

IGNITE

MAGAZINE

23/6/2024 | TERM 3 EDITION



- THROUGH THE LENS: TANZANIA
- UNLOCK YOUR POTENTIAL; BECOMING A STUDENT ATHLETE
- WHY YOU SHOULDN'T BE SCARED OF FLYING
- INTERVIEW WITH HOPEBOX CHARITY
- FAREWELL MRS SB!

IGNITE

The Editorial Team

Every Thursday, the talented IGNITE ECA editorial team meets to brainstorm ideas and design the magazine's content, which we publish every term. Contact Ms Mary for more information on joining!

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Nguyen Trang Anh (9B)

Editorial team

Nguyen Hiep Huyen Trang (10S)

Le Duc Anh KEN (12B)

Nguyen Thien Bao (10S)

Tran Hong Anh (10I)

Le Thi Van Anh (10I)

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Each term, we run a press sign up meeting where BVIS journalists can sign up to write an article for that issue. You no longer need to attend the ECA to contribute and have your voice heard! Look out for a meeting next term.

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Lifestyle/ Community Writers

Luong Thanh Danh (10B)

Minh Phuong Nguyen (12I)

Vuong Binh Nguyen (12I)

Le Thanh Van (9V)

Bao Ngoc Trinh (10S)

Nguyen Thi Luu Ha (10S)

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Special Features Writera

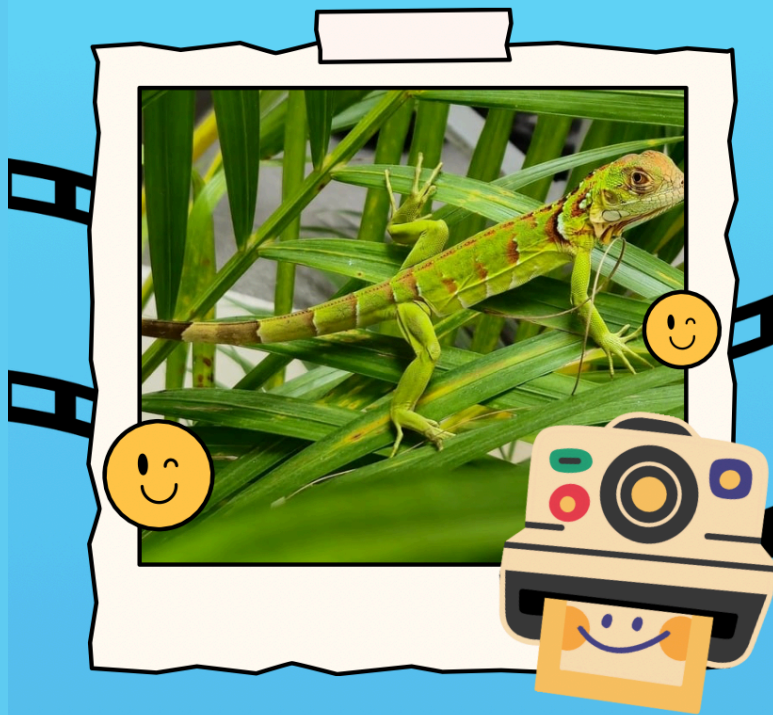
Duc Anh Ken Le (12B)

PHOTO COMPETITION

Attention all BVIS photography enthusiasts!

Take this opportunity to showcase your photography skills. Win the chance to be shining on the front page of the next IGNITE issue (+ more exciting prizes and house points)!!!

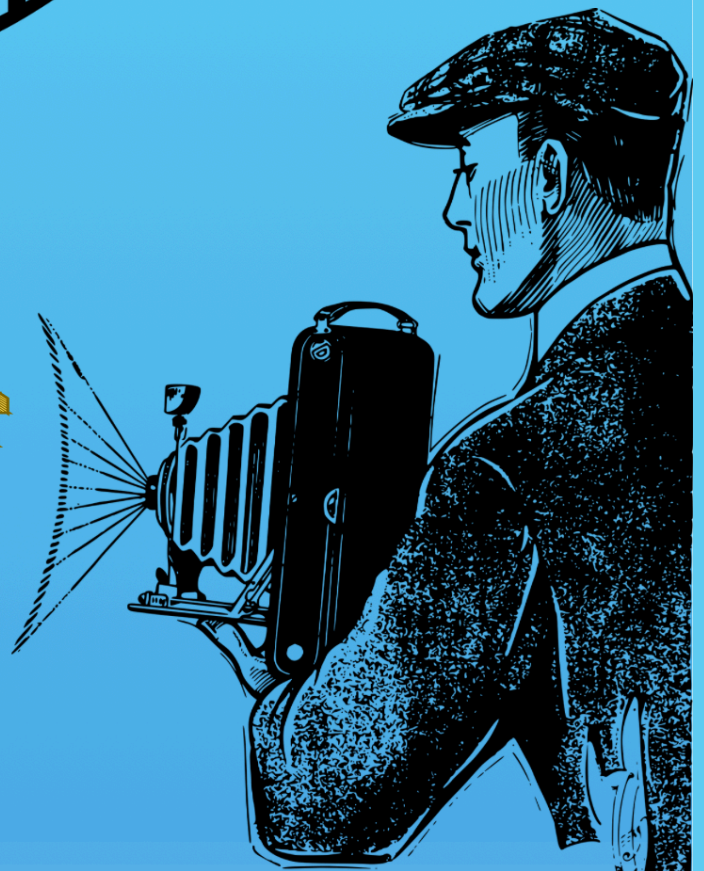
THEME : ANIMAL



Thank you Mr Ward

For the photo

IGNITE
IS WAITING
BY 16TH AUGUST



THROUGH THE LENS: TANZANIA

NGUYEN HA THIEN CHAU (9B)

Have you ever thought about volunteering abroad? Tanzania could be the perfect place. Each year, hundreds of volunteers from Nord Anglia schools travel here to lend a helping hand.

Tanzania is famous for its natural beauty—from the Serengeti to Mount Kilimanjaro. But it's the human connections forged through service that leave the most lasting impression for me.

During my trip to Tanzania, I stayed at Camp Shamba Kipara, located along the USA River. This camp is part of the Nord Anglia (NAE) group. At the camp, students can enjoy amenities like a pool, football pitch, lounge area, and a nightly campfire.

We stayed in tents to sleep at night and used communal bathrooms to wash clothes or shower. On my first day exploring Tanzania, I visited a school called Dolly Bush.

On my first day exploring Tanzania, I visited a school called Dolly Bush. It was shocking to learn that many schools here lack the resources to provide students with basic necessities like clean drinking water and a daily meal.

However, Dolly Bush has become a lifeline for local families—parents send their children there so they can at least access these needs during the school day. With the school struggling to keep up with growing enrollment, we lent a hand and built an additional classroom for the community.

Over the next few days, I went to a coffee farm in a local village. What made this place special was that they crafted their own coffee and tea blends right on site.



But the real hidden gem was their selection of handmade products, from decorative magnets and wooden cutlery to nourishing skin balms. It was a refreshing reminder that the best treasures are often found off the beaten path when you take the time to explore a community's homegrown offerings.

After volunteering all week, our group went on safari and stayed at Dolly Bush camp to rest.

Dolly Bush is a private safari lodge where international visitors can experience Tanzania's wildlife. The 4-hour drive to the site—we saw lions, giraffes, and huge elephant herds along the way. At the cosy camp, we could finally unwind and immerse ourselves in the stunning natural surroundings.

Overall, I would highly recommend the opportunity to volunteer in Tanzania. It's a chance not only to make a difference but also to immerse yourself in the country's natural wonders and vibrant culture. If you're interested in service learning and exploring new horizons, Tanzania should definitely be on your radar. The memories and connections you'll forge will stay with you long after you've returned home.





Beginner's guide to DUNGEONS AND DRAGONS

Luong Thanh Danh (10B)

What is Dungeons and Dragons?

Dungeons & Dragons (DnD) is a fantasy tabletop role-playing game. In DnD, you and your companions form a party (typically 3-5 players) to embark on epic campaigns, exploring and interacting with meticulously crafted worlds. While most campaigns use pre-made settings, the *Dungeon Master (DM)* can also craft original adventures, ranging from heroic medieval battles between *barbarians* and *wizards* to extraterrestrial encounters with *elder gods* and space goblins, allowing the DM freedom to weave in rich lore, unique mythologies, and new captivating storylines.



