

# Christian Action

## QingHai Trip Report

DRAFT version for review

Li Hong Xia / Bill Bezy  
10 October 2010  
V1.05 DRAFT

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## Introduction

My wife, Li Hong Xia and I have followed Christian Action for a number of years and wanted to contribute to the 25<sup>th</sup> anniversary by writing a story about the successes of Christian Action in QingHai, an area impoverished economically, rich culturally and with unlimited human potential.

During our visits, the accomplishments of Christian Action exceeded our expectations. Over the past fifteen years, Christian Action has improved the lives of thousands of people in QingHai, providing housing for the poor, care for the handicapped, medical treatment for the sick, homes for the homeless, and education for impoverished minority children. With Christian Action's assistance, many in situations of relative despair move on to attend school, graduate from university or learn skills to address handicaps.

The challenges ahead are numerous but not overwhelming. Christian Action, with its experience, committed staff, established infrastructure and credibility in China is in an excellent position to continue its success in helping China's underprivileged.

Christian Action's leadership, partnerships with local government, support from abroad and from all those who have contributed to this outstanding initiative have allowed it to achieve remarkable things. Christian Action in QingHai is a capable enabler and a catalyst for change. Christian Action's effective collaboration with government bodies and others is one of its greatest strengths. As Christian Action looks to the next 25 years it should be proud of what it has accomplished to date. We wish Christian Action and its extended team continued success.

我和我的妻子，李红霞，关注香港基督教励行会有好几年，因此在它 25 周年来临之际，我们想写下一些关于励行会成功的故事来表达我们对励行会的支持。

在这次访问中，励行会所做的事情远远超出我们的预期。万事开头难，在过去十五年里，励行会已经用他们的行动改变了青海成千上万人的生活，为贫穷的人建造房子，照顾残疾人，为病人提供医疗服务，给无家可归的人一个家，为贫困少数民族的孩子带来受教育的机会。因为良好的照顾，很多贫穷的孩子在班里名列前茅，从大学毕业……使他们能从学校获得更多的机会；也让残疾的孩子重新学会用他们的拐杖走路。

前面的挑战让人兴奋。励行会投入青海的经验和人力，能够有效提高这里的生活水平。他们杰出的工作让青海不断在改变。在这里，人们虽贫穷，却富有潜力。

通过这次旅程，我们可以看到，励行会的捐助，当地政府的投资与合作、来自海外的资助、以及那些已经贡献并将继续贡献的人，他们起了很大的这个作用（我无法用语言来形容我对此的欣赏）。这些项目是值得很多人关注和赞赏的，擅长与人合作是励行会做事的一个优势，在将来的 25 年，励行会的工作必将继续——我和红霞希望励行会和他的团队以及支持他们的人能有巨大的成功。

## XiNing Childrens Home (西宁福利院)

On a Friday, Stanley Tan introduced us to the Children's home in XiNing.

In total, there are an estimated 18,000 orphans in QingHai province, most of which are the children of Tibetan minorities.

From 1998, in a partnership between Christian Action and the QingHai Civil Affairs Bureau, the XiNing children's home was established in facilities which combine, school, living areas and rehabilitation center.

Before 1998 the handicapped orphans of XiNing lived together with old people in an old people's home, often with 15 children squeezed into a single room. Conditions were very poor.

Improvements were made in three steps:

1. Improvement of environment with new special purpose facilities, five floors which are very comfortable for living and learning by any standards.
2. Provision of access to medicine and nutrition, including children's access to advanced medical expertise such as special surgery procedures in Beijing and Hong Kong.
3. Education and care included establishing an integrated rehabilitation and special education center in the same facilities as the children's home.

星期五，谭钰强先生在西宁儿童福利院给我们介绍了青海孤儿和儿童院的现状。

在青海省，现在共有 18,000 个孤儿，他们多是藏族儿童。

在 1998 年，青海民政局和励行会共同建立了西宁儿童福利院，现在它包括孤儿宿舍，特殊教育课堂和康复中心。

而 1998 年前，西宁的残疾儿童则是和老人们一起住在老人院，他们通常是 15 个孩子挤在一个房间，条件十分恶劣。

这一巨大的改善来自三个过程

1. 改善环境，给儿童提供专业的设施。修建 5 层的楼房，儿童有了舒适的生活和学习环境。
2. 提供医疗和营养。包括给孩子提供专业先进的医疗支持，如带他们去北京、香港进行外科手术。
3. 教育和护理。在福利院旁边建立康复和特别教育中心



*Xiao Ting, assistant manager and social worker, introducing the children's home to Li Hong Xia.*



*The 5 floor building is built with wheelchairs in mind, and there is children's art and accomplishments on display everywhere..*

The Children's home in XiNing is now home to 134 children who are mostly (=95%) severely handicapped, including heart disease, cerebral palsy, epilepsy, blindness, cleft lip, and autism. Most of these orphans have been abandoned by parents, found on the street, and brought to the children's home by XiNing police. Each year 30-40 new children are brought to the home. This is quite different from the Christian Action Children's home in Nan Huang, which generally houses healthy children whose parents have passed away.

西宁儿童福利院现在有 134 个孩子，其中 95%有残疾或疾病，包括心脏病，脑瘫，癫痫，失明，唇腭裂，自闭症。这些孤儿都是被父母遗弃的，他们在街上被发现，然后由西宁的警察送到儿童福利院。每年大概有 30-40 个孩子被送来。而励行会在黄南州福利院的孩子则多是健康的，他们因为各种原因失去了父母。



*Children's Chinese and math homework*

As we walked around the facilities and visited various

走在福利院里，拜访了不同的部门，从职员，运营者，最

departments we learned a lot about the staff, the operations, and most importantly, the children of this large home. It really is a home in every aspect of the word.

重要的是这些孩子身上，我们都感觉到了来自大家庭的气氛。



*Shared rooms for children are warm and cozy.*



*Family environment made of social workers and children living in an apartment, within the larger children's home.*

For example, the XiNing Children's Home manages four types of living arrangements:

例如，西宁福利院为孩子的生活做了四种安排

- Children live in a dormitory like environment which is clean and cozy and comfortable.
- Older children who have not been adopted live together as a family with 7-8 kids and social workers in an apartment-like environment with bedrooms and kitchen and living room within the facilities of the larger children's home. This is an excellent example of creativity in social work.
- Children temporarily live outside the children's home with local families who have been highly scrutinized by the children's home social workers. This out-living is to help the children adjust to family life for eventual adoption. Christian Action supports these families financially.
- Children are adopted into families either abroad or in China. Since 1998, 149 children have been adopted, with 128 of those adoptions from outside mainland China. 70% of the children adopted are not handicapped

- 孩子住在宿舍里，这里干净，温馨而舒适
- 大一些而没有被领养的孩子则 7-8 个被安排和一个“妈妈”住在一起，建立成一个小家庭。这里有卧室，厨房，客厅等普通家庭设施。这确实是一个有创造性 社工案例。
- 孩子寄养在本地的普通家庭，他们是经过福利院层层考察为孩子们选出来的。寄养家庭部的工作人员告诉我们，这样的选择结果通常是 1%左右，符合条件的家庭需要有一定的文化水平，本地居民，有接受培训的能力，有爱心。励行会则支付孩子的生活费用。
- 孩子们被中国或者海外的家庭收养。从 1998 年到目前为止，共有 149 个孩子被收养，其中 128 个孩子是被中国大陆以外的家庭收养。70%被收养的孩子是没有残疾的

Here we start to have fun. Christian Action has obviously

在这里的访问是让人愉快的，励行会通过有效的管理方式，大大提高了孤儿，特别是残疾孤儿的生活水平。他们所得到的结果是让人备受鼓舞的。

taken a caring approach to improving the lives of orphans, especially handicapped orphans in XiNing, and the results are encouraging.



*Volunteers from Australia help children in a monthly Birthday celebration activity organized by Christian Action.*



*Meng Ying, a blind girl, singing a song called 'Small Swallow' at a birthday party for the kids born during the month.*



*Laughing gets in the way of eating sometimes.*

Children are happy and well fed, well attended, and well clothed. Staff members know the kids by name and remember: there are 134 children here! The children here respond warmly. Art and photos are everywhere. The cleanliness of classrooms is on par with international schools in Hong Kong. The creativity of the staff in devising constructive activities is evident everywhere. There is a lot of happiness and love in this home – we were quite moved by the amount of interaction between kids and staff and laughter from children who were bed-ridden with IVs in their arms. It is a happy place to be.

这里的孩子都很快乐。有好的食物，好的照顾，好的衣服。这里有 134 个孩子，而这里的职员们清楚的知道每个孩子的姓名和性格。孩子们和他们也很亲近。这里到处都有绘画和图片。洁净明亮的教室比得上香港的国际学校。每一个地方都显示了这里工作人员的创造力，他们设计出很多有建设性的区域。这是一个充满快乐和爱的家 – 我们被孩子和工作人员之间的情感互动深深打动。这里每个人都带着快乐的笑，哪怕是需要协助才能从床上探起身，手、手臂上戴着监视器的重度残疾孩子。笑声和互爱，让这里成为一个幸福满溢的地方。



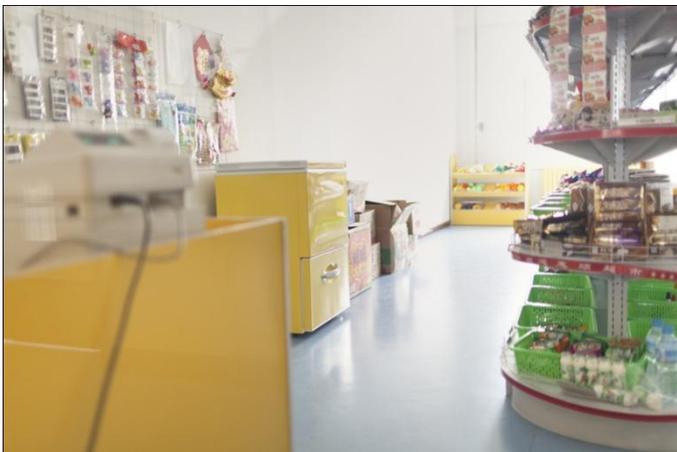
Factory assembly line – after hours.



