

# 2012级梦想行动 Dream Program



A BRIDGE FOR CHILDREN  
INTERNATIONAL



## 关于 ABC

每个孩子都应接受良好的教育

A Bridge for Children International (简称ABC)是一家在美国注册的非营利机构，成立于2007年。总部设在中国北京。ABC坚信，每个孩子都应拥有温暖的家庭，每个孩子都应接受良好的教育。我们的使命是通过家庭和教育服务流动儿童和孤儿。ABC的所有项目为孩子搭建了一座“儿童之桥”，帮助他们健康成长，适应社会发展，为社会做出贡献。



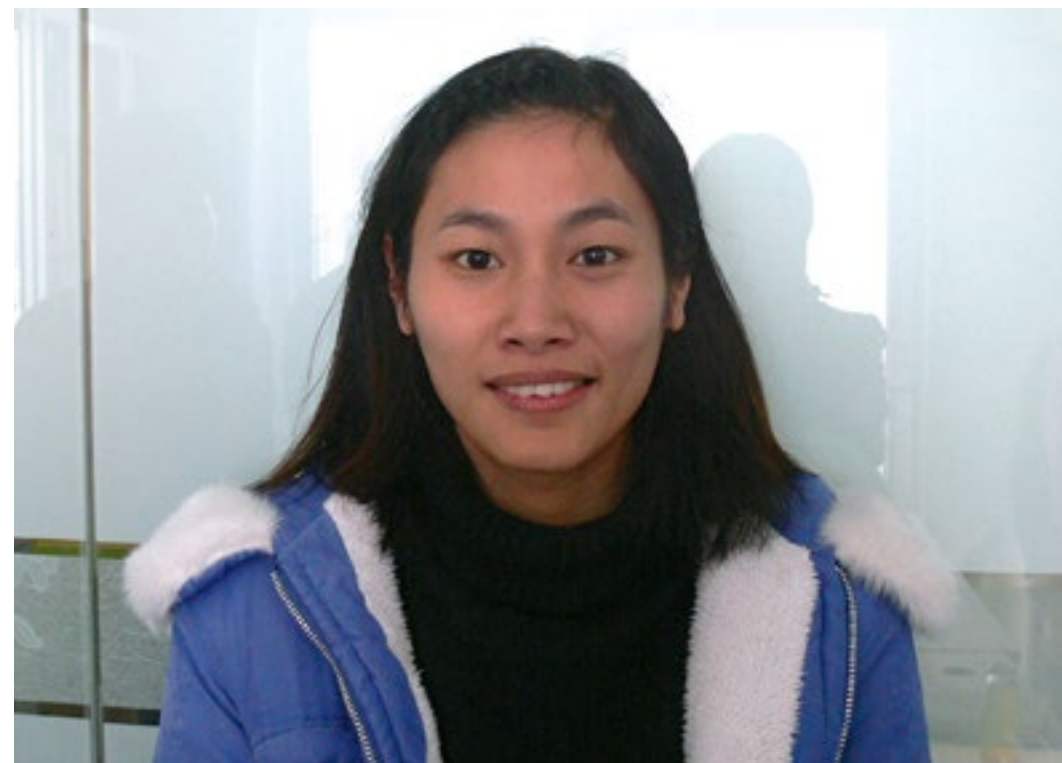
## Dream “梦想”项目

梦开始的地方

Dream项目为孩子们寻找充满爱的家庭和建立稳定的寄养家庭。稳定的家庭是梦想开始的地方。家庭培育着每个孩子的才能，给予孩子们成长的力量。Dream项目也为孩子们提供教育机会，这些孩子来自全国各地的福利院。ABC期望能够帮助孩子建立健全的心理素质，养好良好的生活习惯，掌握工作技能，顺利进入社会。



July 7 Welcome Party  
七月欢迎晚会



I am Ada. My Chinese name is Weixuan Ruan (阮伟璇). I have a younger brother who is a teacher and he works in Shanghai. He and I meet with each other once a year. I was born in a small city, which is on the southern part of China. I come from Guangdong Shantou, which is famous for its delicious but cheap food. My favorite season is summer, because when I came to this world it was a summer. This season is the best time to go swimming and eating ice cream. I think I am a healthy person, because I don't like to eat junk food. I like to exercise and go to bed early. I am a big fan of swimming.

### 我最敬佩的人

在我的人生中有很多我敬佩的人，当罗老师给我们题目的时候，我的脑海立马出现Kaitlin 老师，老师是我们的英语老师，非常喜欢笑，她的微笑总是给我们带来温暖，老师给予了我们太多太多，在老师身上我们学到了很多，比如老师的积极向上的精神、为人处世和责任感。我们大家都称Kaitlin老师为才女。

### The Person I Admire the Most

There are many people I respect in my life. When Ms. Luo teacher gave us the title, Kaitlin teacher appeared in my mind immediately, who is our English teacher. She smiles a lot, and her smile always brings us warmth. Kaitlin teacher gave us so much, and we learned a lot from the teacher, like positive attitudes, how to behave properly and the sense of responsibility. We all call Kaitlin teacher a talented woman.



