



LiA Project Outline (part A)

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Your full name and University of affiliation

Full name: Lau Yan Kiu (Natalie)

University: The University of Hong Kong

University contact

Your key contact or supervisor at your University

Full name of Supervisor: Dr. Estella Ma

Department: Academic Unit of Human Communication, Development, and Information Sciences

Email address: estella1@hku.hk

Title of your LiA project

Health, Community and Youth Project

The organisation/charity you are working with

Think Pacific

Organisation/charity contact

Your key contact (supervisor) at the organisation/charity

Full name: Robbie Mackessack

Email address: systems@thinkpacific.com

The need or cause you are supporting

What is the specific problem, cause or opportunity you are exploring?

In Fiji, the rural communities are at a very disadvantageous position as compared to their urban counterparts. The youth population is particularly affected. Actions need to be taken to improve the quality of life and social mobility of Fijians in rural villages.

Goal

What is the big-picture idea/vision and desired outcome of what your LiA project is trying to achieve in order to address the need or problem above

The main goals are 1) to improve the quality of life in rural Fijian village as well as 2) to empower Fijian youth. These goals are achieved by different components of the project which includes constructing a village nursing station, assisting service delivery of local charities (namely Diabetes Fiji and Champs 4 Mental Health), organizing workshops as well as participating in cultural activities.

Objectives

These represent how you will achieve your goal. Write down three to five SMART objectives outlining how you will achieve the overall goal.

1. Complete different project elements (e.g. construction work, workshops) in collaboration with the Fijian youth and in adherence to the deadlines set.
2. Learn about and appreciate the uniqueness of Fijian lifestyle and culture via cultural course and everyday interaction.
3. Develop critical thinking and generate appropriate solutions for novel problems faced in the village.
4. Be proactive to exchange ideas with teammates and Fijian youth.

List any challenges, barriers or risks to achieving your objectives

1. Physical demands and health issues

The living environment in rural villages is drastically different from that in my home country. It takes time for my body to adapt to the new environment (e.g. drinking water, food, sanitation etc.) and having some form of illnesses are expected.

2. Working with new teammates

The working team comprises of people from various backgrounds, who may have different culture, values and working style.

Ideas to overcome barriers or challenges

1. Physical demands and health issues

In terms of preparation work, a comprehensive first-aid kit and medication should be packed. I should also update myself with any events or health risks in the country. During the project, I would follow carefully the healthcare instructions given by my team leaders and report frankly about any illness or discomfort I might be having.

2. Working with new teammates

It takes time for me to understand my teammates culture, values and working style. Communication is important. I should be proactive in exchanging ideas, at the same time, be open-minded and respect other's opinion.

Milestones per week

What are the significant activities/objectives of the LiA project outlined by week?
Please provide dates.

My Milestones

Aa Week	📅 Start date	☰ Milestones	☰ Details
<u>1</u>	@July 10, 2023	Project orientation	Briefing at resort, Travel to the village
<u>2</u>	@July 17, 2023	Building Project, Cultural Course	Progress of building project and content of cultural course are to be confirmed.
<u>3</u>	@July 24, 2023	Building Project, Cultural course	Progress of building project and content of cultural course are to be confirmed.

Aa Week	📅 Start date	☰ Milestones	☰ Details
<u>4</u>	@July 31, 2023	Diabetes Fiji Community Program, Building Project/ Workshop planning	Assist Diabetes Fiji in NCD screening and awareness program in rural areas.
<u>5</u>	@August 7, 2023	Mental Health & Wellbeing advocacy project	Organize activities with Youth Champs for Mental Health to advocate for good mental health and destigmatize mental illnesses. Opening ceremony of the nursing station would be held.
<u>6</u>	@August 14, 2023	Community/ Youth Workshops	Workshops content to be confirmed. Farewell dinner in village and debriefing at resort would be held.