LASALLIAN SERVICE INTERNSHIP
2015

INTERNATIONAL SITE

LOCATION: Yangon, Myanmar (Burma)
La Salle English and Computer Center
U Tun Linn Chan Street
Kamayut Township
Yangon, Myanmar 11061

The La Salle English and Computer Center was established in 1996 with its primary focus is to provide poor and disadvantaged young people training in computers and English language.

LSECC offers a basic level English language course, as well as two higher level courses, with students graduating with a Government-recognized certification. All courses run for three months. There are approximately 160 students attending the Center. Fluency in English and computer knowledge have become more and more important for young people in Myanmar to find a better and well-paid job.

WEBSITE: LSECC does not maintain its own website, but information may be found at the following site:
http://www.youtube.com/watch?v=aRDRHiYeKIE
Lasallian Mission – De La Salle in Myanmar
A recent documentary about The La Salle English and Computer Center made by two recent college graduates

SITE DIRECTOR: Brother Ling John, FSC, Director

LSI CONTACT: Brother Ling John, FSC
lingjohnfsc@gmail.com

SUPERVISOR: Students will be supervised by Brother Ling John or another LSECC Brother.

# OF STUDENTS: 2-4

SERVICE WORK:
LASALLIAN SERVICE INTERNSHIP
2015

• In the morning, three lower level English classes are offered. The volunteers meet with the students from each class, sometimes one-on-one discussions to practice English or presentations for five-seven minutes per student. They have discussions about any of the students’ questions, often about life in the West, education, and interests etc. More often, however, volunteers would guide the students to practice English with questions they had prepared in advance. They would ask about things like their homes, their families, education, family business, goals and ambitions, weather, feelings, vacations, and how they had spent the previous weekend. The students are still in the process of learning English, so the volunteer should help to correct the students and keep in mind that sometimes the volunteer and student will struggle to understand each other.
• For higher-level students, the students tend to be older and so interesting conversations during the practice of English can take place. Sometimes the volunteers are allowed to do the actual teaching, but the classroom teacher will still design the lesson plan. These are team-taught classes so the volunteer will be with a teacher who teaches the classes regularly. Activities may involve a variety of activities from the New Headway and Interchange textbooks for speaking and listening.
• The reading classes involve reading stories and analyzing plots. Sometimes the volunteers use a combination of reading aloud in class, reading alone in class, and assigning reading for homework to get through the stories. For variety, the students enjoy role-playing exercises like skits and in-story writing, and usually do very well with them. The reading classes also include various presentation exercises.
• The volunteers can also try to play a variety of games with the students, mostly, vocabulary and language skill-building games such as anagrams, Pictionary, etc. Singing songs and telling stories is also recommended. Changes can be made when necessary.

QUALIFICATIONS OR SKILLS REQUESTED:
• Speak English
• If a student has studied business or management, they can help with new diploma program in Business Management

ESTIMATED TOTAL COST OF COURSE: $2,400
Estimates based on the following costs:
• $185.00 – Materials fee (includes $35 insurance fee)
• $1350.00 – Airfare
• $560.00 – Room and board ($20 per day for 28 days)
• $50.00 – Transportation
• $250.00 – Excursions and Cultural Activities

Please note:
• Most LSI costs are estimates, and may vary depending on flight costs at the time airline tickets are purchased, total days/ nights stay, etc.
• Additional costs not included in estimate above may include: passport and visa fees, exchange rate fees, vaccination costs, personal souvenirs, small thank you gifts you may want to purchase for hosts, etc.)
Importantly to all United States citizens traveling to Myanmar (Burma) from the Embassy of the United States: Although many sanctions have recently been lifted, no Burmese bank accepts traveler's checks and Burmese businesses rarely have capabilities to accept credit cards. While several banks in Burma now accept limited Visa or Master Card ATM card withdrawals, we encourage foreign travelers to enter the country with enough cash to cover all expenses, including unexpected ones. Please plan accordingly to ensure a smooth trip.

VISA/PASSPORT:
- A valid passport is required and must have at least 1 blank page and validity for 6 months beyond the end of intended stay
- A visa is required; Duration of stay in Myanmar is 28 days from the day of arrival – it is not extendable; To obtain visa, evidence of the trip must be attached

(In Myanmar, you will be required to show your passport with a valid visa at all airports, train stations, and hotels.)

