

One day–one night camping in “School for Life” by teachers & students from Orchid Park Secondary School, Singapore

Twenty-four students from ORCHID PARK SECONDARY SCHOOL (OPSS), SINGAPORE, accompanied by four teachers and a tour guide, arrived at the School for Life on 4th June, 2018 to do activities with the children. The group was staying overnight. They were welcomed by the children’s Victory Drum Dance. The students from OPSS are visiting the School for Life every year.

The activities included making of Thai snacks, herbal compress, organic farming and Thai traditional games. There was a camp fire activity at night.

Twenty-four children of School for Life and three German volunteers participated in the activities.

Learning by doing: The children learned the names of ingredients and recipes in English while making snacks.

Herbal compress is designed to relieve pain and inflammation. To make the compress, a combination of healing herbs is bundled together in a muslin compress and

placed directly on the skin to therapy muscular aches and swelling. The selection of the therapeutic herbs includes ginger, turmeric and lemongrass.

In the organic farm, the OPSS students and the children got an experience how to prepare soil for growing seedlings. They grew one hundred aubergine seedlings in the School for Life Organic Farm.

Playing Thai traditional games, the OPSS students and the children improved the teamwork, problem-solving skills and self-esteem.

At the camp fire, the OPSS students and the children sang songs, baked bananas and ate together.

The teachers and students of OPSS donated stationery to School for Life before they left the school in the morning on 5th of June.

The School for Life would like to thank the principal, the teachers and students from ORCHID PARK SECONDARY SCHOOL for joining the children of School for Life, and would like to invite them to come again in the next years.













School for Life Chiang Mai

185/3, Moo 4, T. Pamieng, Doi Saket, Chiang Mai 50220, Thailand.