

UNlimited Institute - Impact Report Summer 2015

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Forewords

"The world is a book and those who do not travel read only one page." - St. Augustine

UNi visions to broaden horizons of youth, and we have been paving footprints in Hong Kong, China and Cambodia. From a blank page of campus life, we have been channeling over hundreds of youth, and indirectly impacting thousands across the globe to travel with purposes, to understand culture and socio-economy, to exercise what they have learnt in campus, and reflect.

2015 is a key year to the global development, with the agenda of Belt and Road Initiative of China, ASEAN Economic Community Integration, and transition from Millennium Development Goals to Sustainable Development Goals by the UN. UNi keeps pace with international development agenda and innovates more opportunities of relevant experience. In coming year, we are stepping into Myanmar, Thailand and Mongolia, broadening our scope from health sciences and social innovation to international affairs and adventure exploration.

Our success and advancement comes with alliance of support with shared visions. Hereby we would like to express wholehearted gratitude to all friends, advisors and partners across countries, especially,

Food and Agriculture Organizations of the United Nations The University of Hong Kong Paññāsāstra University of Cambodia Pursat Alumni Association Foshan Union of Youth Federation and all other supporting organizations

Non-stop innovation with entrepreneurial spirit, as much as we can create, are core values of UNlimited Institute. Impact Report 2015 (Summer) means another page of youth progression to future. Let's flashback and foresee together.

KWOK, Ka Ming Andre Director UNlimited Institute Ltd

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Chapter 1



Introduction of UNi

UNlimited Institute Ltd. (UNi) is a social business with branches in Hong Kong and Cambodia. We organize cultural and educational programs across ASEAN and Asia, visioning to build sustainable communities in developing countries through youth engagement and business innovation.











To Explore

To Serve

To Act

To Grow

To Strengthen



To Explore

As a global citizen, everyone needs a thorough understanding of the world we are living in. We put emphasis on raising international awareness for social development through overseas exchange programs.



Social services are meaningful only with empathy. We redefine social service by building appropriate servant's mindset with effective

training.



Putting what we have learnt to good use is the best way to contribute ourselves to the society. We involve you in sustainable social projects and long-term engagement to the environment and community.



The new edge of learning is no longer limited to classrooms but towards the world. We maximize your personal growth via delicate intercultural programs.



Unique personal capability is indispensable for survival in progressive society. We enhance your competence by enriching personal experience and extending social network.



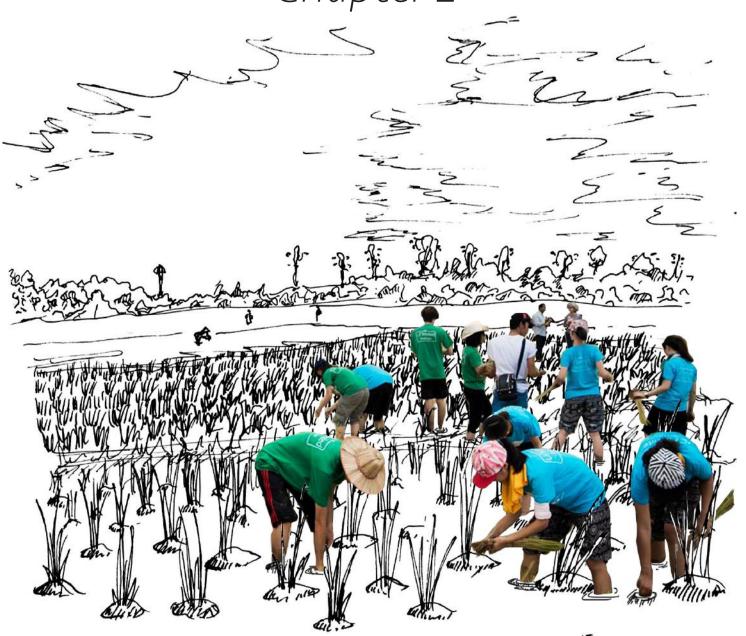








Chapter 2



Highlights in Summer 2015

11th April, 2015

Early April, 2015●



് Mid April, 2015 - June, 2015 •——• June, 2015 - July, 2015 •—

→ June, 2015 - August, 2015 •

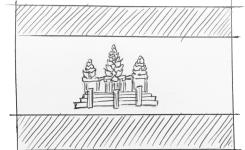
1. Innovation Insight Program Summer 2015

