

In this issue, our residents initiated the first project in Malaysia that addresses period poverty among female refugees. They celebrated the end of the Islamic holy month of fasting with fellow Muslim residents and also showed their support for environmental protection. Not only that, there are many interesting activities lined up for the residents in the coming months.

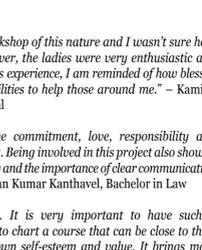
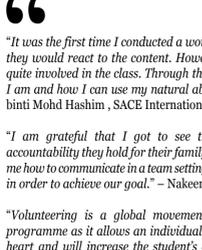
Happy Reading!

The LaunchPad Project

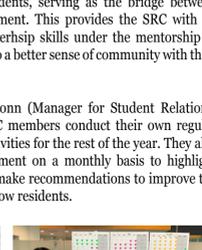
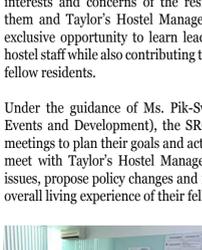
SOCIAL WELLBEING **EMOTIONAL WELLBEING** **PHYSICAL WELLBEING**

As part of the living experience at Taylor's Hostel, we offer a comprehensively structured learning framework known as our flagship Service Learning programme. We collaborate with internationally renowned non-government organizations (NGOs) to facilitate resident-led community outreach initiatives and provide residents with opportunities to gain life and leadership skills while contributing to real community needs.

This year, our residents led the LaunchPad project which aimed to empower female refugees and develop refugee communities while also preserving the environment.



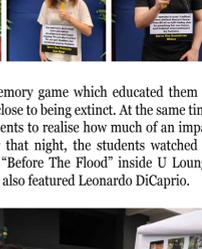
Presently, some 170,000 refugees and asylum seekers reside in Malaysia of which 32% are women. Refugee women and girls face many gender-specific challenges in navigating daily life such as menstrual hygiene. Period shame, taboo and misinformation, along with poor access to menstrual hygiene management has caused girls to miss school and prevented women from seeking employment or participating in social activities.



From April to June 2019, twenty residents engaged refugee communities in collaboration with the United Nations High Commissioner for Refugees and the Rohingya Women Development Network. The residents also gained necessary skills and knowledge from the Soroptimist Puberty Organizing Toolkit as well as Nashpotatoes.



On 22nd June, the residents donated 500 pieces of handmade reusable sanitary pads to refugee organisations and also taught refugee women and girls about menstrual hygiene as well as how to sew their own reusable pads.



It was certainly an eye-opening experience for the residents involved but the journey has just begun. This project will continue providing reusable sanitary pads and workshops to shape new narratives for thousands of refugee women and girls.



Student Organizers
 Front Row (L to R) – Clarissa Phang Poo Yee, Abdul Mateen Montreze Mohamed, Dimitri Wickremasinghe, Kamilla binti Mohd Hashim, Tanveena Rahman
 Second Row (L to R) – Chen Feng, Benjamin Teh Jhen Hing, Wan Arqan Zulakha binti Wan Mohamed Salleh, Tatienda Kambau, Noor Hafiza Azzah, Goh Leanne, Nakkeran Kumar S/O Kanthavel
 Third Row (L to R) – Chloe Choo Si Ying, Bryan Saw Hwa Meng, Tarino Kambau, Patricia Chin Ling Choo, Tatienda Kambau, Noor Hafiza Azzah, Goh Leanne, Nakkeran Kumar S/O Kanthavel

Staff & Guests
 Back Row (L to R) – Shirley Teang (THM), Elaine Yap (THM), Tan Poh Leon (International Catholic Migration Commission), Tasmika Siddi, Ahmad (Rohingya Society Malaysia), Faisal Islam (Rohingya Society Malaysia), Sharifah Shahira (RWDM), Dr. Subheda Rajesundaram (UNHCR), Priscilla Wong (Dignity for Children), Sheena Angelina (THM), Lew Pik-Soon (THM)

“It was the first time I conducted a workshop of this nature and I wasn't sure how they would react to the content. However, the ladies were very enthusiastic and quite involved in the class. Through this experience, I am reminded of how blessed I am and how I can use my natural abilities to help those around me.” – Kamilla binti Mohd Hashim, SACE International

“I am grateful that I got to see the commitment, love, responsibility and accountability they hold for their family. Being involved in this project also showed me how to communicate in a team setting and the importance of clear communication in order to achieve our goal.” – Nakkeran Kumar Kanthavel, Bachelor in Law

“Volunteering is a global movement. It is very important to have such a programme as it allows an individual to chart a course that can be close to their hearts and will increase the student's own self-esteem and value. It brings more positive development to the students. Therefore, it is encouraging to see such effort being put in by Taylor's Hostel Management.” – Joseph Goh, father of Goh Leanne

“If you would like to contribute to projects like these, visit Ms. Shirley or Ms. Carol @ Helpdesk for more info.”