Hello, Everybody! My Chinese name is Wang Caixia (王彩霞), and my English name is Amber. I come from and grew up in Hebei. I think I am a brave, confident, and warm-hearted person. I always want to be a caring and energetic person. My friend told me I have a lovely smile. I don't like to smile, but I will give it a try. I like to draw, sometimes I draw a picture. My favorite season of the year is winter. Winter is the coldest time of the year. The best time to go skiing is in winter when there is lots of snow. I like snow, because I think snow is romantic. I came to ABC last July. Before I didn't like English, I don't know how to speak it. But now I can speak a little. In this year I changed a lot. My biggest change is the change of my mind—before I thought when I graduate from primary school, I will go to work, but I have had the chance to come to ABC. This could be a turning point in my life. In my future I want to live a simple life. But I know it's difficult, so I will work hard. Although I lost a lot, I also gained a lot. I am happy for all I have.

### 最敬佩的人

我的生命中帮助过我的人有多，但让我最敬佩的是王姑姑。她是一个修女，为了教会奉献了自己的青春，帮助无数的人。我们的快乐周末4年时间了，一届又一届的孩子相聚在那里，让我们体会到家的温暖。她也帮助过我很多，组织我们每年参加夏令营来北京和天津，开拓我们的视野，我上初中和来ABC都是她在帮我，她的耐心和爱心都让我很敬佩！

### The Person I Admire the Most

In my life many people have helped me, but the one I admire the most is Aunt Wang. She is a nun, who has sacrificed her own youth to help countless people. Our happy weekend has run for 4 years, successive children get together there, let us feel the warmth of home. She also helped a lot to organize our summer camp every year to Beijing and Tianjin, expand our field of vision. She helped me all with getting into junior high school and to ABC. Her patience and love all make me admire!





My name is Cora (卓玛). I'm Tibetan. I was born and raised in Yushu.

I like to listen to music, read books, play sports and dance. These things make me happy.

I can speak three languages. My first language is Tibetan. My second language is Chinese. My third language is English. Honestly, I can't speak English very well. But I am in love with speaking English.

I think I am a friendly, open, but sometimes a little lazy person. But I am changing the lazy personality, because they say "no pain no gain" and I won't be able to help other people unless I am a capable person myself. I need to challenge and improve myself. So I will do my best to achieve this goal.

I used to have many dreams for my future. For example, when I was a child I wanted to become a tour guide and travel around the world, I also wanted to be a translator and a designer etc. In 2010 something happened in my life and I decided to try my best to help more people in the future. Although those dreams haven't come true yet, I'll never lose my dreams, because the world is full of hope. So I believe if I keep pursuing my dreams, my dreams will come true someday.

It's almost the end of the semester, and I'd like to share something I learned from ABC. I came to Beijing last September. I've already learned a lot during this year, like English, computer, and the way to study. At ABC, I had a chance to learn new things to improve and challenge myself. I have also learned that I don't need to be afraid of making mistakes. When I make a mistake teachers tell me "It's okay to make mistakes, but you should learn from your mistake, then you won't make the same mistake in the future."

Now, I will graduate from ABC. Before, I wanted find a NGO Job as soon as I graduate from ABC. But, I am not able to do what I love the most. After I graduate, I want to stay in Beijing and keep studying hard.

我最敬佩的人

我最敬佩的人是Kaitlin老师，她是一个非常成功和漂亮的人，每当我看到老师在任何场合演讲或者讲课的那种自如和真诚的感觉，我就会兴奋好几天，而且也会给我带来很多的启发，其中对我启发最深的是“只要真实认真地对待人和事，没有什么做不了的”。我敬佩老师的广闻博学，敬佩老师细心和耐心，更敬佩老师的精力，在老师身上我感受最深的是老师对学生的那种骨子里的爱。不管在任何场合老师都是很谦卑的人，老师不会嫌我们反应慢等等，每次都会耐心地为我们讲授和给我们改正我们那些幼稚的想法做法，一视同仁地对待每一个学生。在这人生当中能遇到这样为我们的老师我真的很自豪。

The Person that I Respect the Most

The person I admire most is Kaitlin teacher, she is a very successful and beautiful person. When I see the teacher confidently and sincerely make speeches on any occasion, I will feel excited for a couple of days. And this also brings me a lot of inspiration, one of which is "as long as you are serious about, and be truthful to people and work, there will be nothing you can't do". I admire her because she is very knowledgeable, respectful, careful and patient, and energetic. What impressed me most is her love for us. She is very humble, and she won't think us as slow. Instead, she teaches us very patiently for us and corrects our childish ideas. She treats each student equally. I feel really proud of meeting her in my life.



I am Bao Cuo (措保). I am 19 years old. I come from Yushu, Qinghai. I am a Tibetan, one of the 55 ethnic minorities in China. I have many hobbies, but my favorite is singing. I love to sing whenever I feel happy and sad. It makes me feel relaxed. I really enjoyed this one-year program in ABC. Before I came to ABC, I did not know that there are so many things that I do not know. So after I come here, I know I have to study hard to learn more knowledge and skills. I will keep studying for my life.