UNi brought 7 university students from Cambodia to Hong Kong and China between 3rd and 12th April this year. The participants got the chance to learn from scholars, angel investors and mentors in China or Hong Kong for incubating their social business. They visited 4 top universities, 12 outstanding social enterprise centers and met over 100 students and professionals in the 10-day program.



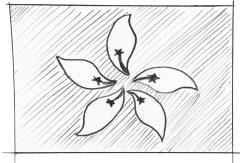
Program Highlights

1. Lecture on Social Entrepreneurship Students attended lectures on Startup and Entrepreneur Development in HKU.



2. Project Exchange and Presentation

Students had project exchange and presentation on their social business in Nanhai (Foshan City) Social Innovation Centre and Foshan University.



3. Visit to Entrepreneur Hub

We paid a visit to The Good Lab and PMQ to understand how social enterprise and creative industries work in Hong Kong.

We spent half a day in Hong Kong Park of Science and Technology to learn how to make use of technology and research work to aid the development of HK society.



UNi brought the students to China and went to Qianhai Entrepreneur-Hub with Qianhai Administration Bureau and Foshan City Startup Zone. Sharing sessions by Chinese young social entrepreneurs inspired them for their social business in Cambodia.





4. Dialogue with Professors and Experienced Entrepreneurs UNi offered valuable learning chances for them to chat with professionals on social innovation and creative business ideas.



Mr. Andy Chan from TEDxHKPolyU



Dr. Dixon Wong from HKU



Dr. Wong Chi Chung from General Education Unit. HKU



Gathering with high school students from AYSEA at CoCoon enabled Khmer students to study local entrepreneurship projects.

Other Highlights:

1. Building Up Friendship and Network

Enjoying meals with people from FoShan Union of Youth Federation provided a great chance for them to make new friends and networking.



2. Cultural Exposure

This is the first time for them to try Papercutting and calligraphy!





They have had an unforgettable time in HK and China when travelling to spots like Stanley Plaza, the Peak, Foshan Temple and Foshan City Lingnan Tiandi Business Zone etc.

What did participants say?

"It is a rare opportunity for Cambodian students to visit places like Qianhai E-hub which gives us many new & great ideas."

"The thing that I like most is the opportunity to visit many great places related to our study which improved our knowledge."

II. UNi 1st Anniversary

The first anniversary of UNlimited Institute with the theme 'Redefine Learning' was held on 11th April 2015 in HKU. Over 50 guests from various sectors including director of local NGOs, our partners, professors and students from different institutes, past and current participants from HK and Cambodia were invited for the celebration.



Founder of UNi, Mr. Andre Kwok, summarized UNi's achievements in the past year - how it works 'From Scratch to Connecting dots', and showed gratitude to every hard work, dedication and appreciation received.

Redefining Education

Our honorable speaker, Prof. John P. Burns, Dean of Faculty of Social Sciences of HKU, delivered a speech on how experiential learning program overseas becomes a new trend of

Redefining Teaching

Dr. Jennifer M.F. Wan, Associate Professor from HKU and Advisor of UNi, also gave us an insight on how to make a breakthrough from college to reality through teaching.





Thanks all UNi's friends who celebrate our birthday together!

III. Training Workshops for Summer Programs

In this summer, UNi brought 29 participants to Cambodia for Cultural Exchange Program (CEP) and Capstone Internship & Experiential Learning Program. Some of them are working adults and the rest are students from six different local and overseas institutes.

What is happening before the program?

Partnered with Inter Cultural Education (ICE) and Crossroads Foundation, UNi devised 4 training workshops for the participants to immense themselves into Cambodia's atmosphere.