The Role of Dungeon Master

You may wonder who a 'Dungeon Master' is. Simply put, the DM acts as the conductor of the game, leading players through the narrative without spoiling the fun of solving complex puzzles or tackling challenging obstacles. One of their main jobs is to uphold the rules, ensuring a fair and balanced experience for everyone. However, they also possess the flexibility to improvise when players are stuck, when a dispute arises, or when they feel like it will enhance the playing experience (basically, the rule of cool).

For example, decreasing the difficulty of a very hard boss so that the whole party won't die in one hit, or in another turn of events, increasing the difficulty of weak enemies to surprise them.

Beyond being a referee, the DM breathes life into the world in many ways. By carefully creating unique personalities and quirks for enemies and non-player characters (NPCs), they make these encounters seem more realistic and engaging for players.

Like recreating an image from a story, through evocative descriptions and vibrant environments, the setting is given its own tone and atmosphere, adding to the immersion.

Above all, the DM strives to create a fun and engaging experience for all players as best as they can, because after all, what's the point of playing without having fun?



How to play

Before embarking on your first DnD campaign, here's what you'll need. While the game is heavily reliant on using your imagination, some pieces of equipment will provide a smoother and more seamless experience.

- **First up** are polyhedral dice: a set including a D4, D6, D8, D10 (can be used as a percentile die), D12, and lastly a D20 die.
- **Additionally**, you will need a character sheet, pencil and an eraser to keep track of your *hero's stats and items*.
- **Spellcasters** may want a *spell list* for quick reference.

Also, while knowing the rules is important, don't bother using a *rulebook* – the DM will help guide you through the rules!"



Character creation:

However, out of all the items from the list above, one component is the most crucial of all: **your character!** While this may sound super obvious, creating a character is not as easy as it appears, nor is it really complex. To get started quickly, you may choose to use pre-made characters.

They are usually created alongside the campaign itself, therefore are balanced and focused specifically for the campaign; they might also come with *underlying goals*, *motives*, and *backstories* that tie in closely with the story, granting the character more depth and allowing for *interesting roleplays*. On the flip side, if you crave more **customization**, feel free to create your own unique character! After choosing your race, class, and background, there are two main ways to determine your character stats: **the hardcore way** (RNG), and **the safe way** (point buy system).



- Character suggestions:
{bard: unique playstyle
relying on spells and
charisma}



Using the point buy system, you have more control and certainty over your stats, allowing you to build them around a certain playstyle. Starting with 27 points, you can use that to exchange for stats, with higher points progressively getting more expensive. The exchange rates are as follows:

Score	Cost
8	0
9	1
10	2
11	3
12	4
13	5
14	7
15	9

– notice there is no score that costs 6 points.

Alternatively, if you feel adventurous, you can consider handing your fate to Fortune by rolling the dice. Simply roll 4D6, get rid of the lowest point die, and find the sum of the remaining die. Even though certainty is being sacrificed, this could potentially mean outstandingly high – or dismally low scores. Even with only a bit of uncertainty added, this can unexpectedly create some wild and bizarre combinations!

Ultimately, the thrill of DnD isn't just in the dice you roll, or the legendary fights you have, but about truly embodying your character! Step into their shoes and bring them to life; imagine your character's personality, their quirks, and their motivations. How would they react in a situation? This kind of immersive play is what creates unforgettable memories and epic stories.

Not to mention, but there are also equipment, proficiencies and race benefits to consider, but since this is only a short introductory guide, I won't include them. Instead, I recommend visiting the official "DnDBeyond" website to learn more about character creation.



Can you play DnD if you're not social?

- The role-playing element may discourage some players, some are not comfortable to speak up and roleplay in front of others
- While cooperation and communication are a huge part, you don't need to be social to play: incorporate it as part of your character (a mime: use expressions and body language instead of words, a vampire: hates the sun and chefs that cooks onions)

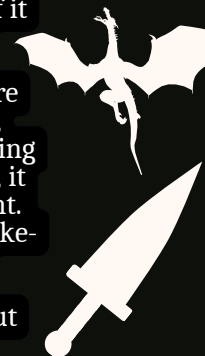
Don't worry, DnD isn't just for social butterflies! While they are a lively addition to the party, there's plenty of room for quieter, more reserved players too. Maybe you are not comfortable with exaggerated gestures or grand monologues, but that doesn't mean you can't contribute in other ways. You can contribute through thoughtful strategy, clever problem-solving, or even just by embodying your character in unique ways.

Why play DnD here?

Personally, when I first came to DnD, my expectations were not that high. I was only familiar with high-action online games, and my limited experience with table-top games came from Monopoly and conquest games like Small World, but a game with only pen and paper – I couldn't understand how I was supposed to visualise the world, let alone have fun. Nonetheless, I convinced myself to give it a try, and to my surprise, I enjoyed it – more than I expected myself to even if things went well.

So, I came back the next semester, and the next, and so it continued like that for some years. For me, its simple rules meant that it was easy to learn, but the combinations of various factors like different races, classes, and backgrounds meant that I could mix and match and never fear my characters would be the same, and even if I replayed the same situations over and over again, there was the inherent factor of sheer chaotic luck that always made encounters seem unique. But the laid-back, relaxed atmosphere was also a huge reason why I enjoyed it, it just seemed like what I needed after the school sessions.

D&D isn't for everyone, and that's perfectly okay! The beauty lies in exploring and discovering activities that spark your joy. But if the idea of collaborative storytelling, epic adventures, and unleashing your creativity intrigues you, give D&D a try! There's no pressure to commit in the long-term, too – just jump in and see if it resonates with and pique your interest. While our ECA can't capture the full experience of D&D, especially without its exciting set pieces or giant terrains, it can be a great starting point. We're always looking for like-minded adventurers who want to contribute to the ECA, not just by playing, but by helping it grow.



Imagine a dwarven rogue, who is also a struggling mime. They can only communicate using expressions and body language and always try to crack jokes at parties and gatherings, only for them to be overlooked – just like their height, which weighs down on them just like their heavy, miserable smile. Who would expect this harmless clown to be a deadly assassin on the battlefield, perfect for covert ops and ambushes? Even though this is an overdramatic example, my point is just doing simple things like this goes a long way in building teamwork and fostering a welcoming environment.



If you're interested, contact Miss Aisling in room 211 – together, we can build an even more awesome D&D experience! We'd love to have you!



THE VANISHING BLACK TEETH SMILE IN VIETNAM

The "Black Teeth Smile" is an idiom that captures a tradition deeply embedded in Vietnam's history. It refers to the custom of women dyeing their teeth black. This used to be considered a symbol of beauty for Vietnamese women, especially in Northern Vietnam, during feudal times. This ancient historical tradition is still cherished by some but is slowly dying out.



Late folklore researcher, Ngo Duc Thinh, states that: "this tradition of black teeth dyeing was initiated by beliefs in ghosts, bad spirits, underworld ghouls, and wild animals. Having black teeth was believed to protect you from evil beings and supernatural creatures. Moreover, it was believed that having your teeth dyed black would bring you closer to your predecessors in the afterlife."

In contrast to modern society, superstitious beliefs were popular and well-accepted by the majority of Vietnamese society. Spells and magic amulets were a common practice way to carry good spirits alongside the custom of black teeth dyeing. Nevertheless, this old-fashioned trend is currently dying out, partially because of different beliefs about the supernatural today and drastic changes in beauty standards. Perhaps now we are more familiar with new beauty trends that emphasize having white, healthy-looking teeth instead of dark-dyed teeth.



"It symbolises beauty and represents her femininity and perseverance"

While the black teeth dyeing formality was famously performed on girls of the Kinh ethnic group, it was practised by some other minorities as well. Girls as young as 13-14 dyed their teeth black, and their teeth remained that way until they died. In certain ethnic groups, girls typically got married at this age, and to be certified as a woman capable of fulfilling the role of a wife—looking mellow and beautiful—they were expected to perform this tradition. Interestingly, people who didn't dye their teeth were considered 'lazy,' as the teeth dyeing process required meticulousness and patience.

