

China Discovery Trip Reflection Essays

Baljot Chahal, West Valley Boys & Girls Clubs

February 25, 2017 was the day I met everyone that was going to change my life and give me the news of the year. That Saturday morning I woke up excited to meet the other Los Angeles Youth of the Years, and everyone who would support us throughout our journey. Little did I know, that in less than 6 months I would embark on the trip of a lifetime with everyone in that ABC 7 conference room.

I am grateful for all the sponsors, the China General Chamber of Commerce Los Angeles, and the Alliance for making this trip possible. Without the diligent planning, and intuitive optimism from everyone, this life changing trip would not have happened, and would not have opened all the doors it did for us youth. This trip is a milestone and proof of the great futures we were promised when joining the Boys & Girls Club.

The trip brought forth many lessons and each experience we encountered was unique. Through this China Discovery Trip, we not only were accepted by everyone into the rich traditions and Chinese culture, but were allowed to represent ourselves and the United States. We were exposed to a lifestyle foreign to our daily routines and met with various companies that were beyond thrilled to receive us as guests, and offer us life changing opportunities to work with them. Each day we were reminded that we are the future, and the world is investing in us. These words were meaningful and life-changing. We were not a vacation with plans to relax, we were on a mission to be ambassadors and recognize differences that can potentially change the world. We were given the unique chances to see what the rest of the world could not. We were trusted with secrets but were also expected to acknowledge how two strong, independent nations function separately, and how they can come together and steer the world in a united direction.

The trip allowed all of us to physically witness captivating, and distinctive interactions, but was also a chance to learn about where we were going and how thousands of years' worth of rich history molded what is standing today. Each organization walked us through their personal transformation, and it all linked to the country as well. Companies like BYD incorporated the dynasties into their vehicle models. Kung Fu masters carry Chinese morals of Yin and Yang in every swift movement. Corporations like Xiamen Airlines provide services for safe transportation, but focus on giving back to the community and leading in high rates for volunteerism.

Most importantly, this trip changed my perspective of the world and pushed me out of my comfort zone. I always knew I loved to seek adventure, but I realized how much I loved the small things of everyday life as well. As lavish as we may have been fed, nothing could replace the spicy home cooked meals prepared by my mother. And every flight delay or cancellation taught me to be prepared for life when situations do not go according to plans, and to not let it bring your mood down. The hospitality from everyone I met, showed how this world isn't as bad of a place as media tries to make it. Rather that we as humans are more similar than different. We may look different or speak different languages, but when we communicate it comes from the heart. I would love to return to China, and not only visit my new friends, but to learn all that I could not in the short ten days. I would also like to take up internships or job opportunities that select companies have offered. I would also like to use this

experience to help facilitate others, and ultimately build strong relationships between nations on a global scale, and bring a great future to the world.

Jonathan Flores Boys & Girls Club of Santa Monica

China Essay

I was a little hesitant at first to visit China, yet I followed my mentor's advice and immersed myself in the culture, and I have to say it was one of the best experiences of my life. The trip to China was a life changing trip for me because I was constantly going out of my comfort zone, learning more about myself, and experiencing new and exciting people and cultures. Visiting the new Disneyland in Shanghai was a unique experience because I had only been to the one in California. It was interesting to see how a global company like Disney is translated in other countries and enjoyed by all cultures. I also got to learn about and taste a variety of authentic Chinese food. I tried a little bit of everything and it was fascinating to compare the difference between American Chinese food and that of China. For example, orange chicken is very popular in America, but not once did I have orange chicken in China. China even introduced me to new ways of doing everyday things such as using the bathroom which for me personally, was the biggest culture shock.

On this trip we were also fortunate to visit companies that were kind enough to welcome and host 22 teens that they barely knew. Visiting these companies was a unique experience as you learn so much about what the companies are all about. Although all the companies we visited produced different products, they all had one common goal; to improve the environment through the use of environmentally friendly products. They create products that conserve energy and causes less pollution which helps improve the overall life in China. Learning about the importance of conserving energy has made me realize what I can do back home to make my community a better place. This trip gave me a global perspective and I will use that to my advantage in all my future encounters. I'm really thankful for the opportunity that all these sponsor companies provided us with because it gave us exposure to multiple fields and potential job opportunities in the future.

