

July 2007  
Bi Annual Issue



# AVP & HIPP



## Special Interest Articles:

- Wong Yiu Nam Centre
- Laughter Yoga
- HK Baptist University and Zhong Shan University

## HKFWS Celebrates 5<sup>th</sup> Anniversary of AVP

On 14 July, 2007 at Youth Square in Tseung Kwan O the HKFWS pulled out all the stops to celebrate the 5th Anniversary of AVP in Hong Kong.

It was in June 2002 that Elaine Dyer from New Zealand, Colin Glen and Jabu Mashinini from South Africa arrived in Hong Kong to conduct the first AVP workshops in China at The White House in Shatin.

Since that date HKFWS has completed 45 AVP workshops for 778 participants and 30 HIPP workshops for 450 youth, an outstanding record.

The celebrations were great fun with a combination of teleconferencing with Elaine in New Zealand, and Jabu and Colin in South Africa. A number of speeches and activities were planned and carried out to keep the festivities lively.

Kwok, Rose and Geg represented AVP at the gathering and some other guests were there including Mrs Yvonne Ng, HKFWS ex-co member and Ms. Paula Ho, President of the Zonta Club of Victoria, who donated the funding for HKFWS' HIPP programme.

We did receive some sad news and that is that Shirley Tang will be emigrating to Canada at the beginning of 2008. She will be sorely missed!



## HIPP continues work at Caritas Tuen Mun



AVP has been invited back to Caritas Tuen Mun Marden Foundation Secondary School this autumn to continue to provide taster mini workshops over the next few months.

This will cumulate in another five day Basic to Facilitator workshop in December with Kathryn Liss from the USA.

The taster mini workshops occur twice a month at the end of the school day and allow our youth facilitators to have a chance to facilitate to their peers.

Kwok supervises the workshops and provides support.

The school has a new principal who is very supportive of the programme as he has read some of the feedback from our young facilitators.

*“Silly: from the old English (ge) saelig which meant completely happy”.  
Being Silly was a blessing you wished upon those you loved*

### Learning Humor

**Consciously add humour to your environment**

**Think differently about humour**  
*Its more than jokes (even people with a good sense of humour can't remember jokes)*

**Use humour as a tool – not a weapon**  
*Laughing with people builds confidence & togetherness.  
Laughing at people makes enemies & strains relationships*

**Take yourself less seriously**  
*Something practical for all of us to work on.  
Know anyone who wants to hang out with a grump!*

**Plan humorous responses to everyday events**  
*Practice different responses to routine (dull) occurrences that happen often.  
Question: How are you? Response:  
Great, but I am getting over it!*

**Practice, practice, practice**  
*Humour is learned and cultivated by much practice.  
If something doesn't work, try something different. Soon, it will become automatic!*

## Laughter Yoga

When Dr Kataria started laughter yoga in 1995 I am sure he had no idea what a worldwide phenomenon he had created.

There are over 5,000 clubs around the world and in Hong Kong we are the second group who have tried to start a club here.

The brain cannot differentiate between exercise laughter and real laughter so the benefits are the same. It makes you feel wonderful for the rest of the day(endorphin release).It also improves your mood and interaction with other people.

We had a laughter session at the last gathering which was enjoyed by all.

We were mentioned in Positive News and I occasionally receive enquiries so I am sure we will start again towards the end of the year, probably in Hong Kong Park.

If you or anyone you know are interested please email me.

Visit the below link for more information.

[www.laughteryoga.org](http://www.laughteryoga.org)



## AVP invited to work in Caritas Wong Yiu Nam Centre

The Caritas Wong Yiu Nam Centre works with young male substance abusers. They provide short term residential treatment and rehabilitation service.

*Quote:*

"Their main objective is to help youngsters get rid of substance abuse, to minimize the harms of drugs to the body and mind, and to help them lead healthy lives and reintegrate into society."

Our aim is to hold a five day workshop at the end of the year with some of the inmates, social workers and staff from the centre and from other centres involved in the programme.

This initial programme will be followed up with mini workshops throughout the year followed by another 5 day workshop at the end of 2008.

This is a similar model that we have used successfully with Caritas Tuen Mun.

We have made the staff aware that we AVP'ers are not psychologists.

What we hope to accomplish is more to do with developing the participants' emotional intelligence, raise their self-esteem and give them tools to respond to conflict without resorting to violence.

We have gone out for funding for this project this week.



## Reaching out to Zhong Shan University again with HK Baptist University...

Some of you might remember that we held a Basic Workshop at Zhong Shan University in 2004.

We can thank our facilitator Virginia, a graduate, for organizing it with her old class mates as well as Ruth Lau from EMB for her help with the HK University.

Virginia, Amy, Andy and Geg took six students from HK University to Guangzhou to hold the workshop with student from Zhong Shan University's Psychology and Sociology Departments.

The workshop was a wonderful experience for all concerned and the students were so enthusiastic.