The tube is covered with a cast iron plate, and as the tube gets hotter, it creates steam, which coats the plate with a black substance ready for dyeing teeth. However, before applying the substance, the person must chew and rinse their teeth with a type of rice wine-lemon juice mixture to prepare the surface of the teeth for dyeing. This is typically very painful because lemon juice is acidic, and repeatedly rinsing the teeth with it can erode the tooth enamel and even make the gums swollen.

However, dyeing your teeth black isn't a painless process. According to the local girls at the Pa Pe hamlet, Hoa Binh commune, women make vegetable dyes for their teeth from a special local plant, which is hung to dry and burnt to coals. This substance is then put into a bamboo tube and placed next to the fire stove.

Thus, a woman should be proud of having black teeth because it symbolizes beauty and represents her femininity and perseverance.

Surprisingly, even in today's world, it is remarkable that this tradition endures, although it isn't as popular and widespread as before.

"Black teeth was believed to protect you from evil"



Nowadays, it is more common to see older people from past generations with black teeth, as the trend is dying out. Therefore, its remnants should be seen as a unique hallmark of Vietnamese cultural heritage that needs to be cherished, protected, and preserved for future generations.



Le Thanh Van 9V



WELCOME TO THE BVIS ART GALLERY



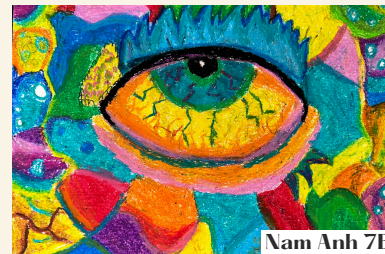
Welcome to the BVIS art gallery! Explore a vibrant showcase of student talent, from painting to drawing. Each piece reflects creativity and dedication, telling unique stories. Step into a world of imagination and discovery, celebrating the passion and growth of our young artists. Thank you for joining us in honouring creativity and community. Welcome to the BVIS art gallery!



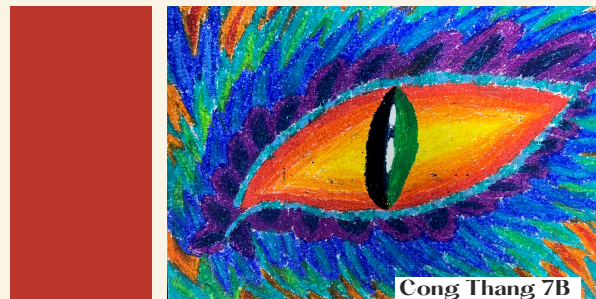
Chuc An 7S



Thien An 7S



Nam Anh 7B



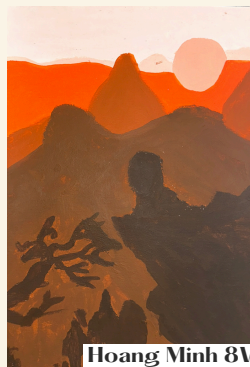
Cong Thang 7B



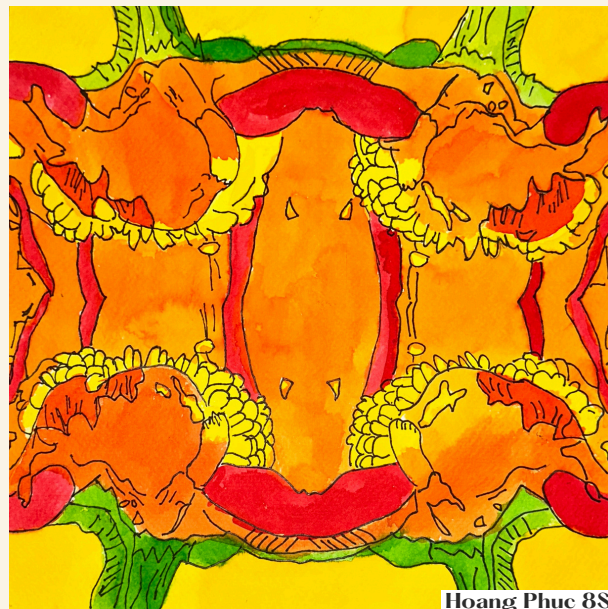
Cherry 8V



Quynh Anh 8I



Hoang Minh 8V



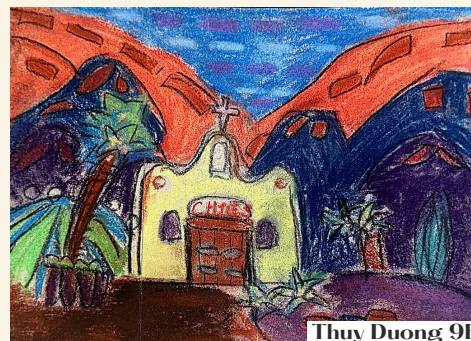
Hoang Phuc 8S



Tri Anh 9B



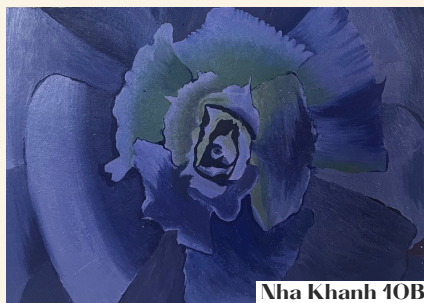
Nam Anh 9I



Thuy Duong 9B



Ma Trung Duc 10S



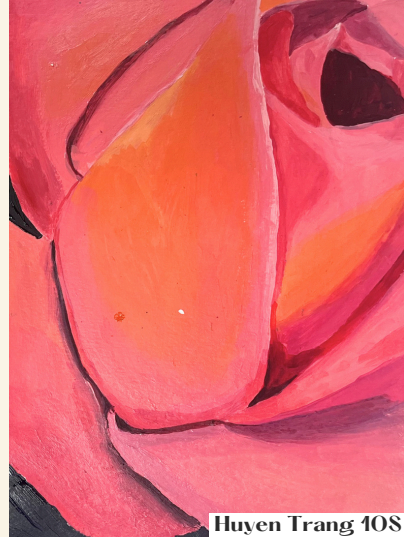
Nha Khanh 10B



Sujin 10V



Hong Anh 10V



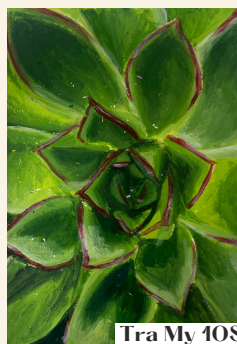
Huyen Trang 10S



Su Jeong 10S



Charlotte 10I



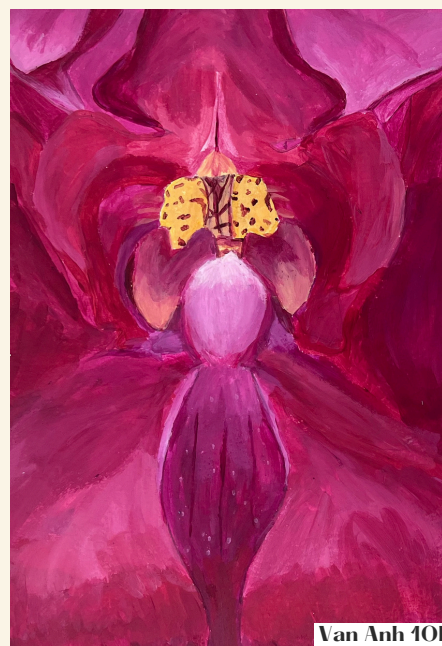
Tra My 10S



An Khoi 10V



Phuong Thuy 10B



Van Anh 10I



Hwayeong (Ellie) 12I



Dieu Anh (Xyo) 12V



Minh Chau 12B

GAME CHANGERS

UNLOCK YOUR POTENTIAL, BECOMING A STUDENT-ATHLETE

By: Lucy Le

Joining BVIS's sports team is a fantastic way to engage with our community, and also to maintain an active and healthy lifestyle, and cultivate essential life skills. Participation in team sports imparts valuable lessons in teamwork, self-discipline, and resilience that will continue to benefit you long after your active playing days. In addition to the physical benefits, being part of a sports team provides the opportunity to form strong bonds with your peers, learn from skilled coaches, and proudly represent our BVIS. Whether you're a seasoned athlete or new to the sport, signing up for the school's sports team is a fulfilling experience that can significantly impact your personal growth and high school journey.