Factory worker time sheet and his photo.

In every aspect, the children’s home is working to improve the children’s skills and abilities. For example, on the fifth floor of the rehabilitation center we found a workshop run by 14 year old children where they receive work orders from a local factory and pack boxes in an assembly line. This is far from a horror story of child labor, quite the opposite. It is an extremely creative and imaginative exercise in building teamwork and practicing motor skills. Pure fun.

儿童福利院注意在各方面提高孩子的技能和能力。例如，在康复中心的5楼，为孩子们建立了福利工厂。在这里他们接一点本地工厂的订单，为他们包装盒子。这些收入会给工作的孩子作为工资。这并不是一个使用童工的问题，它是一种创造性的训练，以训练孩子们适应集体工作环境和工作的技能，这是非常不错的设计。副院长告诉我们，工厂孩子的年龄被要求在14岁以上，这才是有必要被培训的年龄。



Looking in the window of the child-run supermarket, afterhours.



Playroom and windows into one of the nurseries for newborns

Similarly, nearby is also a small supermarket run by children where children go to buy things. At the cash register kids develop counting skills, exchange money for goods like chocolate and develop recognition skills by exchanging cards

同样的，在附近的房间为孩子们设了一个小小的超市，在这里孩子们可以买东西。收银机可以用以培训孩子的计算能力，用钱来换取商品，例如巧克力；孩子们还可以通过购买商品提高认知能力。他们可以用有描述物品的卡片去

with images depicting the items they want to purchase.

On the topic of management creativity, there is also a workshop within the home fitted out with power sanders and presses to build special-purpose splints required by the children with severe muscular handicaps.

表示他们想要的商品。

这里还有一个工作间，放有从香港进口的机器，专门为了给康复理疗的孩子制造固定关节的支架。也有香港来的专家教他们制作方法及给孩子行动状况做评估。



*A classroom of the School within the Children's Home.*



*Looking through the window of one of the nurseries for newborns.*

Other areas we found of interest include classrooms for the school within the home, nursery for infants, physical rehabilitation center, music center, a special center for helping autistic children to communicate, and environments designed to use colors and motion to stimulate and relax children.

It is no wonder the XiNing children's home is recognized across China as a model for excellence.

在另外的区域，我们也发现了其他有趣的事：有学校在福利院里面，婴儿室，物理康复中心，音乐教室，为自闭症的孩子舒缓情绪的房间，有特别结合颜色和光的设计激发孩子注意力和缓和情绪的房间。

这就是为什么西宁福利院在中国会成为一个优秀的典范。

**For those who want to contribute, the XiNing Children's Home needs:**

**如果你想帮助它们，西宁福利院需要：**

## QingHai Charity Hospital (青海慈善医院)

The QingHai Charity Hospital has been established in XiNing to help herders who would not otherwise have access to medical treatment. Homeless people found sick on the street are often delivered to this hospital. The hospital includes 50 beds and often handles up to 100 patients by borrowing beds and putting them in the hallways and stairwells.

The hospital fees and medicine prices are 30% of those in the XiNing public hospitals.

青海慈善医院的建立主要是为了解决贫困藏族牧民的就医问题。一些生病的流浪者，乞丐也常常被送进这家医院。医院有 50 张病床，但是常常超过 100 个病人需要住治，因此有时候病床被安排到走廊或者楼梯道上。

医院的收费标准被规定至少低于普通医院的 30%。



*QingHai Charity Hospital Staff*

QingHai Charity Hospital employs more than 40 doctors and 40 nurses who are educated in Western Medicine, Chinese Traditional Medicine, and Tibetan Traditional Medicine.

青海慈善医院有 40 多医生和 40 多护士，他们使用西医，中医和藏医作为治疗手段。



*Tibetan Minority patients*



*Physical Therapy*

30% of the Tibetans in XiNing do not speak Mandarin. Because 90% of the patients and only 10% of the staff are Tibetan, all doctors and nurses attend weekly Tibetan Language classes.

Typical illnesses treated in this hospital are:

- Ileus
- High blood pressure
- Diabetes
- Pulmonary heart disease
- TB
- Hepatopathy
- Cancer
- Rheumatism,
- Gastroenteropathy

来医治的藏族牧民有 30%完全不能说普通话，而医院里的工作人员只有 10%是藏族，所以为了方便和病人沟通，每周医生和护士都要进行藏语的培训。

医院治疗的主要病症有：

- 肠梗阻
- 高血压
- 糖尿病
- 肺心病
- 结核病
- 肝病
- 癌症
- 风湿病
- 胃肠病



*Ultrasound*



*Full body x-ray machine*



*Doctors in their office doing paperwork.*

Funding for the QingHai Charity Hospital, for the most part comes from the QingHai Peoples Welfare Department (a provincial government department). Christian Action works to improve the quality of the medicine practiced by this (impoverished) hospital by facilitating accesses to experts, equipment, and donations from Hong Kong and abroad.

The capabilities of the hospital are basic. They include dental, internal and external medicine, gynecology, x-rays, blood test lab, chemistry lab, ultra sound, heart monitor, a surgery room, a physical rehabilitation room, and a pharmacy with Western, Chinese and Tibetan medicine. Although the capabilities of the hospital are basic and it cannot yet meet all the medical needs of underprivileged minorities in XiNing, its existence is a noteworthy accomplishment.

青海慈善医院主要由青海民政部出资建立。励行会则帮助他们联系医学专家做医学交流，以提高医院的专业水平，或者推荐海外和香港的慈善团体捐赠。

慈善医院有基本的医疗能力。他们有口腔科，内科，外科，妇科，x光机，血气分析仪，生化分析仪，超声波，心电检测仪，一个外科手术室，一个物理康复室，一个药房，里面有西药，中药和藏药。虽然医院的医治能力是非常基本的，但是它的存在却有重要的意义。虽然还不能全面满足贫穷少数民族在医疗上的需要，但是医院的管理者有长远的目光，目标，也得到社会的支持。



*The back door of the new hospital (under construction).*



*The blue door will be one of the intensive care rooms. The big metal door enables the hospital to quarantine the entire fourth floor in the event of a contagious outbreak.*

For example, The QingHai Peoples Welfare Department has recently funded the construction of a new building which includes 12 floors and about 500 beds. The new building is now being fitted-out to a very high standard. For example, the intensive care units on the fourth floor are capable of being totally isolated from the rest of the hospital for an extended period for treatment of outbreaks that require quarantine.

好消息是：青海民政局已经为慈善医院新建了一栋 12 层楼的新楼，可以容纳 500 张病床。新的大楼现在正在进行专业的装修。例如，在四楼的深切治疗部和手术室在某种疾病爆发，需要隔离的时候，是可以完全从医院隔离开来的



*One of the patent rooms being fitted out. Initially there will be two beds per room, but there is space for three.*



*The 12<sup>th</sup> floor cafeteria.*

In spite of the enormous improvement in the facilities, this hospital will continue to serve impoverished minority people after the relocation and will **not** raise its fees.

The entire hospital is designed with high ceilings and large comfortable facilities.

The cafeteria on the twelfth floor is capable of serving food for different minorities including mullion food for Hui minorities and Tibetan food for Tibetans. Additionally there are kitchen facilities for families of the sick to cook, should they lack funds or an appetite for hospital food.

There is funding of 3 million RMB for the hospital to move to the new building at the end of October 2010, which will cover the move but will not fit-out the large building with medical equipment.

### **For those motivated to help, the new QingHai Charity hospital needs:**

#### **Expertise**

- QingHai Charity hospital welcomes experts from China or abroad with specialties to help train or work with staff. Mandarin speakers are preferred, however for non-mandarin speaking volunteers with needed expertise, a translator can be provided. Christian Action will organize such introductions and arrangements.

#### **Medicinal equipment including:**

- CT (16 tiers)
- Anaesthesia Apparatus
- Blood-gas Analyzer; Stat Profile pHox; i-stat (you would chose the exact one)
- Operating Tables
- Dialyator
- Hemorheology Instrument
- Bone Sonometers
- Bacteria Identification and Drug-sensitivity instrument
- DDFAO
- ELIASA
- Physical treatment and recovery equipment
- Fully automated Arteriosclerosis Monitoring System
- Ambulance
- Color ultrasound equipment for heart scanning

尽管设施得到了极大的改善, 这个医院将继续为少数民族及贫苦人民服务而不增加费用。

整个医院设计空间宽敞, 设施舒适

在第十二层的食堂按照不同民族的饮食习惯隔离开来, 包括有专为回族准备的穆斯林餐厅和藏民餐厅。另外还有一个可以自己煮食的房间, 供给不选择食堂食物的病人加热自己的食物。

青海民政局拨款 300 万人民币给慈善医院, 用作装修及 2010 年 10 月底搬迁的费用。他们已经没有多余的财政计划为医院增加医疗设备。

### **如果你想帮助他们, 青海慈善医院需要:**

#### **专业技术**

- 青海福利医院欢迎来自中国及海外的专家对医院与医生进行学术交流或者对他们进行培训。尤其是能使用普通话的专家。如果有不能使用普通话的专家, 励行会可以为此安排翻译人员。

#### **医疗器材**

- CT(16 排)
- 全功能麻醉机
- 血气分析仪
- 手术台
- 透析仪
- 血流变仪
- 骨密度仪
- 细菌药敏检测仪
- 全身健康扫描系统
- DDFAO
- 酶标仪
- 康复理疗设备
- 全自动动脉硬化检测系统
- 救护车
- 心脏彩超

## Huang Nan Zhou Children's Home (黄南州福利院)



*The front door of the home of 399 fun kids.*

The HuangNan Zhou Children's home, TongRen County, Jian Zha town, was established in 2006. It is home to 399 healthy, happy children of local minorities who have no parents. Most of the children are aged 12-14 years and the distribution between boys and girls is about even.

