

A Message From the JUMP! Team

Dear Friends,

We are proud to bring you the very first issue of JUMP!'s monthly newsletter. We plan on using this space to connect with our ever-expanding community and to reach out to those interested in joining our mission to inspire, engage and empower youths worldwide.

Since its inception in 2006, JUMP! has positioned itself as a leading experiential education program provider. We have **JUMP! School programs** in Asia, Europe and North America; our **Experience** programs have been delivered in Egypt, Tanzania, China, and Canada. In line with our vision, we have distributed our knowledge and resources to marginalized or at-risk youths across the world with **JUMP! Development** projects in the DR & Haiti, and China.

It has taken a great deal of dedication and passion to get here. We have been helped along the way by fantastic staff, volunteers, facilitators, sponsors and educators. There is no room in here to thank each of them individually, but this issue is our heartfelt "Thank You!" for their time and effort.

Peace & Love,
The JUMP! Team

International School of Bangkok Leadership Retreat September 11-13, Bangkok

JUMP! senior facilitators Justin Bedard and Josh Morris flew in from Beijing and Chiangmai respectively to lead an intense three day leadership retreat onsite at IS Bangkok. Forty of ISB's finest student leaders, including sports leaders, service club leaders, student council members, and other selected students, came together to explore what leadership means to them and how they can realize their leadership potential.

Many ISB students identified our Global Dinner, a representation of global food politics, as one of the most powerful moments of the retreat. The dinner represents global food politics. Students were divided into three income brackets. 15% of ISB students were placed in the high income bracket and served more food than they could eat. 30% of students represented the middle income bracket. They were given individual servings of simple fare: rice, beans, and a cup of tea. 55% of low-income students waited for small portions of rice and water that was served communally and in insufficient quantities.

The purpose of the dinner is to build an appreciation for the way food is distributed globally. The visual impact of inequality and poverty was profound. The feedback we received during the debrief and the program indicates that students came away from the experience with a deeper understanding of what global community means and the



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needs of such a community. Students were able to map out their own personal leadership goals and action plans much more effectively because of this new understanding.

We thank both ISB educators and students for their unflagging enthusiasm and dedication during the retreat!

Western Academy of Beijing Power of CHOICE Workshop September 14-16 & 18, Beijing

JUMP! spent four days at WAB as part of the school's senior activities week. On Monday and Tuesday, facilitators Joshua Hannum and Mark Thirlwal challenged students to think critically about the process, consequences and power of choice. "Waldo's Leadership Sherpa," an exercise in which a majority of the group is blindfolded for 30 minutes and led through activities by silent, unidentified seeing members of the group, posed particularly difficult questions about *choosing to lead versus being chosen to lead*.

On Wednesday and Friday, JUMP! led students into deeper trust exercises, including silent lifts. These require teamwork and cooperation on the part of students in order to lift their fellow classmates one by one into the air without words or sound.

We thank WAB for its support and especially thank the seniors for their inspiring and positive energy during the workshop!

SPOTLIGHT ON: SPORT 4 DEVELOPMENT

Our first-hand experiences here at JUMP! have taught us that physical education and recreational sport are critical in building healthier bodies, minds, and communities. Through their participation in team sport, young people gain the life skills they need to make positive, lasting contributions to their surroundings.

Sports also create bridges between communities. For seven months in 2009, JUMP! facilitated the Sport 4 Development (S4D) program in Beijing, China. S4D embodies our commitment to the promotion of youth leadership and social entrepreneurship as well as the alleviation of the hardships that marginalized and underprivileged youth face worldwide. S4D drew upon the inclusiveness of team sport to connect international school students with migrant schoolchildren and youths with autism.

The first step was the design and facilitation of the Sports for Development: Student Initiative Workshop in February 2009. The program was designed by JUMP! facilitator Sarah Gallant and Sports Beijing. Justin Bedard, Annie Ly and Mikey De Silva facilitated the workshop for 15 students and 4 educators. Participants came from the International School of Beijing, Yew Chung International School of Beijing, and the Western Academy of Beijing. Also included were community leaders from Unified Sports, Care for Children, Children's Art Initiative, and Right to Play.

The workshop was aimed at training students to take leadership roles in sports programs in challenged communities. Students strengthened their understanding of how sports are being used for community and individual development. They also mapped personal leadership goals and personal action plans in order to achieve their goals. Finally, the group formulated community goals and a 3-month group action plan for a Beijing-based sport for development initiative. In the 3 committees formed during the workshop, participants resolved to promote, fundraise and volunteer in student-led projects to bring team sports to target groups. Team meetings between program directors, student volunteers and educators were used as brainstorming and strategy sessions following the workshop.

