

Welcome

to the May newsletter of Centru Tbeix. Really trying hard to be on time, but alas ... Again it's almost the end of the month, but happy to bring you our monthly good news once again.

Annual Fun Run

It occurred to me this week that we haven't mentioned our athletics programme for a while... Good to keep in mind that this programme is still going on, with the help of Woman 2000. Once a week a number of our children meet coach Leandros at Marsa Sports Club for an hour of running, high jump, long jump... and on the 1st May, 14 of our "athletes" tested their progress in the Mellieha Fun Run organized by the Mellieha Athletics Club.



All life is precious

Not only human life is precious, every living being loves its own existence, and wants to survive. At Centru Tbeix children are encouraged to take care of our garden and even learn to grow plants from seeds and what is needed for plants to grow and be healthy. With guidance from EVS volunteers Corinna and David children take turns to do some gardening. The sunflower seeds which the children planted two months ago shot up and are now flowering nicely



Last Yoga Shoots for this scholastic year

May saw a record number of classes coming to Centru Tbeix for the Yoga Shoots programme. Again thanks to our dedicated EVS volunteers we managed to fit in an extra number of classes, especially keeping in mind the happy faces of the children without exception, and following the positive feedback we keep receiving after every session.



Teachers please note that from September we will receive applications for Yoga Shoots for the next scholastic year.

Bis-Sens

Offering already quite a variety of activities for children between 5 and 13, Centru Tbeix extended its programmes from this month to reach teens and youth, by a new youth group called Bis-sens. Planned are educational fun activities for this age group as well as youth exchanges with other countries in Europe and all over the world.

Farewell Gabriella

For the family of Centru Tbeix to grow, unfortunately more EVS volunteers have to make space for new ones, after their activity ends. So is the case this month for Gabriella, our volunteer from Sweden. She writes:

"Volunteering at Centru Tbeix was just as different and unique as I hoped it would be. Living and working in a country on the other side of Europe, together with several different nationalities, made me start changing a lot of my beliefs and ways of thinking. At home we are affected by the same mentality, our schools have the same guidelines and we read the same news. This closed my mind and stopped me from trying new things. When we travel or work abroad, we meet people who perceive reality in other ways, who deal with problems differently and who have other values than us. We can then choose to learn from them, we may have to review our own set of values and principles - which I believe is our personal obligation in a democratic society. I realized this to be true for me in Malta, and now I just have to figure out how to remember all the great things I have learned and how to practice them in my everyday life. I'm working on it."

It was always a pleasure to meet the children every day at Centru Tbeix. In the lessons we are trying to increase their English vocabulary, spelling etc. although this is not the main goal. Being a supplement for the regular school, we try to put focus on areas we think have great importance for the children's development and self-esteem. Having smaller classes with two teachers present allows us to give each



individual more attention and care. For Centru Tbeix, ability to solve conflicts, saying "I'm sorry" and being able to understand others' point of view, are as important as skills in mathematics.

I have learned many new ways of teaching and how to manage a group of children thanks to the neo-humanistic principles of education, which are the guidelines at Centru Tbeix - ways that I consider more effective than the ones I was taught by. It is not easy for me to explain this to my Swedish friends. We are 198 countries in this world and close to 7 billion individuals, I believe that we have things to learn from each other. I came to Malta in search of something different, I found Baba Nam Kevalam - Love is all there is, and it made all the difference."

Before Gabriella left, a group of friends of hers from Sweden visited our project and enjoyed a yoga session with our yoga teacher, Ilishana.

Inspired?

There are many different ways how to contribute to the success of CentruTbeix. Through volunteering (in classes, administration, odd jobs, maintenance), donations in kind or financially, etc. The opportunities are endless.

One way to support the efforts of Centru Tbeix is through the "Friends of Centru Tbeix" scheme with a small monthly contribution by standing order. Centru Tbeix holds the following accounts:

HSBC 013-085675-001 and **BoV 400-1705136-1**.

For more information on how you can help, call us on **21/27 805130** or send an email to **tbeix@gmail.com**.

This newsletter comes to you every end of the month, with the intention of keeping regular contact with the growing circle of friends of Centru Tbeix, keeping everyone informed of what is happening as well as sharing the inspiration of this blossoming community project. The intention is to