

MDA Activities on May 3rd.

the Second Episode of MDA'S Group Work



→ In the afternoon of May. 3, 2009, the psychological group work was conducted in Juyuan Club in Pudong District, which is named “warm MD patients’ heart”. Some MD patients, as well as their family attend the program. The activity is organized by Ms. Zhu Changqing and Mr. Zhu Xiaoping, also EAP kindly provide the venue needed for the activity. MDA was responsible for contacting patients and more than 20 patients finally attended the activity that afternoon.

The first half of the activity was the power wheelchair football game. In nearly one hour, Red Team and Blue Team, which is represented by patients and volunteers respectively, fought fiercely against each other. At the beginning, Red Team Scored three, far ahead of Blue Team, however, it turned the other way around, that is, in the next half part of the game, Blue Team performed very well and scored four. At last, the game ended in a tie, with 4:4.

The second half part of the activity was psychological consultancy group work, under the leadership of Mr. Wang. All the patients present spoke out their life stories, one of whom even wept when mentioning the son who was diagnosed with the disease. Group members not only tell their own stories, but also support each other. A patient, accompanied by the husband and the son, was spoken highly of by all the group members. The sharing was put in such an order, that members’ positive attitude was inspired step by step.

The activity lasted for four hours, from 1 p.m. to 4 p.m., and no one left during the sharing. A lot of members’ words are worth thinking over and it really deserved that long period of time.

After the sharing session, it came to the time for Mr. Wang and some other psychological consultant to comment on the session and spoke out their own feelings after hearing so much. Also, they predicted what will be discussed next time. The activity is supported by volunteers from various circles, aside from the patients and their family, among whom are 5 volunteers form Fudan University, East China Normal University and Chinese Medical University. Even the staff working in Ziguang Tower contributed to the smooth running of the activity a lot.

After the activity, people present filled in the feedback forms. Their suggestions will be taken into consideration by MDA and those psychological trainers in further activities, which shows our care, respect and encouragement for MD patients.



【BY: Chen Si】

The One-day Trip to Fudan University

the 4th Episode of MDA'S Series of Activities



→ It was a good weather on May 12th, seven members of MDA China and their family members went to visit Fudan University. This is the last event of the serial event of Charity in Fudan. At about 12:45, the members arrived Fudan University, along with the volunteers of the School of Foreign Language. 1:00 pm, our voluntary campus guide arrived from Jiang Wan sector and our visit official began.

The members visited the Xi Garden and the Yan Garden, looked at the statue of Chairman Mao with reverence and we took a picture in front of the statue. Afterwards, we visited

the science library, No.1 teaching building, statue of former principle Chen Wang Dao, Xiang Hui Hall and the white house. At the end of the visiting, our members went to the school history hall. In the hall, with the help of the professional guide, our members got to know the ups and downs Fudan University has experienced since its establishment in 1905 and the growth of Fudan University since then. They had a deeper knowledge of Fudan University. After the visit of the school history hall, our members had a discussion on the topic of interpersonal relationship. The members shared their stories, had deep and heated discussion on certain topic and learnt a lot from it.

After the discussion, the members went to students' plaza, Guang Hua Tower and had a communicational event with students from Fudan University. On the way to Guang Hua Tower, our members saw the fourth teaching building, the physics building and so on.

The event inside the students' plaza was very good. Students from modern dance club performed a wonderful dance. We all enjoyed it. Afterwards Clocky House also sang a song and this impressed our members. Then our members sang the song, *the heart of gratitude*, together with the students from Clocky House. We also watched a video about Fudan University, which expressed the best of Fudan. We had a quiz show based on the video and a lot of our members got the right answer and gifts. Then the members and students from Fudan

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University had a wheelchair football competition. In the second round of Fudan University vs. MDA China, MDA China won with the score of 11:2. At the end of the event, Prof. Gu Dong Hui, deputy dean of School of Social Development and Public Policy, and Sha Wei, teacher of the department of Social Work attended the event and received the silk banner from MDA China. The event then successfully ended.

【BY: Cheng Jialin】



MDA's Activities on May 22th — Words From Our Patients

the 5th & 6th Episode of MDA'S Series of Activities

➡ On the afternoon of May 22nd, the 12th NIKE power-wheelchair football game was held. Apart from our patients, volunteers from Jinsheng were also involved in this game. With the endeavor of both sides, an animated game was on. Those volunteers who were using the power-wheelchair for the first time were apparently unfamiliar with this new type of football game, while our patients had already been very good at manipulating it. But both of them had a great time during the game. Other than the football game, the patients also went to SWFC and took a cruise. For more information of the other two parts, see the following words from our patients.

【BY: Sun Sensheng】

➡ On the afternoon of May 22nd, which was a shiny day, I took part in the activity organized by MDA.

The activity includes visiting SWFC and taking the ship-tour around Wai Tan in the evening. The Shanghai World Financial Center (SWFC) is 492 m tall, 71 m taller than the nearby Jin Mao Tower. It has 101 floors with a gross floor area of 381,600 sq m. The building houses offices, a hotel, shopping malls, restaurants, and a media center. It took us only 66 seconds to reach the 95th floor from the 2nd floor by the amazing elevator with a speed of 8m/s at 3:30 p.m. The views out of the window was so fantastic and magnificent. I was able to see the whole Shanghai, the top toe of the nearby Jin Mao Tower was shining with the sunset. We patients all took out our cameras and took a picture of those amazing landscape.

One hour later, the visitation was over and we went to the Pearl Dock to take a sailing trip around Wai Tan. The trip began at 7:00 P.M.. With the sound of “WU...”, the ship slowly sailed out. We enjoyed the beautiful image of the evening Shanghai. The trip ended at 8:00 p.m.. We called a truce to this impressive tour. With the

end of the ship-tour, the whole activity ended.

What a wonderful day! We enjoyed ourselves a lot. Now I want to express my thanks to the volunteers from Jin Sheng, SWFC, the Oriented Pearl Shipping Co. Ltd. and Ms Zhu. Without your hard work we would not have such a great time. Thanks a lot!

【By: Huang Jiajun】

→We appreciate the care and help we got during today's visit from those who come from all walks of life. We also appreciate the volunteers of Jin Sheng. It's their love make this activity and one-on-one help happen. It's their contribution make our life colorful. Some say love only exist in dream. We say love is happening and filling all the society. We also appreciate Ms Zhu. It's her arrangement and organization make this activity successful. Thank you Ms Zhu!

Frozen people have difficulties in walking and have little opportunities to hang out. Today we are able to come the the highest building in the world, the SWFC, to overlook the sightview of the city. The Oriented Pearl Tower and Jin Mao Tower do not look high here. The neighbourhood are well organized. The Yangpu Area and Nanpu Area are on the two sides of us. It is amazing! We compliment this city, the strength of our country, the development of the economy, the wisdom of the laboring people, which bring the beauty to the world.

【By: Huang Rong】

Pictures



Information

May 22nd, SMG

June 7th, [Jiefang Daily](#)