



Hue Help, 140 Ta Quang Buu, Hue city, Vietnam

Email: info@huehelp.org

Tel: (+84) 054.501936

Programme Summary

Swimming Programme for children's shelters

General information on the project:

Hue- located in Central Vietnam, about halfway between Hanoi and Ho Chi Minh City- is affected by floods and large storms on an annual basis. Every year, many children die from drowning in the floods and some of these children are orphans and poor children who have not had any opportunity to get any kind of swimming tuition.



Above: Images from Hue city during the 2007 flood.

In 2007, we carried out a general survey in 5 children's shelters with a total of 187 children with no parents, one parent or parents who could not afford to keep them at home. We found that 95% of the children in these orphanages were not able to swim. Realizing the demand and necessity for swimming training for the children in children's shelters in Hue, Hue Help has carried out five swimming training courses since 2007 for children in the orphanages of Hue. Furthermore, in 2008 in Vietnam, there were a reported 3523 children aged 0-19 who died of drowning, equivalent to more than nine children every day (Ministry of Labour, Invalids and Social Affairs, 2011); a statistic that we aim to reduce in the near future.



Hue Help, 140 Ta Quang Buu, Hue city, Vietnam
Email: info@huehelp.org
Tel: (+84) 054.501936



Above: Orphans taking part in last training courses

Present difficulties of our project:

After nearly five years of operation, we have trained more than 750 children in swimming, first aid skills, rescue skills, and skills on identifying areas of high risk. Following the last survey on the orphanages in Hue, we have found out that there are 150 new children who cannot swim and who would like to take part in the programme. Therefore, we intend to continue this programme in order to help them. However, due to local and international financial restrictions, we are facing many difficulties in raising the funds required for the implementation of this programme.

Proposal: Providing swimming lesson for 150 children



Hue Help, 140 Ta Quang Buu, Hue city, Vietnam

Email: info@huehelp.org

Tel: (+84) 054.501936

Detailed project: We will provide a swimming training programme for the children with the following content:

Week 1: - Training front crawl kicking skills, splashing water, breathing under water, getting acquainted with water, and floating on water.

- Reviewing the previous lesson, i.e. leg movement, face down and holding one's breath, and introducing arm movement.

Week 2: Practising arm movement and reviewing leg movement.

- Combining arm and leg movement. Introducing breathing technique and movement.

Week 3: Practising breathing technique and movement, and combining leg and arm movement.

Week 4: Perfecting all movements (legs, arm and breathing).

Project estimates: 32.000.000 VND

- Swimming tuition: 150.000 VND x 150 children = 22.500.000 VND
- Closing ceremony and swimming contest between the children's shelters (Awards): 2.000.000 VND
- Cost of goggles for 150 children: 7.500.000 VND

Khanh Truong
Representative in Vietnam