1. Ice-Breaking and T-Shirt Design

Who says language is always a barrier between the locals and non-locals? Professional trainer Till and his teammate Jey from Inter Cultural Education got them lots of fun and be ready to meet Cambodians!

They also got a chance to be artists! Each group designed a logo for their team T-shirt under the guidance of UNi's designer, Joseph.



2. Cultural Session with Cambodians

Students had the opportunity to interact with Cambodians even in Hong Kong! Knowing each other and celebrating birthday together were definitely unforgettable moments!







3. Struggle for Survival by Crossroads Foundation

Through designed real-life simulation, participants experienced the life in undeveloped countries for hours, which was already impressive enough for a youth living in modern city!

4. Lectures & Rehearsal

Dr. Jennifer Wan held a teaching session related to Diet-related Diseases and Nutrition Assessment Methods so that our participants got a better idea on the village work in Cambodia.

Dr. Cheryl Chui was invited to teach students about ethics regarding research work in rural villages in Cambodia.

Lastly, a formal rehearsal session was held for students to prepare well for their presentations during seminars in Cambodian universities.





IV. Cultural Exchange Program (CEP) Summer 2015

10 Hong Kong young people spent their summer holiday with us, including undergraduate students from CUHK, HKBU and HKU,

PhD student from CityU and graduate from HKU.



Program features

- 1. Down-to-earth Cultural Experience
- 2. Amicable Friendship with Locals-
- 3. Primitive Touch with Natural Sceneries-



What did participants experience?

1. Cultural Night

Young performers from Pursat Alumni Association (PAA) were invited to teach us traditional Khmer dancing. Over 60 people danced together and enjoyed a great Cultural Night!



2. Handicrafts Workshop in Village

Have you ever imagined the baskets sold in the local markets can be made by yourself?

A family which makes excellent handicrafts instructed our students to make various types of baskets.





3. Farm Work in Village

June is the season of rice planting! All of us rolled up our sleeves to be local farmers!

Cambodia's Premier rice has been voted as the World's best in the World Rice Conference for three years!





4. Floating Village Visit

We brought our students to the Floating Village on Tonle Sap Lake, the largest freshwater lake in Southeast Asia.

In this 20-minute boat cruise, we surfed around and visited Crocodile Farm as well as one of the floating markets. You can also find Cambodian Village, Vietnamese Village, lots of floating restaurants and schools in this amazing community!



5. Angkor Wat

Waking up at 3 am and heading to the world's largest religious monument by tuk tuk for its prominent sunrise was simply remarkable for us.

Spending a day to visit enormous and magnificent temples enriched our students' understanding on this World Heritage.





6. S-21 (Security Prison 21 or Tuol Sleng Genocide Museum)

Through visiting the largest centre of detention in Cambodia, our students gained a real insight into the ruling of Khmer Rouge. Some students even cried after knowing the tragic stories.



7. Killing Fields

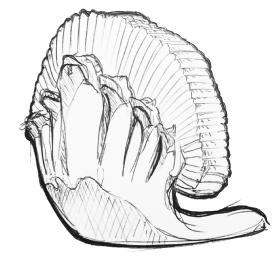
Being described as one of the mind-blowing parts of our program - every student experienced an audio tour to trace back the cruel history of massacre happened in 1970s.



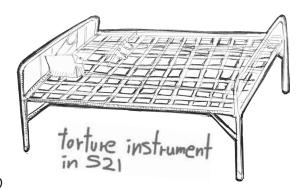


8. Wat Phnom

We discovered the legend of Buddhist temple when standing at the highest point of the capital of Cambodia. What a fabulous place to enjoy a full view of the city!



statue outside the temple





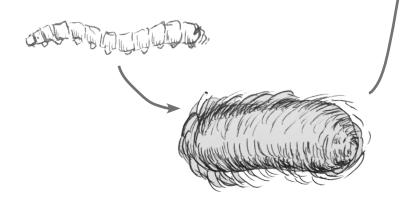




9. Artisan/Silk Farm

Cambodia is famous for its carvings and silk products. Guided visit to Artisan and Silk Farm provided our participants a gateway to witness the whole production of high quality local artifacts.