## 我的朋友

朋友是一生中最珍贵的。当然我有很多朋友。他们和我从小就是伙伴。也就是我一生中的陪伴之一。不管我走到哪他们都是一生中的朋友。还有今年在ABC里认识了很多同学和朋友，他们是我一生中第二次的同学们也是我的一生当中最好的同学，和他们相处的一年里我真的很开心快乐，也认识到需要学习，而且一生都要学习。

## My Friends

Friendship is the most valuable thing in life. I have many friends. They accompany me in my growth and my life. No matter where I go, they are my life-long friends. This year in ABC, I have known a lot of classmates and friends. They are the best classmates I've ever had. I feel very happy to be with them. Also, in this year, I learned that I need to study, and study for life.



My name is Na Hua Zhou (娜花洲). I come from and grew up in Yunnan. I came to Beijing as soon as I graduated from primary school. I like to play basketball and I can play basketball fairly well, because I like sport and I want to be a healthy person. It's important to exercise—when I was in primary school, we had a basketball contest. We got the first-place. I was very proud of myself, because I earned the prize. I like to sing and dance because I think it's enjoyable to sing and to dance.

I learned a lot this year. For example, I learned how to clean the house and how to cook and how to speak English. I am very happy because I have had a good time this year.

I used to have many dreams for my future. I wanted to become a dancer when I was a child because I was interested in dancing. And I had practice three days a week because I want to become a great dancer someday. But after I graduated from primary school, I changed my mind. I wanted to be a nurse. I have never changed my mind since then. Because I don't give it up, I want to give it a try. So after I graduate from ABC I will go to my hometown to study nursing. If I can become a good nurse then I can take care of many people. I hope my dream can come true.

## 我家乡的美食

我从小也没机会出去外面看看，但是我现在去过两个地方。北京和我的老家。这两个地方我觉得最漂亮的还是我的老家，其实北京也挺好的，哪发面好呢？在北京好的方面是能学到各方面的多，但是还是我的老家好看。所以，介绍一下我老家的风景和美食。

我的家乡的美食是以米线著名的。在家里我每次吃米线的时候都很开心。一条长长的米线，再加上几块瘦肉、酸菜、辣椒，红红的，很好吃。这次一回到家我就去吃米线。

我家乡的风景也不错，很好看的，晴天多、阴天少。而且一到春天到处开满了花，五颜六色，很漂亮的。有时间来我的家乡观看吧。

## My Hometown Food

I didn't have a chance to go out to see outside when I was a child. But I have been to two places—Beijing and my hometown. Of the two places I think the most beautiful is my hometown. Actually Beijing is also nice. In what ways? The good thing is to learn all aspects of Beijing. But my hometown is beautiful. So, I'll introduce my hometown scenery and foods.

My hometown's food is famous for its rice noodles. At home every time I ate rice noodles I was very happy. Long rice noodles, plus a few pieces of lean meat, pickles, chili oil, red and delicious. This time as soon as I get home, I will eat rice noodles.

My hometown scenery is also good. It is beautiful. More sunny days and less cloudy there. In the spring flowers bloom everywhere, colorful and beautiful. Come to my hometown to see if you have time.



My name is Liu Changen (刘长恩). Maybe I am the youngest in our class. I like to exercise every morning, because it is very important to be healthy. I used to have many dreams for my future. For example: I wanted to be an artist or a scientist. When I graduated from primary school, I was not interested in anything, but not anymore.

In the beginning I thought I should not spend 1 year on studying at ABC. Many of my friends told me “you made a mistake”. But I didn’t think so. In ABC, although I can’t speak English as fluently as Americans, I am becoming more responsible through this year. I read many books in this year. They changed my mind. They have become an important part of my life. They tell me “if you seize opportunities and take more goals, then your life will be more colorful.” I just want to be a capable person. People say, “I can’t do anything without effort.” So I need to do whatever it takes to find my dream.

Every time when I go to the library, although I am interested in books, I was not able to understand some of them, so I felt upset. But through reading some books, I have realized it’s bad to not have a specific dream for my future. And I need to learn more knowledge. I believe if I open my eyes, try every new thing, be active, then my life will be wonderful. I decided it is time to take the plunge, if I want to learn more knowledge, then I need to go to a high school, which is my goal. Teacher told us “if you never give up, then you will be successful.” I like that sentence very much. I have learned a lot from this sentence. I believe interest is the best teacher. If I am interested in something, and If I persist in doing everything, then my dream will be found by me. So now I should study hard and work hard and do my best to study, so that is my goal.