黄南州福利院在同仁县的尖扎，建于 2006 年，它是 399 个健康的本地少数民族孤儿的家。大多数孩子年龄在 12-14 岁左右，男女比例平均。



*Kids dorm rooms.*



*There is a movie theater in the children's home.*

The HuangNan Zhou Children's home includes two large buildings of good quality and a large play yard and basket ball court. The first of the two buildings was provided by an individual from Hong Kong named Yang Ping and the second building was built with a funding from TongRen city.

黄南州福利院有两栋建筑，一个很大的广场和篮球场。第一栋楼是由来自香港的杨萍女士修建的，第二栋楼由国家民政部修建，但是款项来自多个慈善团体或个人，励行会是其中之一。



A computer room – many of these kids are watching movies.



Currently Christian Action provides management, social workers and about half of the ongoing operating expenses for the HuangNan Zhou children's home.

HuangNan children are mainly from impoverished minorities including:

- 350 are Tibetans
- 33 are Mongolian
- 11 are Tu minority
- 2 are Hui minority
- 2 are Han Chinese

Children living in HuangNan Children's Home are healthy children whose parents have died. This is in contrast to the children living in the XiNing Children's Home, who are mostly severely handicapped and abandoned. HuangNan Children's Home is purely a home and children attend local public primary and middle schools outside the home, and later advance to continuing education, vocational schools, and universities.

On-site, Christian Action has one manager, five social workers and one administrator.

The Christian Action social workers:

- Organize activities for the kids outside of the children's home including family homes, and advanced education.
- Visit all of the students and understand their individual needs.
- Provide counseling and support.
- Match children's needs with the broader resources available from Christian Action.

励行会还为黄南州福利院提供管理，社工服务，以及提供一半的运作资金。

黄南州福利院的孩子多是少数民族：

- 350 个藏族
- 33 个蒙古族
- 11 个土族
- 2 回族
- 2 汉族

在黄南州福利院的孩子都是健康，但是失去父母的孩子，而在西宁福利院的孩子则是残疾被抛弃的孩子。值得注意的是，黄南州福利院只是孩子们的家，孩子们都在本地的普通学校上学。然后进入职业学校或者大学继续学业。

在这里，励行会安排了 1 个副院长，1 个文员，5 社工在这里工作。

励行会的工作：

- 管理孩子福利院外的生活，包括寄养家庭和大学教育。
- 探视孩子在学校的状况，了解他们的需要
- 提供心理辅导。
- 根据孩子的需要提供支持。
- 为继续学业甚至是大学的孩子提供资金支持 and 探望他们的情况

与西宁福利院相同的是，在黄南州福利院励行会的工作是高质量的，包括孩子们的居住环境，个人护理，他们的关心细致到每个孩子，这些都可以从孩子们快乐幸福的脸上

- Financially support and oversee children as they continue education beyond high school.

Similar to XiNing, in the HuangNan Children's Home the contribution of Christian Action on-site social workers is evident in the quality of the 'home' including the living environment, individual care and attention of each child, and extending to the attitudes and the wellbeing of the children.

It is clear that similar to a traditional family, in this Christian Action managed environment, health and wellbeing are a starting point, and more importantly, the children are receiving parental-like guidance and excelling in school. One can really see the contribution of the Christian Action social workers in the attitudes and confidence of the children.

Most of the children in this home are enrolled in the local public school system and attend school with other kids who have parents. It is somewhat like one family of 399, living under one roof. Fortunately they are really well behaved. ☺

As children move on to higher education, HuangNan Children's home remains their primary home and they stay in contact with Christian Action social workers while attending boarding schools and universities; and return to HuangNan for their school holidays.

Christian Action supports children's tuition as children move into upper education and pay the housing costs for kids living in temporary homes. The temporary homes help the kids adjust to family life so they can later be adopted into permanent families. Christian Action currently supports children living outside of the HuangNan Children's home as follows:

- 59 children are in temporary family homes
- 15 children are in technical schools.
- 20 are in vocational schools.
- 6 are in universities.

看到。

与传统家庭相同，励行会把孩子的健康幸福作为工作的出发点，更重要的是，孩子们在学校能表现自己的天分。这可以看到是励行会所作的一切带给了孩子们信心。

在教育上，多数的孩子在本地的学校上学，和有父母的孩子一起学习，这更像是孩子来自于一个有 399 个孩子的家庭，而且幸运的是，他们都是优秀的。☺

当孩子们去接受更高的教育，在学校住宿，黄南州福利院仍然被他们当成自己的家，保持与励行会社工的联系，并在假期的时候回到这里。

励行会支付孩子们接受更高教育的学费和孩子们进入寄养家庭后的生活费。励行会现在支持的在外孩子的费用有：

- 59 个孩子在寄养家庭
- 15 个孩子在上技术学校
- 20 个孩子在在外做职业培训
- 6 孩子在上大学



Chatting with kids in a reading room.



These three girls came from YuShu and became orphans in the April earthquake there. The two girls on each side are sisters and the one in the middle sings very beautifully. 这三个孩子是玉树的地震孤儿，他们今年5月来到这里，两边的女孩是姐妹，中间的女孩有美妙的歌喉。

As we spoke to the children in this home, we found they were bright and those who had been living in the home for longer periods were very confident. All the children we met have good Mandarin Chinese skills and some English skills. While the English was generally far from fluent, it was nice to see the children's confidence in trying to use it.

Some of the students wrote in Li Hong Xia's note book as follows -

**Ji Mao Zha Xi** (high school year 1, 17 years old): wrote: "I like mathematics. I am so happy that this year I was third in my class. My dream is to become a teacher, or a television host."

**Nan Jie Chuo Mao** (middle school year 2, 15 years old): wrote: "My favorite class is English. This year I was also the third in my class. In the future I want to be a teacher."

**Chen Ling Zhou Ma and Ya Ma Qing Zhou** - Are sisters who recently came from YuShu as a result of the disastrous earthquake in April of this year. They are beautiful kids, a little shy, and were kind enough to describe the meaning of their Tibetan names as follows: Chen Ling Zhou Ma in Tibetan means "will become a fairy after much hard work" and Chen's sister, Ya Ma Qing Zhou's name means "has

当我们和孩子们交谈的时候，我们发现他们很聪明，在福利院住得长一些的孩子更有自信。我们遇到的孩子都有很好的汉语能力和一点英语能力。你会很开心看到孩子们能自信的尝试去说英文，虽然他们说并不是很流利。

一些孩子还在李红霞的笔记本上留言：

**吉毛扎西 高一 17岁 我喜欢数学，今年取得了第三名，真高兴呀！☺将来做一名老师，主持人**

**南杰措毛 初二，15岁，我喜欢科目英语。今天取得第三名，将来做一名老师。**

**成林卓玛和亚玛青措** - 她们是姐妹，最近从玉树来到这里，是地震孤儿。她们长得很漂亮，有些害羞。她们的名字在藏语里面有美好的意思：成林卓玛在藏语的意思是：“经过很多次的努力，终将成为仙女”，成的姐姐，亚玛青措，意思是：“我的知识和湖一样多”

**才让周毛，高二，17岁。我喜欢学习，今年班上第四名，梦想考上重点大学。**才让周毛的梦想是去澳大利亚，希望住在城市里，然而她还没有出过同仁县。才让周毛的妈妈在她两岁的时候去世了，然后爸爸离家出走，杳无音信，我们要走的时候，才让周毛小声在我耳边说：“叔叔，告诉你一个小秘密，我很喜欢英文，可是不知道要怎

knowledge as big as a lake”.

**Cai Rang Zhou Mao** (high school year 2, 17 years old) – wrote: “I am the forth in my class. My dream is to be accepted to an upper Universality.” Chi Rang Zhou Mao’s dream is to go to Australia and she wants to live in a city, however she has never left TongRen town. Chi Rang Zhou Mao’s mom died when she was two years old and her father left home. As we were leaving, Chi Rang Zhou Mao, took me aside to say she really would welcome any opportunity to further her English.

**Niang Ji Jia** (14 years old) – wrote: “I like to paint pictures. When I was 13, I went to XiNing Zoo. I would like to go to Korea some day.” Niang Ji Jia painted my wife’s picture in her notebook.

**Jiu Xie Cuo** – wrote: “I like singing and dancing, and reading stories. My dream is to become a doctor.” When Jiu Xie Cuo was in grade school she joined many performances and when she sang a Tibetan song for us, the quality of her voice was extremely moving.

**Ren Qing Nan Jia** – wrote: “I like to watch TV and read stories. My dream is to become an excellent doctor because I want to see people living happy and healthy lives.”

**Qi Xiu Jun, a Christian Action Social Worker at HuangNan said this home most needs:**

- Scholarship funds for children’s continuing education.
- Adoptive families.
- Although there is a movie theater where the children can watch DVDs together, there is no television in this Children’s home.
- The children are avid readers and any books would be welcome.
- An English teacher from abroad to help with after-school studies.

