blindly.

秦老师的话音刚落，自己也陷于深深地思考中，不断地反省，我意识到以后遇到问题时自己不能再有那么多抱怨、抵触和冷漠，这样，与他人沟通时也不会给对方带来伤害。我也领悟到我们一定要学会换位思考，在生活中我们每个人都扮演着不同的角色，如何演绎这些角色不是靠你完美的演技，而是靠自己的用心程度，我们需要用心去领会每一个角色背后的意义。所以很感谢秦老师，因为她领我进入这段反思的过程，从中我收获很多，就是这样一点一滴不断地成长。

After Ms. Qin's comments, I went through a deep thinking process. I reflected about myself: I became aware that I cannot complain about, refuse, or be indifferent to others when facing problems. This is so that I will not hurt others while communicating with them. I also know we need to think from other person's perspective. In our life, we all play different roles. How to perform this role well does not rely on your perfect skills, but to what degree you put your heart into this role, and how you think about the meaning behind the role. So I really appreciate Ms. Qin. She brought me into this world of thinking that allowed to review myself. I gained a lot and I also improved step by step from this process.



别样的中秋节 ——北戴河三日游

今年我们度过一个很特别的中秋节，借中秋节三天假期我们来到北戴河游玩。这次海边游玩让大家感到很开心快乐，晚上我们一起坐在海边沙滩上，有的静静地听着波浪声，有的在唱歌，有的在仰望天空和遐想。记得诗人海子曾经说过：“面对大海，春暖花开”，确实如此，在这一次亲近大海的三天时间里，我们大家把忧虑和烦恼都抛给大海，大家心情变得很舒畅愉悦，希望以后有更多时间来到大海边游玩。

Special Mid-Autumn Festival ——Our Trip to Bei Daihe

It was a special Mid-Autumn Festival for us this year. We had a three-day vacation to Bei Daihe. It was a wonderful time for us during this trip. At night we sat on the beach and listened to the sounds of the waves hitting the seaside. Some people were singing songs while playing piano, and others were looking up at the sky. Being so close to the sea, we threw our worries and unhappiness into the vast sea, and become relaxed and eased in our mind. I am looking forward to having more trips to the seaside in the future.

难忘的圣诞节

你想知道这次的圣诞节我们是怎么过的呢？我们在圣诞节前一天就开始布置房间，大家明确分工后就开始干起自己手头上的工作，我们忙了一晚上后把房间布置的很漂亮。通过这次活动，我们清晰了解了圣诞节的来历及其意义。在抽奖环节我们每一个人获得一份礼物呢！大家收到礼物都很开心，我的礼物是一本书，名字叫《标杆人生》。通过这次圣诞节，我才知道西方国家为什么这么重视它，我们也更清楚的知道圣诞节更深意义。

A Memorable Christmas

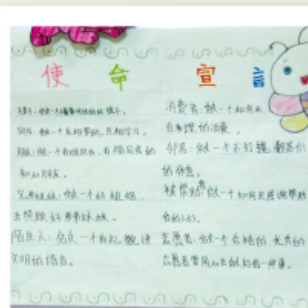
Do you want to know what we did for Christmas this year? The day before Christmas, we had just started to clean and decorate the room. Everyone had a clear to-do list, and worked hard to finish their tasks. After one busy night, we completed all the decorating work, and the room looked beautiful - completely renovated! During Christmas, we all learned of the origins and importance of Christmas. At that night all of us got a gift! I felt happy. My gift was a book called "Purpose Driven Life." Upon Christmas Day, I just knew why Western countries attach so much importance to it, and I had a clearer understanding of Christmas.

过“自己的”生日

这是我第一次真正的过自己的生日，因为我们福利院里有很多孩子，如果阿姨给每一个孩子都过生日就太多了，所以最后阿姨就把六一儿童节当作大家的生日。在ABC，这次生日我和纯洁一起过的，老师和同学们精心为我们两个准备生日晚会，我们还邀请男生过来一起过生日！这是我们在ABC第一次聚在一起呢！他们第一次来我们家玩，我们都玩得很开心。他们还为我们的生日亲手做了贺卡，当我们两个拿到礼物时，就想迫不及待的打开看看。看到大家为我们送的祝福感到很温馨、很感动。

A Special Birthday

This is my first real birthday. In my orphanage there are a lot of children, and if our caregivers prepare a single birthday for each kid, we would witness birthdays every day! Therefore, our caregivers made June 1st "All Children's Birthday," and we all would celebrate birthdays together on that day. This year at ABC, Susan and I had our birthdays together. My home manager and classmates seriously prepared a birthday party for us, and we also invited boys to our party! This was the first time for the two homes members to gather together! We had a lot of fun that night. They made a lot of handmade cards for us, and we seemed unable to hold ourselves back from opening the gifts. We felt warm and very moved while they delivered the cards to give us birthday messages.



温馨的大家庭

这是一个温馨的大家庭，我们大家都互相帮助、互相关心、互相学习。在这个家里我们有七个女学生和一个家庭管理员。刚到家时，我的第一个感觉这是一个家庭形式，不是学校集体宿舍。第一周我们就开始学习做饭、打扫卫生、与家人建立关系、管理家务和与不同性格的人打交道等等。

记得我们家第一次布置家族园地，大家一起交流、讨论怎样去设计一个更好家族园地。最后我们大家花了一晚上建立起我们的家庭园地了。在上面，每个人都有自己的使命宣言。

在这个家里让我感觉到家的温暖，我们一家人都相处的非常的友好。

A Warm Family

This is a warm family. We help each other, care for each other, and learn from each other. There are seven girls and a foster home manager who live together at the home. The first impression in my mind when I arrived at home is that this is a family, not a school dormitory. Accordingly, in the first week, we start to learn how to cook, how to take care of personal hygiene, how to build relationships, how to manage the household chores, and how to deal with different people etc.

I still remembered the first time we made our family poster. We all brainstormed and discussed with each other to perfect it. At last we spent the whole night to make it. Our family poster was displayed on the wall, and everyone filled in her personal statement there. I feel this is a warm family and we learned from each other.



A BRIDGE FOR CHILDREN
INTERNATIONAL