## 我的兴趣爱好

我在老家的时候，很喜欢打乒乓球。在我不会玩之前，我从来都不去碰它，也没有特长，对任何提不起兴趣，只知道考试，学习，不被家人骂。那时的我就只做这一件事情，像个学习机器。我从不尝试新的东西，所以我以前没有什么特长。

我开始接触乒乓球的时候，是在初中。首先从发球开始，我学的很快，在学生当中很难有人能够接到我的球，然后就感到挺有趣的。我和一个同学每天都一起打球。他早就会打乒乓球了，但是一星期后，他就不是我的对手了。在我玩的时候，就像上瘾了一样。我不管做什么都是这样，一旦产生了兴趣，就会一直做个不停，直到学会为止。因此我明白了，兴趣是最好的老师，是发掘潜能最好的工具。因此我需要尝试更多的东西，做更多的事。在学习之前，首先要对它有兴趣。即使你不喜欢，也要用积极的心态面对它，久而久之，就会对它产生兴趣。因此我愿尝试所有我不喜欢做的事，发掘兴趣。

## My Interests and Hobbies

Back when I was in my hometown I liked to play table tennis. Before I learned to play it I never touched it. I was not interested in anything and only knew about the exams and study so that my family wouldn't scold me. I was like a learning machine, just repeating the same thing. I never dared to try new things, and so I had no special talents.

I began to play table tennis when junior high school began. Starting from serving, then I learned fast, and hardly anyone among students could catch my ball, so then I felt it was quite interesting. Then I practiced with my classmates every day. He had played table tennis for a long time. But a week later, he would not be my rival. When I played, I was like addicted to it. No matter what I do, it's always the same. Once I become interested, I will keep doing it, until I master it. So I understood that interest is the best teacher, is one of the best tools to discover potential. So I need to try more, do more. Before learning, first of all, become interested in it. Even if you don't like it, you still want to use positive attitude in the face of it, and over time, you will become interested in it. So I would like to try all the things that I don't like to do, and find out about my interests.



我叫天国国 (Guoguo), 今年19岁, 我来自河北省邢台市宁晋县边村。我最喜欢的是电脑、音乐、电子游戏等。我从小就拆过三四台电脑,但是我没那个能耐去组装它。有很多东西我都拆过,但有的我能组装起来 有的就坏了。我也很喜欢听音乐, 平时没事的时候我经常听。我很喜欢听汪峰、疯狂传奇 玖月奇迹、崔子格等。很多明星的歌曲我都听过。我还是一个活泼、乐于助人的小伙子。我来到ABC以后我发现我和以前大不一样了, 以前我不喜欢交朋友, 也不喜欢做很多事情。来到ABC以后我学会了怎么去交朋友、怎么沟通等。我学到的实在是太多了, 一两句话是说不完的。在ABC最大的感受是, 我发现有很多人都很愿意帮助我。虽然我走路不方便, 但是我能和正常人一样做饭、洗衣、工作等。我和他们都一样什么都可以做。

## 我的爱好

你一说我喜欢的是什麼, 在我的脑海里能想出很多我喜欢的东西, 例如听歌、游戏、电脑、旅游、缝十字绣和维修等。在我心情不好的时候我会听听音乐、打打游戏等, 这些都能给我带来很多的快乐来满足我的生活。在没事的时候我会经常拿出缝十字绣来缝缝, 因为有时候生活过的没意思、不快乐就会拿出缝十字绣来缝缝让这一天很快就过去了。

## My Hobbies

When you ask what is my hobby, many things will come up. For example, listen to music, computer games, traveling, embroidery and doing handy work. All these bring happiness to my life. When I do not have anything to do, I will take out needle and thread to make cross-embroidery. This is a good way to pass the boring time occasionally.





Hi, I'm Iris. My Chinese name is Zhang Miaomiao (张苗苗). I come from Henan, which is ten hours away from Beijing by train. My hometown is famous for beautiful peony. I used to live with my parents and older brother in a small house, which is across the river from the field.

When I turned 12, my parents left me alone. I knew I need to be stronger than before, because life was going to keep going. My story may not have a such happy beginning, but that doesn't make who I am. It is the rest of my story, who I choose to be.

I am a brave, smart and strong person. I have many hobbies, I like to read books, listen to music, listen to the radio and eat delicious food. My favorite fruit is watermelon. Spring is my favorite season of the year. I am used to reading books and listening to the radio on a daily basis. My favorite book is called Red Dream, which is one of the most famous novels in China. I used to think I was not good at art and music, since 2012, I have realized I have been a big fan of music for many years.

I used to have many dreams for my future. When I was a child I wanted to become a teacher, a scientist or a famous person. But after I graduated from primary school, I wanted to become a doctor. Now I want to be a social worker.

I came to Beijing in 2012. Though the one year life in ABC, I become more brave and confident than before. The biggest harvest in ABC is I found who I am. I have learned to be honest to myself. I want to live a simple and successful life.

I will find a job when I graduate from ABC. I want to help children. I know if I want to help children, I need to improve myself. I won't be able to help more children unless I am a capable person myself.



## 我的兴趣爱好

我喜欢看书，听收音机，听音乐和品尝美食。

收音机对我来说是一个充满着温暖幸福的物品。收音机伴随着我的童年，在我记事以来，几乎每天我都要听收音机里面的节目。

看书对于我来说像是去一趟不曾去过的地方，我可以去探险，可以去观光，可以去穿越，可以拥有神奇的力量。读书的感觉是极其美好的，书是我人生当中最美好的精神伴侣。

音乐对于我来说，是我灵魂可以安歇的地方，在它的怀抱里可以做我自己。我喜欢的音乐是摇滚乐。美食对我来说是不可缺少的，我从来不能抵挡它的诱惑。

## My hobbies

I like to read books, listen to the video, listen to music and eat delicious food.

