



Methodist College

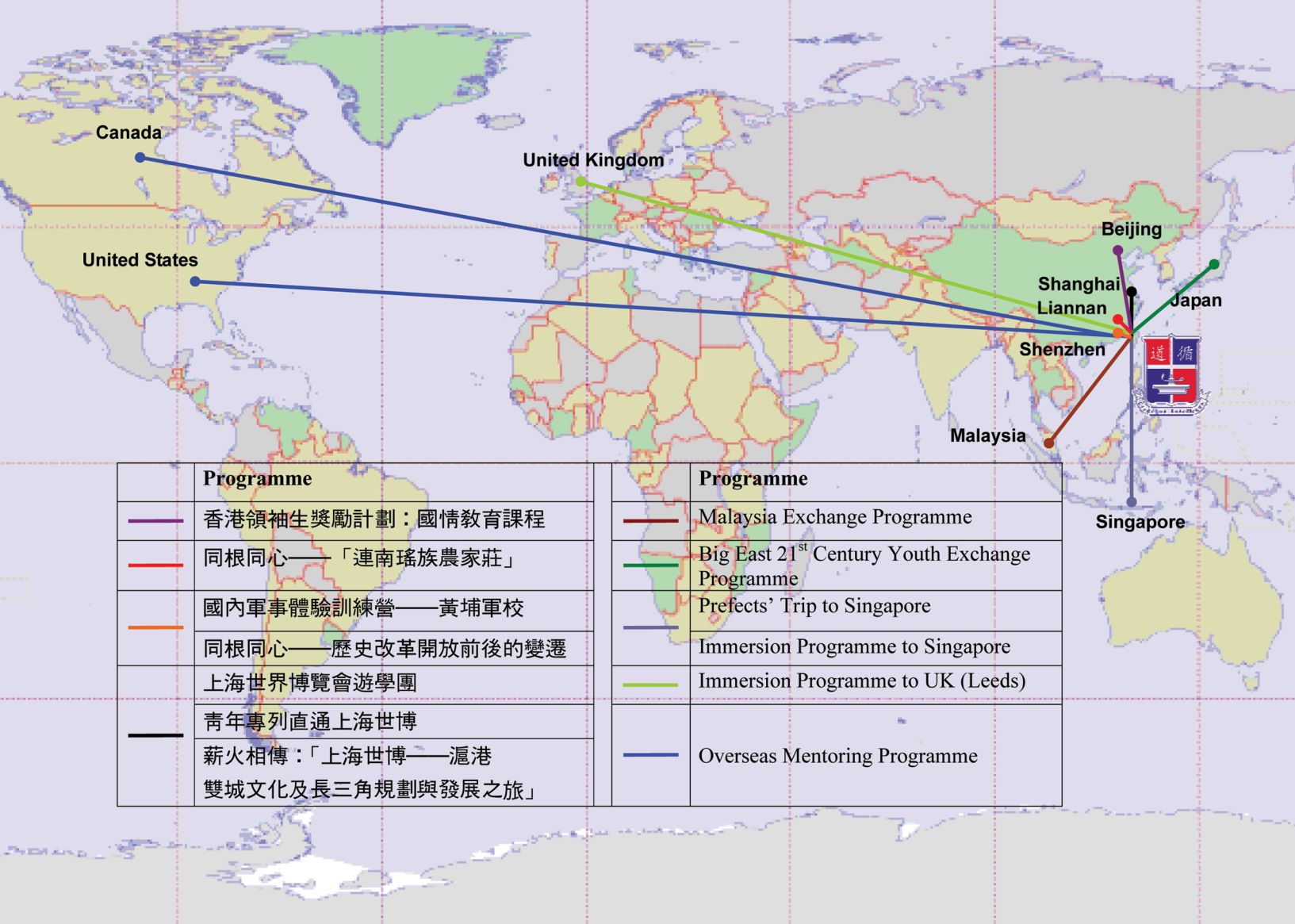
We are here to nurture:














Modest, Caring
and Knowledgeable
Leaders of the New Era

Cultural Exchanges 2009-2010



50 GASCOIGNE Road, YAU MA TEI, KOWLOON, HONG KONG
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Programme	Programme
 香港領袖生獎勵計劃：國情教育課程	 Malaysia Exchange Programme
 同根同心——「連南瑤族農家莊」	 Big East 21 st Century Youth Exchange Programme
 國內軍事體驗訓練營——黃埔軍校	 Prefects' Trip to Singapore
 同根同心——歷史改革開放前後的變遷	 Immersion Programme to Singapore
 上海世界博覽會遊學團	 Immersion Programme to UK (Leeds)
 青年專列直通上海世博	 Overseas Mentoring Programme
 薪火相傳：「上海世博——滬港雙城文化及長三角規劃與發展之旅」	

Words from the Principal

As a famous saying goes, “It is better to walk ten thousand miles than to read ten thousand scrolls.” In this age of technology and internet, when information is just a click of the mouse away, learning is no longer confined to acquisition of knowledge and memorization of facts. Learning also comes from broadening one’s horizon and reflecting on one’s experience. The insight gained from such exposure is invaluable and is often life-transforming. Therefore, we spare no effort in providing such chances to our students.

The past academic year saw a proliferation of our students’ footsteps out of Hong Kong. With our increased effort in establishing our overseas connections, our students’ footprints have reached far and wide. Their destinations included various parts of mainland China, Singapore, Malaysia, Japan, the United Kingdom, Canada and the United States. These eye-opening journeys involved a total of 268 students. While some of these trips were guided tours of exploration, some brought our students into the schools and families overseas for a considerable period to have a taste of a brand new culture. Experiences were shared and valuable friendships were cultivated. We are particularly grateful to schools of the Methodist community, as well as our alumni overseas, without whose support this would not have been possible.

With this booklet, we hope to make a record of these wonderful experiences, and to provide a platform for those who have benefited from the programmes to share their gains with fellow students, parents and friends of the College. In this booklet, you will see part of our effort in realizing our slogan MCKLN:

We are here to nurture:
Modest, Caring and Knowledgeable
Leaders of the New Era

Emily Wong
Principal
November 2010

Cultural Exchanges 2009-2010

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香港領袖生獎勵計劃： 國情教育課程

第十五屆香港領袖生獎勵計劃：國情教育課程

對 象：中六

地 點：北京

日 期：2010年3月30至4月6日 (8天)

費 用：全免

主辦機構：香港教育局

參與學生：張慧思、霍嘉星(中六文班)



第十五屆香港領袖生獎勵計劃：國情教育課程

活動目的

1. 瞭解國家的實況和形象；
2. 思考何為「愛國」；
3. 培養思考和分析能力。

行程

日期	活動	地點
30/3/2010	學習 + 觀光	中國科技館 / 奧林匹克公園
31/3/2010	上課 (8 小時)	中國人民大學
1/4/2010	參加升旗禮 + 學習中國航天發展	天安門廣場 / 航天博物館
2/4/2010	上課 + 了解人大校史 + 參觀清華 + 觀光	中國人民大學 / 清華大學 / 王府井大街
3/4/2010	觀光 + 拜訪北京市民	居庸關長城 + 北京人家
4/4/2010	上課 (8 小時)	中國人民大學
5/4/2010	了解國殤 + 觀光	盧溝橋 + 抗日紀念館 + 故宮
6/4/2010	了解內地教育發展	天津南開中學
7/4/2010	參觀軍營 + 觀光 + 畢業禮	軍營 / 恭王府 / 中國人民大學
8/4/2010	了解國殤 + 回港	圓明園 / 機場

最令我難忘的…

最令我難忘的便是到圓明園、中國人民抗日戰爭紀念館及盧溝橋的參觀。看著圓明園的頹垣敗瓦、紀念館展示的日軍侵華照片及文物，令人傷感萬分，不少在旁的同學甚至落下淚來。這段悲慘的歷史，令作為中國人的我們，一定要緊記歷史的教訓，努力建設祖國，令祖國富強，不為外國欺負。



這是我們上課的情況：就像大學（內地高中）生活一樣，近二百人坐在一間課室裏聽教授講課，教授們鼓勵學生在上課期間發問。

這是在故宮內拍下的照片。又一受現代化和商業化摧毀的歷史文明：遊人多不勝數，販賣手信的地方隨處可見。觀光拍照購物的背後，有多少遊客真正注意到故宮的歷史價值？依我看來，現在的故宮像市場一樣。