Every Saturday for seven weeks in the Spring of 2009, JUMP!, Sports Beijing, Tao Yun Migrant School, Shunyi Special School, and Care for Children worked to bring 28 children and youths into the Sports Beijing spring soccer league. Talented and tireless student leaders acted as peer coaches and translators during the weekly practices and scrimmages. In summer 2009, JUMP! integrated its Sports for Development program with a JUMP! Experience program. We brought the Young Presidents' Organization's international board and their families together with our soccer program participants. They spent a day in the Olympic Green indoor stadium for basketball, team activities and capture the flag. They met Ma Jian, former national



A DAY ON THE PITCH WITH S4D

team player and one the first Chinese nationals to play for the NCAA.

With S4D, JUMP! brought together all aspects of its mission to engage, empower and inspire youths. The commitment, support, and openness of everyone involved was truly inspiring. We look forward to continuing S4D programs in the months to come.

Migrant children and children with autism are frequently rejected or barred from attending mainstream schools. The approximately 300 migrant schools in Beijing have facilities and teaching standards below the national average. They often lack recreational facilities, comprehensive physical education, or playgrounds and play areas.

Facilities or schools for autistic children and youths are even rarer. Rudimentary social services, low public spending and ignorance that persists about the disorder in the medical field and among the public all drag at efforts to provide proper programs and education for the autistic. Thankfully, grassroots community leaders such as Care for Children have raised the profile on autism. Stars and Rain, for instance, has provided a model for government-backed China Charity Federation Reindeer Foundation for Autistic Children. The foundation was unveiled on World Autism Day (April 1) in 2009. It promises renewed efforts to diagnose, intervene and treat the disorder.



SENIOR FACILITATOR,
MICHELLE CHOW-LIU

JUMPing in with Michelle Chow-Liu

JUMP! sat down with senior facilitator and WAB guidance counselor Michelle Chow-Liu to talk about her career in education, the benefits of experiential learning and her involvement with JUMP!

JUMP!: So tell us about your own background in education. You've pursued a career as a guidance counselor—did counselors or experiential learning play a big role in your schooling as a child?

MCL: Well, I was born and raised in Vancouver, Canada. I have my undergraduate degree in psychology and I also have my Master's in guidance and counseling. I'd have to say that counselors did *not* play a huge role during my schooldays in high school. Neither did experiential programs. However, when I was in college, I did have a really great advisor that really helped me throughout my university career.

I first got involved with JUMP! when I came to Beijing and met Justin Bedard. I think a lot of my involvement as a facilitator in JUMP! and my role at WAB have a lot to do with the fact that I had such a great advisor and friend while in university and I understand how important they can be for young people.

JUMP!: In what way?

MCL: Just having people who are qualified to listen and provide options as opposed to choosing on behalf of students. The role of a counselor, and in fact a facilitator, is one that requires a great deal of compassion for young people, a focus on getting students to reflect on their choices and actions, and also an ability to get them exploring their own ideas.

JUMP!: So you find a lot of overlap between the two roles?

MCL: Definitely. I think being a facilitator and being a counselor go hand-in-hand. My involvement in JUMP! has enhanced my abilities as a counselor and vice-versa. I think that I, and educators in general, can tag on to the way that JUMP! engages students. At the same time, I think that being a counselor has made me a better facilitator—I am very comfortable with seeing situations from a student's perspective and connecting with them.

JUMP!: That brings up a really good point. A facilitator that can connect with a group is so important. We've been reading the feedback we've gotten from programs and some of these students responded so beautiful to what our facilitators were trying to communicate. Some of them have said that the program, or an experience they had during the program, really changed them or the way they viewed important issues like community and global citizenship. What kind of difference have you seen JUMP! make with the students at WAB?

MCL: I think JUMP! has given our students a good model for leadership—how they can be leaders, how they can enhance the leadership skills of other people or affect change in a community. I also think that, at the end of a JUMP! program, they look at these concepts more broadly. Even for students living internationally, their definition of community is generally very narrow. I've seen JUMP! programs completely transform this

This is excerpted from the original interview. To read the original in all of its glory, please visit us at www.jumpfoundation.org

Upcoming events & programs:

- 12-14 October 2009. Student Leadership Program, New International School, Thailand. Facilitated by Justin Bedard.
- 16 October 2009. Student Leadership Program, Beijing City International School. Facilitated by Justin Bedard, Mark Thirwal, and Joshua Hannum.

“JUMP! activities affected my perceptions of leadership significantly; I learned that being a leader is not about having power or the ability to be in command and in charge all the time. **Leadership is about** cooperation, **communication**, trust, **creativity**, **integrity**, vision, and so much more. The *most important* thing I learned is that **everyone has their own style of leadership** and that *anyone* can be a leader.”

—Natnicha Burapachaisri Grade 11, IS Bangkok

To book a JUMP! program or experience, contact us at info@jumpfoundation.org.



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GLOBAL DINNER, YPO SUMMER SEMESTER 2009

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