It has been a recurrent dream to revisit the university and establish a cross-border collaboration project with students from Hong Kong and Guang Zhou.

We have been in contact with the Centre for Holistic Teaching and Learning at HK Baptist University as well as the Center for Social Work Education and Research at Zhong Shan University and the response has been very favourable.

So we are hoping to provide a five day workshop between 2 January- 6 January 2008 at a camp in Hong Kong,

We will bring the students and a couple of social workers from Zhong Shan University to participate.

Now to raise the funding!



Zhong Shan University, May 2004

## AVP internationally

AVP has a Yahoo group called avp-world. You are very welcome to join it to receive occasional international news.

Please email Alan Taplow at [ataplow@vmlink.net](mailto:ataplow@vmlink.net).

The subject line should read: AVP-subscribe avp-world

The body text should state your :

Name, address and email address.

We received the following interesting email the other day:

*"AVP is starting up (again) in Palestine. Besides myself and Jeremy Rutledge (who I discovered last night at a concert in Jerusalem...) is anyone else here with us!?? Let me know. We are planning a Basic, Advanced and Training for Facilitators with local peace etc. organizations in the next 3 months."*

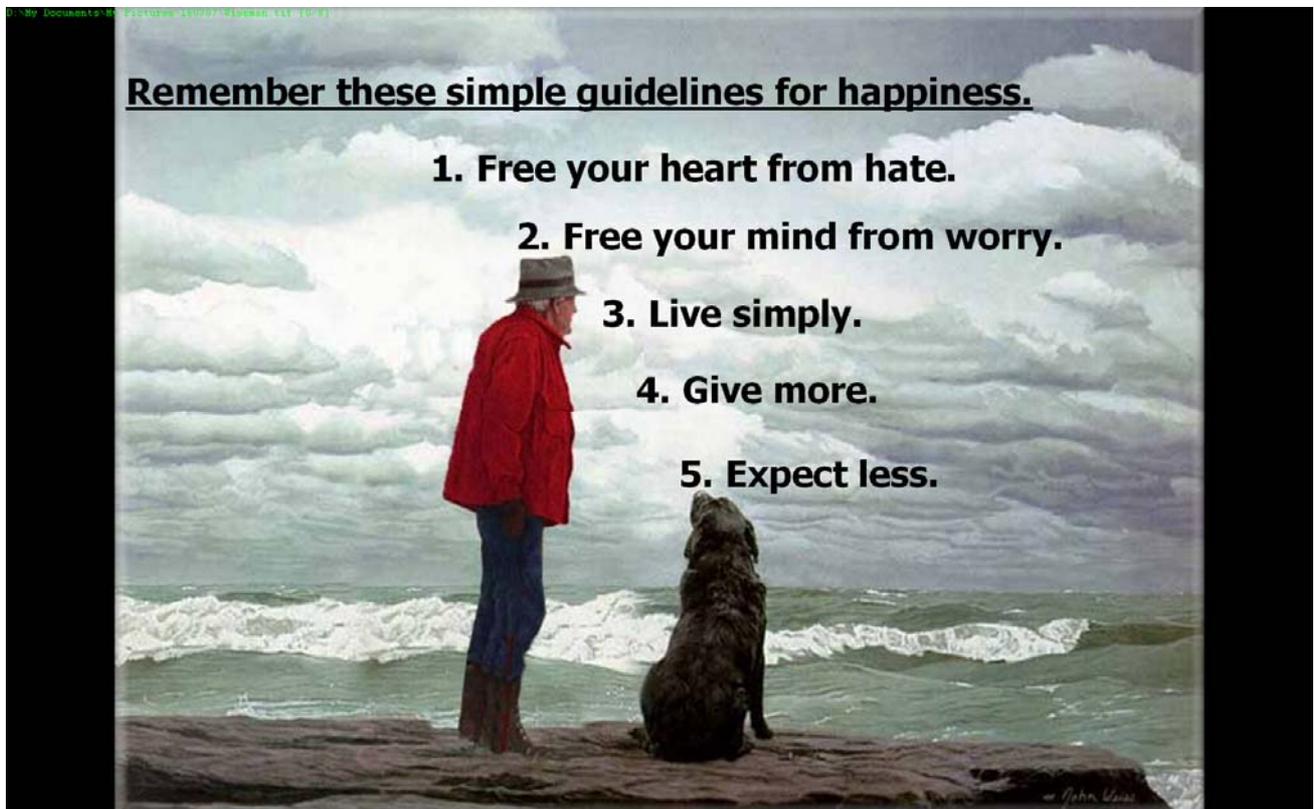
Ann

Ann J. Ward, MA  
Institute for International Health  
and Development Queen

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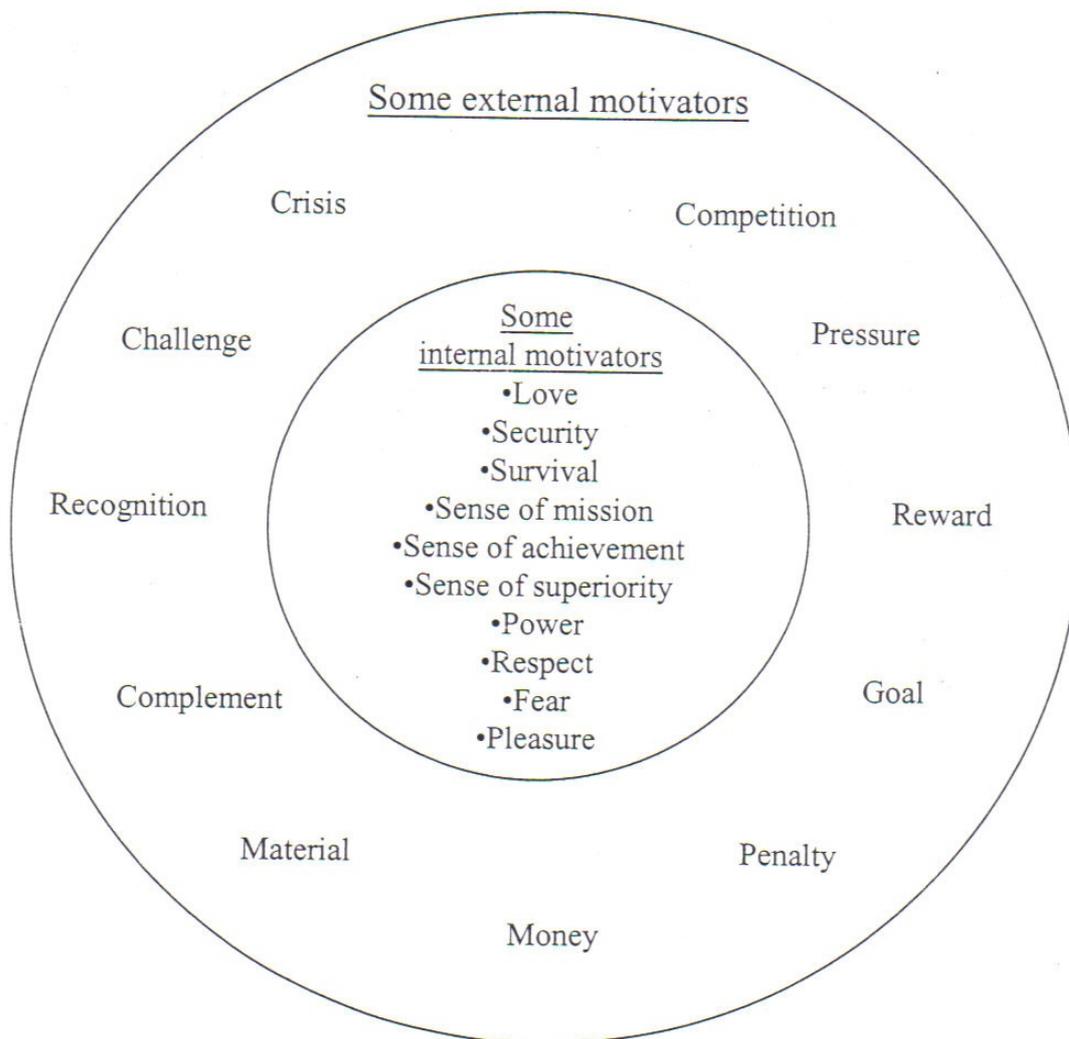
*"People don't care how much you know until they know how much you care"*