即使在嚴寒的北京，大家還是很有活力！



畢業典禮上，我組拿著畢業證書合照留念。希望我們真的「畢業」了，對國情有更多了解。



張慧思同學(中排左一)

感受

霍嘉星 中六文班

在復活節裡，本人參加了十天的北京學習團，這個學習團是由香港教育局主辦、中國人民大學承辦的。

我們每一組皆被大會安排一位同學帶領我們進行交流、參觀及上課等活動。我們於翌日便到達人民大學進行開班儀式。儀式過後，我們便開始課堂，十天上了六個課堂及四個講座，內容包括中國的經濟、文化、科技、外交、改革開放等方面，這令我對中國國情有更多的認識，並從中認知祖國經改革開放後，國力已大大提升。

除課堂外，我們也到了故宮博物院，軍營、恭王府等旅遊景點參觀。我們還到天安門廣場看升旗儀式和居庸關長城做好漢，這些活動均令我深深肯定自己中國人的身份。

再者，在這次旅程，本人有機會跟當地人交談，從中得悉，他們對祖國的歷史、國情都非常關心，這是我們香港人遠遠不及的。在詢問他們有關商業發展與文物保育二者只能存一時，他們大部份選擇了後者。這跟我們香港人只重發展成了很大的對比。還有，本人亦留意到北京的街道十分清潔和人們都很有禮貌，可見我國的人文素質並非如外國傳媒形容那麼糟糕。

總括來說，本人從這次交流團了解到我國的國情，並改變了自己以往對祖國的一些感覺，而且體會到祖國的發展一日千里。透過本次旅程，本人肯定了自己中國人的身份。



在盧溝橋上石碑合照，霍嘉星同學(後排左三)

有謂香港學生的長處在於他們的思考能力——在中西文化夾雜的香港，理應有著多元思考，擅長以不同角度理解事物。然而，這似乎只是假象。

就長城的文化意義這個問題，香港的學生大多只是含糊其辭，答出「標準答案」——歷史意義；但在歷史意義之後，就說不出甚麼其他的具體描述。我們雖以長城為最能代表北京、甚至代表中國的名勝建築，對其「僅有」的歷史價值卻未能略加評述；而且，真正了解長城歷史的又有幾多人？在是次課程中，我組曾與中國人文大學一金融系研究生討論過長城，當中我們知道長城每部分的興建和修築都能顯示不同朝代的興衰：例如明長城一段的修建是在萬歷年間，當時因朝中有張居正一人，社會興盛，政治清明，政府才有機會和能力建設社會。長城的意義並不單單如我們的中史書上所說的簡單顯淺。而「不到長城非好漢」的政治意味又有幾多人知道？另一方面，香港又有幾多商科生能就歷史侃侃而談？我們看待事物的角度都太狹窄，亦未曾以另一方向探討長城。

進行問卷訪問時，內地高一生的對答都叫我很驚訝。還記得看見其中一位受訪同學在問卷上選上圓明園（第三題，最重要的北京名勝）的詫異——這跟我們的預期不同（本來預期大家都會以長城或故宮為最重要）。然而，當詢問原因後，他的答案更能挑動我的神經：因為圓明園象徵「恥辱」。他認為圓明園代表著的不只是英法聯軍入侵中國的野蠻，還有恥辱。這恥辱，來自清代、來自中國人的閉塞，來自我們的不思進取，來自我們的愚蠢。所謂恥辱，是源自對事情的有心無力。恥辱二字，當中背負的意義是如何沉重；而我們又有否心理準備，承擔上一代的恥辱，並改變？

在香港的教育制度下，我們習慣「接受」而非「探求」；在傳媒的渲染下，我們腦海中的中國政府是腐敗；在我們自以為是的優越感下，內地學生是不懂思考的鴨子。到頭來，當被超越後，我們才知道自己才是那隻井底之蛙。



北京人民大學的‘實是求是’刻石

同根同心—— 「連南瑤族農家莊」

對 象：初中

地 點：連南

日 期：2009年9月24至26日 (3天)

費 用：HK\$330

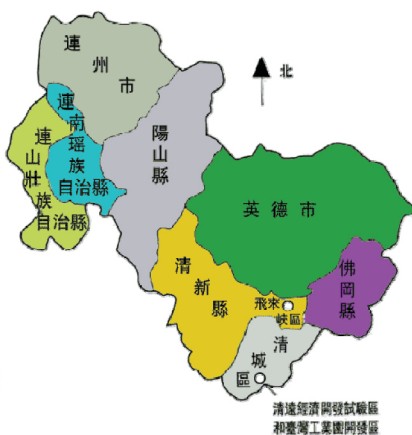
領隊老師：劉智釗老師、曾悅雯老師、
謝鳳儀老師、易代珮老師

主辦機構：香港教育局

參與學生：35 人



同根同心 – 「連南瑤族農家莊」



連南瑤族自治縣位於
廣東清遠附近

活動目的

1. 讓學生親身接觸祖國的土壤和同胞，有系統地加深對國家的認識；
2. 讓學生與內地人民交流及進行反思，體會粵港兩地同根同心的密切關係，培養鄉土情懷和國民身分的認同；
3. 讓學生完成考察後，分享交流經驗和得著，並協助學校推廣國民教育。

學習重點

1. 認識瑤族人民的風俗文化、內地農村的的生活和教育情況。
2. 走訪山區，親身感受瑤族文化、到當地學校交流，體驗農戶的清貧生活。

行程

時間	內容
24/9	(上) 學校集合出發前往深圳，轉乘內地旅遊巴前往連南瑤族自治縣。 (下) 午膳後前往農村學校，由校長/代表簡介學校的教育政策，村落背景及最新發展； (晚) 返縣城晚膳，觀賞“瑤族歌舞”，入住酒店，反思活動。
25/9	(上) 前往農村學校交流，活動： 1. “小老師計畫” – 香港學生教授農村學生簡單英語/知識，彼此交流及學習，互相交換小禮物作為留念。 2. 少數民族活動和遊戲 (下) 由鄉村小夥伴帶同學回家體驗生活：農家午餐、農務體驗、農家遊戲。隨後探訪「困難家庭」送溫暖，瞭解他們的生活、經濟狀況，並送贈生活用品（由同學預先準備）。 (晚) 縣城晚膳後返回酒店，反思活動。
26/9	(上) 早餐後，前往當地學校作學生交流，瞭解內地縣城重點學校的教育工作和特色，民族文化的傳承，並與當地學生交流。 (下) 午膳後，結束考察，乘車返回關口，過關後送返學校解散。

最令我難忘的…



牛路水小學是一間座落於大坪村的小學，大多數留在村中的居民都是小孩或是老人。聽賴導遊說，這是因為大多數的中年人都出城工作，而其他和我們同齡的青少年因為村中並沒有一間中學，所以他們都出城讀書。當到達大坪村的時候已是下午 4 時多，村中一片綠意，令我們和老師也忍不住停下腳步拿著相機拍照。

篝火晚會是以歌舞呈現瑤族的傳統習俗和歷史。表演的開始，先由一位女主持敘說瑤族的歷史。然後便是唱山歌和跳長鼓舞。之後又邀請觀眾試穿瑤族服裝，跟著是介紹瑤族的婚嫁習俗。最後舞台燃起一團火，主持和演員紛紛邀請我們一起圍著火，跳跳舞。當中銀鈴般的笑聲不斷在耳邊響起，大家都跳得不亦樂乎。直到音樂停止時，我們才依依不捨的離開。



探訪特困或殘障農戶

經過了崎嶇的山路，我們幾經辛苦終於來到了探訪農戶(李偉健)的家裡。首先呈現在眼前的是一間以黃色的泥磚和木頭搭建而成的房屋，簡陋得很。雖然沒有華麗的外表，但卻充滿着快樂的蹤跡，笑聲無處不在。家裏只有一些簡單的煮食用具及家具。但也能煮出美味的農家飯來款待我們，這一頓農家飯在我們心中是最美味的。

與**連南民族小學**的學生交流，這是連南的重點小學。首先，由該校學生表演瑤族傳統舞蹈（長鼓舞）。接着，他們教授我們如何跳長鼓舞。最後，教我們一些刺繡的基本技巧，以及與該校學生一起玩遊戲。



感想

何智琮 中三紅班

這次的交流團中，我們一行人去了牛路水小學、瑤族山村小學和拜訪農戶。短短的三天，卻讓我體驗了農村生活的辛酸和苦況。在牛路水小學的小老師計劃，更讓我明白到自己是何其幸福又何其幸運。因為原來農村的生活一點也不輕鬆，而且艱苦。他們把唯一的希望放在自己的子女身上，盼望有一天，他們能夠長大成人貢獻社會，脫離貧窮的枷鎖。

