

DEVELOPING A MINDFUL HEART

QISS

QINGDAO NO.1 INTERNATIONAL  
SCHOOL OF SHANDONG PROVINCE

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## SPRING TRIPS

*By Fred Olsen, Teacher*

QISS students traveled to four different areas of China this spring as part of the schools efforts to broaden student hearts and minds outside of the classroom confines. Each trip was vastly different, with grade six heading to Tai Shan, grades 7/8 to Xi'an, grades 9/10 off to Hangzhou, and grades 11/12 traveling all the way down to Guizhou. Each of the chaperones that participated felt it was a great learning experience for each and every student, with a good time had by all.

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## DATES TO REMEMBER

JUNE 9 - 14: High School Exam Week

JUNE 11: High School Graduation

JUNE 15: QISS Field Day

JUNE 17: Last Day of School. Awards and QISS Memories Slideshow



I can only write of the Xi'an experience, as that was the trip I was lucky enough to travel with. First, the students did an amazing job. They were excited and superb participants in each and every task set up for them. It made me very proud to be a part of QISS, and I feel the students were exemplary ambassadors to everyone we met. There were so many different opportunities to shine, and shine they did. The grade 7/8 students led activities in a local Xi'an elementary school, learned just enough of kung fu to make their muscles sore, biked the Xi'an city walls, worked with pottery, created their own terra cotta warriors, visited the Terra Cotta Warrior Museum, climbed sacred Hua Shan, learned the amazing history of Xi'an, and grew as individuals.

I believe that when the students reflect back upon their year, these trips that each student embarked upon will be a highlight both socially and educationally.



## My Taishan Field Trip

By Jakub Licko, 6<sup>th</sup> Grade

The trip to Taishan was a lot of fun. Although it was very challenging, all of us enjoyed it. The climbing up the stairs was very tiring, but we were all very happy when we reached the top. The first hotel was also very nice. I think that and the sunrise at the top of Taishan are my two favorite memories from the trip. The trip by bus was also very fun. I expected it to be pretty, well, how to put it... 'uncomfortable' I guess I could say, but it was actually really good. Overall, I think the Grade 6 field trip was a success. So, if you ever plan on traveling somewhere in Shandong, be sure to go to Taishan!



## HANG ZHOU FIELD TRIP

*By Billy Namikawa, 10<sup>th</sup> grade*

The trip to Hangzhou was pleasant. I expected Hangzhou to be an exceedingly loud metropolitan city for it is really close to Shanghai, but to my surprise, I found Hangzhou to be a tiny city surrounding West Lake. According to what the local guide said, you could even ride a bike from downtown to the countryside in five minutes. The climate there was hospitable, just like the local people, constantly waving to us when we were on the bus. In addition the food was good; we savored typical Hangzhou food, like Dongpo Pork and Vinegar Fish.

The most impressive event overall during this trip was rock climbing in Mogan Shan. The rock was about 50 meters high and we were supposed to get to the top using our bare hands and feet with only a rope to protect us. Even though I was afraid of that at the beginning, eventually I overcame my fear. After finishing my climbing, I was really proud of myself that I made it.

Moreover, we had BBQ and bonfire at night. We ate delicious meat and sat around the bonfire chatting with each other.

I believe West Lake has become the symbol of Hangzhou; when people mention Hangzhou, we immediately think about West Lake. Many tourists from all over the world come here. We took a boat around the West Lake and enjoyed the beautiful views. Furthermore, silk and Longjing tea play a crucial role in the local culture. Therefore, we paid a visit to the Silk Museum and a Tea Plantation so that we would have a better understanding of Hangzhou.



# 5<sup>TH</sup> GRADE TRIP TO ZUKI CAR DESIGN

*By Richard Chen, 5th Grade*

On April 28th, 2011, we went to Zuki Design Corporation. First, we were greeted by a very friendly young woman who was obviously very excited about her job and where she worked.

We were taken to a conference room and our guide gave us a very detailed presentation about her company and we then asked her some questions.

Afterwards, we went into the actual part of the complex where they design cars. The guide said that none of the models could be driven, with the exception of a select few. Many of the models were made from clay. We went to look at a finished design car. The car resembled the real thing, but it couldn't be driven. The car's door

could not be opened. So I think to design a car is hard work and to assemble the parts is particularly hard. The guide said, "This Design Company is biggest company in China." We thought it looked like hard work for the designers because they had to think about the car's shape, color and how to make it. My feeling was that there were not enough workers and the smell was not good. Only these two things were bad.

So, from this trip I learned how to design a car and that driving a car and designing it is hard work. If someone says, "When you are an adult, what kind of job do you want?" I will say, "I want to be a designer of cars."