This trip will have such a huge impact on me going forward with my future. If it wasn't for this trip I would have never discovered how much I truly enjoy business marketing. The activity that Coolpad facilitated for us made me realize my strengths in marketing and as a result I plan on going further into business after my undergraduate degree. Having the nominees get into groups and advertise for Coolpad in the community showed me my strengths. I learned that I have strong interpersonal skills and I am confident that I will excel in a career where I'm constantly interacting with people. I have always been set on minoring in business for my undergraduate degree and going on this trip solidified that for me. Running around the city of Shenzhen was a unique way to shoot a commercial for Coolpad and explore the beautiful city. We went to three amazing cities: Xiamen, Shenzhen, and Shanghai. All of these cities are beautiful cities and they all represent "new China". Take Shenzhen for example. Shenzhen is one of the most futuristic cities in the world and it's amazing how fast it has grown. Looking at all the buildings you notice how advanced they are and how they are helping the environment. Thirty years ago Shenzhen was just a little fish village. It's crazy how in just a third of a human lifespan they became a city that is setting the standards for future cities. To actually get to visit the country with all of this rich history and witness it for yourself is priceless. All of this is just "new China" but there are still cities who live off the ideas of "old China". Beijing is a perfect example of one of those cities. In our history classes we learn about the Silk Road, Confucianism, Daosim, the Han Dynasty, and so on. I would definitely love to go back to China

and visit those cities who capture “old China” so I could fully understand the history and culture of a country that has played a big role in world history. Besides who wouldn't want to visit the Great Wall which is considered one of the wonders of the ancient world.

Being from a low income community, opportunities like this don't come often for kids like me. That's why I am so grateful to have this once in a lifetime opportunity with such an amazing group of people my age. I learned so much from all of the nominees and to listen to their stories and get to know them more and relate to them was truly inspiring to me. I've only known this group for a couple months but it feels like I've known them for years with how close we have gotten from the moment we met to now. More importantly, I would like to thank the China General Chamber of Commerce Los Angeles and the Los Angeles County Alliance for Boys & Girls Clubs for providing this opportunity to the Youths of the Year. I can't thank the companies we visited enough for putting their work on hold and spending the day with us. If it wasn't for everyone's countless efforts to make this trip happen all of those endless memories that we made wouldn't have happened. I believe the Youth of the Year program is more than just showcasing success stories among teens, but also a way to ensure these teens continue to be successful beyond Youth of the Year. International experiences like this, provide the exposure we need to think globally and not stay confined in our community. With that said, I hope that this trip becomes an annual event so that future nominees get the same opportunity that we did

Ingrid Rodriguez 2016-2017 Youth of the Year of West San Gabriel Valley

My Road Trip to Chinese Culture

Many are probably asking why did I choose this title when we actually arrived to China by airplane. During this once in a lifetime trip I looked out the window most of the time. Every other nominee asked me why I was so distant from them anywhere we went. I actually was trying to soak up as much of the architecture, traditions, language, customs, and the delicious food around me. I took mental pictures of every stop we made or during the long bus rides to our next destination.

As we arrived at 6am at Xiamen airport I couldn't realize that I was actually standing in a foreign country miles away from home. The jetlag didn't kick in at all during this trip because I was so excited to begin the day with our exciting schedule. I won't forget the warm, humid, and bright weather that welcomed us to China as soon as we walked out of the airport. As the days went by I began to learn about many customs that Chinese citizens use. For example, cold water isn't used in restaurants, but lukewarm water is used to help improve digestion. The day I needed to use a bathroom in public I discovered Chinese toilets aren't meant to be used for sitting but squatting. Throughout our tours everyone was welcoming and acknowledged our presence, tastes, and always told us to look forward to many more adventures in China.

Our group during this trip experienced ups and downs like a rollercoaster, however that was normal because we bonded with tears of joy, sweat from humid weather, and smiles from our karaoke sessions in the streets. As a group of teen ambassadors we learned together at every session we arrived. I appreciate and value how China is very determined in building a green and energy efficient city. Such as providing detailed public transportation, bicycles to travel the streets, and modern hybrid cars. The technology advancement is very present and continues evolving as China plans many new projects for their country. Meeting the students in China

allowed me to understand more of their customs as we are both young adults who are giving back to their community and accomplishing their main goals that we exchanged as they gave me a tour of their beautiful campuses. Nancy Liang from Shanghai Caoyang Senior High School explained to me how apps on the phone are the “it” thing in China. She taught me that using WeChat she can pay for a rental bicycle to use in the large city of Shanghai.