記得在第二天探訪農戶的時候，我們要經過一條崎嶇的山路，踏過牛糞、踐過泥路，千辛萬苦才到達。但後來才得知原來這比以前好多了，他們以前住的地方最少也要多走 50 分鐘。聽到這嚇人的數字才知道原來從小自己已被幸福環抱著，我根本不了解自己的幸運，更任性的渴望能夠擁有更多更多。但看看這崎嶇的山路，這簡陋的房屋，這清淡的餸菜，我才真正發覺原來有一些事，若不是親身經歷，人永遠不會想到自己其實已經擁有得比別人多許多，卻又自以為貧乏得可憐。

經過三日的體驗，令我發覺原來幸福不是必然的，所以我更應珍惜一切我所擁有的，用心去愛惜身邊的每一個人，包括我認識的，甚至不認識的，更在自己有能力時伸出援手，幫助有需要的人。



王藹文 中三紅班

這次交流令我知道瑤族淳樸的生活特色。在探訪山村的特困戶時，農戶以柴生火煮食，小雞母雞到處走逐。此時，我有一種遠離繁囂、親近自然的感覺。農舍的牆壁破爛，家徒四壁，但家人都相處得很開心和融洽，令我感受到即使生活環境有多惡劣，也要珍惜眼前所擁有的東西，包括親人和朋友。

最難忘的事是去挖蕃薯，雖然非常辛苦，但很有滿足感及體會知足常樂。我希望自己能善用餘暇，多關愛社會，幫助有困難的人。



麥惠芳 中三紅班

在這次交流團中，我感受到當地的風土人情，以及熱情好客的性格。當我來到探訪小學，那裡的學生都穿著他們的傳統服飾來迎接我們。在農戶家裏初嘗農家飯，雖然餸菜比較香港略為遜色，卻已是他們眼中最豐富的，但他們也無私地與我們分享。

在這次交流團中，令我最難忘的是游走於崎嶇的山路和田間小路的經驗。這對我來說是一個挑戰，因為在香港這個國際大都市中，交通網絡四通八達，道路縱橫交錯，根本不用走很長的路便可

到達目的地。所以，當我走在這些山路的時候，差點兒扭傷腳。時候，經過這三天的交流，我學到了做人要知足常樂這個道理。我們不應該經常埋怨這，埋怨那。反而要懂得珍惜身邊的一切，因為這一切都是得來不易的。在這個多姿多彩的世界中，存在着數之不盡你想擁有的東西，當你擁有了不一樣，便會想擁有另一樣，這樣的話，你是永遠也無法得到滿足，更遑論幸福和快樂的。

郭希琳 中三紅班

經過這次連南之旅，我學會了很多東西，也了解了很多連南瑤族的文化。

記得在第二天，我們探訪了牛路水小學和貧窮的家庭，當中令我體會最深的是，他們家人之間那種融洽的關係。雖然貧窮，但他們活得比任何人都快樂。也因為貧窮，小孩都知道讀書的重要性。他們努力讀書，希望將來能夠賺錢，脫離貧窮。這一幕幕的景象更令我學會珍惜自己現有的一切。

令我最難忘的是在特困戶的那一餐午飯。雖然只是很清淡的一餐，卻令我有另一番的體會。原來美食不一定是大魚大肉，有時青菜配上白飯也可以成為人間美食。

在這個旅程當中，我學會了凡事一定要互相遷就，也要珍惜一切。



王婉盈 中三紅班

經過這次三日兩夜的連南交流團，我有很多得著和體會。而在整個活動中，最令我難忘的就是到訪農戶家。到訪農戶家是一個新鮮和有趣的活動，因為我可以真正親身去了解他們的生活，相比在電視裏看的有不一樣的感受。我們除了跟農民吃午飯和聊天之外，我們還嘗試拿起鋤頭挖蕃薯，雖然鋤頭很重，但每當我挖到一個蕃薯，我都會感到非常開心和有成功感。

這次活動令我體會了很多，我也學會了要珍惜我現在擁有的一切。



在連南民族小學操場的合照

國內軍事體驗訓練營—— 黃埔軍校

對 象： 初中二年級

地 點： 深圳黃埔青少年軍校

日 期： 2010年7月1至3日 (3天)

費 用： HKD\$630 (繳交營後反思報告後，
可獲學校資助HKD\$300)

領隊老師： 張翠虹老師、周瑞冰老師、徐志軒老師、
簡福民老師、李慧儀老師、李路平老師、
黎曉儀老師、盧慧筠老師、施映同老師

主辦機構： 循道中學

參與學生： 128 人



國內軍事體驗訓練營——黃埔軍校

活動目的

為配合中二級國民教育的主題，本校「生命教育組」為中二級學生舉辦國內軍訓營，通過不同種類的軍事體驗和歷奇訓練活動，以培養學生的紀律精神、堅強意志和團隊意識，提升其溝通能力和解難能力，並加深對祖國軍事、文化的認識。

訓練內容

團體訓練：軍事訓練、軍體拳、隊列匯操、內務整理課程。

野外拓展：陸地百米障礙訓練、站崗放哨、緊急召集及夜行軍。

模擬特訓：投擲教練手榴彈、彩彈野戰訓練。

興趣活動：教唱軍歌、觀看軍事紀錄片、聯歡晚會。

其 他：開營典禮、升旗禮、畢業典禮（頒發證書、獎狀）

地點

深圳黃埔青少年軍校



同學感言：

林采穎 中二藍班

相信「軍訓」這兩個字已經深深地刻在所有中二同學心中。在太陽猛烈的照射下，炎熱的天氣，汗水不斷流下，同學終於完成三天兩夜的嚴格操練，做到「快、靜、齊」三字。

每逢聽到哨子聲，都要立即集合。最深刻的是晚上拍門夜行，須要迅速換衣服並集合。在一個沒有通知的情況下做到「快」字。做任何事都要迅速，提高做事的效率。

在任何情況下都不能談話，保持安靜，做到「靜」字，教官每一個口令都是重要，我們都要服從；五分鐘不動，一動就加一分鐘，對我們來說真是個鍛煉。教官就是要我們學會不放棄的精神，做任何事都要堅持到底，不能中途放棄。

步操練習，教官都要求我們二十多人動作迅速一致；吃飯前與矮小的凳子為伴。動作必須做到「齊」，無論遇到什麼事情，都不能胡亂擺動，鍛煉了同學的堅強意志和毅力，也學會忍耐。

一個短短三天的訓練，令同學感受到團隊精神和服從紀律的重要性，並把這種刻苦頑強的奮鬥精神運用到日常生活當中。回想向來都生活於享有自由的香港，有時連普通話口令都聽不明白，這幾天「黃埔精神」的鍛煉，就讓我們明白身處香港的幸福，我們應該好好珍惜。這種精神有助我們日後在人生路上，克服困難和建立團隊精神，造福社會。

這次軍訓之旅，我們笑過、哭過、曬過、痛過，這將會是我們人生裏一個難忘的回憶。

余偉正 中二藍班

我很想藉此對跟我同房的羅卓傑，和我最尊敬的班主任徐志軒老師說一聲謝謝。

羅卓傑，謝謝你晚上跟我談天，即使同房的同學都睡了，我們都還在談天，更謝謝你在我洗澡時沒有熱水，你仍願意和我共用一格。希望你還記得第二天我們一人一口杯麵的情形。

徐老師，我從沒見過一位老師像你一樣仁慈，謝謝你第一天在我們洗澡的時候替我們守門口，還不追究犯錯的同學，謝謝你在我們練拳練得筋疲力盡的時候出現替我們打氣，關心我們。最後，謝謝周老師替我們舉辦這個營，令我們學懂自律和求生技能。



黃寶霖 中二青班

在黃埔軍校的這三天，對我而言，不僅僅是軍訓。

顧名思義，軍訓不是旅行度假，所以我早料到這三天的日子一定不好過。第一天，當我們下車不夠三分鐘，就因為嘈吵而被罰，那時我嚇傻了，但也因這事來得那麼突然，使我醒覺這兒是軍校，一切要聽從教官，我們定要遵守規則。午飯時間，我和同學要在一分鐘內分好飯菜，匆忙、混亂這四字正能形容當時的情形。

