



Pontifical Mission
Educational and
Cultural Center
مركز البعثة البابوية التعليمي الثقافي



"Self-knowledge is a prerequisite to self-improvement"

Summer Camp Newsletter 2019

Theme: Personality Development

Summer camp participants worked on developing and improving their utmost SELF



Developing and improving one's personality takes time. It does not happen in a flip of a finger or a wink of an eye since it is always a process, which makes the path to personal growth more challenging and leads to endless possibilities of journeying to self-discovery.

In this year's summer camp, participants have worked on and engaged in varied educational and human formation activities, which they did mostly together as a group. These had allowed them to discover deeper their true selves, which polished their skills and talents and eventually helped in the improvement of their character.

Growth and changes became visible especially in the way they expressed their views and opinions during the small and big group sharing, as values and attitudes got reflected in the manner they would express themselves and the many ways they would relate and interact with one another. The staff and majority of the parents have even pointed out visible growth and positive values they have seen in their kids even during this short span of time of the summer camp.



Through the varied activities, their capacity to work in teams, and active engagement in sensible discussion about burning issues whether in small and big groups became evident. Such was true during the sessions of inter-religious dialogue, digital and electronic crimes, peace and non-violence education, social and civic awareness, etc. Some new learnings they have picked up from different activities had enabled them to value and appreciate differences, enabled them to listen, and improved various social and inter-relational skills which they developed in the process and manifested in the manner they would carry themselves. Participants affirmed this observation, which they expressed orally and had reflected in their evaluation.



During the days of the camp, participants even became more conscious of wisely choosing and expressing their inclined preferences for healthy food, learned how to keep physically fit to improve their physical strength, grace, balance and stamina through sports, dance and yoga.



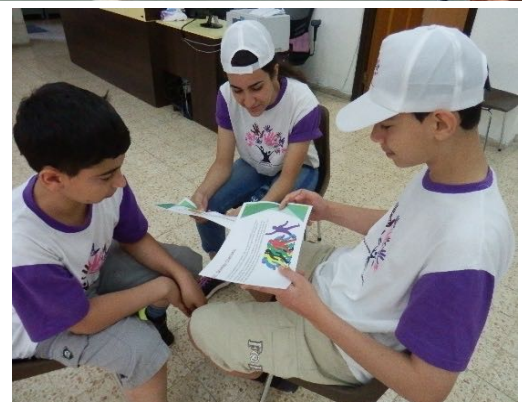
I enjoyed each activity in the summer camp.
It was really the best camp ever.

Norhan Al Natsheh
Youth Group



The best camp ever! We
got entertained and
enjoyed very much each
day.

Alex Twemeh
Youth Group





In addition, the camp was an opportunity for the participants to meet new friends and working with others had provided them with a variety of experiences. They learned a lot from the sharing and becoming tolerant with, and respectful for, their ways of doing things. At the same time, they got exposed to new ideas,



opinions, which expanded their mind and ways of thinking. As one of the participants commented, 'meeting new people makes me more tolerant towards others, thus broadening my horizons and perspective in life.'

The session on Digital media and Electronic crimes made an impact on us as we became aware of the many crimes committed through social media and the internet. We hope that this acquired and valuable knowledge about it will make us be more careful and wise in accessing the educational and reliable websites that can be useful for us and in our studies.

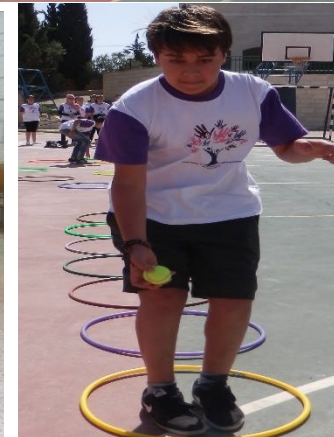
We appreciated having the session on Social manners and Etiquette as it taught us useful skills especially in ways on how to relate with people and what certain polite behaviors should we adopt and nurture. In addition, we learned a lot from the varied Educational Activities that we have had as we improved our English and Arabic language skills.

Rozaleen and Taleen Khair



Just like the others, my personality had improved, due to the varied activities of the camp. I enjoyed the sports and the challenge games facilitated by Mr. Amir as it gave us the opportunity to be with others and worked with them as a group. Having the chance to be with the different groups enabled me also to know some of the participants better and deeper.