Arriving to Los Angeles was bittersweet because I wanted to stay longer in China until I felt ready to come back home. The first thing I told my family was to appreciate California weather and air conditioned buildings. They laughed and asked me why. That is where my 3 hour story of me staring out the window began. The main points I emphasized to my family, club members, and friends were technology, opportunities, and happiness. These were the main themes for describing this trip. I cried the day after my arrival but realized that my journey isn't over yet. I was offered the opportunity to apply for an internship in Shanghai and I am looking forward to building my resume for AEG who kindly hosted us at their Mercedes Benz venue in Shanghai. Not only China, but the whole world. This trip opened up my soul and gave me the push to explore for jobs, internships, and education anywhere in the world. A major thanks to the China Chamber of Commerce Los Angeles and the LA Alliance for being the ones to grant me this amazing opportunity that I hope can happen again for the future ambassadors of the Boys and Girls Club of America. Thank you, Xie Xie and see you soon.

Raven Wolfgang Leos East Los Angeles Boys & Girls Club

My China Experience

At the close of Tuesday June 27 and the Opening of Wednesday June 28, in the city's darkest hours, twenty-two of LA's finest youth representing over 140,000 other young people flew to China to discover a world beyond the Pacific. I, Raven Wolfgang Leos, as Youth of the Year for the East Los Angeles Boys and Girls Club, had the honor and privilege to be one these amazing twenty-two youth that defined this journey. This trip was no vacation.

After our fifteen hour flight over the International date line, we arrived in Xiamen at the break of dawn Thursday June 29, with a full itinerary ready to go. With the time difference allowing us to essentially skip the 28th and with the extent of our flight, the jet lag was real (even though the plane ride with *Xiamen Air* was incredibly comfortable with good sized seats, delicious food, and a large selection of movies and video games). However, we were in china! There was no way we were going to let a little jet lag suppress our spirits! We showered and freshened up at the first the hotel we arrived at, but didn't unpack because we would already be flying out of Xiamen to Shenzhen that same evening. The first item on our schedule was to visit Xiamen Air's training facility where we had the chance to witness the rigor of training and discipline behind the airlines plane staff, which really explained the amazing service during our flight. We also got to see the types of careers available in aviation that don't necessarily just deal with flying, broadening our perspectives on a future career choice.

Then we had the opportunity to visit *Xiamen University*, which welcomed us with such V.I.P. treatment considering it has a very strict visitor policy, and meet some of the students there. That was an incredible experience for me as I will soon be a college student this upcoming fall semester. It allowed me to connect with youth just like me on an entirely different hemisphere

and juxtapose our lifestyles, as well as witnessing a spectacular college campus known for its beauty. After our tour, it was time to fly out again to our next destination, Shenzhen.

We arrived in Shenzhen near midnight and the airport in Shenzhen was huge, appearing several times larger than LAX and whose terminal was shaped like that of a plane. I have to say that Shenzhen easily became my favorite city the more we learned about it. In just the span of thirty years it was able to transform itself from a small fisherman's village into a huge eco-friendly metropolis. Our hotel in Shenzhen was provided by *B.Y.D. (Build Your Dreams)* and our rooms compared to that of small lofts, they were amazing!

The next day was entirely dedicated to *Coolpad*, the super cool cell phone company that partnered with T-Mobile and provided us with our internationally capable cell phones for while we were in China. Our day with *Coolpad* was so fun as we got to explore the city of Shenzhen through an amazing race to find one of *Coolpad's* commercial stores. We were split into teams, equipped with maps, selfie sticks, and more Coolpad phones and we were off! Upon arrival of the store all of the teams were presented with a challenge, provide a quick presentation on *Coolpad's* flagship phone's main selling points and hand out free gifts to people passing by. This was incredibly challenging as we all know people don't tend to be open to a random person's sales pitch, even in America. Even more so when they're speaking in another language. But, this challenge pushed us to try to communicate effectively despite the language and social barriers and allowed us to practice marketing and public relation strategies in order to complete the task. After that we went for lunch at *KungFu*, a delicious and popular restaurant chain in China, and then to a traditional wood working shop where we crafted our own handmade wooden Kongming locks. The beautiful part about the day, is that all the challenges and work that was presented before us throughout the day had a deeper meaning. In life we will always be presented with challenges before us, and many times we will want to quit. However, if we can push ourselves to be patient and work hard, then as long as we don't quit, we can achieve anything. That resonated with each of us on so many levels and quickly translated a day of simply fun, to a day of learning.