第二天早上五時多，我們便要起床梳洗，又要開始訓練。那天我們要闖過百米障礙，更要從一個深坑內爬上來。一見深坑大家已心知不妙，但最後我們竟然將不可能變作可能，此時才真正明白到團結就是力量。

最後一天結業禮，大家都哭了，不是因為傷心，而是因為感動。原來我們的努力沒有白費，原來老師不會因為我們是青班就對我們有偏見，他們也會稱讚我們的。正如李老師所言，這次軍訓留下了深刻的回憶。



鄭惠施 中二白班

這三天的軍訓使我獲益良多。

在畢業的那天，我們二白班真的很團結！這是真的，我們真的做得到！已經和平時的我們不一樣了，無論是步操，抑或喊口號，都比練習時更團結一致，我們將所學到的，都做到最好給老師和教官看，這才是二白班的力量。這幾天裡，我知道同學很辛苦，但我亦都知道每一個同學都投入在其中，我感受到同學們真的希望喊得大聲，步操能夠一致，同學的汗水和堅持是沒有白白浪費的，在畢業表演時，大家都很有認真，沒有一個同學懶洋洋的，我們發揮到什麼是團結呢。

最初我真的對軍訓沒有好感，甚至不想去，因為知道一定很辛苦。就是大家都有這個心態，所以有很多同學都不去，令老師感到既失望又憤怒。後來，自己真的想過，其實要辦一個訓練營真的不容易，還要在深圳，老師當然是用了很多時間去準備，我們應該去答謝老師給我們這個機會去成長，而不是去埋怨。最後大家都玩得好開心，這個既難忘又有意義的軍訓，都成了我們整個中二級刻骨銘心的集體回憶。



司徒慧怡 中二白班

這次的軍訓體驗，初期我的情緒已十分高漲，同學們的哀嚎我完全不能理解，這可是一次讓我們團結起來的機會啊！真的很難得。平常大家基本上男和女是很少講話的，就算是女同學方面也分成好幾派。而經過軍訓後，儘管表面上看來仍是這樣，但參加了的人於心中總有些微妙的感覺——正因為我們「同生共死」過。能在這個最後機會與中二全級團結一起，我真的很開心。

負責教導我們的李教官為人十分好，就算我們做得很糟，亦只會笑著罵我們。不過，也是這樣我們的心情才會較放鬆，歡樂地繼續接受訓練。最後結業時大家都好像拚了拼命般的，漂漂亮亮、威風凜凜地完成了，給教官一個很好的交代。他也用燦爛的笑容對我們說：「你們做得很好！」

張榮嵐 中二白班

對於這次軍訓體驗，大家已由最初的不願成行轉變到現在的不捨。我們都希望如有機會，就再參加中級班。一起創造更多、更多一生無法忘記的回憶。

在未出發前，我一直都想著自己要去受苦。但是，這幾天裡的得著比苦多很多。我一直都欠缺和別人合作的能力。軍訓中的每一件事都令我明白到互相幫助的重要，自己付出的不需很多，但別人已經得到十分大的幫助。在軍訓的日子裏，我每天都感受到團結的力量。就從學軍體拳一事，同宿舍的同學雖然有的學得不太好，但互相幫助，互相教導，最後大家都能成功學得好。又像摺被子一事，我本來連被子的基本摺法都不會，更何況是教官要求的摺至起角，我一直都沒想過會摺得好。起初我的被子的確摺得不好，但經過同學的幫忙，我終於能摺好。

以前的我既不遵守紀律，又不聽話，父母說東，我偏要向西，在軍營裏，少聽一句命令都要受罰。而且每天都要過著具規律的生活，我起初有點不習慣，但後來我都能克服。

總括而言，我從這一次軍訓經歷中，明白到團結的力量，就像「團結就是力量」一曲。另外，聽從命令和具規律的生活也是十分重要的。我相信我在軍訓中學到的會一直伴着我成長。



戴紫瑋 中二紅班

在這個三日兩夜的軍訓裏，我體驗了很多，學會了很多，也成長了很多。在這數天裏，我最難忘的便是我班的付教官了。相信不只是我，我們班的每一位同學也有一樣的感觸。當離開軍校時，同學們都十分不捨，甚至落下了眼淚來。可是於軍訓前夕，大部分同學也在埋怨，認為軍訓十分辛勞，可見這數天裏，我們確實成長了不少。

第一天，我們學會了隊列動作和唱軍歌，更進行了夜間緊急集合夜行軍。訓練的第一天感到十分艱苦，每次聽到教官們的口令，都會感到十分緊張，生怕做錯那一個動作，連累全班一起受罰。在晚上睡覺時，突然聽到哨音，原來是緊急集合，我只好把那濕漉漉的軍衣套在身上，感覺怪難受的。在這第一天裏，總覺得時間過得特別慢。

第二天，我們練習了軍體拳，進行了野戰，內務整理，百米障礙，觀看影片和聯歡晚會等活動。練習軍體拳的過程固然辛苦，卻又十分有趣。雖然在百米障礙中，有數位同學受傷，但也不失我班的團結精神，令活動最終能順利完成。在聯歡晚會中，我班同學積極表演，勇奪大獎，教官也稱讚我們，說「做得好！」。第二天，總覺得時間過得特別快，再過一天便要離開了，突然感到有些不捨。

最後一天，心情感到十分沉重，快要離開了。我們都盡自己的能力做到最好，希望付教官看到我們最好的一面。在結營儀式上，聽到各位老師感性的發言，令我相當感觸，眼淚於眼眶裏轉來轉去，但我也強忍著，可到最後還是忍不住，眼淚從眼眶裏急轉直下，心情久久才能平伏。

軍訓的三天令我們獲益良多，我們不但要感謝我們的老師，還要感謝我們的教官。沒有他們辛勞的教導，就不會有今天的我們。



同根同心—— 歷史改革開放前後的變遷

對 象：初中

地 點：深圳

日 期：2009年10月16至17日 (2天)

費 用：HK\$280

領隊老師：馮子雪老師、鄧成樂老師、
謝鳳儀老師、黃錦富老師

主辦機構：香港教育局

參與學生：35 人



同根同心——歷史改革開放前後的變遷



同學與深圳博物館的展品
「拓荒」的合照 ^_^

活動目的：

- ✿ 體驗改革開放前後的變遷；
- ✿ 透過觀察了解內地的科技發展，
領略兩地密不可分的關係；
- ✿ 了解內地城市——深圳的發展經過。



我們準備參觀
大鵬古城了！
Ready! Go!!!

行程簡介：

日期	時間	行程
16/10/2009		在集合地點集合，開車往深圳過關
	10:00	參觀 大鵬古城 及 賴氏將軍府
	12:30	午餐
	13:30	參觀 客家歷史博物館 及 大芬村
	18:00	晚餐
		乘車入住酒店
		舉行小結會
		休息 住宿酒店：深圳莫泰 168 羅芳店
17/10/2009		早餐
	9:00	參觀 深圳博物館
	12:00	午餐
	13:30	參觀 深圳中心書城
	17:00	深圳過關乘巴士返港



「清」的軍旗呀！



在大亞灣核電廠外的大合照

行程之一 參觀客家民俗博物館

韓朗軒 中一藍班

客家民俗博物館位於東源縣仙塘鎮，原址為「鶴湖新居」，由羅氏建于清嘉慶二十二年。博物館內有不同的部分，例如：牌坊、禾坪、橫屋和中樓等。博物館的外貌宏偉；館內收藏各類客家家具、勞動工具等展品，內容豐富，是研究深圳歷史、文化的重要依據。

從客家民俗博物館，我們可以知道客家人對深圳東部地區開發的貢獻。特別在中國政府擺設的海報，能證明中國對博物館的重視。在參觀博物館期間，我可以從館內的不同擺設認識客家人的民俗、民居、文藝等生活文化，以及客家人對深圳的經濟發展打下的基礎。



行程之二 參觀大芬油畫村

謝昭進 中一白班

參觀大芬油畫村後，令我感受到深圳的藝術氣息。這裡原是條破落小村，在 19 年前有商人在此開設了油畫坊，聘用學生及工人臨摹油畫銷售海外，情況一如幾十年前香港尖沙咀一帶的油畫工場。發展開來，今天的大芬村已被稱為「中國第一油畫村」。大芬村的畫廊達 300 多家，作品的藝術程度很高，人物畫栩栩如生，風景畫則豐富又精緻，相較自己的畫作，真是無可比擬。