Video is the kind of thing that is full of happiness and warmth for me. Video has been a partner when I was a child. In my memory, I listen to the video on daily basis.

Reading books is a journey to places where I can explore, go sightseeing, and pass through, and where I can own a miraculous power. It is a good feeling to read books. I think book is the best soul mate in my life.

To me, music is the place where my soul can take a break and relax. I can be a real me in the world of music. My favorite kind of music is rock n' roll. I cannot live without delicious food, and I can never resist the temptation whenever I see it.



My name is Jane. My Chinese name is Zhan Wencai (湛文彩). I come from Henan and I was born and grow up in Henan. I grew up with my grandparents.

I like to draw and to read books.

My favorite season of the year is spring, this is the season of birth and growing, this is the time when flowers bloom. Spring is the season when trees turn green and the weather is not too cold or too hot.

Before I came to ABC, I couldn't speak English, but now I can't believe I can speak English.

I think it's hard to study a new language, but I didn't give up. I should take the chance and challenge myself.

When I graduate from ABC, I will find a professional school, because I want to have a good job. If I want to have a good job then I need to study hard and work hard, because I want to live a comfortable life. So it's very important to improve myself every day.

## 我的兴趣爱好

我喜欢画画，因为我喜欢画画时的那种感觉，那种静静的感觉。我也喜欢去旅游，我想去云南和西藏，听说那里的风景很美丽。我也想去海边，想去听浪花拍打海岸的声音，想听海鸥的声音，想走在软软的沙滩里，想看海边的日出和日落。

我想去很多美丽的地方，我想去不同的国家和不同的城市，去看那里独特的风景。

## My hobbies

I like to draw, because I like the feeling when I'm painting, that kind of quiet feeling.

I love traveling, I want to go to Yunnan and Tibet--I heard it's very beautiful there. I also want to go to the sea, want to hear the sound of waves rushing to the shore, want to hear the sound of seagulls, want to walk on the soft sand, want to see the sunrise and sunset by the sea.

I want to go to many beautiful places. I want to go to different countries and cities, to go there to see the unique views.



My name is Vince (宋世豪). I am 19 years old. I was born and raised in Henan, which is famous for Kong Fu, Qing Ming Shang He Tu and Long Men Shi Ku. I am also a big fan of gong fu and I am very proud of my hometown.

I am not the only child of my family, I have an older sister, who has been taking care of me until now. She supports me in whatever I do. When I graduate from ABC, it will be my turn to take care of her. And my sister is one of the most important parts in my life, so I can't live without her. I hope someday I can let her live a comfortable life. That's also my dream.

I used to be an introverted person so I didn't have many friends. And at that time, I thought it's unnecessary to make friends, but now I have changed my mind, I think it's very pleasant to make friends. If I can make more and more friends, then my life will be more and more beautiful.

Although life is full of difficulties, I am not afraid of them. Because I think there are many ups and downs in our life, but this is the beauty of life. You can walk in darkness but you can't let your life be full of darkness and you should believe tomorrow is more beautiful.

I am a basketball volunteer. There are 21 children in my class. I am in love with the children. They are all cute. And I can be their teacher and I can help them. I am very happy. I hope their life can be full of happiness and hope.

I will remember the experience at ABC forever. As soon as I graduate from ABC, I am going to find a job for a living. I want to be offered a job by a large company. I want to earn enough money to support myself and travel around this world with my sister. I want to show my sister this world, which is shining, shimmering and splendid.

I believe someday my dream will come true.

### 我最喜欢的歌手

我是很爱听歌的，尤其是周杰伦的歌。当听他舒缓的歌，让我很安静；听他轻快的歌曲，身体也随着音乐摆动起来。而有些歌曲又感觉很励志，记得听“稻香”：追不到的梦想 换个不就行了 为自己的人生鲜艳上色。改变了我一些观念，给了我温馨的感觉。我习惯了他歌曲带给我的感觉。

### My favorite singer

I love listening to music, especially Jay Chou's songs. When I listen to his soothing songs, it makes me feel very quiet; listening to his lively songs, I can't help moving my body with the beat a little. And some songs feel very inspirational. I remember listening to "rice fragrance": dream that can't be pursued/ it won't do to change one/ paint bright color for one's own life. These songs changed my mind, gave me a warm feeling. I am accustomed to his songs and the feelings they bring me.



My name is Zoey (范友你), I come from Yunnan, I'm 18 years old, my favorite food is noodles because it is always delicious. I get up at 7am, then I brush my teeth and wash my face. At 9am, I always go to school with my classmates. I take the subway go to school. I always have English classes at 10am. I have classes five days a week, Monday through Friday. So sometimes I make breakfast for my classmates. Sometimes we go shopping together. I always go to bed by 10pm. But sometimes I can't sleep, so I chat with my friends on the phone. I usually fall asleep by 10:30pm. I have a good time in Beijing, because I couldn't speak English before. But now I can speak a little. So maybe I think this is the gift from god, I thank god for letting me have such a good time in the world.