## Food for Thought



# Motivation

Understanding how people are motivated is key to improve your ability to communicate more effectively. Every person has different needs and motivators. External motivators are the intangible and tangible things that can instill motivation. Internal motivator is the psychological factor that provides a feeling that the person naturally seeks constantly. The same external motivator could instill different internal motivators. By the same token, the same internal motivator (feeling) can be obtained through different external motivators.



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**SWD's Sau Po Intergrated Family Service Centre**

Ella, with the support of Kwok and Rose, has been doing great work at SWD's Sau Pao Centre. They have completed three sets of Basic and Advanced workshops and one Training for Facilitator workshop where they

graduated 8 new AVP facilitators.

They have been experimenting with a new model of conducting the workshops in sections to accommodate the participants' schedule.

Perhaps we can get them to comment on the success of this model in our next newsletter!

**The Newsletter**

It is our intention to bring out a newsletter twice a year to keep everyone informed about what AVP/HIPP is up to in Hong Kong and China.

If any of you would like to contribute articles or comments to the January 2008 newsletter please send them to inf@avphk.org.

*If any facilitator would like to facilitate in any of the upcoming workshops in late December, or early January please let me know and we will try to accommodate you.*

**We're on the Web!**

See us at:

[www.avphk.org](http://www.avphk.org)

**The Wall**