# STRAWBERRY FIELDS

*By Amy Oh, 5th Grade*

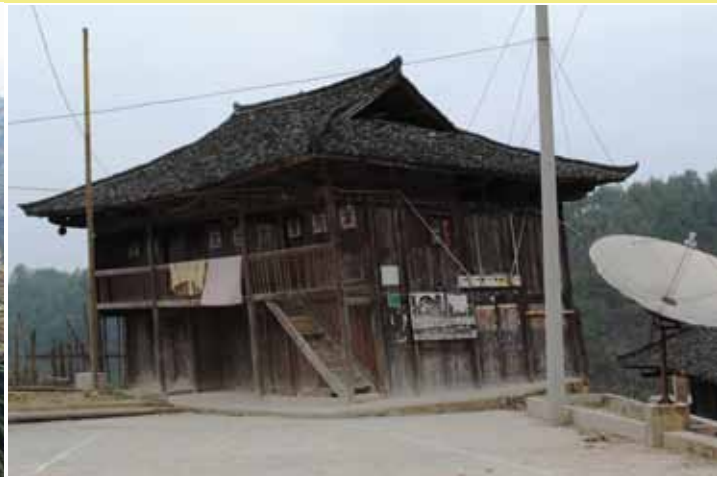


When I heard about the field trip, I thought it would be just a place where you can buy strawberries and eat them. I wasn't interested at all, but anyhow I went in with the others. Something caught my eye. Wow! It was just as big as it could be. I felt as if I was in a magic house which looks small from the outside but is big inside. There were these leaves that were green as spring leaves even though it was still winter at that time. And all the red little bells made my heart ring and sing a song.

I carefully picked one. It was big and red like Santa's clothes or Rudolf's nose, and I looked at it as if it was the first time that I ever saw a strawberry. By this time I couldn't help it, my stomach was dying for it, and so I gave it a big bite. What a sweet thing! It was so sweet that words would not do justice to the experience.

All I could hear was the sound of excitement and my classmates enjoying themselves. I don't remember how much I ate even though it was just after lunch. I really wished to take some home, but the strawberries would get rotten. Plus, we couldn't take them anyway. It was a rule, so I gave up on my idea. Although I had a chance to take some, I still didn't.

Anyway, it was so fun! I wish to come here with my whole family next time.



## TRADITION VS. MODERN CULTURE

*Lina, 11th grade*

About 15 years ago, the villagers of Babi were introduced to electricity, transportation, consumer goods, and the media for the first time. The villagers now have constant interaction with the world outside their mountains and with the help of the government, a bigger, safer, and more convenient school has been built for the village. However, two major problems exist in the village; the lack of a trash-disposal system and urbanization, problems that have the potential of harming, if not destroying, the village.

Everyone in the village has their role in the community, and no one in the village is trained to dispose of modern trash. It is also difficult to establish a trash disposal system since no villager is willing to sacrifice their time and labor for a purpose they do not understand. The accumulated trash pollutes the local water supply, negatively affecting the environment and decreasing the likelihood of tourism in the area.

Right now, most villagers are either under 13 or above 40; the younger generations of the labor force all moved to work in the cities. As of now, the villagers are still able to maintain a traditional lifestyle, but the number of villagers will decrease over time until no one is left to continue the old customs of Baibi village.

A lot more can be done in the village, including the construction of a proper sewage system and a more advanced water supply network, but it would all be a waste of time and money if the village doesn't solve its two major problems first. It might be too late if improvements aren't made soon, since it would be difficult to get aid if the village doesn't have a promising future ahead. Hopefully, these problems will be solved and the Miao culture can continue to thrive in Baibi village.



## *A Special Week in My Memory*

*By, Claire Chen, 11th Grade*

Towards the end of Spring, about 20 of the 11th grade students and teachers left our crowded city and went to a traditional Miao village. Although it was only for a week, it left us precious memories and valuable experiences of life in the countryside.

During the trip we lived with our classmates in traditional houses. We shared things when somebody was in need. We took care of each other when somebody was not feeling well. We struggled to get up early with our fatigued bodies because we didn't want to mess up our group's schedule. Under the burning sun, we helped the villagers farm the land and we understood the virtues of diligence and simplicity.

As we recall the six hours of climbing the mountains, we feel proud of ourselves because everyone was able to overcome their exhaustion; trying hard to catch up with the group's speed and not to let the group wait for them. Fortunately, Mother Nature provided us with a splendid landscape, so we

could appreciate the views while the sweat was all over our faces.

Remember that bonfire the last day? Everyone was standing around the fire with the villagers. There was music, dancing, and kids running around. The climax was when everyone was singing together and I looked around to my classmates faces. There I saw true happiness and a passion for life. It was warm and impressive. It was like we were one big family. We are strong because we have each other. We are courageous because there is a beautiful world waiting for us. For me, that moment is forever.

We were a little reluctant leaving as we got on the bus to go to the airport. I believe that everyone will agree that it was a wonderful memory during our wonderful youth.

## PREPARING FOR ACAMIS SOCCER TOURNAMENT

*By Robin Park, 11th Grade*

Two years ago, QISS came fourth among four teams at the ACAMIS Soccer Tournament hosted by BCIS, Beijing City International School. Even though we had a good squad, we ended up a disappointment in the tournament. Last year, the QISS soccer team was runner-up in the tournament hosted by our school and we showed great improvement in performance compared to previous years. This was the greatest moment that I have ever experienced in my school life, a fantastic memory.

I have a feeling of great anticipation for the QISS Boys' team this year. Many students have joined in the soccer practices, as many as 18 on one occasion. The practices and the matches against Oxford, KISQ, ISQ varsity and ISQ junior varsity teams promoted the development of overall playing level and individual skills. Although we still have problems that need to be fixed, we have shown outstanding performance so far this season, and we have won all the matches.

I am really looking forward to this tournament. It is too early to make predictions, but I believe we can make good results in the ACAMIS Soccer Tournament in 2011.