Sport is a form of physical activity or game. Often competitive and organized, sports use, maintain, or improve physical ability and skills. They also provide enjoyment to participants and, in some cases, entertainment to spectators.

At BVIS, the popular sports teams within the HAC include Volleyball, Basketball, and Football. Each category of sports has one season. Additionally, there are Fobisia and the HAC swimming event as well.

The Hanoi Activities (HAC) organization has attracted many participants who engage in multiple seasons of activities and are eager to continue participating in the future. If you're unfamiliar with HAC, it may be because it primarily focuses on sports.

Technically, HAC stands for Hanoi Activities, an organization that provides opportunities for students to compete against various international schools such as the United Nations International School (UNIS), Olympia, Reigate Grammar School Vietnam (RGSV or ISV), St.Paul American school, the British International School (BIS), Concordia International School (CISH), and many more schools in the Hanoi region.

‘What doesn’t challenge you, won’t change you’

The HAC friendly games are matches that are seen as non-competitive and primarily used to prepare players for upcoming seasons or competitive matches. Some rules may be modified, like allowing us to serve one step closer to the net (volleyball), to give less experienced players a chance to participate.

These friendly games serve as preparation for the 'Cup', where podium places are announced. This brings joy and a sense of accomplishment to each member of the team who has won the cup. You might be thinking, "What if we lose? Was it all for nothing?" At BVIS, we have a new tradition of awarding participants with medals as a gesture of appreciation for representing our school.



WHAT ABOUT... FOBISIA, the Federation of British International Schools in Asia, is a not-for-profit membership organization that was founded in 1988 and is headquartered in Bangkok, Thailand. It is dedicated to supporting and promoting high-quality British international education across Asia. With over 30 years of history, FOBISIA has built a diverse community, comprising more than 30 member schools spread across 19 countries in Asia. At FOBISIA, there were so many different schools to compete with and different people. FOBISIA is a great opportunity to be open, be sporty, be you. The first year I went to FOBISIA was when I was year 7, I instantly fell in love with it because I made some new friends, I have better sportsmanship as well.



Personally, I just wanted to share my sports journey with you as a sports representative for KS4. When I was a kid, I used to doubt my abilities and tell myself that I couldn't do any sports. I remember feeling like I couldn't dribble a basketball or do any sports activities. But then, Mrs. Laura came along and kept encouraging me, even calling me 'little Ms. Can Do It.'

***other school (EPSOM)**

That summer, I challenged myself to step out of my comfort zone and try different sports. I joined the HAC swim team in Year 5 and even won a 25-meter freestyle race. After that, I gained confidence and tried basketball and volleyball, and I found out that I really enjoyed sports. The lesson I learned from my experience is that it's okay to step out of your comfort zone and try new things because that's how we discover our hidden talents. Now, sports is one of my main hobbies, and let me tell you, it's so much fun!



So, get ready to immerse yourself in a world of competitive sports at our school! We've got something for everyone, from the powerhouse volleyball teams to the high-scoring basketball sensations. Our football squad is ready to dominate the gridiron, and our swim teams are making waves with their dedication and endurance training, and so is Fobisia. Join one of our teams to stay active, build lasting friendships, and proudly represent our school!

SPREAD THE LANGUAGE!



Meet CHAMELLIA, the student-led project founded by Minh Phuong (12I) and Vuong Binh (12S) in July 2023 with the aim of promoting bilingualism.

Our end goal is to inspire young children in need and ignite their passion for English as well as learning languages by providing valuable opportunities for students in rural areas, exposing them to the English language through fun and exciting lessons that are made and taught by CHAMELLIA team members.

With the help of our Head of Departments - Thanh Mai, Ha Anh (12S), Minh Chau, Kim Lan (12B), Van Khue (12V) - CHAMELLIA has successfully formed a team of 31 members with 5 different departments: human resources, finance, public relations, logistics, media-design and content.

Our team had the opportunity to connect with Thac Ba Primary School in Yen Bai. Determined to see the school firsthand, we decided to do a scouting trip to Yen Bai to understand their potential and challenges better. The school was struggling with technological materials, but that doesn't stop the students from being such curious learners. This discovery fueled our passion, which is to ignite a passion for English in these young students through fun, practical lessons and to equip the school with better resources. We believed that improving the school's overall quality of education, especially in English, could make an impact towards the children, their family and the whole community.

After five months of meticulous planning, fundraising, and organising, CHAMELLIA successfully launched several fundraising activities. These included opening donation gates and holding food sales sessions at BVIS. Through grit and determination, our collective efforts paid off, and we were able to raise an impressive amount of money to enhance the educational experience at Thac Ba Primary School. With these funds, we were able to provide: 850 notebooks, 410 pens, 6 TVs (which will assist us with our 8 online lessons), and 100+ donated storybooks.

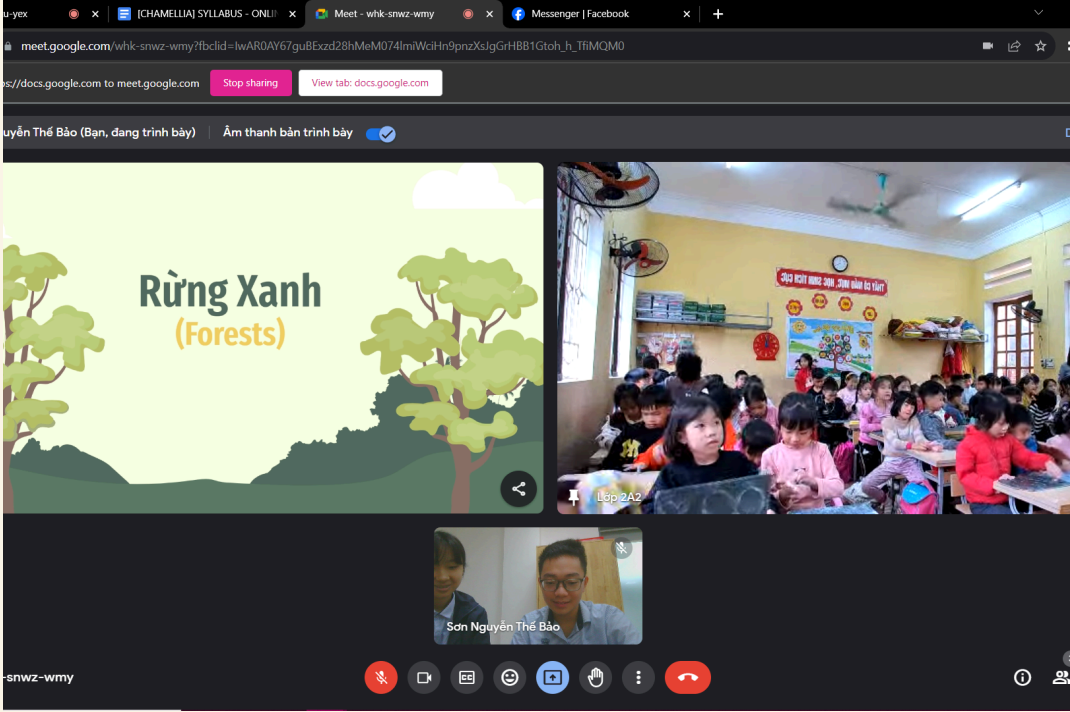


We were able to visit Thac Ba Primary School on two separate occasions. During these visits, the CHAMELLIA crew conducted engaging and interactive English lessons that were met with enthusiasm and curiosity from the students, despite having little experience with the language. As we held a whole-school tug of war competition between the classes, we found ourselves enjoying our bonding moments with the kids. We were also shocked at the amount of students asking for our... autographs. Each member would be preoccupied, having to sign for an endless wave of students that only started thinning out near the end of the breaktime. Regardless, we were very grateful for the warm reception from both students and teachers who have welcomed us with such kindness and hospitality and made every minute we spent there truly memorable.