Nada Sbeih



Yoga Session

The participants learned the basics in yoga, as facilitators gave clear explanations of every movements and have shown them how to do it slowly. They engaged in proper breathing exercises, slow and coordinated movements, which helped them enjoy the flow of yoga workout. This enabled their whole body to move with ease and since they are young, they learned the movement easily and quickly. At the same time, many of them felt calm and relaxed and enjoyed the whole yoga flow introduced to them each time.



Sports and Challenge Games

Participants devoted time and energy in enhancing and maintaining balance and well-being as well as working out their needs to be physically fit, which built up gradually their physical strength and stamina through varied sports and challenge games.



It was a very nice camp! I liked most the yoga and the discussion session, wherein we shared our thoughts, learned to listen and share with one another.... Thanks a lot, PMECC Staff!

Mikel Lolas
Youth Group

Healthy Food & Drinks Preparations – Quinoa salad... Melon Cocktail



It's all about taste!

Healthy food = Positive lifestyle

Non-stop interaction over meals...

Nurturing culinary skills...

Tasting and testing non-familiar foods arouse curiosity and wonderment...

Moderate and healthy eating – source of daily pleasure

Discovering nutritional values of food

Thrills and enjoyment of learning to eat something new...



Palestinian Dance-Dabkeh, an Arabic folk dance continues to be popular even among the young campers. Those who expressed the desire and interest to learn this passionate and rhythmic foot-based dance, speedily learned the basic steps in one session. The successive sessions enabled them to dance and followed the steps and stomps to the beat and rhythm of the Arabic music.



It was a very enlightening camp for we learned so many things during the interreligious dialogue session, where the sheikh and the priest came together and interact cordially to answer all our queries as well as clarified many issues that are not so clear to us. We did also exercise our minds and body through sports, challenge games and educational activities.

Jaser Rateb
Youth Group



A very nice and organized camp as usual and I liked it so much. My personality was more improved due to the varied sessions that we have had.

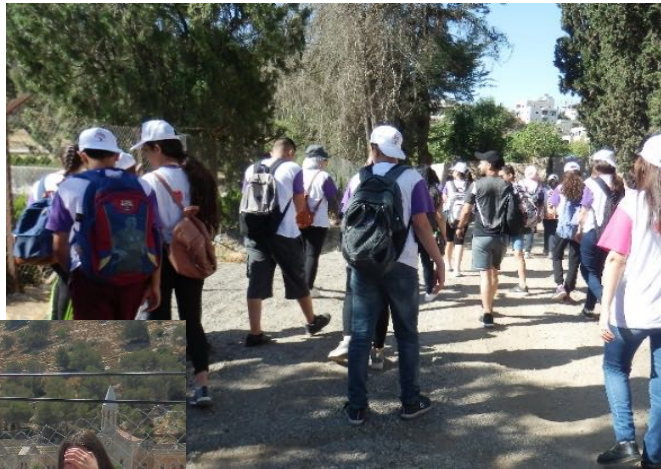
Deeb Zahran
Youth Group



Nature at its best,
sowing seeds of
life...

Contributing to the preservation of nature bringing into fruition an ecologically-balanced environment.

Young campers put to the task and enjoying what they do, caring for Mother Earth, and providing for a bright future.



Travel and Explore

Values of friendship...

A welcome break...

Bonding and laughter...

Socialising

... enjoying presence

And, "wasting time"
with one another...

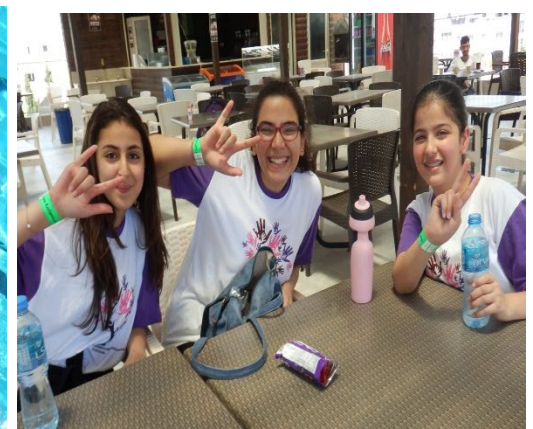
A walk to remember...

Communication with
nature...



I enjoyed a lot being with this well-organized camp, which aimed to develop our personalities, and it did so. Through the camp, I enjoyed having different cultures from different places, which enriched my personality and helped me to have an exchange of ideas with others.

Hussein Jaradat
Youth Group





I had been looking forward to join again this kind of camp since early last year. As expected, the whole experience was awesome-filled with fun and excitement! I wish it could have been longer, though.