10. University Visits in Phnom Penh & Siem Reap Participants met the monks from local universities and shared daily lifestyles in Hong Kong with Khmer students.







Other Highlights of the Program

 NGO visit - Children and Development Organization (CDO)

Children here are homeless but very talented! They taught our participants to design and made unique bracelets.



2. Traditional Khmer Dance Show with Buffet Dinner

Apsara Dance, Ang Rot Dance and Monkey Dance are unique performance in the show. Dancers in elegant costumes showed audience the legends of Hindu myths.



3. Real Khmer Cuisine

Our students enjoyed a 100% native lunch prepared by the local villagers like morning glory with soup, steamed fish and fried fish with homemade sauce!



4. Daily Interactions with Cambodians

UNi provided a lot of chance for participants to actively explore authentic Cambodia, like campus tour with ambassadors, lunch gathering with local university students and farewell dinner with translators, etc.

5. Night Gatherings

Night gatherings are filled with laughs and memories! One of the missions our participants got is to learn Khmer for self-introduction.







V. Capstone Internship & Experiential Learning Program

This is the second internship program organized by UNi aligned with School of Biological Sciences of HKU. A total of 19 students from The University of Hong Kong (HKU) and College of International Education, Hong Kong Baptist University (HKBUCIE) have taken part.

This internship in Cambodia lasted for 14 Days 13 Nights for students who study food-related subjects i.e. Food and Nutritional Science in HKU and Nutrition and Food Management in HKBUCIE. They conducted research work in rural areas about general health and socio-economic issues. Afterwards, they will carry out own project work on campus to sustain their experiential learning process.

What did participants say?

"I hope the program will last for 3 weeks or even a month!"

"Village visit and anthropometric measurement are meaningful and interesting. We may not know much about the Cambodians' life if we didn't go to the villages."

UNi brings interns to go beyond cultural exchange, we comprised the following items:

1. Seminars at Universities

Students exchanged their ideas with local students in two of the largest universities in Cambodia: Royal University of Phnom Penh (RUPP) in Phnom Penh and Paññāsāstra University of Cambodia (PUC) in Siem Reap.



a. Seminar at RUPP

Around 70 people including students and professors joined the seminar in RUPP on the topic "Community Development and its Corporation between Hong Kong and Cambodia".

Additionally, Ms. Thay Bone, Program Director from 'Life With Dignity', was also invited to present on its practical work and projects that empower the locals in Cambodia.

b. Seminar at PUC

Another seminar focusing on Health and Food Safety in Practice was held in PUC. Dr. lean Russell, Project Manager of UNFAO, and Mr. Um Nisith, Head of sub-office from World Food Program, and Ms. Petra Vermeulen, Project Manager from Malteser International in Siem Reap were invited to share their strategies on improving the health condition of Cambodians in rural area.





3 groups of HK students presented on the topics (I) Importance and usage of anthropometric measurement, (II) Food Health and Food Safety and (III) Agriculture Practice related to Health.





Dr. lean Russell demonstrated the practice of the health assessment to our students so that they get well prepared for the research and village visit.

2. Food Factory Visit

a. Chips Making

Students went to family which sells chips made from banana, potatoes and taro chips. They participated in the entire chips production from peeling, cooking to packaging.

b. Palm Sugar Making

Sugar Palm Tree is one of the icons of Cambodia, thus UNi brought students to learn how the villagers extract and cook palm juice, and launch palm sugar to market.

3. Research

With the support of Cambodian Center for Study and Development in Agriculture (CEDAC), UNi offers students the opportunities to explore rural villages and interact with villagers for the research project.