么学得更好”

**娘吉家 14岁 我喜欢画画 今年班里第**（因为被我们的谈话打断，娘吉家没有写完他的留言）娘吉家在 13 岁的时候和叔叔去过西宁，他很喜欢西宁的动物园，在这些孩子里面他算是出过远门了。他还希望有一天能去韩国。娘吉家在我太太的笔记本上画了她的肖像。

**久谢措 我喜欢唱歌，跳舞，看故事书。我的理想是想当医生**久谢措在小学的时候常常上台唱歌。当她唱藏族歌曲给我们听的时候，美妙的歌声感染了我们。

**仁青南加，我喜欢看电视，看故事，我的理想是很想当很有名的医生。**当李红霞问他为什么想做一名医生是，他说他喜欢看到每个人都很好的生活，健康，开心。

**对这些来说有用的帮助。祁秀君是励行会在黄南州福利院的社工，她告诉我们福利院的需要：**

- 为孩子们可以继续学业的奖学金。
- 收养家庭
- 虽然这里有一个电影室，孩子们可以在这里看 DVD，但是这里还没有电视可以让孩子接收到即时有用的信息。
- 孩子们喜爱阅读，书本会很受欢迎
- 当我们离开的时候，一个孩子小声的在我的耳边说：“我真的很喜欢学习英语”。福利院非常欢迎一个来自海外的英文老师在课后帮助他们的英文。

## Summer of the Sun Town Primary School (夏德日镇小学)

We drove the long and bumpy road through forests, rivers, wide open Tibetan highland, snow mountains, monasteries and flags to Xia de Re Primary School which sits in the middle of an enormous high altitude grassland.

开车经过一段很长的颠簸不平的道路，穿过森林，沿着河流，在被雪山环绕的高原平地，我们看到了飘着红旗的夏德日镇小学，它坐落一个很大的高原草地上。



*Summer of the Sun Town Primary School sits alone in a huge high altitude grassland. It looks like a scene out of a Zhang Yi Mo movie.*



*Xia de Re Primary School main building.*

Xia de Re Zhen primary school was established in 2002 for the children of Tibetan headers with a 448,400 RMB investment from Christian Action. The total cost of establishing the school was 594,700 RMB, with the difference funded by an investment by the ZeKu county government who is extremely satisfied with the result. Currently the Xia de Re has 94 students and 12 teachers. Students live in bunks at the back of their classrooms. There are six primary grades, each grade has one class.

夏德日镇小学于 2002 年为了藏区牧民的孩子而建造，耗资 594,700 元人民币，其中有 448,400 元人民币是由励行会投资，其余部分由泽库县政府投资。政府对小学的建立非常满意。目前共有 94 个学生在学校里学习，有 12 位老师。学生住在教室里。双层铺放在三边，是晚上睡觉的地方，中间是课桌，白天上课的地方。老师则住在集体宿舍。全校有六个年级，每个年级一班。



*Xia de Re Primary School classroom and dormitory combined. Note the beds are not warm enough for 30 C below winter temperatures.*



*Xia de Re Primary School students, the children of Tibetan nomadic herders, are diligent and well behaved.*

Xia de Re classes are conducted in the Tibetan language; however students also study Mandarin as a second language. The children of the lower grades cannot communicate in Mandarin, but the higher grades have basic Mandarin fluency.

In the class schedule of Xia de Re Primary School we found the children attend computer classes; however the school has no computers. The kids are taught computer concepts from a book with no opportunity for hands on practice.

We joined their lunch. There is a clean kitchen, and lunch was yak butter rice and dates. Happy, healthy kids ran in and out at lightning speed to get their lunch and ate outside because there is no cafeteria room in this school.

夏德日小学的课程使用藏语，汉语是第二语言，低年级的孩子还不会用汉语交流。高年级的孩子汉语相对流畅一些。

在学校的课程表里，我们发现孩子们还学习计算机课程，但是老师告诉我们，学校里并没有计算机可以教学，他们只是根据教科书来学习这些知识，并没有实践的机会。

我们正好参加了孩子们的午饭时间，厨房很干净，孩子的午饭是酥油饭，用奶油和米蒸出来的米饭，里面也放了红枣。孩子们看上去健康开心，他们飞快的跑进厨房，厨师将饭盛到他们的杯子里，他们又飞快的跑出去。因为没有餐厅，他们就在外面用手抓着米饭吃着。



*Xia de Re Primary School kitchen has no cafeteria, kids run in, get food, and back out the door in a lightning fast blur.*



*Lunch this day is yak butter fried rice with red dates.*

**For those who would like to help Xia de Re primary school, it needs:**

- Computers for teaching computer skills
- A library of books
- The children are cold in the winter and need thick blankets. (purchased locally, good mattresses are 100 RMB and blankets are 200 RMB = total 300 RMB per child)

**如果想要帮助夏德日小学的孩子，以下是孩子的需要**

- 用于学习电脑知识的电脑
- 一个图书室
- 随着冬天的来临，孩子们需要更暖和的被子 (在本地购买一张好些的垫子需要 100 元人民币，被子需要 200 元人民币 = 每个孩子共需要 300 元人民币)
- 我们也注意到，孩子们的食物非常简单，没有蔬

- We noticed the kids were eating really basic food without vegetables or much nutrition. The kitchen did not have much food in it, none the less the kids all looked healthy.

菜，缺少全面的营养。厨房里也没有很多的食物。不过孩子们看上去还是健康的。



*Xia de Re Primary School kids in front of their classroom building.*

**ZeXiong Medical Clinic (泽库县泽雄中心卫生所)**



*The two doctors coming to greet us at ZeXiong Medical Clinic.*



*ZeXiong Medical Clinic main building. It is not a big hospital ...*

ZeXiong Medical Clinic was established and built by Christian Action six years ago to give impoverished herders in the area of ZeKu access to basic medicine. The cost of building the clinic was 333,550 RMB which was paid by Christian Action, with the exception of 30,000 RMB paid by ZeKu Town government.

泽雄卫生所是励行会在六年前为了让泽库地区的牧民能够得到基本的医疗救治而建造的。建造的费用总的是 333,550 元人民币，其中 30,000 元人民币由泽库政府出资，余下的部分由励行会捐助。



*Taking an IV from a patients arm – ouch !*



*The lab*



*Recovery rooms.*

ZeXiong Medical Clinic comprises of two small buildings in a remote area. The first building includes an examination room, a gynecology check-up room, pharmacy, two recovery rooms

泽雄中心卫生所主要由两排平房组成，处在比较偏远的地方。一排房子包括了一个门诊，一间妇科检查室，一间药房，两件病房和一间检验室，里面简单的生化检测仪，可

and an office. The second building includes a couple more recovery rooms and living quarters for the two doctors and two nurses of the hospital. <match Chinese version>

以化验血，尿等。也有一个简陋的 B 超。另一排房子有医生的办公室，医生和护士的宿舍，才让东智和他的家人也住在这里，才让东智医生已经在这个卫生所工作了 6 年。卫生所现在有两个医生，两个护士，两个护士都因为要生孩子回家了，另一个医生刚到卫生所不久。我到达这里的时候只有一个病人在这里看病。



The Pharmacy



Gynecology. This clinic delivers babies and reduces child birth related casualties.

The doctors have mainly studied Tibetan traditional medicine and have a basic understanding of western medicine. The staff is Tibetan and speaks both Tibetan and Mandarin. Each year the ZeXiong medical clinic accepts 6000 to 7000 patients.

医生的专业以藏医为主，了解基本的西医知识。他们都是藏族，可以说藏语和汉语。医生告诉我们，每年他们要医治 6000 到 7000 的病人。主要治疗的病症是：

The most common illnesses are:

- Gall bladder attack due to the amount of meat Tibitian people eats.
- Heart disease
- High blood pressure
- Arthritis
- Cold and flu

- 胆囊炎，由于牧民以肉食为主的饮食习惯造成的
- 心脏病
- 高血压
- 关节炎
- 感冒

Additionally, the hospital helps women to deliver babies.

另外，医院也可以帮助妇女接生孩子。

The doctors sometimes encounter emergency conditions and have to perform emergency procedures in this very primitive environment.

有时医生会遇到突发状况或紧急情况需要处理，但是医院的条件却太过简陋。

Previously the ZeXiong medical clinic had an ambulance however, it broke-down and they have applied to Christian Action for a small utility vehicle to use as an ambulance. At present, sick people arrive by themselves and doctors also ride a motorcycle to the homes of patients.

以前，泽雄诊所有一辆救护车，但是在一次交通意外中被撞坏了，他们正在向励行会申请资金购买新的救护车。现在主要是病人自己来到诊所就诊，或者医生骑摩托车上门诊治。

在泽库县城有一个比较完善的医院，虽然也是很基本的设施，坐车需要 20 分钟的时间。在紧急情况下，有一辆救护车能将病人转移到县城的医院是很重要的。

There is a full hospital, (also very basic) in ZeKu, about twenty minutes away by car, and in emergencies, an ambulance is important for transferring patients to the town hospital.

**才让东智给我们介绍了诊所的需要：**

- 一辆新的救护车
- 新的 B 超
- 一个心电图仪
- 普通的药品
- 办公用品

**The head doctor, Cai Rang Dong Zhi said the ZeXiong**

**Medical Clinic most needs:**

- 医生专业上的培训
- A new ambulance
- A new ultrasound scanner
- A heart monitor
- Common medicines
- Office supplies
- Expertise and training

## ZeKu Xian, Winter Homes for Nomadic Herders (泽库县, 为牧民建造的冬天的房子)

Throughout our travels in ZeKu Xian, we passed winter houses built by Christian Action for nomadic herders. They have a distinguishable, yet very local design and are constructed to a high standard, relatively speaking. The majority of private houses in QingHai province are built of mud, which is one of the reasons why earthquakes have been so devastating. Others are simply nomad tents. The winter houses were constructed by Christian Action in the ZeKu area between the years 1997 and 2001, and now total 400 family dwellings.