Vuong Binh (12S)
Minh Phuong (12I)



Link to CHAMELLIA's facebook!



When we were back in Hanoi, we used the TVs we donated to the school to host multiple online lessons (which mainly surrounded the topics of land and sea) for the students. This allowed us to have a communication channel that enabled us to continue teaching the students virtually, ensuring ongoing support and learning.

Hoping to maintain our successful legacy from season 1, CHAMELLIA is determined to make a comeback for a second season. What will be the new lesson topics? Where will we visit next? Who are our new companions? Stay tuned until the next school year to find out!





DUKE OF EDINBURGH

A GUIDE TO SURVIVE

Thien Bao NGUYEN (10S)



The Duke of Edinburgh Award consists of four key sections that you'll need to complete for at least 52 hours of.

As a participant, you will record these activities using any kind of sports app or anything of sort, and you can log in your activity daily on an app called "ORB Participant."

1. Volunteering: This section encourages you to give back to your community by dedicating time to a meaningful cause or service. You'll have the opportunity to develop empathy, leadership, and organizational skills as you contribute to making a positive difference.

2. Physical: Staying physically active is one of the most important parts. You'll be required to engage in regular physical activity, such as sports, fitness classes, or outdoor pursuits, to improve your overall health and well-being.

3. Skills: This section allows you to explore and cultivate a new skill or develop an existing one. Whether it's learning a musical instrument, coding, or even public speaking, you'll have the chance to expand your horizons and discover hidden talents.

4. Expedition: Perhaps the most iconic and challenging aspect of the Duke of Edinburgh is the expedition component. You'll team up with your peers to plan and execute a self-sufficient journey through the great outdoors, navigating rugged terrain, setting up camp, and relying on your survival skills.

Part 1: Gear up for the Bronze challenge

Utilizing the right equipment can make all the difference between a grueling trip across hell and an unforgettable expedition, trust me as I have experienced this first-hand! Even a wrong size shoe can be hellish and torture you for the duration of the trip.

When it comes to tackling DoE Bronze Award, spending more time and investing in high-quality, versatile gear is vital to facing the elements.

Stores:

Shops that sell sports equipment should be able to provide you with these. I recommend Decathlon, it's high quality and they even have a store near school in Royal City.

I. The backpack

Choose a sturdy, well-fitted backpack with a supportive frame, and plenty of organizational pockets.

Look for one that fits your body, adjustable straps and a waist belt are lifesavers as it can help distribute the weight evenly, effectively saving you from receiving old people back 40 years too early.



II. Sleeping

Staying warm and well rested is key, so get yourself a sleeping bag rated for diverse temperatures as well as making sure it's waterproof. You don't want to find yourself sleeping in a soaking wet bed if the tent leaks. Most importantly make sure it's portable, not too heavy but not too small.



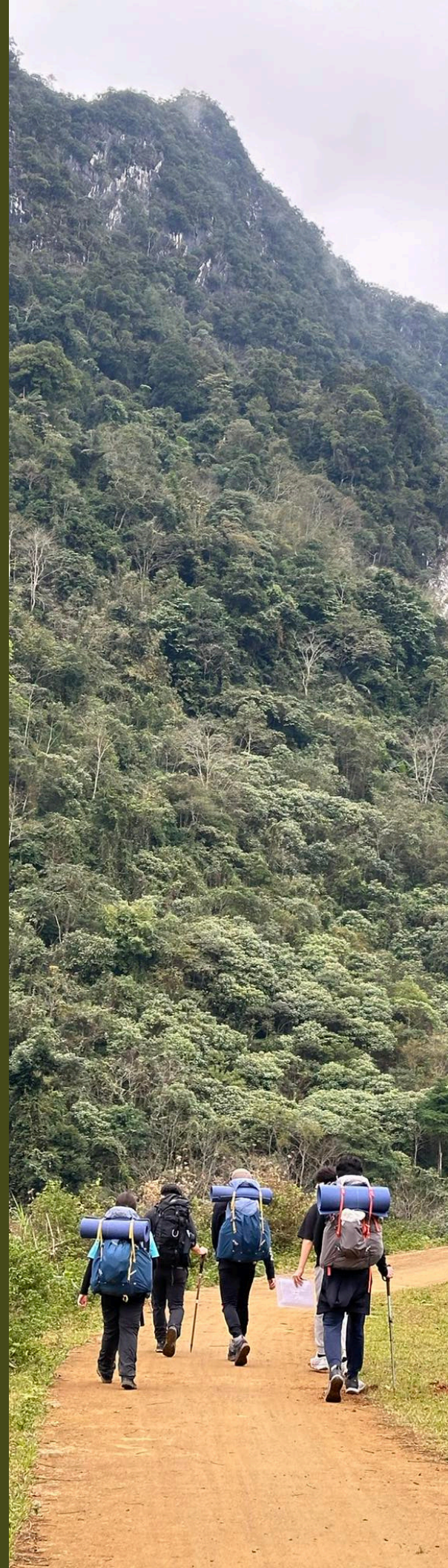
III. Navigation Essentials

In addition to a detailed map of your route, be sure to bring a reliable compass, and consider actually learn how to use it ☀



IV. Light

Bringing along a light source can make traversing the mountain an easy task. Pack multiple light sources, such as flashlights, glow sticks, or even headlights.



V. Clothing and weather protection

The DoE challenge requires rugged, versatile clothing that can withstand the expedition. For the base layer, breathable, moisture-wicking fabrics are a must. Brands like *Gu Outdoors* and *Spa Mountain Sports* offer excellent thermal clothing options made from quick-drying synthetic blends. This will keep you dry even if they're soaked with sweat. On top, a sturdy, water-resistant jacket is essential. Look for something with a Goretex or similar breathable part, like the one made by local brand *Dalat Outdoors*. To complete the outer layer, you'll need weatherproof pants. Tikaton in Hanoi has a great selection of technical hiking trousers crafted from reinforced nylon or polyester fabrics. Proper footwear is critical for tackling rugged terrain; you should invest in a pair of high-quality hiking boots from the brand Salomon. Look for boots with excellent traction, ankle support, and waterproofing. Clothing is a basic essential for outdoor camping, a preparatuon you'll quickly regret skimping on esse.



VI. Cooking kit

Though the school will provide this, learning the use of a Trangia, which is a portable cooking kit that contains as many pots and pans as a kitchen does. This small equipment, though it may look inconvenient, can provide you and your whole team with a hot and delicious meal with little effort. But don't forget utensils, mugs, and actual food to cook. Because of the unpredictable weather, it's best to only bring food that can survive whether it's humid, scorching hot, or freezing cold (instant noodles all the way!).

Part 2: Mastering the basics of outdoor living

Surviving and thriving in the wild requires a diverse set of practical skills. As a DoE participant, focus on mastering these essential outdoor living techniques before setting out on your first expedition.

Tent Setup:

Practice setting up your tent quickly and efficiently, ensuring it's weatherproof and able to withstand the elements. Learn how to choose the ideal campsite and properly secure your tent.



Efficient Cooking System:

Instead of bulky cooking equipment, invest in a compact, lightweight stove and fuel system that will allow you to prepare hot meals on the go.



Delegation and Task Management:

Demonstrate your leadership skills by delegating tasks and responsibilities to your team members, ensuring that everyone contributes to the group's success.



Develop Teamwork and Leadership Skills:

The Duke of Edinburgh is very much a collaborative endeavour. Hone your teamwork and leadership abilities to ensure a cooperative and successful group dynamic.



First Aid and Emergency Supplies:

Pack a well-stocked first-aid kit and essential survival items, such as a whistle, headlamp, and emergency blanket, in case of unexpected situations.



By mastering the essential outdoor skills, packing strategically, and developing strong teamwork and leadership abilities, you'll be well on your way to conquering the Duke of Edinburgh challenge. Embrace the adventure, stay resilient, and let the journey transform you into a more confident, capable, and self-reliant individual!

SOARING WITH CONFIDENCE: OVERCOME THE FEAR OF FLYING

The fear of flying, or aerophobia, is a common phobia that affects millions of people worldwide.