The following day was definitely a highlight of the trip for me personally. We walked across the street from our hotel to the headquarters of *Build Your Dreams. BYD* is a Chinese company that has a mission that I definitely stand for, and that is creating clean technology to achieve sustainable urban mobility and grow the economy. It is a company that is pioneering energy storage solutions, electric vehicles, and sustainable public transit for the purpose of addressing a very serious issue in regards to taking care of our environment. At the headquarters we were able to learn by seeing all of the innovation made by *BYD*. From their improved solar panels, to their energy storage containers, to their Electric buses and sky rails, to their incredible line of electric vehicles which actually have a battery that differs and is more eco-friendly than that of a Tesla. *BYD* does currently have a U.S. chapter, however it is currently focusing on the electric public transit sector and I would love to see their electric vehicles hit the U.S. consumer market. I believe that would truly revolutionize the way people choose to power their drive here in the states, addressing a very serious environmental issue that China has surpassed us in the recent year.

BYD also gave us the opportunity to gain some volunteer experience at their middle school for their employees kids. Upon arrival of the middle school, as we looked out the bus window, we saw a large group of kids each holding a paper with one of our names on it. They gave us all tour of their school and we proceeded to a charity event hosted by the school. The students of the school all created something beautiful, from works of art to technology, and we

helped them sell their creations to raise money for their school. I was very impressed to see middle schoolers already dabbling in the world of engineering and 3D printing. Plus the fact that most of them knew plenty of English was remarkable, apparently a second language starts at a early point in the Chinese curriculum. This was such a fulfilling experience to get to make friends with these kids and share laughs and conversations about basketball and other things we all enjoyed, as well as help raise money for their school.

When the event was done we went to go eat some traditional Chinese Pizza Hut (which was surprisingly a lot less greasy) and were on our way to a theme park called “Splendid China”. This was not your typical amusement park full of rides however, this was a park containing scale models of famous and traditional structures in China highlighting the nation’s distinct culture and vast history. We didn’t get to visit the Great Wall in Beijing, but we did get to see the one in the park, which was close enough. We also got to see the performance of a beautiful traditional dance that was also interactive, inviting the crowd to join in as well. This was a wonderful way to learn more about China's history with lots of visual representations that almost seemed to capture many key points in it.

This would be our last night in Shenzhen... or so it was supposed to be. As we were preparing to board our plane to Shanghai, due to the rainy weather, the flight was cancelled. A very stressful moment for the chaperones keeping in mind the full schedule awaiting us in Shanghai. Us youth tended to make light of any down time we had, whether that included talking, laughing, dancing, singing, playing games, or reflecting it seemed that no matter what we were capable of maintaining positive attitudes and spirit. Joanna, our wonderful chaperone from the *Chinese General Chamber of Commerce* who helped put the entire trip together was able to get us into a hotel that evening and on a plane the next day that allowed us to luckily jump into our schedule for our first day in Shanghai, although we had missed out on visiting *ZPMC* we were just in time for dinner at a Kung Fu Temple. At the Temple we got to learn the history and saw a demonstration of the traditional preparation and consumption of tea as well as the practice of Kung Fu.

The next day was a very early Fourth of July as we needed to make sure to arrive early to our next stop in Shanghai... Disneyland! Shanghai Disney is similar to Disneyland in Anaheim but yet so different. It’s all the same Disney Magic but with a cultural twist! Many of the rides that are found in Anaheim can be found in Shanghai, except that the ones in Shanghai all have some type of technological advancement making the ride so much more fun! Unfortunately, we didn’t get to spend the entire day at Disneyland because of the schedule we had to keep, but we were grateful for the time we had none-the-less.