在我们在回泽库县城的时候，路过励行会为了让牧民们过冬修建的房子。他们都很好辨认，是当地的设计风格，建造质量很好。青海的房子多数都用泥土建造，这也是为什么地震能造成那么多房屋倒塌的原因。励行会在 1997 年开始为牧民建造过冬的房子，每年建造 100 所，到 2001 年共建造了 400 所。



*The Cai family winter home, built by Christian Action 10 years ago.*



*Mr & Mrs Cai in front of their house.*

We visited the family of Cai Ang Duo Jie. The previous day Cai, his wife and two sons moved back into their home for the winter after spending the summer months grazing their cattle in the open pastureland. The Cai family recently sold most of their summer herd and retains 4 cows and 20 sheep for next year's reproduction.

我们参观了才昂多杰家。才昂多杰和他的妻子，两个孩子刚在前一天结束游牧生活搬回他们的房子里来居住。他们已经买掉了部分的牛羊，现在还有 4 头牛，20 头羊，留做来年的繁殖使用。



Cai Ang Dou Jie and his wife expressed deep thanks to Christian Action for providing them with their winter house. They have endured winters there now for ten years and are very satisfied. Previously the family endured -30°C winters living in a tent.

Christian Action no longer builds winter houses for nomadic herders.



才昂多杰和他的妻子向我们表达了他们对励行会的深深感激。他们已经在这所房子里度过了十个冬天，对此感到很满意。这之前，他们在-30°C多的天气里都在帐篷里度过。

现在励行会已经没有继续为牧民们建造过冬的房子了。

## ZeKu Xian Permanent House for Single Parent Families (泽库县单亲家庭的房子)



In addition to Winter homes for nomadic herders, Christian Action also built 30 permanent homes for single parents in ZeKu.

We visited one lady who was 39 years old and lived in one of the Christian Action homes since 2005 with two children who are in school. She suffered from arthritis and one side of her body was impaired by nerve damage.

She and her children obviously benefited from having a home.

Christian Action no longer builds houses for single parent families in ZeKu Xian

除了为牧民们建造过冬的房子，励行会还为在泽库的 30 个单亲家庭建造房子。

我们访问了一个单亲妈妈的家，她今年 39 岁。她和孩子从 2005 年开始入住励行会为他们建造的房子里，她的两个孩子现在都还在学校读书。她有关节炎的病痛，半边身体活动不便。

很显然房子给他们的生活带来了很大的改善。

励行会现在也没有继续为单亲家庭建造房屋

**TongRen Town Minority Middle School (同仁县, 民族中学)**



*The management team, including Mr. Tai from Christian Action.*



*At 15 min recesses kids get a bit of exercise.*

TongRen Xian Minority Middle School, built in 1997, is a six year middle and high school for minority children. The majority of the children are Tibetan however also include Tu Zu & Hui Zhu minorities. There are a total of 1633 students in 28 classes ( 4-6 classes per year ), and 110 teachers. Ninety percent of the students live on campus. The school has a one multi-use building and two classroom buildings, and several dormitory buildings.

同仁县民族中学建于 1997 年，专门为少数民族的学生建立，初中高中共有六个年级。这里的少数民族学生包括藏族，土族，回族等共 1633 人，28 个班，（每个年级 4-6 个班），学校有 110 个老师。90% 的学生住在学校里。学校里有一栋综合楼和两栋教学楼。和几栋宿舍楼。



*Computer class – one lab for 1600 students.*



*Chemistry lab – one lab for 1600 students.*



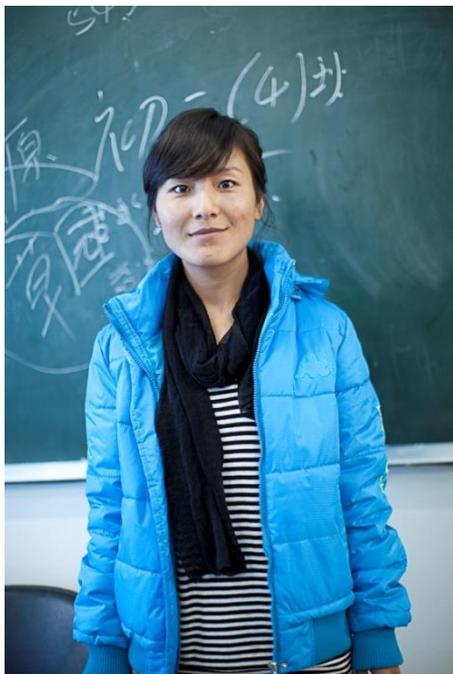
Physics lab – one lab for 1600 students.



My dad (an electrical engineer) will be happy that this school emphasizes  $V=IR$ .

The multi-use building also includes one physics laboratory, one chemistry laboratory, and one computer lab with 50 PC's, which is far from enough to support 28 classes of children.

综合楼里有一个化学实验室，一个物理实验室，一个有 50 台电脑的电脑室，这些设施供 28 个班级共同使用，实在很不足够。



Chemistry lab – one lab for 1600 students.



Chemistry Storeroom.



Library – book borrowing. There are three rows like this and a librarian. Very neat, but not enough for so many kids.

The multi-use building includes a very small library with 40,000 books including lesson books and leisure reading books donated to the school. The librarian said the kids really appreciate books where Chinese and English are written side by side so they can read Chinese and study English at the same time.

综合楼里还有一个很小的图书室，里面放有包括课本和课外书籍在内的 40,000 册书，一些是由捐赠而来。图书管理员告诉我们，学生们很爱看书，特别是英文和中文的双语书。这样他们可以一边欣赏内容一边学习英文。



*Some of the older dorms where kids are living. There are also some newer dorms..*



*Temporary annex built to accommodate the inflow of children after the YuShu earthquake. .*

Because of the April, 2010 earthquake in YuShu, TongRen Minority Middle School built four more temporary classroom buildings to accommodate students from YuShu who lost their schools. The best dorm rooms in the school were allocated to the quake victims.

The learning and living environment is not great, however the students are hard working and the results are good. This year 159 students took university tests and 130 were accepted by universities

由于 2010 年四月的玉树地震，一些玉树学生被安排到这间学校继续他们的学业。学校建了四间临时的教室给本校的学生，而将好些的教室腾出来给玉树学生。

孩子们的学习和生活环境并不是很好，然而孩子们却很努力学习，成绩也不错。今年学校有 159 个学生参加高考。130 个学生考进了大学。理科的入学率是 95%，整个年级的入学率是 82.2%



*Tanka paintings, painted in a contest where the kids were given only one hour to compete.*



TongRen Town Minority Middle School is only seven kilometers from the famous Sengeshong Yago monastery where TanKa painting has been practiced since the 16<sup>th</sup> century.

In support of local tradition, every year the TongRen Town Minority Middle School holds a TanKa painting competition (Tibetan art competition) where students are required to complete a painting within one hour.

Some of the results were displayed in a conference room where we were talking with Christian Action scholarship students. When I returned to Hong Kong, I blew-up these photos to very large scale and the detail of the artwork (completed within an hour) is unbelievable.

从著名的吾屯上寺到同仁县民族中学只有几公里，唐卡艺术在16世纪时在那里成熟。

按照惯例，每年同仁县民族中学都会举行唐卡绘画比赛（藏族艺术比赛），这个比赛要求参赛的学生在一个小时之内完成一幅唐卡作品。

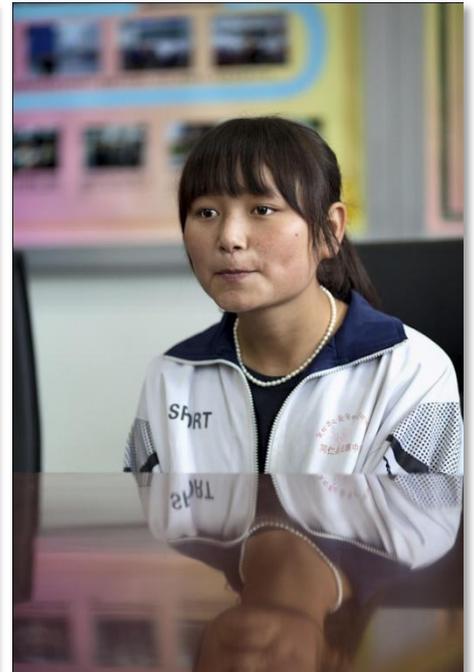
一些作品放置在学校的一个会议室，在这个会议室我们和受励行会资助的高中生进行了一次谈话。当我回到香港，放大这些作品，仔细观看它们，完全不能相信它们是在一个小时的时间完成的。



*Kids on Christian Action scholarship.*



*Kids on Christian Action scholarship.*



*Kids on Christian Action scholarship.*



*Kids on Christian Action scholarship.*



*Kids on Christian Action scholarship.*

In this school, Christian Action gives scholarships to sixty students, and an additional 20 university scholarships for students accepted into universities. Scholarships are allocated to students in the most difficult situations of poverty and based on their ability.

在这个学校，励行会每年资助 60 位优秀而贫困的高中完成学业，以及支付 20 位考进大学的学生学费。



*Mr. Tai, who has been responsible for much of Christian Action's charity initiatives in the HuangNan region for the past decade or two, with the vice principal of this school.*



*Some of the kids that are on Christian Action scholarship.*

As we spoke with the Christian Action scholarship students, they displayed a lot of curiosity about middle school life outside QingHai and China. They had rich and colorful ambitions, including becoming artists, soldiers, teachers, economics scholars, language professors, and students of religion and Tibetan culture. The Christian Action Students expressed their appreciation for the donors who enabled them to attend middle school and they unanimously expressed very clear ambitions to attend university. It is easy to believe in the potential of these kids.