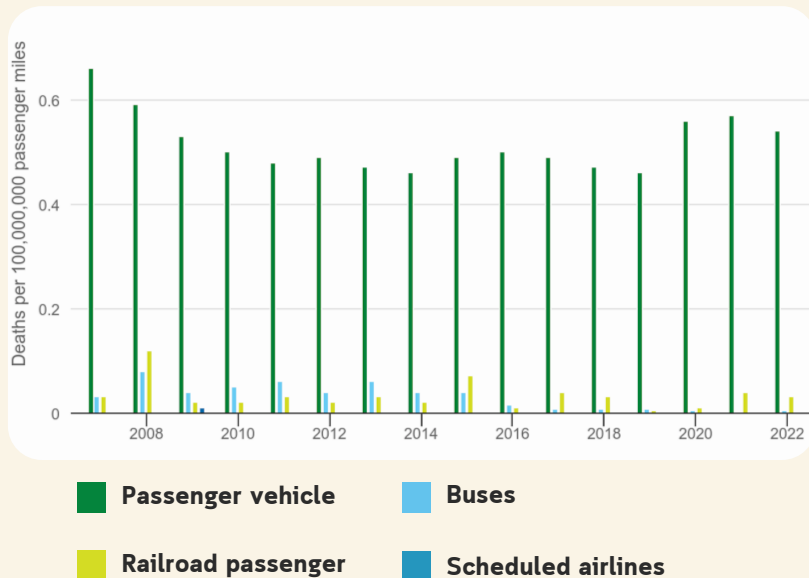
This anxiety-inducing condition can hinder individuals from experiencing the wonders of air travel and limit their ability to explore the world. However, it is essential to understand that the fear of flying is often irrational and unfounded. By debunking common misconceptions, and exploring strategies to manage this fear, we can empower individuals to overcome their apprehension and embrace the excitement of air travel.

Firstly, it is essential to point out that airplanes are by far the safest mode of transportation. With a death per million miles ratio so minor, it does not show on the chart.

The tiny dark blue area in the third column represents the figure at 0.01 deaths/million miles, which, compared to other modes of transportation, looks like a drop of water in an ocean. Infact, there were 8 years where scheduled airlines had 0 deaths per million miles.

Furthermore, the reliability of pilots, and aircrafts is dependable. With the expertise and thousands of hours in intensive training of pilots, they are proficient and well-equipped with information of every possible scenario of an accident, ensuring a safe and risk-free environment for the passengers on board. Coupled with modern and redundant aircrafts of today, an accident such as those in the 90s are highly improbable. Even if a malfunction happens, pilots are sufficiently supplied with knowledge and skills to land the plane without any casualties.

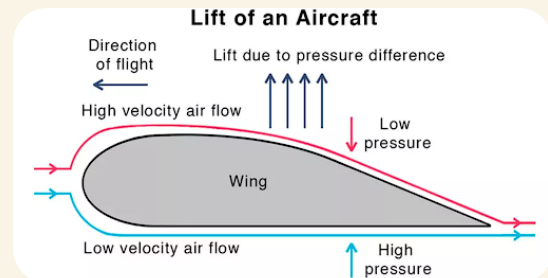
Passenger death rates, United States, 2008 - 2022



BY TUAN MINH (9B)

BUT.. how do airplanes fly in the first place?

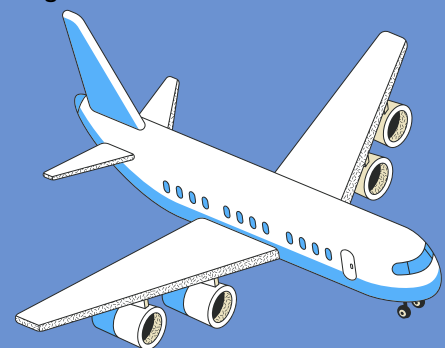
Well, all flying things such as birds and planes all use Bernoulli's principle, in which states that the air moving in the upper side of the wing moves faster than the underside thus creating less pressure, this in turn produces lift that propel the aircraft upwards.



But to do this, the aircraft must be traveling at high speeds and this is where the engine comes into play. The loud sounds you hear before going airborne is the engine roaring in all its might, accelerating, pushing, shoving the aircraft forwards and upwards.

But what about the scary looking extensions on the wing? There are 3 main parts of the wing: the Flaps, the Slats, and the spoilers. The Flaps and Slats typically appear during take-off and landing, with its purpose being, reducing the speed required and slowing the plane down for take-off and landing respectively. Otherwise, runways would have to be twice as long, or around 10 kilometers, to compensate for a slightly shorter wing. Speaking of slowing the plane down, the spoiler does exactly that, by increasing the surface area on the wing, it creates more drag and decelerates the aircraft rapidly during landing. But that alone is not enough to halt the plane, this is where the reversers come into play. By redirecting the thrust of the engines to spew the hot air backwards, the engines produce a backwards thrust that slows the planes down efficiently.

Another factor for Aerophobia is the weather. Turbulence, storms, hurricanes and strong winds pose a dangerous threat to aircrafts and the people onboard. For example the Madeira airport of Portugal, often has winds so fierce and intense that planes have to approach the runway diagonally to land. In simpler terms, imagine facing North but traveling North-East. Though these gusty winds pose a frightening threat, Pilots have gone through rigorous training to be able to counteract this menacing force of nature, and autopilot systems can reliably land the plane without breaking a sweat.



Her Vision: Empowering Women in Vietnam

Nguyen Thi Luu Ha 10S
Trinh Bao Ngoc 10S

Our student-led ECA called "Her Vision" aims to prevent violence against women in Vietnam and inspire the next generation of female leaders. We collaborated with the non-profit organization "Hope Box" to understand their services to survivors of gender-based violence (GBV).

Hope Box was founded in 2018 as Vietnam's first social enterprise dedicated to addressing the country's lack of support for GBV survivors. Their goal is to help Vietnamese women who have experienced GBV get a fresh start. They offer a six-month program that includes secure housing, employability skills training, personal development counseling, and access to crucial support agencies.

Our ECA and Hope Box's initiatives go beyond individual empowerment. They also address societal norms that enable violence against women by raising awareness and advocating for gender equality within school communities. Given Vietnam's alarmingly high GBV rates, this collaborative effort aims to educate students and provide them with insights into real-world problems and their detrimental impacts.



Problems in Vietnam

Women in Vietnam face an alarming epidemic of gender-based violence (GBV). Staggering statistics reveal that 63% of Vietnamese women have experienced physical, sexual, emotional, or economic abuse from their husbands at some point in their lives, with 32% enduring such violence within the last year alone.

Tragically, the vast majority, a devastating 90% never reported these abuses. The roots of this violence run deep, as it is often a learned behavior passed down through generations.

GBV remains the largest threat to Vietnamese women's well-being, limiting their educational and employment opportunities.

Survivors of GBV often lack access to the critical resources necessary for regaining independence and financial stability - safe housing, employability skills training, and trauma-informed support services. Organizations like HopeBox are stepping in to fill this vital gap. We interviewed Linh from HopeBox to better understand GBV and the solutions to overcome GBV in Vietnam.

What are some of the challenges women face when trying to get help after experiencing violence in Vietnam?

Women often leave home with no belongings and do not know how to report violence or where to go for help. They also do not want to leave their family responsibilities, like looking after their children.

PAN AMERICAN AIRWAYS CO.
NOUMEA, NEW CALEDONIA

What kind of help and support does HopeBox provide to women who have experienced violence in Vietnam?

We run a kitchen to help train women to develop food products like cookies. These are sold and the revenue goes back into the organization to support other programmes for women. There are programmes that last 1-3 months where women are housed and trained so they can recover and start their lives independently after the programme has finished.

How can young people like us get involved and support the work that HopeBox is doing?

Following HopeBox on social media, reacting to posts and getting involved in our events like the music concert. You could also volunteer to help HopeBox or other NGOs. Finally, do whatever you can to promote gender equality and raise awareness yourselves amongst friends and family.

PAN AMERICAN AIRWAYS CO.
NOUMEA, NEW CALEDONIA

How do women usually find out about and connect with HopeBox's services?

Women find out about HopeBox's service through the television or friends and families. Sometimes, they also hear about HopeBox through partners like Blue Dragon.