Anyways, many thanks to all the staff and organizers for the fun and everything you have provided us. Hope to see you all next summer camp again. Love you all.

Layan Ghattas
Youth Group



Personality Development Sessions

The unflagging interest and unrelenting energy among the participants to develop and improve their potentials and character have sustained them in participating in the varied sessions and activities, such as personality development, leadership training and workshop, human values formation, social manners and etiquette sessions.

Each new day that began, they always looked forward for something different to learn and have gained confidence and developed their character during varied encounters they have gone through.





"Do everything in a natural way. This is difficult but it is the fruit of self-discipline..."

Saint Pedro Poveda

Writing and Telling Stories

**BOOKS... OPENING A
WHOLE NEW WORLD**

Creativity at its peak

**Doors opening
imagination**

Developing writing styles

Budding young writers

Attentive listeners

Learning to share

Respecting differences

What I liked most in the camp was the personality development session which helped a lot in improving my personality, i.e. it made me more confident of myself and boosted my self-esteem. I enjoyed the yoga workout in which I learned to be relaxed and more focused as well. Furthermore, I had the chance to meet more friends and played with them different challenge games.



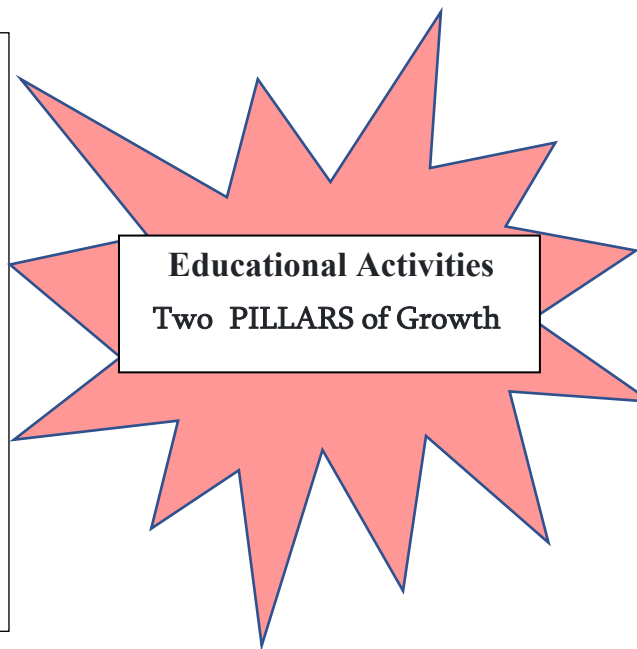
Among the other activities in the camp that I enjoyed most was the Dabkeh because I learned its basic steps easily. We learned and developed as well the spirit of sportsmanship and sense of teamwork in playing different sport and challenge games. Moreover, we understood the idea of co-existence between different religions as well as appreciated its positive effects in the lives of people as discussed in one of the personality development sessions.

Hana' Abdeen



First Pillar

Appreciation
Tolerance
Valuing what is different
Acknowledging similarities
Openness
Synergy
Inclusivity
Firming up Identity



Second Pillar

Strategic thinking
Depth and focus
Foresight and planning
Teamwork
Coordinated movement
Decisiveness
Resourcefulness
Respect and acceptance





Topical discussions on:

Interreligious Dialogue
Social Etiquette/ Manners
Electronic Crimes
Non – Violence, Tolerance

The best camp ever! We got entertained and enjoyed very much each day.

Alex Twemeh
Youth Group

This summer camp allowed us to be more aware of the community that we are in - on how to be with others and in making new friends. I learned more about Christianity through the interreligious dialogue session, wherein we were able to identify some commonalities and differences between my own religion and that of others. More so, it has helped me a lot in building and strengthening my character.

Abdel-Rahaman Abdeen
Youth Group



Participants were able to speak their minds and have engaged actively during the discussions, of which they gained confidence in expressing themselves without fear of being criticized or judged, not having the feeling of being looked down and under-estimated. Their social and communication skills were sharpened up as they spoke spontaneously, confidently and were able to listen also attentively.



This camp was so interesting and entertaining. I did have a great time! I made many friends and learnt new stuff from them and with them. There were many different activities. The ones I liked most though were sport, challenge game and yoga. I will probably come back next year...

Nicola Abu Saad
Youth Group

final thoughts...

In general, all the activities that participants have gone through had enabled them to develop their leadership, listening and communication as well as building relationship skills, and even allowed them to develop new ones.



"We should...
be very gentle,
calm,
refined
and friendly...
in order to
extend
greater influence
in the world..."

Saint Pedro Poveda



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