当我们和这些受励行会资助的学生谈话的时候，他们对青海以外及海外学生的中学生活感到好奇。他们都有丰富多彩的理想例如成为艺术家，军人，老师，经济学家，语言教授，从事佛教事业等。受励行会资助的学生也表达了他们对资助者的感激之情，他们一致表示他们会进入大学学习





**The assistant school master, said his school most needs:**

- Leisure reading books
- Equipment for labs ( computer, chemistry, physics )
- Scholarships for ( this ) High School and for University
  - High school costs 700 RMB per semester ( 2 semesters per year ) + 300 RMB per semester for dormitory and food

We later had lunch with the head of TongRen county Education Department, La Dong Ka.

La Dong Ka said TongRen County has 90 schools including primary, middle and high schools. In total there are more than 18,000 students in La Dong Ka's district.

Yesterday he came from a primary school that suddenly collapsed because the building was too old. Fortunately it collapsed during the night when there was nobody inside. A temporary room was quickly set up for the students to live but now the teachers still have no place to live. La Dong Ka has applied for help from Christian Action for RMB 80,000 to rebuild two buildings for this school.

In the winter, the poor conditions of facilities and shortage of blankets is a problem throughout TongRen county's 90 schools. Throughout the winter, temperatures across most of QingHai province are 30 C degrees below zero.

There is a general need to help with the quality of education across TongRen and Qing Hai.

**校长助理给我们说到了学校现在的需要:**

- 课外书籍
- 教学器材 ( 电脑, 化学实验室器材, 物理实验室器材 )
- 高中和考入大学学生的奖学金
  - 高中每学期需要 700 元人民币左右的学费 + 300 人民币的生活费。

我们后来和同仁县教育局的局长拉东卡一起共进午餐。

拉东卡说, 同仁县包括小学, 初中, 高中共有 90 所学校, 18,000 名学生。

昨天他刚从一所小学回到县城, 那里的房子因为太老突然倒塌了, 幸运的是事情发生在晚上, 没有人在倒塌的房子里。他们立即建了新的房子给学生住宿, 可是老师还没住的地方。拉东卡希望能得到励行会 80000 元人民币的资助, 为这所学校建两排新的房子。

在冬天, 取暖设施不完善, 学生缺少过冬的被子成为同仁县 90 所学校寄宿学生的问题。在青海的冬天, 温度常常低于-30℃。



## YuShu JieGu Town (玉树，结古镇)



Our intention was to limit the scope of this report to the projects, successes, and ambitions of Christian Action in QingHai and not comment much on the general environment in QingHai.

我们希望这次的报告以励行会在青海的项目，成功之处，目标为主题。而不是描述青海的社会环境。



*Kids playing in an earthquake rubble town. The children currently live in tents.*



*The JieGu Monastery, on a mountain-top above the city is the largest monastery in YuShu province, with a 2000 year history and home to 500 monks. The Monastery was 90% destroyed in the earthquake. The monks now live and study in tents lower on the mountain as the temple is no longer safe.*



*All of these buildings are now vacated as they are totally unsafe.*



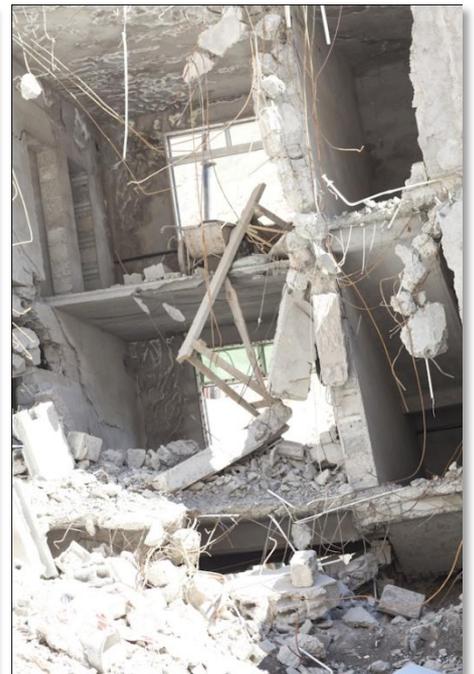
*Yet this city is really on the move, and really worried too, preparing for winter.*



*Most of the broken buildings in JieGu have now been demolished and reconstruction is in full swing. This building will be left as a monument.*



*Workers and tractors are on the move twenty four hours per day – but really just about everything needs to be rebuilt.*



*The earthquake happened about 7:49 am on 14 of April this year.*

Yet, when one arrives in a town completely demolished by earthquake, covered in refugee tents, and quickly coming into a winter where temperatures will be -30°C for extended periods, something must be said.

然而，当我们到达这个完全被地震摧毁的镇子，而且很快要进入-30°C的冬季，我们觉得有的事我们必须要说。



A daughter with her mom, in their tent. This family lost about 15 relatives in the quake.



A family in front of their tent.



A market in refugee tents.



Tent groceries in a tent grocery store.



Tent restaurant.



Tent corner shop.



JieGu is really a refuge tent city.

The earthquake was in April of 2010, and by most local

地震发生在 2010 年 4 月 14 日，以当地人的说法，有不少

accounts 10,000 people died.

Either the news we saw in Hong Kong understated the disaster, or we are just numb to the television, as I had no idea this quake in YuShu was so devastating. Our memory of recent disasters is dominated by the SiChuan quake, where winter temperatures are relatively moderate. It seems the SiChuan quake got all the coverage and the pending winter is quite worrisome, to say the least, for the YuShu residents.

As an example our taxi driver lost 15 relatives in the earthquake. There are very few buildings standing, even at this point in time five months later, in what was JieKu town.

It is a sad story even though the efforts of the Chinese Army, Government and locals to prepare for winter are significant. JieGu Zhen is a town in total action rebuilding itself. Building materials are stacked everywhere and tractors crawl the torn city; rebuilding it night and day.



*I never imagined a refugee tent city could include stationary stores, laundry mat, drug stores, restaurants, grocery stores, barber shops, CD stores, and even this store selling knick-knacks girls wear in their hair to make them look pretty.*

Yet the extent of the disaster means that, five month later, most people are still living and conducting their daily business in refugee tents, and the first snow is just starting to fall. With good reason, residents are very worried. Electric power is intermittent and this will be a very tough winter.

**This town could use warm things ASAP:**

- Power generators
- Heaters & stoves
- Blankets
- Beds
- Permanent buildings, or temporary buildings, or better insulated tents.

于 10000 人在此次地震中丧生。

我们从香港得到地震的消息，也麻木于电视的反复宣传，从未想到这场地震对于玉树来说是毁灭性的。我们的记忆对四川地震印象深刻，那里的冬天气温相对暖和。四川地震带给人的震撼，一定程度上削弱了人们对玉树灾民的关注，然而对于玉树居民来说，度过这个冬天变成很大的问题。

例如，给我们开车的出租车司机家里有 15 人在这场地震中丧生，在地震 5 个月后，结古镇还没有什么建筑物存在，遍地所见的都是帐篷，商店，饭馆，居住都是帐篷。

中国政府，军队，当地人依然在修建房屋为即将来临的冬天做准备。结古镇在夜以继日的为重建工作，建筑材料堆在四处，拖拉机在城中穿行。



*Yet, we managed to catch a bit of snow. I am not sure this works in a Tibetan Winter. Everyone is worried about this.*

然而，灾难发生至今，5 个月过去了，大多数的灾民生活和商店的经营都还在帐篷里进行，第一场雪也开始落下。为此，居民们都很担忧，电力不足，这个冬天将会极其艰难。

**这个城市仍然需要一些温暖:**

- 发电机
- 加热器或炉子
- 毯子
- 床
- 活动板房或厚的帐篷

Xin Zai Family-less Old People's Home (新寨孤老福利院)



A home ( of tents ) for old people without families was created after the earthquake by Tu Deng Shi Fu, a Tibetan Buddhist Nun.



For for tent village within the tent city of JieGu, this one is quite attractive.



Tu Deng ShiFu and one of the people living in her old people's home.



The view from the hill above the tent village. I really noticed the thin air walking up the hill to take this photo.



A jolly resident on a sunny day.



And another.



A man in his tent. This tent was comfortable

*with beds for three people.*

Tu Deng Shi Fu, a Tibetan Buddhist Nun, came to Yu Shu on the second day after the earthquake and found many old people on the street who had no families. She decided to focus on helping them.

Tu Deng Shi Fu received 78,000 RMB from XiNing to build 30 tents to form an old-peoples community, and hire a cook and a laborer to help the old people in the community. In a separate tent Tu Deng Shi Fu also constructed a kitchen and provides the community with regular meals.

There are currently more than 70 family-less old people living in the community aged between 60 to 90 years old, and there is one who says he is over one hundred years old, but he does not remember by exactly how much he exceeds 100 ☺. The seniors in this home are generally healthy and happy, however it might be that the day we visited was also warm and sunny.

The costs to run this community are currently exceeding 19,000 RMB per month. Tu Deng currently has funding for two months and continues to seek funding month by month. Tu Deng Shi Fu is working with Ida Tang, a Christian Action social worker in Yu Shu and applying for help from Christian Action. The situation is urgent as the winter is about to set-in and temperatures will be 30 degrees below zero.