PAN AMERICAN AIRWAYS CO.
NOUMEA, NEW CALEDONIA

In your opinion, what are the most important things that need to be done to create a safer and more supportive environment for women and girls in Vietnam?

More education for young people about gender-based violence and respect in relationships. This will help change the ideas of young people now so they themselves do not commit acts of violence in the future.

PAN AMERICAN AIRWAYS CO.

Can you share some examples of how HopeBox has helped women recover both emotionally and financially after violence?

One example was of a woman who had been subjected to violence by her husband for many years. HopeBox helped her to recover by developing her skills. This enabled her to get a job as a manager in a hotel. She now earns a salary that allows her to raise her children on her own.

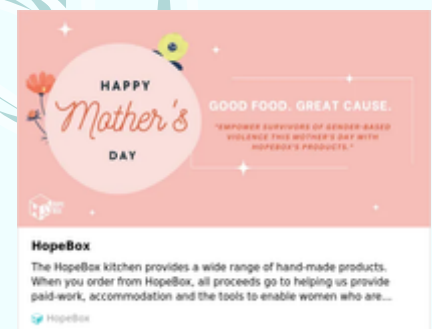
What are some of the attitudes or beliefs in Vietnamese society that contribute to violence against women?

In Vietnam, men are often valued more than women. Some men therefore think of women as less. Women are also often financially dependent on men.

The Interview

Linh's insight into HopeBox gave us a deeper understanding of the pervasive issue of GBV in Vietnam and its impact on Vietnamese women. There is an urgency to reshape the mindset of Vietnam's new generation so we can overcome violence against women.

With this knowledge, we have the collective determination to help empower women and provide them with a future that is free from GBV.



Instagram: hopeboxvn

Facebook: HopeBox



Hyeseung's Summer reads

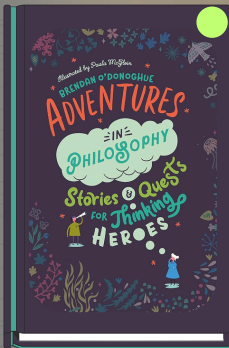
Book Recommendations for KS3

● available in the BVIS library

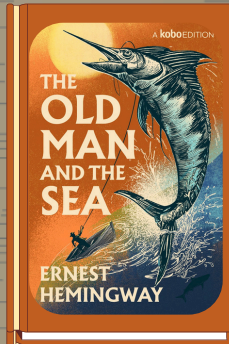
● BEST recommendation

Star ratings are for books I've read

Adventure in
Philosophy by
Brendan O'Donoghue



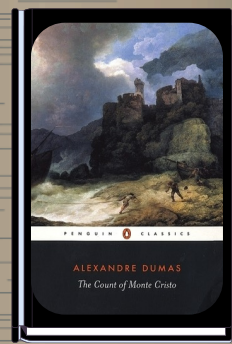
The Old Man
and The Sea
by Ernest
Hemingway



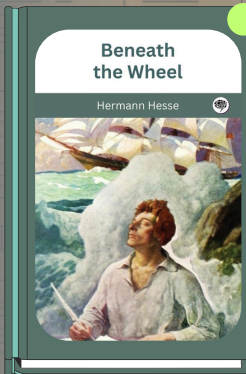
Coraline by
Neil Gaiman



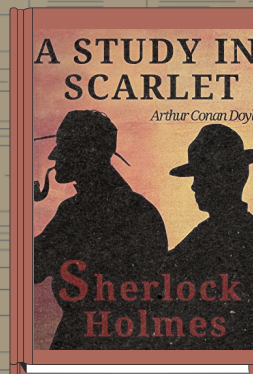
The Count of
Monte Cristo
by Alexandre Dumas



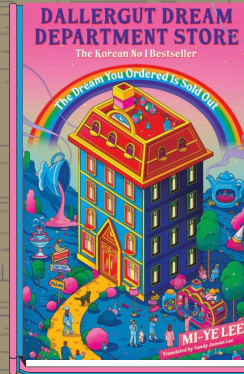
Beneath
The Wheel by
Hermann Hesse



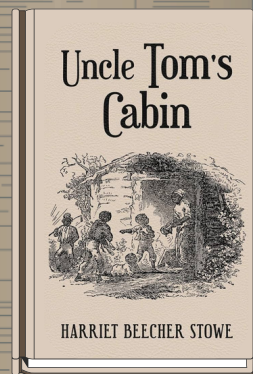
A Study in Scarlet
by Arthur Conan
Doyle



Dallergut Dream
Department Store
by Lee Mi-Ye

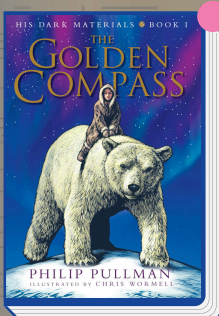


Uncle Tom's Cabin
by Harriet Beecher
Stowe



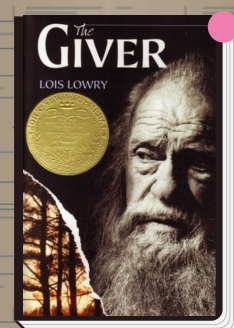
Recommendations from Ms. Mary

The Golden Compass
by Philip Pullman



If you're a Harry Potter fan looking for your next series to binge read, look no further than Phillip Pullman's award winning Northern Lights trilogy. Think the landscapes of Narnia mixed with the journey of Harry and his friends.

The Giver
by Lois Lowry

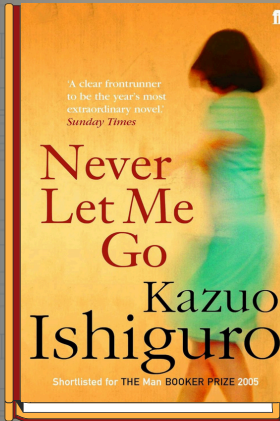


Hyeseung's Summer reads

Book Recommendations for KS4 and KS5

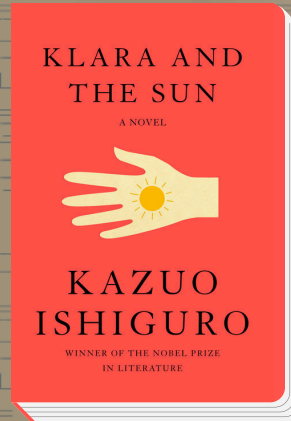
Recommendations from Ms. Mary

Never Let Me Go
by Kazuo Ishiguro



Three friends attend a boarding school where they are encouraged to creatively express themselves through art. However, there is something suspicious about the purpose of them being there....

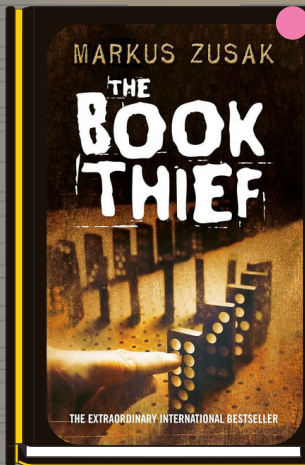
Klara and The Sun
by Kazuo Ishiguro



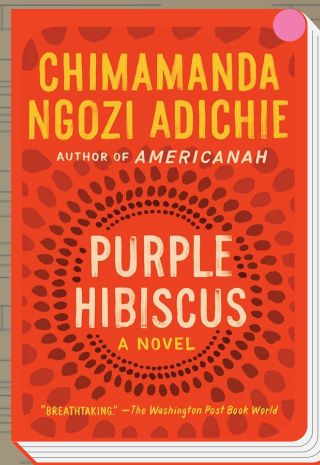
Who knew an unreliable AI robot narrator could make me appreciate what makes us human! Follow Klara, an AI companion, as she navigates a near future dystopian world and tries to understand what makes us human.