Our students spent 6 days in rural areas and went to 3 villages to conduct the survey and anthropometric measurement.

a. Household Survey & Home Visit

20 interns from PUC were recruited for translation work during the field study. In total, we have visited 153 households to collect data about villagers' eating habit and agricultural background.









b. Anthropometric Measurement

The purpose is to assess nutritional status of every individuals by using different tools and sets of measurement e.g.skinfolds measurement, body circumference, BMI etc.







Our students made good use of their knowledges and collected 220 data samples. The students are going to do presentation and report based on the data analysis at the end of this internship program.

Chapter 3



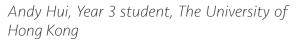


Testimonials

Cultural Exchange Program Summer 2015



This cultural tour to Cambodia is, to me, a rather special one and it gave me more than I have imagined. Cultural and intellectual exchange with Cambodian allows me to know so much outside my normal life.







The opportunity to interact with local students and experience a glimpse of rural living in Cambodia is one that I will saviour. You must adventure out and get involved in order to gain perspective, which is what the cultural exchange program offered.

Cameron Tonkin, Year 3 student, University of Otago (New Zealand)





The most unforgettable moment is visiting the village. I wished I have time to know more about how they live in this tough environment. I would set myself a higher objective to achieve and hope that someday I will come back to Cambodia to help those poors.

Edwin Mok, PhD student, City University of Hong Kong



All written by past participants.



I appreciate that UNi has put a lot of effort in everything during the program, especially the seminars. This is the first time I used so much time on a seminar. I learned so many things which cannot be found on books. I don't think other learning programs can provide such a golden opportunity. Once again thank you, UNi!



This experiential learning program gave us a golden opportunity to exchange our culture and views on food preferences through several seminars. The time we spent with the locals like the villagers and tuk tuk drivers makes this journey unforgettable. I will miss them and love to keep in touch with them!



Joining this program is a great opportunity to learn and explore something out of our comfort zone. I had much unforgettable experience during the trip and it is a wonderful and interesting program. I would really love to join the program again.



This program is different from other study tours. The village visit and anthropometric measurement allowed us to gain practical experience. I hope that more students can join this program to learn and have fun!:)

Bonnie Lam, Year 1 student, HKBUCIE



Agnes Wong, Year 1 student, HKBUCIF



Rosebir Sandhu, Year 1 student, HKBUCIE



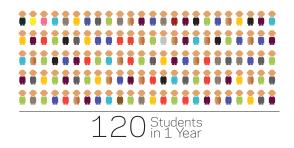
Stephy Chan, Year 3 student, The University of Hong Kong



All written by past participants.

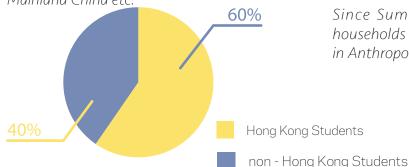
Statistics and Evaluation

Starting from July 2014, UNi has been organizing exchange and internship programs between Hong Kong and Cambodia.



120 youths from all over the world had participated in UNi's programs. (Programs include CEP, Capstone Internship & Experiential Learning Program, Innovation Insight Program, Internship Program of translation work in village.)

A total of 42 youths joined the non-academic programs (CEP and Innovation Insight Program) in last year. **40%** of the participants are non-local students from **7 countries** includes Indonesia, New Zealand, South Korea, Germany, Taiwan, Cambodia and Mainland China etc.





Cultural Exchange Program (CEP)



Capstone Internship & Experiential Learning Program

2X

Innovation Insight Program

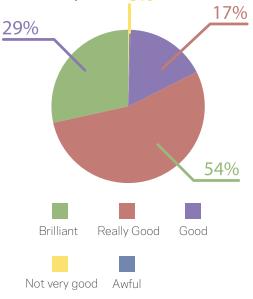
In the previous year, 2 Cultural Exchange Programs, 2 Capstone Internship & Experiential Learning Programs to Cambodia, and 2 Innovation Insight Programs to Hong Kong were successfully completed with appreciation.

295 X Households



Since Summer 2014, we have visited 295 households and 758 individuals were assessed in Anthropometric Measurement.