行程之三 參觀深圳博物館

張祐誠 中二紅班

兩日一夜短短的旅程，轉眼間便結束了。在這次旅程中，我們參觀了四個地方，獲益良多外，還加深了對祖國的認識。其中尤以深圳博物館，讓我體會最深。博物館裏有一個區域介紹改革開放前後深圳的變遷。在門口的位置有一頭拓荒牛，它讓我想到了在深圳經濟特區成立初期，一河之隔的香港人扮演的角色就是拓荒牛，將他們擁有的人力物力和值得借鏡的地方帶到這片荒地，把荒地變成了現在具有國際影響力的現代城市。而深圳在近十幾年則給了香港一個生產的基地，還設立了大亞灣核電站，向香港供給每天所需的電力。因此深圳和香港不僅是兩個獨立的城市，而是一對兄弟，互助互補，有密不可分的關係。

在整個交流計劃旅程中，令我最難忘的就是參觀深圳博物館的行程，我們共參觀了四個主要展廳：

- (1) 古代深圳展廳 - 展示了城市開發初期與近代景貌各方面的演變。
- (2) 近代深圳展廳 - 展出了一幕幕中華人民誓死對抗外敵的艱苦片段，充份表現出愛國之情。
- (3) 深圳民俗展廳 - 展示具有中華文化特色的日常用品和環境風貌。
- (4) 深圳改革開放史展廳 - 這也是博物館的重心所在，它展出了前人對改革開放的努力，才使我們有如今發展得飛黃騰達的中華人民共和國。當中以展品「鄧小平植樹」令我印象最深刻，這代表了領導人願意親力親為，鋪設通往美好明天的大道。

參加了這次的交流團，使我眼界大開。我體會到中國深圳特區改革開放的變化實在是一日千里。全賴社會上各階層的人不斷地付出努力，才有今日的成就，讓我們可以享用。我們實應感謝他們，並且應該學習他們無私奉獻的精神，努力為我們的下一代建設更美好的未來。



(右)周安兒同學燦爛的笑容



張祐誠同學攝於深圳博物館



展品：「鄧小平植樹」

陳景章 中二紅班



神氣的陳景章同學和祖國山水畫

在這次交流中，我學到不少知識，包括國民教育、藝術教育、對社會的認識等等。

在國民教育方面，我見識到在改革開放的三十年間，深圳的全面發展，在各式各樣的領域上都有卓越的成就，為祖國的經濟帶來了重大的效益。在深圳博物館，我們參觀了很多有趣的展品，體會到祖國的經濟日漸強勁增長。

在藝術教育方面，我們參觀大芬油畫村，見識到祖國的藝術商機。

這次的交流真使我獲益良多，希望能再有這樣的機會！

石詠濤 中一白班

去年十月，我參加了一個由香港教育局所舉辦的內地交流活動，「薪火相傳」國民教育活動系列「同根同心」——香港初中及高小學生內地交流計劃。

第一天，我和同學們早上在學校集合了之後便前往深圳。一路上我也十分緊張，因為我一直也期待著這個活動。到達了關口，在那兒，我首次使用電子通道（e 道），真是個有趣的經歷。

到達深圳後，在旅遊車上得知了因為「豬流感」肆虐而無法到大亞灣核電站參觀，雖然有些失望，但是能夠在核電站門口拍照留念和在車上看關於核電的影片已經很滿足了。

因為取消了參觀核電站的活動，所以我們先到客家歷史博物館參觀。因為我自己也是客家人，所以對這個活動特別感到有興趣，想知道自己所認識的客家人文化是否正統。那裡是個用石磚築成的小圍村，裏面給人的感覺，就像回到以前我還沒有出生時的簡樸生活般，左鄰右里互相幫助；不像現在在香港這個石屎森林中，鄰居關係疏離、毫不關心。我覺得香港人應該向內地人學習一下這種精神。

然後我們到了大芬油畫村參觀了那裡的油畫館和街道。這裡四處都掛著油畫，把街道渲染得色彩鮮豔，十分漂亮。每幅油畫都各具特色，描繪著不同的景物，表達了每個畫家對那景物或者物件的情感。當晚回到住宿的酒店，吃過晚飯後便和另一間同行的學校一起舉行了小結會，分享當天的經歷。

第二天吃完早飯後就到了深圳博物館參觀。那裡的外形很特別，非常時尚，裏面有很大的空間走動，既寬闊，又有很多展館。在三個小時的參觀中，我學會了很多知識，也看見了很多展品，例如拓荒牛，盡是一些很特別的東西。下午到了深圳書城，我買了數本關於煮食的書給母親，好讓她鑽研廚藝，讓我日後能大飽口腹。

回到香港，大家都很依依不捨地離開了。在這次的活動中我認識了更多中國的歷史和明白到中國的民間智慧，希望以後也有機會到內地觀光。

上海世界博覽會遊學團

對 象：中三

地 點：上海

日 期：2010年7月7至13日 (7天)

費 用：HK\$5490

領隊老師：李慧儀老師、徐志軒老師

主辦機構：循道中學

參與學生：21 人



上海世界博覽會遊學團



上海博覽會遊學團行程

中國上海於 2010 年 5 月 1 日至 10 月 31 日在上海黃埔江兩岸舉行『上海世界博覽會』，共有 242 個國家、城市及國際組織參與是次國際盛事。上海世博會以『城市，讓生活更美好』為主題，在同一個時間、地點，世界各地就城市的發展、環保生活、工作環境、可持續城市發展共同展現不同的概念與分享經驗，並借此機會展出各地對新生活的嶄新構思。本計劃希望透過一系列教學活動，深入探討上海世界博覽會『城市，讓生活更美好』的主題，並讓學生親身體驗上海世界博覽會盛事，從而認識國家及香港面對的挑戰和機遇，並藉此探討香港上海兩地城市人民生活質素的異同。

活動目標

1. 親身體驗上海世界博覽會盛事；
2. 參觀展館，認識世博主題『城市，讓生活更美好』；
3. 從世博主題反思香港的發展方向，從而認識國家及香港面對的挑戰和機遇；
4. 探討香港上海兩地城市人民生活質素的異同。

日期	行程	內容
第一天 7月8日(四)	香港—上海	乘直航機前往上海浦東國際機場，晚上遊覽上海外灘。
第二天 7月9日(五)	上海	早上參觀 2010 年上海世博會，傍晚遊覽南京路。
第三天 7月10日(六)	上海	早上參觀 2010 年上海世博會，傍晚遊覽新天地廣場。
第四天 7月11日(日)	上海	早上參觀 2010 年上海世博會，傍晚遊覽城隍廟。
第五天 7月12日(一)	上海—香港	早上往浦東新區觀光，參觀東方明珠塔第二球及歷史陳列館。午餐後參觀創意產業基地之一——田子坊，之後乘直航機返港。

居住地貌 – 街道命名

王婉盈、李子謙 中三紅班
吳溢芬、曾展樂 中三白班

隨著中國經濟的崛起，近年除了珠三角之外，亦多了另一個經濟發展組合長三角，而提起長三角，我們往往都會將香港和上海作比較。今次我們難得到了上海，除了參觀世博園區之外，我們都體驗了上海的生活，在這5日4夜裡，我們觀察了上海的一些有趣的現象，我們在這裡希望與大家一同分享。

每一條街道，承載著一個城市的記憶和故事。我們以街道名稱作為研究對象，了解兩地居住地貌中，作為城市的標誌——街名能否為市民帶來便利，以及帶出城市文化和歷史的傳承。



香港

英軍佔領香港的時候，政府就以英文為商業區的街道命名。而這些英文名字大多為紀念港英重要人物，亦有些以生產商和社會領袖命名。

除了商業區和港口區一帶以人物命名外，港英政府規劃市鎮時，就曾以「一個地區有一個主題」的形式為街道命名。位於大角咀及深水埗一帶的街道，以溫帶植物命名，如：楓樹街、合桃街等；前啟德機場一帶，就以飛機型號為街名命名，如：三星道等。

而香港的街道命名如：彌敦道、加士居道卻富殖民地色彩，當中亦記載了不少殖民地的歷史，又如通菜街和油麻地，都是以地方當時的特色命名，有強烈地方主義色彩。

香港自回歸以後，政府曾經著手興建多個新市鎮。政府為新市鎮的街名命名時，就以組合街名的原則為街道命名：首先定下了一個字，跟著所有街名也是用那字和另一個字配合而成。例如大埔一帶使用了「安」字為街名之首，有安祥路、安慈路等，東涌一帶就以「東」字命名的有裕東路、順東路等。帶出了香港獨特的城市文化。