Student Resident Council Training & Meeting

SOCIAL WELLBEING **EMOTIONAL WELLBEING**

The Student Resident Council (also known as the SRC) represent the interests and concerns of the residents, serving as the bridge between them and Taylor's Hostel Management. This provides the SRC with an exclusive opportunity to learn leadership skills under the mentorship of hostel staff while also contributing to a better sense of community with their fellow residents.

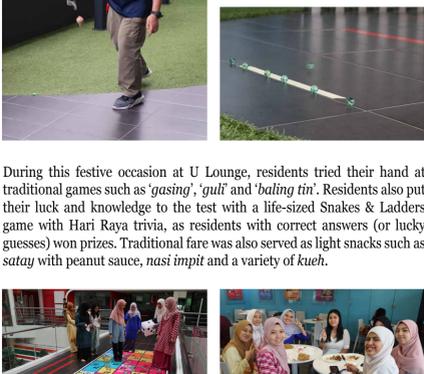
Under the guidance of Ms. Pik-Svonn (Manager for Student Relations, Events and Development), the SRC members conduct their own regular meetings to plan their goals and activities for the rest of the year. They also meet with Taylor's Hostel Management on a monthly basis to highlight issues, propose policy changes and make recommendations to improve the overall living experience of their fellow residents.



International Earth Day

SOCIAL WELLBEING **EMOTIONAL WELLBEING**

International Earth Day is an annual event that is held to demonstrate support for environmental protection. The theme for this year's event is “Protect Our Species”. The goal is to educate and raise awareness about the accelerating rate of extinction of millions of species and the causes and consequences of this phenomenon.



A photobooth was set up outside the U Lounge where residents were able to show their support towards preserving 7 endangered animals in Malaysia using specially-designed face masks.



Residents also participated in a memory game which educated them on which animals were endangered or close to being extinct. At the same time, the memory game allowed the residents to realise how much of an impact humans have on our planet. Later that night, the students watched an award-winning documentary titled “Before The Flood” inside U Lounge, which discussed climate change and also featured Leonardo DiCaprio.

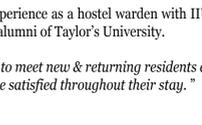


Cuppa Time

EMOTIONAL WELLBEING

At Taylor's Hostel, we are committed to encouraging healthy emotional wellbeing among our residents. These days, students often juggle assignments, exams, family and friends. The collective pressure and expectation has been known to lead to feelings of stress, anxiety and depression. That is why we initiated Cuppa Time.

With sessions being held every month, Cuppa Time sessions transform the U Lounge into a comfortable and safe space where residents are encouraged to open up about any issues they may be facing while enjoying their favourite drink with hostel staff. The availability to have private conversations encourage residents to open up and put things in perspective in order to manage their emotions.



For residents who just want to unwind, adult coloring tools and mindfulness exercises are also available. These tools allow them to destress and refocus their attention, which helps them clear their minds so that they can see the bigger picture.

Psst! Can't wait for Cuppa Time to have a private chat? Talk to Ms. Shirley or Ms. Carol @ Helpdesk, or call the housemasters when you need someone to talk to.

10 Ways to Cope With Negative Emotions

Talk to a friend
 Share your worries. It will take some pressure off your shoulders, and might offer a fresh perspective.

Keep a Journal / Diary
 Try writing about your feelings or whatever comes to mind. It may help you figure out what could be troubling you.

Look After Yourself
 Do what makes you feel good, like regular exercise, meditation, or listening to music.

Think Yourself
 Be nice to yourself. Use positive self-talk to overcome negative thought patterns.

Focus On The Positives
 Look for the sun behind the clouds. This may be difficult to do at first, but you will improve with practise!

Count Your Blessings
 Practise being grateful by writing down three things you're thankful for. They can be really little things, like your morning coffee.

To-Do List
 Don't do everything at once. Make a list or schedule of what needs to get done. It will help you get there.

See The Big Picture
 When you're going through a stressful situation, ask yourself: 'How important is this? Will it matter in the long run?'

Learn To Walk away
 When you encounter situations that negatively affect your emotions, excuse yourself from the area and only return when you feel calm and ready.

Keep a Journal / Diary
 Eat healthy, well-balanced meals. Good eating habits will provide the energy you need to manage and keep your emotions in check.