### 我的爱好

我是个很快乐的女孩，没有人能像我。因为我是个独一无二的人。我的爱好是好打篮球，虽然打得不怎么好，但我还是喜欢。因为对身体也好。我喜欢唱歌，因为有了歌声，才让自己过的愉快。我喜欢交朋友，因为有了朋友就不感到寂寞。我喜欢晴天，因为它给我温暖。我也喜欢和孩子在一起，因为他们给我力量。看到他们可爱的样子。让我感到快乐。今后，我喜欢做个医生，但这是我的将来。也许这是一个梦。这是我的爱好！

### My Hobbies

I am a happy girl, and nobody can be as happy as I am. I am a unique person. My hobby is like to play basketball, although I cannot play not very well, but I like it. And it is good for my health. I like singing, because it makes me to feel the beauty of life. I like to make new friends because more friends make me feel no longer lonely. I like the sunny weather, because it gives me warmth. I also like to be the volunteer teacher of children and to stay with them together, because they give me strength to see their lovely nature. In the future, I want to be a doctor. This is a dream. This is my hobby!



## 在ABC，最难忘的事

我们的生活

这是在ABC生活的精彩时光，我们在这里组建成为一个大家庭，共同生活学习，感受家庭的温暖和爱，习得处理家庭成员关系和为人处世的能力，协助管理家庭财务、组织家庭活动，从而掌握良好人际关系和自我管理能力。

### 快乐的时光

今年的春节，我在北方度过一个与往常不一样的春节。虽然天气很冷，很想念家乡，但是老师的陪伴让我们感受到温暖，同时也抵不了我们四处游玩的心情，北方的春节和南方的春节大不一样，春节的北京特别的舒服，空气好，人也少。Clare 老师来我们的家和我们一起共度春节，老师总是给我们带来快乐。假期虽短，但是的确非常的快乐和不同。

### The happy moment

This Spring Festival, I stayed in Beijing, which is different from before. Although the weather was cold and I missed my hometown, teacher's accompany made us feel warm. Also the cold weather does not ruin our mood for outing. It is very different of the Spring Festival in the North and South. The Spring Festival in Beijing was quite comfortable. The air was good and there are fewer people than usual. This Spring Festival, Clare teacher joined with us. She always brings us happiness. The holiday was short, but it was really happy and different.

----Ada





我来到ABC快一年了，在这一年中有过开心、难过、幸福的时刻。我认为我小时候是一个活泼的女孩，但经过了一些事情之后我的性格发生了改变。我变得沉默、微笑也变少了，不喜欢与别人交谈，所以也没有太多的朋友。来到北京我觉得自己成长了很多，也改变的很多，在这一年中我最难忘的一件事就是国庆的假期，也正好是中秋节，我们大家一起去农家院玩。那天下午是我几年来最开心的日子，我们摘野果、爬山、看水库，那样美丽的风景深深地印在了我的脑海中，所以这是我来北京最难忘的一件事！

----Amber

在北京的一年里，有许多难忘的事，也去过了很多以前奇迹的地方。但是最难忘的还是我们去密云水库观看的那次。我觉得这是在北京最好玩的一次了，那天把我的快乐全部都展现出来，因为那几天是我家里特别的想的时期，刚好去了那里我找到了有点家的味道，特别适合我。那天就是山清水秀。各个地方都很好看，后来我们边玩边都不想回来。

我们住房的那家也挺舒服的，而且很有家的那种滋味。我们还准备了自己的节目。那天晚上我们都吃的好吃的东西。大家都高高兴兴的玩了一晚上。

第二天早晨，我们离开了那个家，去跑山了，越跑越高，山外有山，天外有天。只可惜没有跑到最高。下山的时候不高兴，因为下山脚痛。一到山下我们就坐公交车回来了。到家里还好不晚。这是我在北京最难忘的事了。

----Flora

### 我们的家

我们的家里有10 个人，我们住在一个大公寓里，这个房子很舒服。这里有很多我们美好的回忆，我们每天一起吃饭，看电视，聊天。我们有一个很大的客厅，有舒服的沙发。我们也有一个很大的厨房，我们每天都在里面做饭。还有很大的卧室，我们4个人住在一个卧室里，我们的卧室很温暖。



### Our home

There are 10 people in our home. We live together in an apartment , which is comfortable. There are a lot of our memories--we eat foods, watch TV, and chat together. We have a big living room and a comfortable sofa. We also have a big kitchen and we cook in the kitchen every day. We also have a big bedroom. There are 4 people in the bedroom, which is warm.

---Jane



## 在ABC最难忘的事

每个人都会有最难忘的事，我最难忘的事是，在假期过年时，刘老师带我们出去玩。这一年虽然没有和家人一起，但我也很高兴。因为我还有我最爱的同学们和老师们。感觉和他们在一起也很温暖，很开心。就像家人一样。假期有一天老师带我们去世界公园玩，那一天，天气很美丽。感觉很舒服，我记得我们在那里唱歌、跳舞，玩的很开心。那一天我们也买了好多的画，我认为玩的很有趣。也许这也是上帝给我们的一种怀念吧！

## The Most Memorable things in ABC

Everyone has the most unforgettable thing. For me, the most unforgettable memory is, in the winter vacation, teacher Liu took us to go out and play. Although I am not with my family this year, I am also very happy because I am with my classmates and teachers. I feel so warm and happy to be with them. We are just like a family. One day in the holiday, the teacher took us to the world park. I remember the weather was beautiful that day. We sang songs and danced there. Also, we bought a lot of pictures that day. I really enjoyed being there and maybe this is a gift that god gave us.

