

SEAMEO Cultural Week - Mini Essay Competition WINNERS

A Golden SEAMEO 50th Anniversary Celebration Activity

No.	Commenter / Student	Name of School	Country	For Mini-Essay	Winning-Response
1	Katrina Ella Torregosa of Grade 8 (Special Program for the Arts)	Cangawa National High School Region 7 Bohol, Visayas.	PHILIPPINES	#1. Do you think music and dance education should be an essential part of school education throughout the years? What would be the benefit and disadvantages?	YES it is and it really should be, because it is a part of the history of our ancestors that they have made in order for us to learn what they have learned before. And it is our responsibility to nurture it further and preserve it in a way that it should be taught in school as a subject for students to learn and also to let them enjoy the other cultures and not just their own. This symbolizes the unity of the people through the cultures they have learned. Added to this it is also relevant because cultures are now diminishing due to modernization and high-technology, leaving a huge gap between culture and the descendants of the ancestors which is us. So for me, it is really important to apply this in our learning curriculum. The benefits of having this music and dance education in our school is that it improves the students/child's capability to participate and build up their confidence in doing acts, songs, dance, chants, and etc.. It helps us learn at the same time of the other cultures we haven't known before and also help to enhance our talents within ourselves. Although it has a lot of advantages, but sad to say there are also disadvantages like: It lowers your grades, this will create too much conflict during too much activities at school, children/students will get easily exhausted after having too much work, children/students might forget about their academics and only focus on their extra curriculum on joining of this kind of activities. (WORD COUNT: 244)
2	Gisca Edla Jullianca of Grade 11	11 Senior High School (SMAN 11), Bandung.	INDONESIA	#2. Apart from the Angklung, how many types of Southeast Asian musical instruments made from bamboo can you name? How are they made to produce different sounds?	In Southeast Asia, there are a lot of music instrument like Suling from West Java Indonesia, Calung from West Java Indonesia, Sasando from Nusa Tenggara Timur (NTT) Indonesia, Tumpung from Philippines, Kagul from Philippines, Khene from Laos, Khlui from Thailand, Sáo from Vietnam, Sompoton from Malaysia and many more. They make tubes with different sizes, so as to produce a different sound. For example, a large tube will result in a low voice, while the size of the small tubes produce higher sound. A tube is one half the length of the other and the tubes are tuned an octave apart. An Angklung player holds the instrument in one hand and shakes it with the other. A melody is performed by providing as many Angklungs and players as required by the different pitches of the tube. (WORD COUNT: 136)
3	Lim Heng Hoo of L6SC1(2015), U6SC1(2016)	Sekolah Menengah Kebangsaan Kepong, Selangor	MALAYSIA	#4. Do you know the reasons behind the numbers used in the game Congkak? Why are there 14 holes and 98 marbles used?	Before answering the "mini - essay", I would like to give a very simple introduction to this traditional game. Congkak is a very well known traditional game in the 15th century invented by Arab or Indian ancestors. Today, Congkak is a very famous game played in many Southeast Asia countries such as Malaysia, Singapore, Philippines and more. During ASEAN community event, our school also promoted this game and received a lots of good feedback about this game. So come back to our main question, actually Congkak has a lot of designs. But for the Sungka board is made of 14 holes in 2 sets of 7 including a larger hole for each player. Each player need to control the seven holes on their side of the board and the larger hole on their right hand side is known as storehouse. The number of seeds inside the storehouse will be the marks for the player respectively. Mostly, people like to use tamarind seeds as the seeds or you may use other materials like mung beans and marbles. For the 7 holes on each sides know as house are placed with 7 seeds at the beginning of the game. Therefore, there will be 14 holes and 98 seeds for the Congkak game. In conclusion, the most numbers of seeds inside the storehouse will be the winner. I hope you guys know better about this traditional game after reading my answer. Thank you! (WORD COUNT: 240)
4	Saliah Bte. Hj Hamdani of Year 10 CMP	Sekolah Menengah Rimba II (Rimba II Secondary School).	BRUNEI DARUSSALAM	#6. Discuss how using local ingredients and tools to cook traditional food can preserve the culture, money, and energy (e.g. electricity) of the nation. You may mention one of your own traditional dishes to support your claim.	Personally I love eating local food recipes ranging from vegetables and other main dishes. My most favourite local food is Ambuyat. You can watch on how it is made from one of the videos sent by my school. Interestingly, ambuyat is a perfect example on how local ingredients and tools can help to preserve culture, money and energy. Do you know ambuyat was said to be a life saving food recipe during Japanese Occupation that occurred here? The ingredients as well as tools, such as 'candas' or chopsticks, are so conveniently easy to get and make. What is more easier than just adding hot and cold water to sago? It is just the unique technique of stirring that signifies part of the unique Bruneian culture. Also, eating ambuyat also easily attracts a lot of people, hence it is a must to be eaten in groups. Thus it also helps in preserving a tight knitted community in a way. The extra food that accompanied ambuyat also serves the purpose of saving up money as well as electricity. Such as the cacah or dipping sauce, which only requires minimal ingredient such as binjai fruit, chili and onions. If you compare these local recipes as to the current recipes that requires specific ingredients need to be bought from the shop, as well as microwave oven, blender and so on, one cannot deny how energy and money saving our local traditional recipes were! (WORD COUNT: 239)
5	Cho Shin Thant of G8(A)	No. (1) Basic Education High School, Yankin Township, Yangon Division.	MYANMAR	#7. How do traditional games form good interaction, such as team work, between players? Is it better than playing a computer game on one's own? (You may mention at least one of your own traditional games to support your point of view.)	Every country has its own traditional game. Players play together as a team in most of the traditional games. Team work is very important as every player of the team has to work as one. Only a team member can't be good in team. In team work, unity, helpfulness and team spirit are necessary. I want to write about Myanmar traditional game, Htote Si Htoe or Border-crossing game for example. This game is pure Myanmar traditional game played by young children. A long ago in rural areas, it has been enjoyed by both rural and urban children. A table has to be drawn on the ground making in it borders such as top, middle, axis and diagonal. The players of each team. Staying on 15 minutes and moving along the borders while other team's players try to cross the lines without being caught or touched by the opposition players. The winning team is decided by protecting the borders successfully or crossing every line from start to finish then back to the starting point. The game involves much physical activity. Sharpness of eyesight, smart decisions and rapid movement as well as team spirit are crucial to the game. However, the most important thing is team work. Playing computer game has no team work as you are playing alone. Even if you're playing soccer, you can't feel the team spirit. Playing traditional games, international game can make you healthy and strong. If you play computer games a lot, it can damage your eyes. That's why playing traditional games is better than playing computer games. (WORD COUNT: 268)