上海

上海在租界時期時，凡南北走向的街道以各省的名稱命名，東西走向的街道就以城市名稱命名。第一批命名了19條馬路，有漢口路、廣東路等。

另外，國民政府時期的時候，修築道路時曾取意於中華民族是漢滿蒙回藏五大民族共和的國家，因而命名了滿洲路、蒙古路等等。

隨著上海城市的不斷發展，路名需求更加豐富。上海政府沿用以前的原則，以國內的地名為路名，而且被命名的地區在全國的位置應該大致相當於這條路在上海的位置。可是，地名應有的地域色彩卻被剝離。東西向的馬路以城市命名，南北向的馬路以省份命名，使得南京路、延安路或福建路、山東路等類似的愈來愈多，不見得有個性。

其實道路命名原來可以是一種無形財富。她的意義是展現國民身份認同；綜觀上海地名命名歷史，有四類經驗：1、尊重城市形成與發展的歷史，讓地名成為各時期的鮮明紀念；2、尊重“洋人”的參與，不完全否定外國人留下的地名；3、以約定俗成的地名命名為主，也不排斥適當用一些人名做地名；4、改革時期一定要有體現改革精神的新地名。

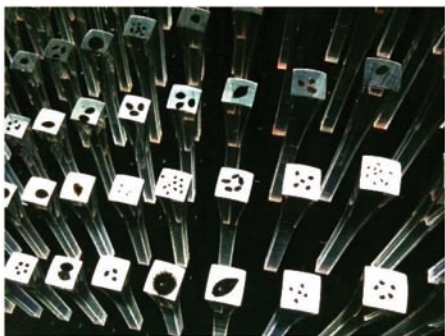
感受



在瑞士館乘坐吊車，感受瑞士在綠化方面的努力及成果。

龍偉敬 中三班

上海世博園區有不同的主題館，有著地方各地的代表文化。三日的行程中，參觀的主題館都能讓我感受到當地文化的特色和科技的發達。遠久不滅的文化盡收眼底。



通過這次「上海博覽會遊學團行程」，我們並不是比較香港和上海兩地文化何者較有優勢，相反，我們真正要了解當中的差異，來達到探求兩地文化的多樣性、獨特性以及普遍性和共同性，從而實現理解文化本質為目標，讓我們學習要尊重不同的文化和擴闊我們的胸襟，並且更加了解現代中國的國情。

鍾卓瑩 中三班

我們參觀各國展覽館的同時，也能完全感受到今次世博的主題「城市 讓生活更美好」，令我感受最深刻的展館是瑞士館。瑞士館透過讓參觀者乘坐吊車，在被綠化的環境和大自然的聲音包圍下，繞過展館的上蓋，籍此我能了解，瑞士在綠化方面的努力及成果。



黃婉盈 中三班

在我所參觀的展館中，我最喜歡的就是用了大約兩個小時才能進去的英國館。它的外形非常特別，是一座像蒲公英的建築物，上面有英國國旗。館的容量不大，但只靠少許展品就已經能夠表達出它的含意。館內有一個種子聖殿，它是由成千上萬的種子合併成的，遠看很壯觀，而近看就可以看出，原來每粒獨特的種子，雖然很微小，但它們長大後變成一棵棵大植物，是非常奇妙的。這個館所帶出的信息就是人類要知道怎樣利用大自然來應付世界未來的挑戰。

青年專列直通上海世博

對 象：中四、中六

地 點：上海

日 期：2010年6月29日至7月4日 (6天)

費 用：全免

主辦機構：香港青年協會

參與學生：陳穎珊 (中四藍班)、
文茄莉 (中六理商班)



青年專列直通上海世博



上海於 2010 年 5 月 1 日至 10 月 31 日在上海黃埔江兩岸舉行『上海世界博覽會』，共有 242 個國家、城市及國際組織參與是次國際盛事，展示他們最富特色、最具代表性的城市面貌及嶄新發展。

為期 6 天的「青年專列直通上海世博」交流團，香港青年協會動員 100 多名經培訓的資深青年義工，聯同 500 名來自本港 270 間中學的中四和中六級學生，一起乘坐火車專列前往上海，透過親身參與這項盛事，不但讓青年人對中國及近年上海發展有更深的了解。同時亦擴闊年青人的國際視野，啟發他們對優化城市生活的思考。

日期	內容	地點
六月二十九日	於香港紅磡體育館藍閘前空地集合，進行出發禮及大合照。然後分組步入紅磡火車站，乘坐東鐵前往羅湖站。由香港出境，再步往深圳火車站。最後分組登上列車。在火車上，進行了分組互相認識活動及兩個學習活動。	香港 - 上海
六月三十日	抵達上海南站，於旅遊車上進食早餐，然後參觀上海博物館。參觀完畢後，與上海學生會合，香港學生到酒店安頓。之後與上海學生一起遊覽豫園，最後一同出席歡迎晚宴。	上海
七月一日	早餐後，乘搭旅遊車前往上海世博會。在香港館前大合照後，分組參觀。	上海
七月二日	早餐後，到同濟大學出席專題分享會。午餐後，乘搭旅遊車前往上海世博會，分組進行參觀。	上海
七月三日	早餐後，搭旅遊車前往外灘遊覽。然後前往上海火車南站，乘搭列車前往深圳	上海 - 香港
七月四日	抵達深圳，過關後組員在羅湖站轉乘港鐵各自回家。	香港



出發了!!

感受

「轟隆轟隆」的火車正在駛離那繁榮、熱鬧的上海。此時的心情既是興奮，很想快些把我的所見所聞與父母朋友們分享，但同時卻又為快要與那二十一位組員組長分開而感到難過、不捨。

回想起出發的那一天，我的心情是那樣的緊張。因為我是第一次與我素未謀面的人一起去交流。其實，我的組長組員們都十分友善和開朗，在等候乘搭火車時已相處得十分融洽，玩樂得很投入，我之前的緊張亦都變得多餘了。在火車活動時，我們要一起佈置自己組的車廂，雖然是第一次合作，但出奇地可以非常有默契地一起裝飾車廂，表現得非常具有合作性，令我十分意外、驚喜。

在抵達上海的第一天，我們參觀完上海博物館後，就與上海的學生作交流，並結伴同遊豫園。在相處的過程中，我發現上海的學生十分主動，他們會主動與我們交談，從而更了解香港的風土文化。而我們香港學生也很有耐性地解答。大家對雙方的文化都十分感興趣，在你一問我一答的熱鬧情況下，相方對彼此的瞭解都加深了，我們都建立了友好的關係呢！

上海世博會是世界上的一件盛事，我希望透過參與這個交流團親歷其境去認識世界上各大城市的發展現況，從而更了解國情，擴闊自己的國際視野。還希望可以認識更多不同的人，能夠與他們互相學習。

陳穎珊 中四藍班



火車上的第一餐，味道也很不錯！



我們同心佈置的車廂，很有西班牙風情吧！



等候多時，終於可以參觀日本館，是令人興奮的一刻！

到了參觀上海世博會的那一天，我們都十分亢奮，因那是我們期待已久的重頭戲。在世博園區裏，我們參觀了日本館、西班牙館、墨西哥館等等不同的展館。從不同的展館中，我可以認識不同國家對「城市，讓生活更美好」的詮釋。他們有的展示了其國家風俗文化，有的展示了其高科技的產品、技術，有的展示了建設祿化城市的概念……。總之內容豐富，包羅萬有，令我眼界大開。在當中，我們可以得到怎樣的城市才能讓生活更美好的啟發。難道一個由高科技建設的城市就能為人類帶來舒適的生活嗎？只要有高科技就能把所有的問題都解決了嗎？我相信人類自己對城市作出的努力才是關鍵。在這個已充滿污染的世界裏，如果我們還不愛惜自己的社區，不為自己的城市作出努力，又怎能讓城市變得更美好，人們有更佳的生活質素呢？在未來的日子裡，我認為我要更愛惜自己的社區，為環保綠化出一分力，使我們的城市更美好，讓我們的生活素質更佳！

短短六日的交流團已曲終人散。透過這次交流，我可以實地參觀上海世博會這項盛事，並有機會與內地學生交流，出席專題講座，這一切都令我對國家的國情和上海的發展有了新體會、了解，並擴闊了國際視野，令我裨益不少。此外，雖然我與組員組長們只相處了短短的日子，但我們之間的感情就像認識了數年的知己一樣深厚，每天都一起說笑，玩耍。並且，在過程中，我們發掘彼此的優點，學習對方的好處，改善自己，令自己得以成長。我不僅在組長組員身上學習了很多，在志願者、內地和外國遊客身上不論是好是壞都有了得著，我想那就是從人群中學習了吧！

