

A-OK!

Agents of Kindness

Issue

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Primary 5-6



International Friendship Day

Country of Focus:
Vietnam



Did you know that there are ten member states in ASEAN? They are Brunei Darussalam, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Singapore, Thailand and Vietnam. Every year one of the ten ASEAN Member States takes turns to chair ASEAN. Vietnam is the Chair of ASEAN for 2020.

Find out more about Vietnam's unique culture in this issue!

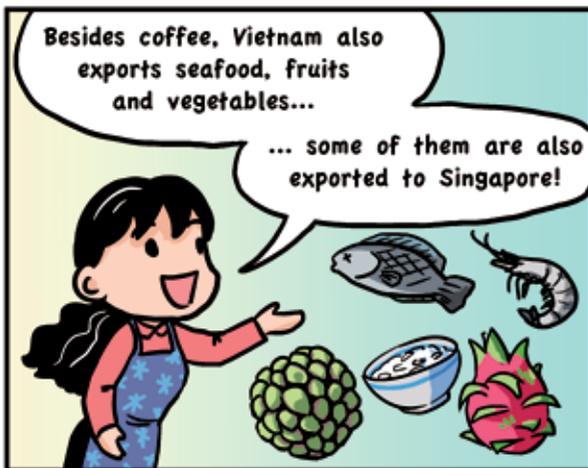
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International Friendship Day

Country of focus: Vietnam







This is Ha Long Bay, a UNESCO World Heritage Site...



... this is the Central Post Office at Ho Chi Minh City...



... and this is the Mekong River, where you can find floating markets...

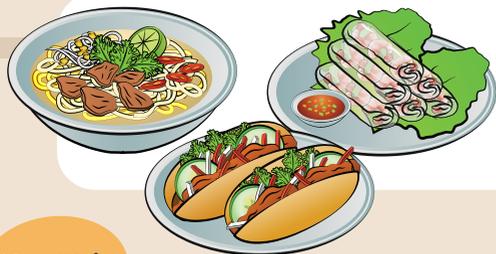




End

SURVIVAL TIPS

Things you should know about Vietnam



Vietnamese cuisine is considered one of the healthiest in the world as their traditional cooking techniques avoid frying and using oils.

Xin Chào



The Vietnamese language has six different tones and pronouncing the words can be tricky! Want to try learning the language?

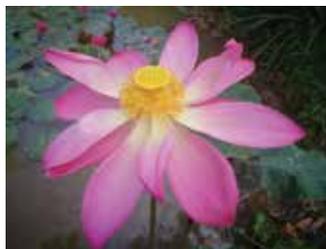
Read this article:



Coffee lovers will love Vietnam, as it is the 2nd largest producer of coffee in the world.



Vietnam is home to Ha Long Bay, a UNESCO World Heritage Site made up of 1,600 small islands.



The national flower of Vietnam is the lotus, which represents the strong spirit of the Vietnamese despite hardships.

FAMILY TIME

Make Banh Mi



Did you know Banh Mi is one of Vietnam's most famous culinary exports? It is a French style bread filled with meat, fresh vegetables and herbs! Banh Mi dates back 130 years to when France colonised Vietnam from the 1880s to 1954.

Here's a Banh Mi recipe which you can make at home for friends and family!

Steps

1. Slice the baguettes.
2. Slice up the chicken and put it in a bowl.
3. Marinate the chicken in soy sauce and put in the fridge for 4-6 hours.
4. Grate daikon and the carrots and place in a bowl with vinegar. Drain them after a few hours.
5. Chop the cilantro, and slice the cucumbers.
6. Assemble Banh Mi and eat immediately.

Ingredients

Cooked chicken breast
Daikon
Carrots
Rice wine vinegar
Cucumbers
Cilantro
Soy sauce
French baguettes

Be creative and add your preferred ingredients to this Banh Mi recipe!

DID YOU KNOW?



ASEAN'S Natural Resources and Exports



Did you know that if ASEAN were a single country, it would be one of the largest economic zones in the world? With abundant natural resources, the member countries in ASEAN have plenty of resources for export.