Recommendations from Mr Sutherland

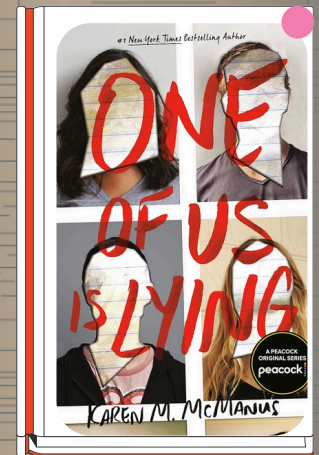
The Book Thief
by Markus Zusak



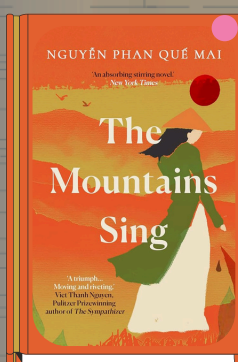
Purple Hibiscus by
Chimamanda Ngozi Adichie



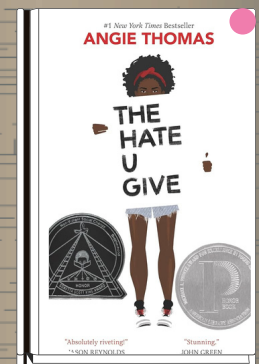
One Of Us Is Lying
by Karen M. McManus



The Mountains Sing
by Phan Quế Mai



The Hate U Give
by Angie Thomas



BOOK REVIEW: SPLINTERS OF SUNSHINE



Available in the school library

This book not only put me in suspense a lot of times, but it also portrays how people can save their long-lost friends. Another reason why I like it is because it is dual-narrative, which means it switches perspectives from time to time. It all starts with a boy called Spey, who lives with his mother as his father has gone to prison. It is Christmas, the time of the year for children to receive gifts. However, it is stranger than he expects. Spey receives two unusual Christmas surprises - the first one is a mysterious parcel full of torn-up paper flowers. The other present is the sudden appearance of his dad – who just got out of prison and is sleeping on the sofa.



The mysterious parcel turns out to be a paper flower collage from his old friend, Dee. At first, looking at it seems quite normal. But, Spey looks more closely. A few petals on the sunflower spell “HELP”. Spey knows the paper flowers are a sign that his old friend, Dee, is in terrible danger, and he might be the only one who can save her. The only problem is, he hadn’t seen her for so many years and has no idea where she could be. Together, with his estranged dad, Benni, Spey then embarks on a road trip to find Dee – discovering along the way that both him and his father were full of more surprises than Spey first thought.

- Hoang Van (7I) -





Words could never

Can I compare you to dim things as such?
Things like sunrise sunset and midnight
glow
Could I ever possibly do that, much?
They could never compare to you, just
how?

The sunset sky is not as radiant
A sunrise does not give warmth like you
Standing in moonlight glow you're salient.
A lover's charm you have, no doubt you
do

Even a river is not as complex
But you in any form is much better
The searing warmth you give off reflects
Your origin, moral, nature, temper.

Your beauty, words could never
represent,
Neither can I, so I'll settle for this

Gaeun Jang (7S)

FAREWELL MRS LISA SB



Mrs. SB has been our BVIS Secondary Head for the past five years. Her dedication and passion have transformed our school community, leaving a positive impact on so many of our lives. While we will truly miss her and feel a deep sadness in saying goodbye, we extend our heartfelt wishes for her happy retirement. Here are some heartfelt messages from us giving a small insight into the incredible impact she has made on our lives.

Thank you for teaching me art last year as it was one of my best time in school. You made me enjoy and love the subject that I've always hated and disliked. Without you, students of BVIS and I will feel a part of us is missing. We will really miss you and we all hope you will continue to be happy as well as happier as ever. Thank you for helping us! BVIS STUDENTS
Vu Minh Hoang



Hi Mrs. SB, Thank you for all of your effort throughout the years to make school fun and enjoyable. It's sad and hard to see teachers go but its a process everyone must go through in their life. I have such fun memories with you and I would like to experience it again but I can't. I enjoyed your presence in our Rock of Ages' rehearsals and our performances! You made me feel very welcome in BVIS (even more than before) throughout all the times you still waved or said "hi" to me even though you were busy=)). All the times you praise me for my performance in the school's play or the school's musical made it even more special. I am going to miss you very much, I'm going to miss all the waves and "hello"s or "hi"s in the corridor, all the time I see your face in the audience of a school play or musical, all the times you randomly pop into someone's classroom and it happened to be mine, and all of the time I get to see you in school's events like mini games for houses or sport day.

I am thankful for your time at BVIS, making it more fun in the process, making it much more memorable for me. I'm thankful for all of your support for my drama activities, for everything you have done for the BVIS community in general. I wish your time at BVIS was much longer but what nothing can last for ever so I will miss you.

Nguyen Ha Phuong Chau



Dear Miss SB you have helped me a lot since the start of the new school year. I want to say thank you for supporting our class since the beginning. You have helped me a lot of things in art like pop art , clay etc. We all want to say thank you. Hope you will have a good retirement .

Tran Lean Tony



Hello Ms SB Although I came to this school late, I was happy to have you as my art teacher and head of secondary. Although it was a short period of time, you were a very good leader and guided students in a good way. Thank you for being always cheerful and wise at this school. Even if you leave this school, you will remain a good teacher and leader. Thank you for teaching us all this time, and I hope you live well in your hometown.

Lim Suyeon



Ms. SB is a principal who always makes you feel welcome and comfortable. Her infectious enthusiasm, excitement and positivity towards everything serves as an exemplary model for the rest of us students to follow. She always consistently strives to provide the best for our school, and despite having the heavy work load of a school principal, she has always manage to allocate the time to interact and reach out to the rest of us students.

Vuong Binh



I wanted to say thank you to you. In year 8, you taught me Art. The funniest moment is when it is Christmas, you played Christmas songs and we were chilling. You always had a compliment for us although the artwork isnt that good, that gives us confidence :D

Vu My Chan



Hellooooooooooooo Mrs. SB Ahemm.... First and foremost, as a very serious student 😊 I want to say THANK YOUUUUUU so much (not for leaving bvis) but for being my SUPER CUTE teacher, for always waving 🙌 and smiling at me. THANK YOUUUU again for always having been there and comforting me after all the harsh and stressful parents meetings hehehe I love you so much 😊. I hope you know that to wherever you goooo in the world you will always be in our hearts or our heads or our brain or maybe our hippocampus? 🤔 I'm not really sure (a disadvantage of not taking biology:)) Instead of saying farewell to you, I wish I could say fare-bad so that you come back and continue teaching us 😊 - Thuy Duong Phung



I wish you all the luck of this entire world so that you can be happy forever after. All in all, hope that you have had unforgettable memories with me and with all other bvis students. Please don't cry when reading this, Mrs! I only want to inform that it takes me 3 hours 18 minutes and 52 seconds trying to make this letter as funny as possible so that you won't cry=)). But if you have cried, no worries 😊, it only meant that I had wasted 3 hours 18 minutes and 52 seconds hehehe Sincerely, Ashley cutie pie * Not for Mrs. SB part: If anyone else can read this message other than Mrs. SB, I think it's time for us to join hands to find and steal Mrs. SB's passport so that she will go nowhere apart from bvis!!!! - Thuy Duong



Thanks for the year 7, all the time that you care for us, I'll be very miss you, thank for everything... Goodbye! (>_>) - Truong Giang Hoang



Dear Ms Lisa I think that my class is very lucky because we can study art with you, you are very kind and cute. Actually I don't want you to leave BVIS, you help me with art and I'm getting better, better thanks to you. I will always remember you, many thanks too! ❤️❤️❤️❤️ Mai Ha Bui



Hello Mrs. SB, I'm so sad hear that you will leave. I can remember the first day I came school, full of nerves and excited, but your kind and friendly made me feel better, and I even enjoyed the first talk with you. Especially when you said I can join this school. Anyway thank you so much and enjoy everyday with your family. I will miss you! Au revoir!!! - Fang Guixin



Dear Ms.SB! I have an message for you to say goodbye you. I remember the first time I met you, you look very nice and kind you make me feel more confident, and you very friendly with my parents so they really believe in BVIS can make me better. You help me alots at Art I am so appreciate of that. I know when you leave BVIS you can go to England to meet your family, I am so happy to you. But I am sad because you need to leave this school. I am so thankful you because you help me, kind with everyone in school and control school very good. Goodbye Miss SB. - Minh Ngoc Tran



Goodbye miss Lisa, we will miss you a lot. You are one of our most talented and caring teachers. We admire your effort for our school and we hope you will be happy in the future. - Vinh Thai Anh Ngo