我對於自己有此難得寶貴的經驗感到榮幸，我將不會忘記是次經歷，把我所學到的、看到的和感受到的都於往後的人生好好善用！



大家都把握最後機會，
與上海學生照相留念。



即將展開參觀展館之旅

中國首次成為世界博覽會的主辦國實是一件值得我們國人慶賀的事，而對於自己能有幸親歷這個國際盛會，亦感到份外振奮。

於是次交流活動中，我與香港其他中四、中六學生一共五百人，以及百多位義工浩浩蕩蕩地遊覽世博園區。有別於我們平時以飛機作為交通工具的旅程，我們改為坐火車，一同經歷來回共三十六個小時的「火車旅程」。誠然，在出發前我曾幻想過這趟上海世博遊的情境：不論是坐火車、參觀世博展覽館、抑或是其他與當地學生、學者的交流活動。畢竟，這是我首次踏足上海這個繁盛之都，更重要的是，首次與數百位素未謀面的香港學生及義工團隊一同到香港以外的地方遊歷，心裡不期然充斥著既興奮期待，同時又擔憂恐懼的矛盾心情。的確，三十六個小時的火車車程看似十分難熬，可是對我們這群渴望放眼世界，感受城市發展為我們帶來的思想衝擊的年輕人來說，三十六小時似乎未能帶給我們恐懼或阻嚇。反之，我們盡情投入在火車車卡上的團體活動，如佈置車卡等，我們確切能感受到旅行令人歡愉及亢奮的氣氛，在毫不相識的人海中都能尋覓志趣相投的知己。這一切，正正就是交流活動的宗旨，亦是我們應該珍而重之的一份回憶。



(左) 文茄莉同學趕緊在離開上海前拍照，留下這段美好的回憶。



於法國館外的藝術品，流露著其獨有的風格。



組員出發前合照



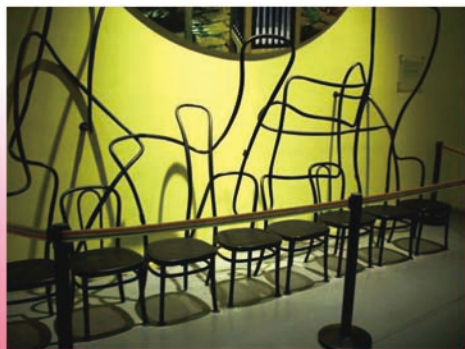
德國館裡的巨型 BB，
有過百種面部表情！



令世界各地遊客趨之若鶩的
德國館聲控球。

「城市，讓生活更美好。」興辦上海世博確是一件國際性的文化科技發展盛事。甫踏進世博會場，渺小的我已被周遭宏偉的展覽館所淹沒。展覽館的外型、建築特色、建築的文化理念，甚至其國家的風俗文化等背景資料，都是我所渴求的。不同的展覽館都能為我帶來新的思想衝擊，在香港如此一個生活節奏過份急促的大都會，作為一個典型學生，現時的生活、學習模式根本未能容許自己駐足細意觀察身邊人、事及社會文化、城市的變化，世博正好給予我這個珍貴的時刻去多加思索，多加想像，多加細意體會。

不庸置疑的是，世博的而且確能把我推進一個新的國度，容許我感受世界各國的獨有文化，用眼睛、耳朵去闡釋何謂「城市讓生活更美好」，去重新感受「社會文明，城市進步」能為中國人民，甚至是世界公民帶來什麼程度的好處，或是生活水平上的躍升。我深信，這一切都是我們應該深思的問題，亦足證了我手上握著的一張上海世博門票，送給我，以及其他交流學生一個思想成長的機會。



德國館其中一個展區 椅子藝術

薪火相傳：「上海世博 ——滬港雙城文化及 長三角規劃與發展之旅」

對 象：中六

地 點：上海

日 期：2010年8月16日至20日 (5天)

費 用：HK\$980

領隊老師：謝鳳儀老師

主辦機構：香港教育局

參與學生：李子威(中六理商班)、鍾肇倫、姚文傑、
曾文浩(中六理班)、鄭凱陽、周安健、霍嘉星、
林年駿、黃家浩(中六文班)

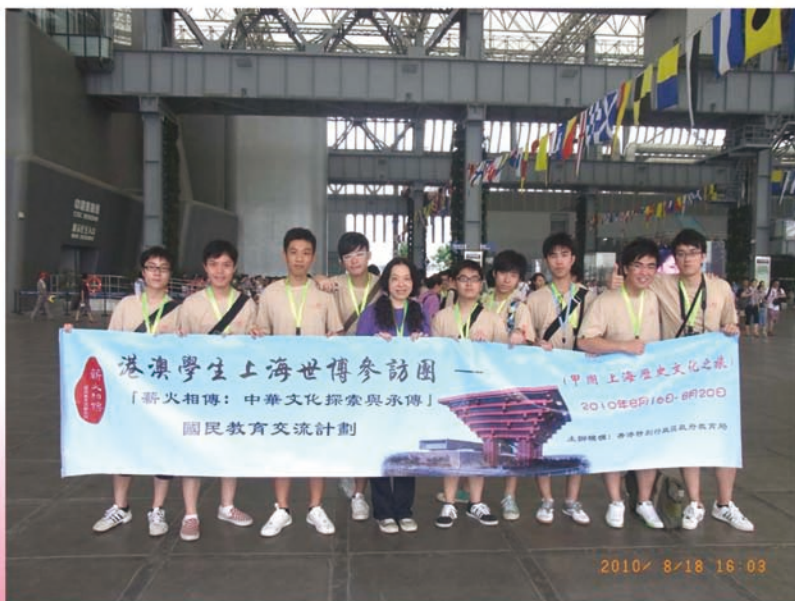


「薪火相傳：「上海世博——滬港雙城文化及長三角規劃與發展之旅」

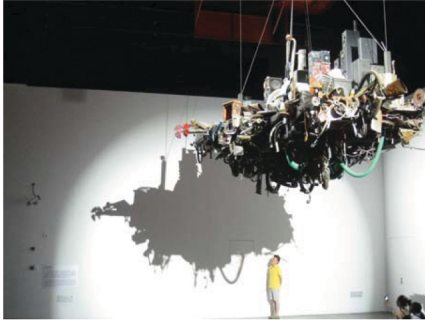
「上海歷史文化之旅」活動報告

目的：

1. 提升學生對國家歷史、人文及當代發展的認識，從而增強對祖國的認同感；
2. 促進兩地與香港學生交流，讓彼此建立友誼及感情，培養他們對家國的情懷；
3. 讓學生從上海與長三角地區的發展經驗帶來啟迪，反思香港的發展方向，從而認識內地及香港現今面對的挑戰和機遇、及培養他們對祖國的歸屬感。