From there we visited the Mercedes-Benz Arena where we got to learn from executives and interns for *AEG* on the company and how they got to where they were. I was very surprised to see an American college student interning in the marketing department at the arena. It went to show us all that there truly is no limit to the possibilities out there, and that us too can potentially intern in another country while obtaining a higher education. Another visit we made that stressed to us the opportunity that lies behind many different avenues of work in their company was *COMAC*, a rising plane manufacturing company. Their facility for assembly was quite impressive as we got to see planes being put together in front of us by engineers’ own hands.

Our last day in Shanghai was comprised of visiting a high school where we again had the opportunity to make friends with other youth near our age from china and learn about each other's lives. We also practiced traditional Chinese Calligraphy which stressed the value behind patience and precision, another metaphorical task with a lesson that could be applied to our lives.

Overall the trip taught us all many lessons that we will all take home and apply to our lives, and I'd like to thank each and every organization that helped put this spectacular trip together. I learned that no matter where you start, only you determine where you will end up. Also that the possibilities extend far beyond the Pacific and Atlantic, and that there truly is an entire world out there full of opportunity waiting to be captured. Another valuable take away is the realization that us youth really are the future, and that is why it was so important to all these companies to educate us about their missions, show us their way to success, and allow us to discover their world. That by investing in us the youth and our growth, they're looking to expand and improve the future of not just China, not just the U.S., but by providing us with a global perspective, the world. We are the next in line and it's up to us to be the better future we want to see. I can definitely say that after this trip and all I've seen, the future is bright.

Gardenia Torres – Salesian Boys & Girls Club

Going into a foreign country I didn't know what to expect. As much as I tried going in with an open mind there were expectations about certain things that were soon proven wrong as I began to interact with the people there. The level of hospitality was the most surprising. Everyone was so nice and eager to interact with me. I was bombarded with how much care was given not only to the community but to nature as well, they seemed very eco-friendly. There was so much greenery everywhere, something that I feel is absent in my community. My favorite part between all the activities was when I was able to take and interact with community members. I learned so much from the simple conversations held between my school buddies and myself. This trip opened my eyes to the type of commitment companies there have, how they truly cared for the well-being of the all their employees. The food was a challenge for me because I am somewhat of a picky eater, I went in determined to try everything at least once and I almost succeeded. Their food was just so different that at times I was hesitant when going to breakfast, lunch, or dinner. Being in a country where its culture dated back thousands of years was incredible. There was some culture shock that I felt but that was not even a concern because I was having so much fun.

Destiny Cable Boys & Girls Club of San Fernando Valley

Discover China Essay

Nǐ hǎo (*Hello*)!

Never in a million years would I have believed that at 17 years old, a junior in high school, I would be going to China. Being named Youth of the Year at the Boys and Girls Club of San Fernando Valley was already rewarding enough for me, but the icing on the cake was the opportunity to travel to China with the rest of the Los Angeles County Youths of the Year. This was the experience of a lifetime, one that most teenagers do not get the chance to enjoy. Not only did we get the opportunity to travel across the world, but we were able to do it together and make lasting friendships and memories. For that I am eternally grateful.

I appreciate the support that my family and Club has provided throughout the last few months. I thank all the Club staff that helped me prepare for the Youth of the Year events and interviews, and helped me prepare for this trip. I thank Mary Hewitt, the Los Angeles County Alliance for Boys & Girls Clubs, and the China General Chamber of Commerce Los Angeles for organizing

and presenting this travel opportunity to my fellow Los Angeles County Youths of the Year and myself. I thank all the sponsors of this trip for their contributions so that I could enjoy this experience at no cost. Thank you China Enterprise Council, Coolpad, XIAMEN Airlines, BYD, International Vitamin Corporation, and COMAC America.

The people we met were so friendly. Although we were over 7000 miles from home, we felt welcomed and embraced in each stop of our tour. Although China is quite different from my home in Los Angeles, there were many similarities. The experiences I shared with my fellow Youths of the Year brought us closer together and brought new perspectives about travel, community, and the future. It was an inspiring trip! I will certainly carry this experience with me in all of my future endeavors.

Fēicháng gǎnxiè nǐ (*Thank you very much*).

Gabrielle Martinez – Boys & Girls Club of Whittier

My Trip to China

After being named Youth of the Year for the Boys and Girls Club of Whittier, I was very excited to move onto my next task of representing the Los Angeles County Alliance as a teen ambassador for the United States in China. When traveling to China I had no idea what I would actually be exposed to, all I knew was that it was going to be an amazing trip with an amazing group of people.

