



The Archer

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 The Asia Foundation



Once there was a girl from Chin State in Myanmar. Her name was Aung Ngeain, and she loved to play sports. Her favorite sport was archery, the sport of shooting arrows from a bow at a target. With the bow and arrow in her hands, Aung Ngeain felt strong.



When Aung Ngeain was 17 years old, she moved to Yangon to train with the Myanmar Archery Federation. She worked hard and learned a lot. She learned to slow down and focus on one step at a time: draw the bow, aim at the target, and release the arrow. She tested many different bows until she found the perfect fit—the compound bow, with its many wheels and pulleys.



Two years later, Aung Ngeain began to compete internationally. This was a big deal —Aung Ngeain was from a small village in Myanmar. Now she was representing her country to the whole world. But Aung Ngeain did not win right away. She grew frustrated. At times, she wanted to quit.

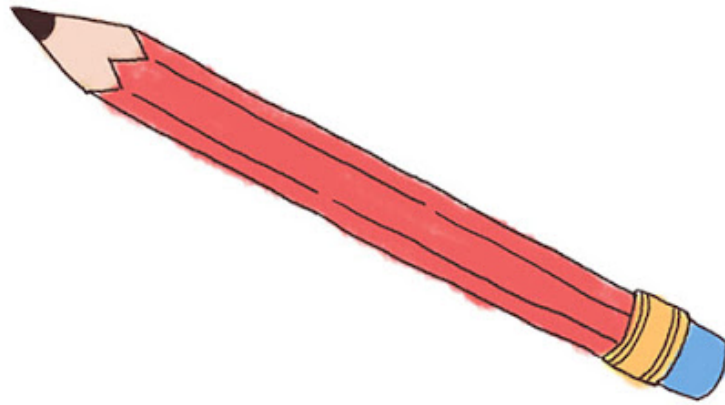


Her family and trainers encouraged her not to give up.
So Aung Ngeain kept going to the archery range.
She practiced five hours every day.



Four years later, Aung Ngeain's hard work finally paid off. She won her first gold medal at the Asia Grand Prix 2008! And she didn't stop there. By the time she turned 28 years old, Aung Ngeain had won dozens of international medals. In 2013, she won the President's State Excellence award for sport. Aung Ngeain did not start out as a champion. She lost many times. But with hard work and a lot of patience, she became one of the best

archers in Myanmar and the world.



Use these prompts to write your own story on a piece of paper.

What makes you happiest?

What do you love doing?

Life can be tough sometimes. Describe a tough moment in your life that you overcame.

Tell a story of your future. What do you dream of doing?



Draw your portrait.

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