Do you know the top exports from each country? Fill the list with more products or natural resources!

Brunei Darussalam

Crude oil

Cambodia

Rubber

Indonesia

Cars

Laos PDR

Clothing

Malaysia

Electronic equipment

Myanmar

Seafood

Philippines

Timber products

Singapore

Electronic equipment

Thailand

Textiles

Vietnam

Rice
Coffee



WHY DO FOREIGN WORKERS HERE PICNIC BY THE ROADSIDE?

Singapore is home to many low-wage foreign workers. These include construction workers and domestic helpers. They build our homes and look after our households.

Yet, Singaporeans sometimes hold less than welcoming attitudes to them. Some even complain when they gather in our public spaces on their off days.

Eliz Morante Domingo Llanillo is a foreign domestic helper working in Singapore. She shared the following story in a recent Facebook post.

She was riding a taxi to Orchard Road when the driver asked her, "Why do helpers like to sit on the sidewalks by the road? I see them sleeping on the grass and having picnics under the sun. Isn't it hot? Don't you feel tired? Why not stay at home and rest instead of just sitting and chit chatting by the road?"

Many Singaporeans have wondered the same thing.

Eliz's answer was, "Auntie, I can only answer for myself. I like to have picnics sometimes... I can stay in one place and talk to my friends without spending much."

More than a hundred people commented on her post and shared their side of the story.

Some pointed out that staying "home" isn't always restful.



"I would prefer to stay at home and rest," wrote one commenter. "But if you stay in your employer's house, they will still ask you to work. You wouldn't get much rest."

Another commenter agreed, saying, "I can't rest at home even on my off day. There are children playing. My boss will be in the kitchen cooking and baking. I can't sleep at all."

Others talked about the loneliness working in Singapore. That's why they look forward to spending time with their friends and enjoying time away from work.

One user wrote, "It's simple. It's because we only have time to see our friends and mingle with them on our off days."

Another said, "It's our way to unwind and shake off the stress of the week. Sitting outside, rather than staying at home, is beneficial for us too. We get to see different surroundings."

For many, these gatherings bring much-needed happiness.

"Being with our friends is not tiring at all," said one of the commenters. "Wherever it is, how much we spent that day, how long we walked, how long we sat in the same place... We don't mind it because the happiness we shared is the most important."

So, if you ever feel uncomfortable when you encounter a large gathering of foreign workers, try and take a kinder view of the situation.

You may face a little inconvenience (if any), and only for a moment. But for many foreign workers, those precious few hours are the only time in the week they get to feel some friendship and joy.

Article is adapted from online newsletter 'The Pride' and edited for length.

MORE STORIES ON
PRIDE.KINDNESS.SG



DESIGN AN EMBLEM

What are your hopes and dreams for the communities in Singapore and her neighbouring countries? Design an emblem that reflects your thoughts as an Agent of Kindness.



About the emblem:



Want to find out more about the ASEAN Emblem and what it represents? Check out this website!

Name: _____

School: _____

Class: _____

Parent's/Guardian's Email Address: _____

Parent's/Guardian's Contact Number: _____

Home Address: _____

Send us your entry by mail to the following address by 6 May 2020.

A-OK! Contest
Singapore Kindness Movement
61 Stamford Road
#01-08 Stamford Court
Singapore 178892

I agree to the collection and usage of my personal data provided in this contest form by the Singapore Kindness Movement (SKM). The personal data will only be used to administer this contest, in accordance with SKM's Data Protection Policy available at <https://www.kindness.sg/privacy-policy/>

JUDGING CRITERIA:

- ★ Relevance to the theme
- ★ Originality

PRIZES:

★ 1st, 2nd, 3rd

BETADINE® Natural Defense Hamper worth \$52, Key Chain Name Kit, limited edition pencil case, Singa Diamond Sticker Craft Kit and other limited edition SKM merchandise.

★ 3 consolation prizes

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