Accomplishing my first 15 hour airplane ride, I didn't realize that it would be a totally different world compared to what I'm used to in America. Everything was so different the food, people, air quality, and even the toilets. An American would think that a cultural experience like this, would be something similar to the Chinese culture they see at home. As a group of American teenagers most people would think that we would complain most of the time, or be terrified of how the Chinese culture would differ from our own, however we all stayed strong and turned our fear into bravery by trying new things. My task in china was to visit several major companies in Xiamen, Shenzhen, and Shanghai and to have the opportunity to see how batteries are made for electric cars, how aircrafts are made, and the proper training that is needed to work on an airplane.

This trip has greatly impacted my life in the process, however I don't believe that I will be going back to China anytime soon because I missed my family greatly and felt that my home will forever be in the states. Although, I will not be going back the impressions made on me by the people were a sense of welcoming, and were enthusiastic about the American culture. I also, found it interesting the way their government works. For example the organizational practices that the government procures makes life less stressful for their citizens. On this journey my life was impacted by the way the students were so motivated to go to school and learn. Throughout this journey, trying different foods exposed me to open up my horizons to other tastes and flavors of the world. Visiting the different corporations helped me to explore different occupations offered around America and China. Traveling to different types of cities also showed many other examples of different environments due to climate, atmosphere, and economics. This beautiful trip would not be possible without the amazing sponsors especially the China

General Chamber of Commerce Los Angeles, and for believing in the future for teens. Thank you for this once in a lifetime experience that I will remember for the rest of my life.

Hali Jones Boys & Girls Club of the Antelope Valley

China Discovery Trip

Getting to be a part of such a phenomenal trip has been a great experience. We visited Xiamen, Shenzhen, and Shanghai. I've learned so much in each city we visited in China. In Xiamen, we visited the University of Xiamen! Where I got to partner up with 2 of the university students named Rickey and Paula. What I learned from them was that community and university colleges are way more affordable in China. What I also learned from them is that majoring in English is often looked down upon. We also visited Cool pad which is a technology base that started in China. We participated in "the running man challenge" where we got to run all down the streets to find a local cool pad store. We had to make posters and dances to advertise our product which was a success!

We were able to visit many business corporations that I never even heard of before this trip but I'm glad I know now. For example, there is a manufacturing company called BYD, meaning "Build Your Dreams." This company started in China but now is worldwide. Which so happens there are BYD electric buses in Antelope Valley that I didn't know until now.

Our last stop was Shanghai, known as the New York in China. This city was my favorite, filled with lights and my own excitement. We went to business corporations here too. What really had me in awe was the Disneyland! It was so amazing to get to see the different kinds of rides and sculptures.

I have been beyond blessed to be a part of such a team and experience. I plan on going back soon I hope. China was filled with lovely people and history. Not only did I leave china with knowledge but a bigger heart. This trip will forever and always be unforgettable. I can only thank the china general chamber of commerce Los Angeles and the alliance for partnering to make this happen.

Araceli Arreola – Santa Clarita Boys & Girls Club

Discover China 2017

I have always wanted to travel the world, explore different cities and countries. Never in a million years did I think I would get the chance to travel to China to all places. When the Alliance first told us we would be going on a trip of a lifetime to China I was genuinely shocked and couldn't believe it. I went home and told my parents they themselves were shocked as well. They surprisingly let me go, even though there were some family members who tried to convince them I shouldn't go. So on June 28, we departed on a 14-hour flight towards China and its cities.

Arriving the first day we directly went to Xiamen Airlines. When we go to Xiamen airlines we visited their training area, where they train all their flight attendants on how to escape the plane in case of an emergency, how to serve food and direct their passengers. I thought this visit was extremely amazing because it showed us how hard flight attendants work to give the airline passengers a good, happy and comfortable flight. After visiting Xiamen Airlines, we went to go visit Xiamen University. While we there we the Youth of the Year, got to communicate with the students ask them questions about school, what kind of classes they are allowed to take, the differences between the education systems of the United States and China. The students were also allowed to ask us questions that maybe had to do with our family life here in the United States, and as well as how many hours a day we go to school. Visiting Xiamen University, opened my eyes to a whole new experience of going to school. This also taught me how easy we have, while in school we only go from 4 to 6 hours a day where they go for almost 13- hours a day.