Poster Making Workshop

SOCIAL WELLBEING **EMOTIONAL WELLBEING**

Taylor's Hostel is more than just a place to stay; it is also a place where residents can learn new life skills. This poster making workshop was one such instance, conducted for the residents by Fahmi Reza, a graphic designer and visual activist who uses design to advocate for various social causes.

Participating residents learned how fonts, layout and images bring out emotions and communicate important messages. At the end of the workshop +100, the students created various types of digital posters. With an NPS score of +100, the students gave this workshop a two-thumbs up!

“I used the skills I learned from this workshop for an infographic assignment on workplace discrimination for my Business Communication class. It was so much easier to create it” – Malaika Ahmed, Bachelor in International Business and Marketing

Appliances for Charity

SOCIAL WELLBEING **EMOTIONAL WELLBEING**

During the holy month of Ramadhan, Taylor's Hostel Management donated secondhand electrical appliances to more than 25 community-based organizations including the Alliance of Chin Refugees, Palestinian Community, Rohingya Society in Malaysia, Falam Refugee Organization and Somali Refugee Community.

In collaboration with the United Nations High Commissioner for Refugees (UNHCR), representatives from the community-based organizations made their way to U Residence to collect secondhand fridges and microwaves to be distributed to the needy within their respective communities.

Hari Raya Celebration

SOCIAL WELLBEING **EMOTIONAL WELLBEING**

Taylor's Hostel believes in cultivating mutual understanding among our diverse community of residents, as well as providing opportunities for foreign students to experience the local culture. Celebrating Hari Raya Aidilfitri provided such an opportunity. Also known as “The Festival of Breaking Fast” or “Eid al-Fitr”, the religious holiday marks the end of Ramadan, the Islamic holy month of fasting and is celebrated by Muslims around the world.

During this festive occasion at U Lounge, residents tried their hand at traditional games such as “gasing”, “gulf” and “baling tin”. Residents also put their luck and knowledge to the test with a life-sized Snakes & Ladders game with Hari Raya trivia, as residents with correct answers (or lucky guesses) won prizes. Traditional fare was also served as light snacks such as satay with peanut sauce, nasi impi and a variety of kueh.

Upcoming Events

TAE KWON DO (TRIAL CLASS)
 23rd & 30th July 2019

Experience the basics of martial arts training and learn how to protect yourself with FREE trial classes.

Check FB group for announcements:
 • Residents of U Residence
 • Residents of Ruemz

WORLD HUMANITARIAN DAY
 15th August @ U Lounge

On this day, we pay tribute to aid workers who risk their lives in humanitarian service. Let's keep altruism alive with opportunities to help those in need.

Check FB group for announcements:
 • Residents of U Residence
 • Residents of Ruemz

SILKSCREEN PRINTING WORKSHOP
 August 2019

Learn the basics and familiarize yourselves with the tools of the trade. Try your hand at silkscreen printing in this FREE workshop. You can even bring home your handmade print as a souvenir.

FREE! Visit the Helpdesk to register.

CUPPA TIME: Chat sessions with staff
 Every 24th of the month @ U Lounge

***Will be rescheduled if it falls on a weekend.**

Chat with our friendly staff over a cup of your favourite drink and discuss anything under the sun, confidentially and in private. Adult colouring books and mindfulness exercises are also available.

TRIVIA NIGHT
 September 2019

Try your luck and put your knowledge to the test. Stay tuned for what your very own Student Resident Council has in store.

Check FB group for announcements:
 • Residents of U Residence
 • Residents of Ruemz

INTRO TO BHARAT NATYAM (INDIAN TRADITIONAL DANCE)
 September 2019

Learn the basic moves of this century-old dance from South India. Taught by certified classical dancer and fellow resident, Ms. Zebun Nesa Bristy.

Check FB group for announcements:
 • Residents of U Residence
 • Residents of Ruemz

MONTHLY MOVIE NIGHTS
 U Lounge

Oscar-winning movies, romcoms, Marvel movies, Korean dramas, documentaries – we've got your favourite genre covered in our Movie Nights.

Check FB group for announcements:
 • Residents of U Residence
 • Residents of Ruemz

Know Your Housemasters

Ms Unais @ 012 - 511 7942

Over 5 years experience in charitable organisations. Former secondary school Math & English teacher.

“My residents will experience a comfortable living space that is conducive for learning and growth.”

Mr. Tay @ 012 - 345 7041

Chief Housemaster with over 7 years of experience. Voted by residents as Most Popular Housemaster.

“Resident wellbeing is very important to me, hence I want them to experience great pastoral care.”

Ms Zanna @ 012 - 511 7432

5 years of experience as a hostel warden with IUM Schools. An alumni of Taylor's University.

“I'm excited to meet new & returning residents and hope they are satisfied throughout their stay.”