According to the responses collected from period Winter 2014 to Summer 2015, **more the 80%** of the respondents graded our program as or above 'Really Good'. 0%

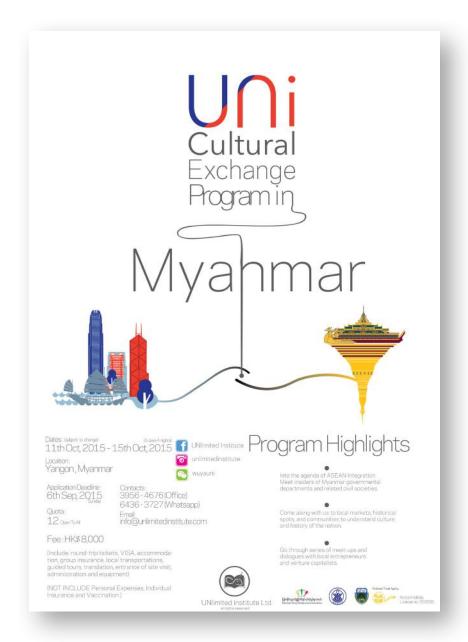


Chapter 4



Upcoming Events





Partnership

International Cooperators

Food and Agriculture Organization of the United Nations (UNFAO) Siem Reap Office Pursat Alumni Association (PAA) Centre d'Etude et de Developpement Agricole Cambodgien (CEDAC)

University Cooperators (Hong Kong)

Centre of Development and Resources for Students, HKU (CEDARS)
General Education Unit, HKU
Gallant Ho Experiential Learning Centre (GHELC)
Crossroads Foundation
Hong Kong Baptist University College of International Education (HKBUCIE)

University Cooperators (Cambodia)

Royal University of Phnom Penh (RUPP) Paññasastra University of Cambodia (PUC) Siem Reap Institute of Technology of Cambodia (ITC) National Institute of Education (NIE)

University Cooperators (Mongolia)

National University of Mongolia (NUM)

Chartered Trainer

Inter Cultural Education (ICE)

Chartered Travel Agency

Action Travel Services Limited (Action Holiday)

Governmental Supports (Cambodia)

Ministry of Industry and Handicraft, Kingdom of Cambodia Ministry of Education, Youth and Sport, Kingdom of Cambodia Ministry of Mines and Energy, Kingdom of Cambodia

Special Thanks

UNi team cordially expresses our gratitude to all people who have been supporting the development and operation of UNi this year (listed in no particular order):

Dr. Jennifer Man Fan WAN Associate Professor

School of Biological Sciences
The University of Hong Kong

Dr. Lucy Porter JORDAN

Assistant Professor

Department of Social Work and Social Administration

The University of Hong Kong

Dr. Popsy Yuen Fan POON

Lecturer

Department of Food Safety and Environmental Health

Hong Kong Baptist University College of International Education

Dr. Cheryl CHUI

Post-Doctoral Student

Department of Social Work and Social Administration

The University of Hong Kong

Mr. Rem Chandara

President, Pursat Alumni Association,

Country Director, ASEAN Entrepreneur Foundation

Ms. Thay Bone

Program Director

Life With Dignity (LWD)

Mr. Um Nisith

Head of Western Area Office World Food Program, Cambodia

Ms. Petra Vermeulen

Project Manager

Malteser International, Siem Reap Office

Dr. lean RUSSELL

Previous Project Manager MALIS

Food and Agriculture Organization of the United Nations (UNFAO), Siem Reap Office

Dr. Dixon Heung Wah WONG

Programme Director, Associate Professor

The University of Hong Kong

Dr Chi Chung WONG

Assistant Director

General Education Unit

The University of Hong Kong

Mr. Andy CHAN

Founding Curator & License Holder

TEDxHKPolyU

FoShan Union of Youth Federation

Entrepreneurship Hub of Qianhai Administrative Department

Mr. Ya & his team

Cambodian Supporting Team