

# Cebu 2019-2023

Impressionen  
Teilnehmerstimmen



«Three years ago !!! When we had this activity ( 3 week workshop ), it gave me more confidence of myself because now, I can talk in front of people. It is the moment I love the most on the past three years” Vince, Participant since 2019

“I am blessed and grateful that I experienced rock climbing. I learned a lot of things which are important in my life. How to fight my fear and to stay calm in every bad situation and find a way to solve the problem. Most important thing that I learned is not giving up” Joshua, Participant since 2019

“I learned that rock climbing is very huge learning, I was able to be more responsible, to be mindful, and practice on pushing myself more. I am grateful to all the sponsors to make this idea of Corinna possible. The bruises I got is all worth it, we enjoy everyones company very much. To all the sponsors: You might not know us personally but the help you gave us is much for us to be grateful” Carmel, Participant since 2019

“I experience one of the most unforgettable adventures in my life. I learned that in life we need to build trust in our friends and never give up” Arnel, Participant 2023

«Thank you for your kindness and generosity for sharing your time, talent and whole person to us in Balay Samaritano. In particular, I am very happy for your patience towards our elderly here. I have seen the change in them now. They have talents and gifts but are ashamed to share them. But after your activity they are joyful and alive. Ferdinand has self-confidence now to express himself. He is also becoming more sensitive to his companion, especially to Nanay Ana, the old woman who cannot speak. Tatay Danito is still very active and loves to dance. We have now a dance activity every morning. Thank you for the inspiration and encouragement”  
Sister Doyet, Balay Samaritano



„My experience on the activity conducted by ma'am Corinna is wonderful, it helps me to release the stress, and makes tense muscles to relax. My body became light and it is the first time that i feel good about myself. An unforgettable exercise we did is to fall backwards. It builds trust to other people and letting go of worries in my mind. I learned trust and have courage to face all the problems in my life“ Rhona Braza, Participant, Barili

„We made exercises that makes our body feel relaxed. Corinna made us role play which was based on our experience. Now i know how to handle simple problems, i felt relieve after the play and feel selfconfidence“ Marcel Caquilala, Participant, Barili

„You are giving all out service to youth and mother who experience emotional and mental suffering silently. Your workshops help the parents to appreciate themselves and take care of their body. You teach them techniques that helps to unload of daily stress at home. They also had so much fun in the activity which helps them to laugh like a child and forget their problem for a period of time. An escape from reality which has lots of chaos and uncertainty“  
Prince Tubo, Socialworker, Barili

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