



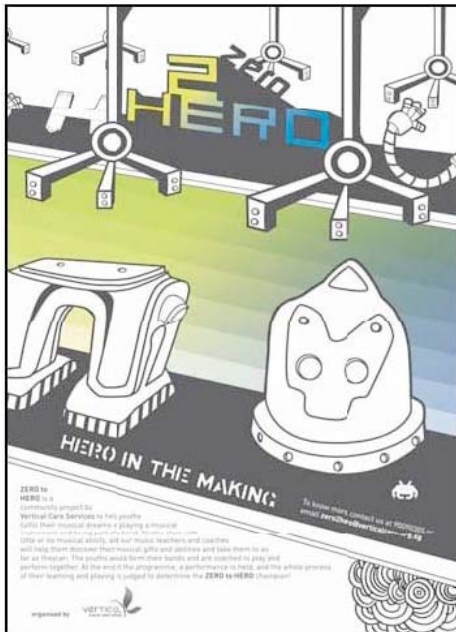
ZERO TO HERO

A Vertical Care Services Initiative

THE ORGANISER

Vertical Care Services (VCS) is a not-for-profit voluntary welfare organization formed in November 2005 and registered with the Registry of Societies (2176/2005 WEL) that seeks to effect transformation in lives, families and communities through various forms of social services and activities. More details can be found on our website at <http://www.verticalcare.org.sg>.

ZERO TO HERO - AN INTRODUCTION



Music is a universal language that connects people of all nations, races, ethnic groups and religious backgrounds. It is a language that touches people's hearts that you may be aged 60 but still remember the songs of your youth. Hence, ZERO to HERO (Z2H) is a community project by Vertical Care Services (VCS) towards the enrichment of youths in the area of music.

Many youths today have great interest in music, but they may not have the finances or resources to help them grow and discover their talents in this area. Hence, ZERO to HERO, as the name describes, was chosen to transform youths from not knowing much about music, nor being able to play much of a musical instrument, into a youth band performing to their family and friends.

ZERO to HERO goes beyond the learning of music individually to the ability to play as a band. This requires teamwork, camaraderie, and a whole host of other life skills to be learnt.

PROGRAMME OBJECTIVES

The objectives of ZERO to HERO is to enrich the lives of youths in Singapore, and to build up their self-esteem, self-worth, teamwork, and learn life skills through music and being part of a band. These intangible objectives are worked through the interaction with instructors and volunteers in the programme, and the youths are constantly encouraged to love themselves for who they are, and be the best that they can be. The instructors are always ready to counsel and help in conflict resolution. We also have a group of volunteer counselors and youth workers at hand to help and provide an environment of love and care for them.

Through this programme, we are also looking to give youths a place to find a sense of belonging and identity. We create a healthy and positive environment for youths to expand their energy in a positive way, and the volunteers are at hand to be positive influence on them. Providing this environment would take youths out of loitering in malls and give them a place to belong. We are also looking to raise up from within the programme youths who would be groomed to be future instructors and giving back to other youths what has been imparted and put into their lives. We hope to produce well-rounded youths who would positively contribute to society.

PROGRAMME DESCRIPTION

Zero To Hero sets out to have the participants forming their own bands, each consisting of a vocalist, drummer, bassist, guitarist and keyboardist. Every instrument section has two instructors assigned to teach, coach and mentor them. There is also a programme director and a part-time coordinator to facilitate the execution of the programme.

In the course of the programme, there are midway events to help track the learning progress of the groups by means of internal performances and peer mini-concerts (See Combined Events and Youth Drop-In).

The ZERO to HERO Team The team put together for the programme are all volunteers of VCS. These instructors are regular musicians with many years of experience behind them. They are hand-picked to be people who can connect and relate to youths, and have a heart to see youths grow, mature, and build self-confidence to be positive change agents for society in the future.



This programme is very labor intensive, and every instructor commits from 4 to 10 hours a week to be with the youths.

All the instruments used are personal equipment borrowed for this programme, and all other facilities were also on borrowed use.

The Music Training

The music training begins with basic music theory lessons and tests. The youths will get down to hands on with their instruments after the first week of theory lessons. Each class size is kept to about 5 - 8 youths to maximize interaction with the instructor and with each other.

After the theory lessons, they are trained in their own musical sections for about one and a half months, twice a week. It would be followed with a once a week training in their own section, and another slot as a band. This would run up all the way to the competition date with rehearsals at the competition venue to help them familiarize and be comfortable in that setting.

The Combined Events and Youth Drop-In

Combine events are carried out to facilitate bands getting to know each other and to help them see the progress of each band. This is organized to be a time of fun, food and fellowship.

Also, each week before the lessons take place, some of the youths would come after school to hang out at the training venue to do their homework and to play on the instruments. This becomes another avenue to interact and impart to the youths.



The Finale

Every youth is graded not on how well they do at the end of the programme, but on how much they have improved, their attitude, and their commitment to persevere through the programme. The instructors would each do a personal evaluation of every youth and grade them accordingly.

The individual grades will contribute to the total score of their respective bands leading to the final band competition.

The climax of the programme is the final band competition to determine the "winner". This is where family and friends are invited to see and celebrate the transformation of all the "zeroes" into "heroes".

But in true Zero to Hero fashion, everyone who completes the programme is a "Hero" and a "Winner".

HOW CAN YOU SUPPORT ZERO TO HERO

Volunteers

As mentioned, all of our instructors and some of the admin staff are volunteers. To improve interaction and the instructor-participant ratio, we need all the manpower we can get. We do need manpower in all areas of the programme for all time frames ranging from helping out throughout the whole programme or just helping out for the finale performance. If you are keen to help out in any way at all, kindly contact our office.

Sponsorship / Donation

The Zero to Hero programme is supported by Vertical Care Services, which in itself is a non-profit organization. Thus, we are constantly on the lookout for firms, organizations and even individuals which/who are able to sponsor areas of the expenses used for the programme. Sponsorship/donation need not be for the exhaustive expenses of the programme. Any form of sponsorship/donation will be greatly appreciated. A full budget document can be obtained from Vertical Care Services if required.

We thank you for your support in the programme and look forward to working with you in making a difference in the lives of our youths!

Prepared by:

Calvin TAN (Mr)
Zero To Hero Programme Director
calvin@verticalcare.org.sg
Mobile: +65 8268 9862

For more info on Zero to Hero, please go to <http://zerotohero.verticalcare.org.sg>.

