

I was given the chance by Miss Ho and MOY to join the 5 days and 4 nights boot camp. Miss Ho was very generous to be a sponsor to members in MOY. Me and Rachel Lam were very honoured to have the chance to experience trials and tribulations of such kind of camp.

The camp wasn't those typical boy scout or boot camp you may have in mind. It had various method of teaching, learning and doing particular activities. There were days where we stayed indoor to learn academic, studying and mind skills with related activities so we wasn't always sitting down. And there were days when we had outdoor activities.

For indoor activities we did goal settings, memory skills, studying skills, learning how to draw spider web diagrams and how to speed read. We had test nearly everyday to know how much we have learnt and understood. I found speed reading the most useful skill I have learnt as I have a habit of spending most of my time reading the passage instead answering the question. Speed reading helped me to find the key points easier and quicker and have better understanding of the context that I'm reading. We also did 4 personality test to have a concrete idea about our personality and what job we are mostly suited for.

As for outdoor activities, all the activities required good balancing and focusing, also a bit of climbing. We started of with rope balancing and log walking at a lower level than we moved it to a higher level of difficulty. It was a bit tricky at first but once you focus and look ahead you will realise you finished the task in a glance.

On the last night, we had deep conversation with each other to connect and establish friendship. Also, we had a talk about our parents and ourselves. How we should respect our parents and appreciate what they have done for us and have ambition to fight for ourselves as we were given the chance to live so we have the same right as everyone to accomplish and achieve whatever we want. At the end of the night we even had a small talent show that was separated into three categories, singing, dancing and drama even though it was short routine I had enjoyed the event very much.

The graduation ceremony had a interesting ritual, we were graduated by our classmates and before that we had to break a square plank with our bare palm and our fears written on it. Those 5 days were unforgettable the technics I learnt, conquering my fears, making friends these memories and the experiences will and are stored safely in my brain.

I would like to thank Miss Ho deeply for sponsoring and giving me the chance to attend the camp and have such a memorable experience. Lastly but not least my thanks and gratitude goes to MOY for putting my name forward.

Tanya