土登师傅，一位佛教尼姑，在得到玉树地震消息的第二天，从四川甘孜州亚青寺来到玉树。在这里她看到有很多老人失去家人，抢不到救灾物资，流浪街头，所以她决定帮助这些老人。

她用了一个月时间寻访这些老人，问他们如果有一个养老院，他们是否愿意入住。得到肯定的答复后她去了西宁用半个月时间筹备资金和物资。用 78000 元人民币建了 30 个适用于冬季的棉质帐篷。还另外购买了一些必须的生活用品，请了厨师和工人照顾老人，新寨孤老院就这样建立起来。土登师傅和部分老人一起修建了帐篷厨房，为老人们做适合的饭。

现在有 70 多位孤寡老人住在福利院，他们的年龄从 60 岁到 90 多岁，这里有位老人说她已经超过 100 岁，只是具体的数字她也记不清了。在这里的老人基本都健康和快乐，也许是因为我们去拜访的那天天气很好，阳光灿烂。

福利院每月运行所需要的费用是 19,000 元，土登师傅告诉我们，她现在拥有的资金只足够维持两个月，她要继续去寻找资助。土登师傅和励行会在玉树的社工 Ida Tang 相识，Ida Tang 正在向励行会申请对孤老福利院的资助。在我们看来，情况十分紧急，因为冬天就要来临，温度即将降到 -30℃。



*Tu Deng Shi Fu with more residents enjoying the nice weather.*



*Out of tarps and logs, a kitchen was made and a cook hired to prepare food for the residents.*



*The cook who made me a great coffee - thks.*



*Her kitchen stove.*



*The inside of the kitchen stove.*

**Tu Deng Shi Fu indicated that, in addition to permanent homes, this Family-less old people's home needs:**

- Blankets for the winter
- Help with monthly expenses
- Basic medicine
- Funding for emergency medical expenses, for example, one resident had heart problems and Tu Deng Shi Fu had to spend 20,000 RMB to take him/her to XiNing for emergency medical treatment.

**土登师傅告诉我们，除了建一个稳定的老人之家，这个福利院还需要：**

- 过冬的被子
- 每月的开支
- 基本的药品
- 提供紧急的医疗资金，一次有位老人突发心脏病，土登师傅送他去西宁的医院治疗花了 20000 多元人民币。

## YuShu Orphan School (玉树孤儿学校)

Yu Shu School for Orphans was established about 20 years ago by Ah Gong Huo Fo, a Living Buddha (=a high Tibetan Buddhist ranking Lama), and included both a primary and a middle school.

Before the YuShu earthquake Christian Action was in talks to open a Children's home attached to the school for orphans.

However, in April, the earthquake destroyed the main buildings and dormitories of the school. Very fortunately the earthquake was at 7:45 AM and all the children were eating in the cafeteria, which was a relatively new building. Only one of the 300 students was hurt.

玉树孤儿学校在 20 年前，由一个叫阿贡的活佛建立。那时包括小学和中学。

在地震之前，励行会正和孤儿学校的校长商谈在学校旁边建立福利院的事宜。

然而，四月的时候，地震毁灭了主要的建筑以及学生的宿舍。幸运的是，灾难发生在早上 7:45 分，当时学生正在餐厅吃饭，那是一个比较新的建筑，300 多学生只有一个学生受伤。



*Kids with their volunteer teacher. Kids in this school for orphans are extremely playful. Not sure if the extremeness is partly due to the departure of all of their permanent teachers after the earthquake who are now replaced by a steady stream of good hearted but none the less temporary and often changing substitute teachers. I know my kids would probably be happy if all of their teachers left town ... ☺*

Within four days of the earthquake, the Chinese Army invested 3,000,000 RMB and built temporary classroom buildings and the primary school was back in operation. Middle school students were moved to different middle schools around QingHai.



*None the less, both the substitute teachers and the students deserve a lot of credit for continuing the momentum to study. These kids concentrate on memorizing their lessons by facing the wall of a temporary classroom building constructed by the Chinese Army after the earthquake, as not to be distracted by the other kids playing in the lot behind them.*

地震后，军队迅速为学生建起了活动板房的教室，让学生在四天后就能恢复上课。此后解放军二炮部队耗资 3,000,000 人民币陆续为孩子们建了板房学校，现在孩子们有了相对稳定的学习和住宿环境。现在的学校只保留了小学的部分，中学生被转移到青海各处或者省外就读。



*Ida Tang, a Christian Action Social worker, eating with her colleagues in a refugee tent restaurant.*



*These volunteer teachers and Christian Action employees come from all over China. They are young, caring, energetic, and hugely appreciative of the kids in this school. They eat together and enjoy free time sharing with each other the stories of their students. The girl from Inner Mongolia does not fear cold weather of coming winter so much, but the others from JiangSu, SiChuan, and HuNan have reason for concern.*

Christian Action also immediately dispatched three social workers to help the school. Most of the teachers had to leave and return to their own families as their homes had also been affected by the earthquake. The current teachers are all volunteers from around China.

There are 151 Primary students who live and study in temporary buildings. Of these 151 students, 80 are new arrivals as their parents passed away in the earthquake. Although all of the children are orphans, most have family members (i.e. grandparents, aunts, uncles, etc ) who they stay with during the winter months when the School is on Holiday. However, it is now doubtful that these family members still have shelters.

励行会派驻三个社工在孤儿学校辅助这里的工作，安抚孤儿的情绪。学校多数的老师因为地震波及自己的家庭，都回各自家里了，现在的老师是从全国各地过来的自愿者。

现在学校有学生 151 人，他们学习和生活都在学校的活动板房里。这 151 个学生里，有 80 个孩子是在地震中失去亲人后新进来的。虽然所有的孩子都是孤儿，但是多数都还有亲人（如爷爷，奶奶，叔叔，阿姨等）在冬天放假时他们多数会和亲人住在一起。然而，我们也不知道他们的家人是否也有居住的房子。



*Volunteer teachers from HuNan.*



*One hundred and fifty one playful kids without parents.*



*Interaction between teachers, social workers and children is warm. In addition to teaching, they are always on the lookout for any problems children may face due to sudden loss of family. There is an important job being done here.*



*And children here, a bit wild, are affectionate and caring towards each other. (there are not a lot of toys play with)*



*In every place we have visited, kids just can not seem to get enough books.*



*Reading everywhere.*



*All these kids – seemingly very happy where there are, would likely love to have a family.*

With the permanent teaching staff gone, the current teaching staff are all volunteers mostly made up of recent college graduates from AnHui, Inner Mongolia, HuNan, JiangSu, etc ... The volunteers teach here from a few weeks to three months at a time.

学校原来的比较固定的老师离开了，现在临时的老师都是从全国各地来的自愿者，有安徽的，内蒙的，江苏的等。他们来到这里从几个星期到三个月不等。

The temporary buildings are of good quality and it is said they can last up to three years.

The children here mostly have a good command of Mandarin and were very playful and willing to “try-on” any English they had learned. This is not a monastery school and lessons are broad including math, language, art, music, physical education.

When we arrived, the kids were eating noodles and the teachers said they had received a lot of instant noodles as donations after the earthquake. Even though noodles seem to be the only food they eat and the kids are quite happy with that, noodles do not provide enough nutrition.

The teachers said the kids sometimes feel extremely sad due to the loss of their families. The kids are smart and want to know more about the world outside of their school and JieGu. In some respects, the orphans living in this school are in a more stable environment than the kids with parents in JieGu because School provides food and shelter.

The school is mainly funded by donations. When we visited the Principal of the school was on a business trip and we could not ask him the financial situation of the school.

The students are diligent, and can be seen studying in every corner. Yet the school has lost some feeling of a school, with only substitute teachers guiding the children. The children appeared a little less settled or confident when compared with other schools that we visited.

#### According to the teachers we met, this school needs:

- A new campus.
- Blankets as some of the kids without any extended family will stay the winter in the dorms and there are no heaters.
- A power generator as the power in JieGu is very intermittent.
- Heaters
- Food with higher nutrition.
- Books
- Extra circular activities such as sports and activities,

活动板房的质量不错，至少可以使用三年的时间。

这里的孩子汉语能力很好，也很喜欢尝试使用他们学过的英文。这不是一个寺庙的学校，课程也按照国家的标准制定，有数学，语言，美术，音乐，体育等。

孩子们的晚饭是简单的面条。社工告诉我们，他们收到很多捐赠的方便面和罐头，这是地震后孩子们唯一能吃到的食物。然而孩子们看起来很开心的在享用他们的食物。然而方便面并不能提供他们所需的营养。

老师们告诉我们，有时候孩子们会为失去家人非常的难过，但是平时他们都表现得很开心。这些孩子很聪明，他们也很想知道很多关于学校和结古镇以外的事物。生活在学校的孤儿，因为学校为他们提供食物和庇护所，他们的生活比起外面和父母一起在结古镇生活的孩子更稳定。

这个学校运行的资金主要来自各方的捐助，因为我们访问这个学校的时候，校长正好出差，我们不能问到具体的情况。

学生们学习很勤奋，你可以在很多充满灰尘的角落看见他们在学习。这个学校都是代课老师，你可以感觉到孩子们都有些比较紧张，不像其他学校或者励行会福利院的孩子那样放松和自信。也许这些情况将会随着时间慢慢改善。

#### 根据学校老师的介绍，这个学校需要：

- 新的校园。
- 被子，为了那些在冬天的时候没有亲人家可去，在学校里过冬的孩子，这里没有取暖器。
- 发电机，在结古镇电力不稳定。
- 取暖器
- 有营养的食物
- 书
- 课外的活动器材，例如体育用品。
- 一些孩子的要求：迪斯尼的卡通—孩子们没有电

and balls and equipment

- And a child's request: One of the teachers has a computer and Disney Cartoons – the kids really love these kinds of DVD's

视，但是代课老师用自己的移动电脑给他们放映过迪斯尼的 DVD，他们非常喜欢。

## Cha Rong Monastery School (查荣寺学校)



Ida Tang, a Christian Action social worker has started discussions on education with the Cha Rong Monastery, a Buddhist Monastery School for boys with a 300-year history lying at about 4700m elevation in the highlands well outside of JieGu. Ida's primary contact at Cha Rong is one of the resident Lamas, Geng Ga Ci Cheng, and they recently organized a camp outing for the kids in the countryside.