----Zoey



在这一年当中发生了许许多多的事，例如：难忘的、高兴的、自豪的、伤心的、委屈的，感恩的等等。在这里经历过泪水的洗礼，也见证了欢笑的时刻。但是有一件事情经常在我脑海里出现，也是我最感恩的一件事，一个人。这件事情发生在刚来ABC时，那天发生了我自己都意想不到的事，但是有老师陪我走过的这一段，也给了我后来这所有的机会和收获，真的不敢想象，在当时的心情，当时的情况下我要是回去了，会是一个什么样的结果。所以借此机会感恩罗老师和给予这次机会的所有人和事，不知道怎么说，特别感谢罗老师。

So many things happened during this year, for example: unforgettable, happy, proud, sad, injustice, thankful, and so on. We have experienced the baptism of tears, and also saw a time of laughter. But there is one thing that often appears in my mind. It is about one thing and one person. This happened when I just came to ABC. It was totally unexpected, but the teachers accompanied me through this, they also gave me all the chance. I really can't imagine what if they did not help me at that time, and what will happen to me if I go back. So I want to take this opportunity to thank Ms. Luo and people who give this opportunity. I don't know how to say, but just special thanks to all the teacher.

----Cora





# 我们是志愿者

Dream牵手Talent

ABC “Dream” 项目的学生们到打工子弟学校给农民工子弟上课。他们接受了系统的课程培训，与其他志愿者共同合作进行上课。他们通过参加志愿者活动为社区做出贡献和服务，提高沟通、团队合作和个人领导力等技能。这使得他们在帮助他人的同时提升自我价值感和自信心。



作志愿者的这段经历，锻炼了我的团队精神，使我发现了自己的种种不足，例如经验方面，细心方面。我特别的敬佩和向往其他志愿者老师的那种细心，能够及时发现需要提高的和需要贡献之处。可以毫不夸张地说，她们在学校里的每一分钟都是很充实的，通过这次的志愿者活动，我决定以后多参加一些的志愿者活动帮助别人和提高自己。

The experience of being a volunteer, helped foster my team spirit, and let me find my own shortcomings, such as the lack of experience and patience. I especially look up to, and want to become a person like our volunteer teachers because of their kind, careful attributes that made them very helpful in the volunteer work. It is no exaggeration to say that they live their every minute in the school to the fullest. Through this volunteer activity, I decided to take part in more volunteer activities to help others and improve yourself.

----Cora

对于这个工作我是感到骄傲的。我想帮助更多的孩子。每一次当我去农民工子弟的学校,当我看到孩子们很开心,我就在感到我的生活中充满幸福。虽然我没有足够的钱去帮助他们,但我可以尽我最大的努力帮助他们。当我毕业于ABC后,也许我将再次做志愿者。因为我想提高自己,成为一个有能力的人。我相信如果我永不放弃,那么我将会更有能力。

I am proud of this job. I would like to help more children every time. When I go to the school for children of migrant laborers, when I saw the children are very happy, then I am full of happiness in my life. Although I don't have enough money to help them, I can do my best to help them. When I graduate from ABC, maybe I will do volunteer again. Because I want to improve myself and be a capable person. I believe if I never give up, then I will be more and more capable.

----George





第一次当志愿者感觉真不错也很紧张，当我第一天去做志愿者的时候真的不知道该干嘛。该怎么跟别的员工们说话。但是他们很主动的跟我说话。第二周去的时候就没那么紧张了。后来慢慢地跟他们交流。通过这次做志愿者的经历我改变了很多。比如跟人主动说话就没那么紧张了，准确的说如果需要的话可以跟陌生人主动交流，虽然这是一个不是什么大事，但对我来说是一个很大的提高。当然也知道了什么叫做团队合作，也学到了别的很多。

I feel a little bit nervous but pretty good for my first time being a volunteer. On the first day, I even did not know what to do, and how to talk to other employees. But they talked to me very friendly. So for the second week, I felt better, and was not that nervous as before. Later on, I communicated with them more and more. I have changed a lot from this volunteer experience. For example, I will not feel embarrassed to talk to strangers. Even though this is not a big deal, it was for sure an improvement for myself. Of course, I learned what teamwork is, and I learned other stuff too.

----Cuobao

在ABC 这一年中，志愿者经历对我来说是很难忘的，通过两次的志愿者经历让我学到了很多。让我懂得了一个真正的团队，在这个团队中我们相互帮助，做自己应尽的责任，共同为孩子教课。让我从其他人身上学到不一样的知识。

During this year at ABC, volunteer experience is unforgettable for me. Through two volunteer work experiences I learned a lot. It let me know how a real team member help each other in the team and do their responsibility to teach their children. It let me learn different knowledge from others.

