

2024年育良培德夏令營

2024 Summer Camps at Instilling Goodness and Developing School

培德女中提供

By Developing Virtue Girls' School



二零二四年六月中旬，育良小學培德中學舉辦了一年一度的夏令營。營員們來自加州瑜伽市、附近城鎮，還有世界各國；有些住在宿舍體驗，有些則是跟著家長一起參加了親子營。

在這次的夏令營裡，提供了多樣的課程，其中包括打坐、太極、創意戲劇課、烹飪課、美術課、舞蹈課、道德課等有趣的課程。此外，本次夏令營也有許多豐富的活動，包括插花、書法、手工、校園外的義務服務、出遊爬山等等。

今年夏令營的主題是「善意」。我們希望營員們可以意識到感恩

In the summer of 2024, Instilling Goodness Developing Virtue School held its annual summer camp. Campers came from Ukiah, nearby cities, and even International countries; some lived in dormitories, while others participated in parent-child camps with their parents. At this summer camp, a variety of courses were offered, including meditation, Tai Chi, creative theater, cooking, dance, ethics, and art. Campers also participated in activities such as flower arranging, Chinese calligraphy, creative arts, volunteer work outside campus, and a fun hiking field trip in a nearby forest.

The theme of this year's summer camp is "kindness." We hope the campers will learn the importance of gratitude and kindness and practice these virtues not only in this camp but also in their daily lives. Small acts such as not wasting food, helping others hold the door, or lending someone else a pencil can make someone's day; they can also impact society and change it for the better.

The high school camp (5th to 10th graders) is divided into a

與善良的重要性，並且在以後的日常生活中踐行這些優良品德。不浪費食物，幫助別人扶門，借給同學一支鉛筆，都可以讓別人整天心情愉快。看似微不足道的小事可以有很大的力量，影響社會變得更好。

五到十年級被分成了兩個營，由女校和男校的老師們，高班學生與畢業生們分別帶領輔導。夏令營是由早上八點到下午四點，與培德中學的時間作息一致。在這期間，營員們可以參與上述的課程與活動，在交朋友與欣賞自然風光的同時，學到有用的知識。

此外，宿舍生活對一些五年級到十年級的學生來說也很重要。營會前後，一些來自遠方的營員決定入住培德女校宿舍，體驗不同的生活方式，與二十多位來自不同背景的人一起生活。遠離父母，宿舍為營員提供了獨立生活的機會，學習了許多有用的生活技能，也是與朋友建立良好關係的好時機。晚餐後，營員們排隊前往佛殿參加晚課，表達對佛陀的敬意。每晚還有宿舍活動，營員可以享受各種體育和遊戲，建立牢固的友誼並練習合作技能。

小學也為幼兒園至四年級的學生們舉辦了單獨的夏令營，時間為上午八點至中午十二點。營員們以「善意」為主題，在整個夏令營期間實踐了各種善舉，像做別人的善友，並通過每日的善意日記探索與反思自己的德行。此外，這個夏令營還為營員們提供了許多動手實踐的機會。烹飪、創意藝術和科學實驗室等課程讓營員在享受樂趣的同時學習到各種知識與技巧。營員們還通過每天的體育遊戲增強了團隊合作能力和溝通技巧。

今年上人的涅槃紀念法會也在夏令營期間，讓營員們有這個機會參加法會，紀念上人。念誦過後，大眾一起前往了無言堂瞻仰上人的舍利子與遺物。當日的午供是特殊的傳供，對很多營員們來說，也是一種全新的體驗。吃完午齋，營員們留在了大齋堂幫忙打掃衛生，清洗餐具，為這場法會圓滿的收尾做出一份貢獻。☸

girl's camp and a boy's camp, each with different counselors and teachers from the girl's and boy's divisions of IGDVS and alumni. The camp runs from 8 am to 4 pm, the same as a regular IGDVS school day. During the camp, campers can attend various courses and participate in many fun activities while also making friends and enjoying our natural environment.

Adding on, the dorm life is also an important part for some of the fifth to tenth graders. Before and after the camp, some campers from far away who decided to stay in the DVGS dorm got to experience a different lifestyle, living with more than twenty people with different backgrounds. Being away from their parents, the DVGS dorm provides the campers a chance to be independent and learn many helpful living skills and a great bonding time for friends. After dinner, the campers line up and go to the evening ceremony in the Buddha Hall to participate in recitations and show their respect. There are also dorm activities every night; campers can enjoy sports and games, build strong friendships, and practice cooperation skills.

The elementary school also hosted a camp from 8 am-12 pm for kindergarten to fourth-grade students. Surrounding the theme of kindness, the campers practiced different kind deeds, such as being a kind friend to others and exploring and reflecting on their virtues through the daily kindness journals. Besides that, many hands-on activities were offered to the campers. Classes such as cooking, creative art, and science labs allow campers to have fun while learning. The campers also strengthened their teamwork abilities and communication skills through the physical education games they had daily.

This year's Nirvana memorial for the Venerable Master was also hosted during this year's summer camp, and the campers were able to participate in the ceremony in honor of the Venerable Master. After the chanting, the assembly went to the wordless hall to view and show their deepest respect to the relics of the Venerable Master. Many campers also experienced a brand-new experience from the day's meal offering, where they could pass dishes of carefully prepared offerings. After the delicious meal, the campers stayed and helped with dishwashing and wiping tables, contributing to the cleanup of this event. ☸