We drove several hours on a bumpy road across beautiful high altitude QingHai landscape to the picturesque Cha Rong Monastery and the adjacent private school.

励行会的社工 Ida Tang 给我们讲到关于查荣寺学校的情况，一个在结古镇外拥有 300 多年历史的寺庙为牧民的男孩们建了学校。与 Ida 接触的是查荣寺的喇嘛，贡尕次成。他们一起组织了学校的课外活动，如带孩子在外面露营。

因此，我们在崎岖不平的道路上开车几个小时，穿过美丽的青海高原风光，我们到达了如画般的查荣寺和它建立的学校。



*Kids eating lunch.*



*After lunch is English class. The teacher is from Australia, and is really a good language teacher. The language ability of these kids is not bad ( English and Mandarin )*

The school was started in 2002 and currently has about 110 students who are mainly the sons of nomadic herders. Cha Rong is a 3-year school for people of any age who cannot read or write. The school teaches language (Tibetan, Mandarin and English), Tibetan culture, Tibetan Buddhist Scripture, Environmental Conservation, Natural Flora and Fauna (=Tibetan Biology), and Health. The students we met living here are mostly 7-8 years old and have a good command of Mandarin and some English. The school does not teach broader subjects however students also attend a local public school. The teaching of religion at Cha Rong includes non Tibetan religions, and the school encourages students to pursue all vocations upon graduation.

学校建于 2002 年，有 110 个学生，他们主要是牧民的儿子。查荣寺学校主要是为了那些不识字的人所建立的学校，就读时间是 3 年。学校主要教授语言（藏语，汉语和英文），藏文化，经文，环境保护，藏医学，野生动植物。我们在这里遇到的学生多在 7-8 岁，有很好的汉语能力，和一些英文能力。学校不教授别的学科，有的孩子到附近的公立学校去学习别的科目。通过三年在寺庙的文化学习，学生可以自己选择想要发展的方向，不一定留在寺庙做僧人。



*Kids going to class – here some kids live in refugee tents and others indoors.*



*At elevation 4,700 meters weather changes very fast.*



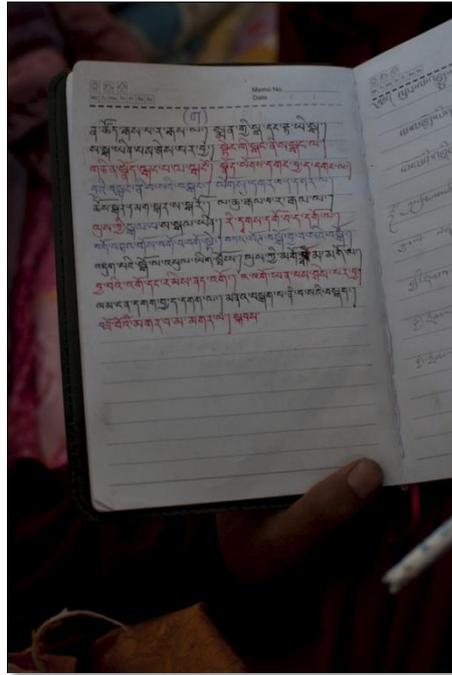
*Kids studying in their refugee tent homes. Note, these tents have some insulation in them.*



*Everywhere we see kids with the opportunity to study – studying. A bit different from where I grew up where kids with the opportunity to study try hard to escape the work.*



*These kids learn three alphabets and at least as many languages.*



*This kid's Tibetan penmanship is incomprehensible, but looks like art to me.*



*The kids who are in buildings live in this door.*

Children here live in both refugee tents as well as dorm rooms within the temple.

孩子们在这里住在寺庙的帐篷或者宿舍里。



*The chefs here are a husband and wife team. This lady's husband is below manning the stoves.*



*Ida Tang of Christian Action organizes activities for students here in her spare time as she builds relationships with the monastery.*



Cook



Food



Happily fed.

#### For those motivated to help,

- This monastery school is a great place for an extended stay for anyone wanting to live in a very beautiful and peaceful environment while teaching English.
- One of the teachers also indicated that there is a lack of basic medicine including simple anti-bacteria ointment for minor wounds and de-lice-ing powder, etc.
- English lesson books are very welcome.
- Basic supplies are also needed such as stationary, cups, etc ... however these kinds of items are very inexpensive in JieGu thus more practically; donations are appreciated.

#### 有用的帮助，

- 寺庙的学校坐落在风景优美的地方，适合一些想住在一个漂亮平和的地方，可以留在这里一段时间教授英文的人。
- 一个在这里的英文老师告诉我们，这里缺乏基本的药品，如为了伤口的抗菌药和灭虱子药粉等。
- 英文书在这里受到欢迎。
- 基本的物资也需要，如文具，杯子等。然而这些物资在结古镇可以很便宜买到，金钱的捐赠比较适合。



*Starting to snow.*



*And a little cold.*



*Cold?*



*Christian Action brought us here to see the school, however we also noticed that this monastery is part of a large organization and operates many kinds of charity projects.*



*The older sister of the living Buddha at the monastery. She is from India, speaks English, and is here caring for and teaching children.*



*Much of the other charity work performed by Cha Rong Monastery is related to caring for the sick and the old.*



Christian Action does not have a formal relationship with Cha Rong Monastery School at this time. 现在励行会还没有正式在查荣寺学校给予帮助。

## Upper BaTang Town Primary School (玉树县, 巴塘乡, 上巴塘村小学)

Gao Na Ri Su, a Christian action social worker from Inner Mongolia, currently working in JieGu, took us to visit Upper BaTang Town Primary School which lies in a large and picturesque valley not far from the JieGu airport. We were introduced to the school by one of the teachers,

来自内蒙的励行会社工，高那日苏带我们参观了上巴塘村小学。学校坐落在离玉树机场不远的一个风景如画的大山谷里。我们被介绍给学校里的一个老师。



*Upper BaTang town is a happy little school. However, not quite sure how up-town and down-town apply as I could not see any town anywhere near here... ☺*



*As always – kids in these schools seem to play really well together.*



*The school master is more mature than she looks. ... actually, this is the teacher's daughter.*



*Studying math.*



*Classroom.*



*Math*



*This kid would not stop studying even when I put my camera lens on his desk. He is a really good student. Notice the girl behind him is totally cracking-up because he is studying so hard.*



*The school library. Notice, the teachers sleep here too.*



*This refugee tent is home to students. Blankets are good, but it has no insulation, already has holes in it, and winter here is a lot colder than my kitchen freezer.*

This school was built by a Living Buddha (=a high ranking Lama ) and given to YuShu Education Department in 2004. The six year primary school currently has 115 students, 6- 13 years old, and ten teachers. Their lessons include Tibetan Language, Mandarin Chinese Language, Math, Painting, Music, Moral Education, and computer class ( however, like Xia de Re Xiao Xue, the class does not have computers). Sometimes volunteers come to this school to teach English.

The school does not provide food for the children, however provides living arrangements for some children who live too far away from home to go home. The classrooms did not suffer noticeable damage in the earthquake, none the less, the students are living outside in tents because the quality of the buildings is suspect and there is a fear they are not earthquake safe. Some teachers are living in the small book library.

A donation was made by a private company in China to give the school a large array of solar panels that are in the playing

这所学校起初是一个活佛建立的，2004 年交给政府管理。这是一个有六个年级的小学，有 115 个学生，他们年龄在 6-13 岁之间。有 10 位老师（我们去参观的时候校长和老师们都外出办事，只剩下一个老师）。学生的课程也根据国家标准，有藏文，汉语，数学，美术，音乐，思想品德，计算机课程（和夏德日小学一样，这个课程没有电脑可以实践）。有时候有自愿者过来教孩子们一些英文。

学校没有给孩子们供应食物，但是给离家较远的孩子安排住宿。学校的教室在地震中没有受到明显的破坏，不过孩子们依然住在空地的帐篷里，因为不能确定房子是否还真的安全。但有的老师任然住在那排房子的小小图书室里。

一个公司给学校捐赠了一个很大的太阳能板，正在空地上安装。这样学校就有了能够照明的电。

在这里上学是不用缴纳费用的，这是政府的义务教育制度。镇政府也在准备为学校修建新的教室和宿舍，但是还

field, enabling the school to have continuous electricity for lighting.

The classes are free of charge as the school is supported by the town government. The town government has a plan to build new school buildings, however there was no estimated start date for this project, thus we concluded the plan is not so certain.

没有看到开工的迹象，因此我们推断这个计划并不是确定的。



*Upper BaTang primary school has a great large play yard.*



*6 grade students with their teacher.*

**For those interested in helping Upper BaTang Town Primary School, the school needs:**

**有兴趣帮助上巴塘村小学的，可以提供以下帮助：**

- A safety check on the current buildings and possibly new or even temporary buildings.
  - The tents where the kids are living were of poor quality without insulation. They need better tents or housing.
  - Books
  - Computers ( however it is uncertain that the solar power is enough )
  - A check on the electric supply and possibly a permanent supply, which should be feasible since the airport is less than a mile away.
  - Food and cafeteria for children.
  - English teachers would be welcome.
- 对学校现有的房屋作安全检测或者提供活动板房
  - 学生现在住的帐篷看起来到冬天会变得非常的冷。
  - 书
  - 电脑 ( 然而太阳能板提供的电力可能并不稳定 )
  - 恒定的电力供应，因为离机场只有不到一英里远，这是有可能实现的。
  - 为了孩子的食物和餐厅。
  - 英文老师会很受欢迎