VACCINATIONS:
- The Centers for Disease Control and Prevention (CDC) recommend that travelers to any foreign country are up to date on their routine vaccinations. These include measles-mumps-rubella (MMR) vaccine, diphtheria-pertussis-tetanus vaccine, varicella (chickenpox) vaccine, and your yearly flu shot.

In addition, travelers to Myanmar are advised by the CDC to get the following vaccines because there is a risk of these diseases:
  - Hepatitis A - CDC recommends this vaccine because you can get hepatitis A through contaminated food or water in Myanmar, regardless of where you are eating or staying.
  - Typhoid - You can get typhoid through contaminated food or water in Myanmar. CDC recommends this vaccine for most travelers, especially if you are staying with friends or relatives, visiting smaller cities or rural areas, or if you are an adventurous eater.

Complete information can be found on the CDC’s “Health Information for Travelers to Myanmar” webpage that can be found at:


In addition, please consult your personal physician regarding any additional steps you should take to protect your health.

ACCOMODATIONS:
- Students will stay in the community house with the Brothers. The $20 per day covers accommodations, breakfast, lunch and dinner. Students will have their meals with the Brothers.
LASALLIAN SERVICE INTERNSHIP
2015

Lunch will be at the La Salle Center. The community house is a 10-15 minute bus ride from the La Salle Center, and students will take the bus with the Brothers, or they can also make the 45 minute walk if they would like to. Also, taxis are often taken. All methods of transportation are safe for foreigners.

RISKS/EMERGENCIES:
• LSECC has had volunteers from Australia, the Philippines, and the U.S. There have never been any health or safety problems, but it is recommended that volunteers do not eat food from restaurants.
• There are mosquitos, but they do not carry malaria.
• Be careful with valuable items and money, as pickpockets sometimes target tourists, particularly on busses. Do not overtly display valuable items.
• Yangon is considered safe for tourists, but out of caution, volunteers should travel in pairs or a group, or be accompanied by a Brother.
• LSECC is within close proximity to many hospitals

COMMUNICATION:
• Internet is accessible at the Brothers’ House. It is possible to Skype but connection is a bit slow. Connection is faster early in the morning.
• Myanmar is known for expensive SIM card. The cheapest SIM at the moment is US $200. But they are hoping to get cheaper SIM sometime this year. Roaming might be possible by the end of this year.

COURSE WORKLOAD:
• Requirements as listed on the syllabus.
• Includes four required 2-hour seminars and possible additional meeting for further information on this particular location.

BEHAVIORAL EXPECTATIONS:
Students must respect the following guidelines:
• Due to the fact that there will be no Saint Mary’s College supervisor present, a high level of maturity and independence is expected.
• Be aware of norms and expectations regarding appropriate clothing; Casual attire is fine.
• Students should expect to participate in community life including daily prayer/reflection, shared meals (if community members take turns cooking, you may be asked to cook!) and other community activities.
• Use good judgment in wearing appropriate attire that indicates a serious attitude towards studies and is comfortable but not distracting nor in bad taste.
• Wearing of inappropriate attire, e.g. plunging necklines, halter tops, cycling shorts, pants which are not full length, clothes with frayed hems, tattered jeans, sleeveless shirts, mini-skirts, hanging and off-shoulder blouses and other revealing attire are not allowed.
• Do not get involved with any political party or political activity. You will be blacklisted and deported the moment they catch you.
• Although there is no curfew, use caution at night.
LASALLIAN SERVICE INTERNSHIP
2015

• Drug use will result in long-term jail sentences
• Alcohol is not prohibited in Myanmar but volunteers must refrain from excessive drinking; Some adults drink beer after work, but volunteers should not abuse this activity.
• While you are traveling in Burma, you are subject to its laws, even if you are a U.S. citizen. Foreign laws and legal systems can be vastly different than our own. For example, it is illegal to take pictures of Burmese officials and of certain buildings, such as military installations and government buildings. There are also some things that might be legal in Burma, but still illegal in the United States. For example, you can be prosecuted under U.S. law if you buy pirated goods.

For more information about traveling to Myanmar (Burma), visit the U.S Department of State website at: http://travel.state.gov/

CULTURAL AWARENESS:
Myanmar people are very flexible and are well aware of the Western culture. It is important to show respect, particularly in following the dress code as outlined above.

EVERYDAY LIFE:
If students desire, the Brothers can arrange for volunteers to stay with a family for one or two days to experience more about the culture and how the people live.