During the study trip, you were exposed to various activities, cultural experiences, and learning opportunities related to the themes of the course.

In this assignment, you will be writing **a reflection**essay not exceeding 1,800 words (excluding pictures, captions, appendices, references). The essay will provide an opportunity for you to reflect on and internalise your experiences during the trip.

**3.1 Reflection (not more than 1,000 words; 15%)**   
In this section, you are required to focus on one specific day or activity that was particularly impactful to you during our time in Vietnam.

Refer to **“Framing your reflection”**below for details on how you can organise your thoughts.

**3.2 Applying what you have learnt (not more than 800 words; 10%)**

In this section, you are required to share one key takeaway from your observations or interactions with the various stakeholders we have met throughout our journey, that you believe can be adapted and applied to Singapore’s context.

Your takeaway can relate to values, worldviews, skills, protocols, business models, organisational practice or others at personal, community or national levels. In your response, you should include the following:

1. What do you want to implement?
   1. Describe the practice, idea or lesson you wish to introduce.
2. Why do you think it is valuable?
   1. Explain why this is a good practice and how it can benefit the community applicable.
3. Where and how to implement it?
   1. Provide specific steps and suggestions on where and how this idea can be adapted and introduced in Singapore.
4. Share some practical steps in the implementation process.

**Assessment rubric**

The reflection essay will be graded based on the following:

* **Clarity:**Provide a logical flow of ideas to support your arguments, demonstrating organisation and focus.
* **Analysis:** Relevant use of references and reading materials to demonstrate understanding of concepts mentioned.
* **Interconnections:** Ability to show how insights gained can be related to other aspects beyond the course (i.e., aspects of your personal or professional aspirations)
* **Feasibility** and creativity in the application of ideas in real world contexts.

**Submission**

* You must upload your reflection (**.docx**) by**27 Dec 2024, Friday**
* Name your document in this format e.g., Angie\_Tan\_Reflection\_Essay

**Framing your reflection**

This is not meant to be a time scale recollection nor a chronological record of events. You should select a day or an activity that resonates with you, allowing you to gain insights into the local culture, traditions, way of life, or people. Analyse the significance of these events and their implications for your personal development, worldview and/or any lessons learnt. Feel free to draw upon personal anecdotes, observations, or academic knowledge to enrich your essays.

You can use Borton’s reflection framework – **WHAT, SO WHAT and NOW WHAT**– to frame your reflection.

**KOTO**

Structure in Teaching

* Know One Teach One motto to pass down
* Strict selection process: Ensures her students benefit the most from the education received
* SDG 4 to provide hospitality training for life skills while allowing students to *choose* what they want to learn

Enthusiasm of students

* Each student was more than happy
* Increasing level of English proficiency (Unlike Will to Live – low priority on teaching English)
* Visibly more confidence as we interacted with the older students
* Evidently, KOTO’s academy has increased the enthusiasm to learn
* Always felt like students from lower SES families usually lacked some kind of
* Perhaps because of KOTO’s rich 25 year history and track record, the students actually want to be there and have the hope to improve their financial circumstances (SDG 1, SDG 10)

To maintain funding, students are held accountable for ensuring they complete the course or foot the cost

* Strangely make me question if students can even afford this?
* Nonetheless, many of them seem interested enough to learn

**Tea Talk**

TeaTalk primarily offers counselling services to give those struggling with mental wellness

Promoting Mental Wellness & the heart behind Michael’s TeaTalk

* In the words of one of the volunteers, Tea Talk is the will of Michael to help people. Tea talk connects people to resources and builds people up
* SDG 3: Promote mental health and wellbeing by providing avenues for anyone to open up with a story
* “Let’s talk” encourages many to share their talks
* Ha Giang workshops
* In Singapore, the awareness and advocacy of mental wellbeing is very well promoted. However, the awareness and stigmatisation of mental illnesses still hinders many. Perhaps, the mindset of simply being a listener is much more impactful

Financial Implementation Challenges

* Challenges the perception that social enterprises are usually funded by charitable organizations and government
* 30% of funding by Michael, with other avenues
  + Michael continues with his counselling services
* They have let’s talk (workshops), let’s farm (honey business), tea talk
* Creates a more sustainable business although it is a non for profit organisation
* Ref David!! I went for the Young Southeast Asia Leadership Initiative (YSEALI) Academic Fellowship Program (AFP) on the Economic and Social Enterprise Track. it is important to have mutliple streams of revenue to ensure sustainability and robustness of the income, so that enterprise are not stuck to only a single source of income. they are able to diversy their income streams, reducing the risk of relying on a single source of include

**Application**

* General takeaway: Knowing the needs of their beneficiaries and catering to them on a personal level. In KOTO, they adjusted to their needs, teaching them not just vocation specific content but also preparing them for the job market by teaching them English and resume-writing skills. In Tea Talk, addressed most pressing need – which was not exactly advocacy, but providing avenues for listeners

Personal

* Being a listener rather than simply advocating for mental wellness
* In our personal circles, shying away from deep conversations is definitely easy with the large number of social circles
* Building a culture within friend groups to simply gather to talk about life and struggles goes a long a mile

Vocational

* As a computer major, have always been fascinated with using technology to improve the lives of others
* Industry has moved towards teaching everyone coding
  + Previously taught Code in the community / Saturday kids in 2020 google kid-powered to teach children robotics
* Transition into the workforce seems a lot more hazy for these organizations
* Problem similar to KOTO

In a more practical level, teaching children skills beyond simply hard skills is crucial in finding jobs (KOTO teaches resume writing), though the impact of which is even harder considering Singapore’s competitive landscape