----Jane



在学习期间我有幸的参与了ABC的“才”项目的活动，是一名美术志愿者，为北京打工子弟学校上课。在服务的过程中，我真正体会到了“助人自助”的含义。

在这过程中我体会到了快乐，在教小学生的过程当中，我被同学们的真诚天真所感染，被学生的求知欲所感动，我完全沉浸在给他们传授知识的角色中。再就是在和我的团队配搭的过程中我也学会了团队合作，学会了沟通。

----Iris









## 在ABC最大的收获

六月，毕业的季节

一年的生活结束了，我们收获了，成长了。  
我们满载而归。

毕业前的时光，我们尽情欢聚，我们唱歌，  
我们舞蹈，我们享受丰盛的晚餐……



## What We've Gained

时间过的很快，在ABC这一年学到很多知识，比如英语方面、做饭和做事的态度。在ABC遇到很多很好的老师，他们给我们建议和告诉我们怎么样去提高自己，老师经常告诉我们，我们需要做出去跳跃到明天，因为明天将更加美丽。老师的这一句话是我在ABC最大的收获，让自己变得更勇敢继续往前走。

How time flies. This year I have learned a lot, like English, cooking and work attitude. In ABC, I have met the best teachers. They gave us advice and told us how to improve ourselves. Teachers always tell us that we need to go outside and jump to tomorrow, because tomorrow will be more beautiful. This sentence is my biggest harvest in ABC. Let me be brave and keep going on.

----Ada

在ABC，学习到很多。比如：英语，做饭，交朋友.....很多阳光的事情，充满了我的生活。在以前，我不爱交流，活在自己的世界里。但是当我遇见我们ABC的这群朋友和老师，我发现微笑一直挂在我的嘴角，每天没有枯燥，只有开心。以后我会交更多朋友，我的世界也将会有更多的阳光挥洒进来。

At ABC, I learned a lot. For example: English, cooking, making friends... Plenty of sunshine fills my life. In the past, living in my own world, I didn't like communicating with others. But when I met this group of friends and teachers at ABC, I found a smile always hung on my mouth, every day is happy and not boring. I'll make more friends in the future, so that my world will have more sunshine coming in.

----Vince



这一年中我和不同的人相处，和不同的人在一起做事情，让我感受到每个人的独一无二。有句话说的很对：不同的环境可以影响不同的人。在这个充满积极的环境里，难免也会变得积极。从一次一次的活动中，让我感受到强大的集体力量。

在这个集体中每个老师都有自己的角色，在每次的交谈中，都能从她们的话中得到不同的收获，话中有对我们的鼓励和支持，也有对我们以后的期望。

突然有一天你会察觉到那颗隐藏在心中的小树苗变得强壮了，有力量了。

----Jane

我在ABC的这一年中我的收获有很多，比如：尊重别人、生活技能、忍耐等。最重要的收获还是要尊重别人。记得在刚来的时候我经常在嘴边常带着几个不好听的字，有时候在不经大脑的时候就说出来那些不好听的话就伤害了别人。来到ABC助学项目，我经过一些事情，老师也教我如何去尊重别人。如果我在社会上不尊重别人了，那就不是老师或别人在说我了，很可能会后果会很惨的。所以我在ABC最大的收获就是学会了尊重了别人。

I have gained a lot from this one-year in ABC, for instance, to respect others, basic living skills, and tolerance. But the most important one is to respect. I remember that when I first came to ABC, I used dirty words at times, which may have hurt others unintentionally. Through the study in ABC Dream Project, and through the help from the teacher and other classmates, I learned how to respect other people. I am told that it could be more serious if I show no respect to others when I am in the society. So the most valuable thing that I have learned from ABC is to respect.

----Guoguo



我觉得在ABC最大的收获是认识了自己，让自己在前行的过程中变得更加有勇气和信心。发现了以前我不知道的缺点以及在面对弱点的时候得到成长。在老师们的帮助下我开始学习接受自己的局限性，学习肯定与欣赏自己。我开始学习接受我所有的一切，包括我的原生家庭、成长环境与外在条件、我的念头，我的盼望、我的软弱与我的勇气。我开始了解和接受真实的自己。所有的这一切都在帮助我更清楚的认识自己。我更加坚定了我的梦想，也明白了在通往梦想的过程中我要做怎样的预备！

The biggest harvest in ABC is that I find who I am, and I became more confident and brave for my future. Before I came to ABC, I didn't know the problems of me. When I came to ABC, I realize I have much to be improved. The most important comes from learning from the past. With the teachers' help, I begin to learn how to accept the weakness of me. I begin to learn how to approve and admire myself. I begin to learn how to accept all the things I have, include my primitive family, the environmental of my life, my thought, my hope, my weakness and my courage. I begin to understand and accept the real me. All the things help me to know myself clearly. I decided to fulfill my dream, I know it will be a long way to go and I need to prepare something that I should do for my dream.

----Iris







## 留言簿





留言簿



留言簿



留言簿



留言簿





A BRIDGE FOR CHILDREN  
INTERNATIONAL