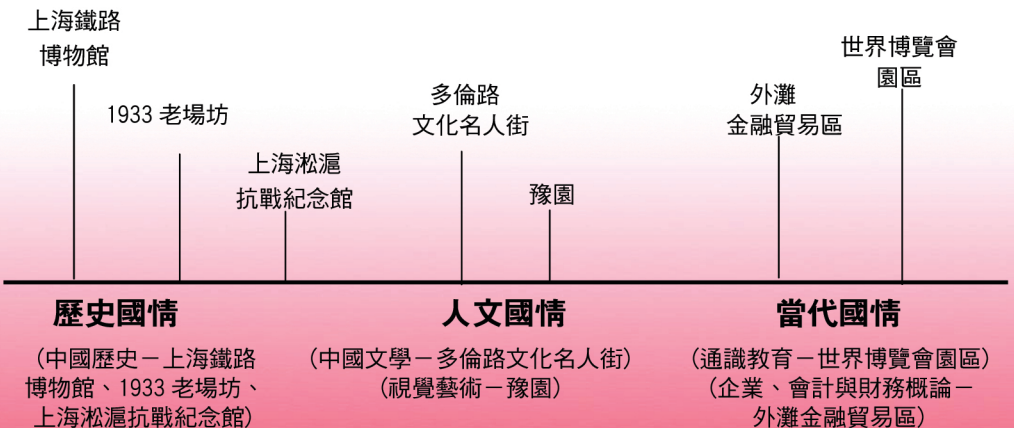


中國船舶館外合照



世博展館點滴

一. 參訪地點與國情及課程的關連



二. 上海參訪日程及學習重點

	行程	學習重點	能力提升
第一天	乘航機由香港往上海		
	參訪多倫路文化名人街	<u>人文國情</u> ： 認識上海於現代文學發展的角色以及文化保育情況	◆ 加強感悟，提高理解和鑒賞文學作品的的能力
第二天	參訪上海鐵路博物館及1933老場坊	<u>歷史國情</u> ： 了解近代國家在鐵路及建築方面的發展歷程，以及取得的成就	◆ 認識祖國在發展過程中面對的機遇和挑戰，思考自己未來可以擔當的角色
	上海淞滬抗戰紀念館	<u>歷史國情</u> ： 了解上海於抗戰的經歷以及戰爭對城市發展、社會民生的影響	◆ 理解重要歷史事件的由來、發展及相互關係，從而掌握事物的變革軌跡及發展趨勢
第三天	參訪世界博覽會園區(依次參訪A區、B區、C區)	<u>當代國情</u> ： 認識上海於國家發展與國力提升的角色	◆ 文化及文明承傳：尊重不同的生活方式、信仰及見解 ◆ 幫助學生全面掌握社會及國家的當前議題，明白不同區域及國家之間相互倚存的關係
第四天	國情教育講座(一)	<u>講題</u> ： 上海城市保育的理念與實踐	◆ 認識祖國在發展過程中面對的機遇和挑戰，思考自己未來可以擔當的角色 ◆ 從欣賞祖國的歷史文化，學習當中的傳統美德 ◆ 文化及文明承傳：尊重不同的生活方式、信仰及見解 ◆ 幫助學生全面掌握社會及國家的當前議題，明白不同區域及國家之間相互倚存的關係
	國情教育講座(二)	<u>講題</u> ： 上海世界博覽會的規劃與願景	
	參訪世界博覽會園區(依次參訪D區、E區城市最佳實踐區、E區其餘展館)	<u>當代國情</u> 加深對於上海世界博覽會的認識	
	分團學習匯報會—上海世界博覽會	<u>當代國情</u> ： 認識上海於國家發展與國力提升的角色	

第五天	參訪豫園	<u>人文國情：</u> 認識上海的傳統建築和園林藝術，以及其活化使用情況	<ul style="list-style-type: none"> ◆ 加強具審美和批判性思考的欣賞，及創作不同形式的視覺藝術作品的的能力； ◆ 透過探究多元文化藝術，加強對文化及跨文化的了解 ◆ 認識祖國在發展過程中面對的機遇和挑戰，思考自己未來可以擔當的角色 ◆ 體察商界急速的變遷步伐，從而作出自我反省、不斷自我激勵及自我約束，使自己成為終身學習者，在瞬息萬變的環境中，能主動作出明智的決定
	參訪外灘金融貿易區(車遊)	<u>當代國情：</u> 了解上海金融貿易的發展歷程與潛力	
乘航機由上海返回香港			

三. 印象最深刻部分：

在整個行程中，我們印象最深刻的便是在中國館觀看的清明上河圖。使得我們印象深刻的不但是畫中活靈活現的人物，還有把珍貴文物化作現代化科技的技術。能夠把一幅靜態的畫作化作動畫，除了要新穎的科技外，更重要的是人力物力。清明上河圖不但展示古代人們生活的面貌，更把中國現有的技術及龐大國力展現出來，實在難得。



四. 感想：



李子威 中六理商班

「今次世博之行是一次國情了解擴闊之旅，令我認識到祖國在文化藝術上、科技發展上、建築藝術上的偉大發展。尤其是中國館，她不但代表了祖國的富強，更代表了全中國人民的智慧結晶。我想分別在三方面講述一下我對中國館的看法：

第一件最令我印象深刻的展品當然是電子版清明上河圖，它不但讓人看了之後有新鮮感，還扣緊了今屆世博會的主題—「城市，讓生活更美好」。為什麼我會這樣說呢？因為這個會動的清明上河圖顯示了宋代繁華的城市面貌—由在市集走動的人到駱駝商隊；再看到河邊少女戲水和船家在叫賣；有時又可以看見孩童在互相追逐和酒館裡傳出的猜拳聲。這一切一切都在證明城市讓生活更美好；科技讓人類更進步。

第二個令人驚喜的是國家館內的「騎乘」之旅，在約 10 分鐘的「騎乘」旅途中，我坐著遊覽車沿軌道前往出發，展開一次體驗式的「尋覓之旅」。中國傳統城市所營建的智慧在軌道兩旁被展現得淋漓盡致，這些工藝文化包括了木結構建築、拱橋、庭院、園林、斗拱、磚瓦等。不同的中國建築風格在我們眼前呈現，令我們對中國傳統的「美」有多一份認識。

最後要提到的是國家館—「東方之冠」的建築風格，它是運用了中國古典建築「斗拱」造型，以疊篆文字裝飾，如果你走到國家館的旁邊，更可以發現館的外壁上有很多中國文化的元素，如篆刻字體的 24 節氣的「春分」、「穀雨」、「立夏」等字樣。另外國家館的顏色—中國紅也非常有特色，這種紅既艷麗而不失沉靚，盡情地演繹了中華神韻，令人在遠處一眼就可識別中國館，更能體現出喜慶的氣氛。

在幾天的世博行所學到的實難以用三言兩語輕輕的描述，在欣賞祖國的發明和創意之時，我們也對國家發展有了多一份了解。



豫園大合照

姚文傑 中六理班

在上海舉辦的世界博覽會主題是：「城市，讓生活更美好」，因此每一個國家館也不約而同地展出自己能改變生活的科技發明。我感到十分榮幸，能夠親臨此博覽會，觀賞各國的偉大及菁華。究竟在芸芸科技發明中，哪一種給我深刻的反思呢？要切合這次博覽會的主題，環保是不可或缺的一環。以往，國家及人們總會只朝著經濟方面作出考慮，但在近年來全球也在為環保奮鬥。我認為在香港館展出香港所發明的塑質可循環再造的十元鈔票既能帶出經濟效益，又能響應環保。

有人不滿這款新發鈔票沒有手感，這大概大家也忽略了他的真正實用之處。它不單耐用，且防偽。這款新鈔比一般紙幣堅韌，所以放進口袋裡也不容易變皺。此外，塑膠的特性讓它不容易沾濕、沾污。鈔票故常常保持嶄新的面貌。同時這種紙幣也加強了防偽特徵，有助減少影印偽鈔的不法之徒。這種實用，不就是我們一直追求的嗎？

雖然有人批評「膠蟹」的外表，可是大家也不知道它們能大大降低印鈔的成本，最終，我們賺了。由於它們是塑質，耗損的程度不會很高，壽命可以長達幾乎十年，是普通紙幣的三倍。用料的價格會比紙造的貴一點，但當我們長遠來看，成本減少了。香港推出這款塑質鈔票亦帶出經濟效益。

最後，「膠蟹」亦能符合環保概念。以前的紙幣是用樹木製的。換句話來說，要發行一批新的紙幣就必須砍伐大量樹木，因此破壞了大自然。「膠蟹」物料的耐用性很高，可減少發行的頻密。最重要的就是這些物料是可循環再用，無謂的浪費及破壞亦能相對減低。故此，這項發明給我們一個更綠色、更美好的生活。



與他校交流合照

曾文浩 中六理班

在長達半年的展期裡，上海世博會展示了世界各地的文化精華。有人說上海舉辦世界博覽會只是一種「燒錢」的行為，但我卻認為世博會能為上海甚至是全中國帶來一定的好處。以下我將會從文化交流及環保兩方面說明。

先從人民教育方面說起，世博會實在達到了教化人民的目的。中國作為一個發展中國家，財富及資源的發展絕對不會被忽視。但在物質富裕的同時，中國實在有必要提升國民的內在修養。中國同胞缺少接觸外國文化的機會，而這次世博會就正好為他們提供了學習的機會。就我觀察所得，世博會的參觀者對於外國的國家館非常熱衷，每個國家館外的人龍都是絡繹不絕。參觀這些國家館雖不能為國民帶來親歷其境的感受，卻能為他們帶來對外國文化的基本認識。所以，此次世博會絕對為國民播下了認識外國文化的種子。

其次，在環保方面而言，此次世博會宣揚了不少「低碳」、「環保」的概念。以倫敦低碳館為例，內裡展示了不少節約能源及資源的方法，如以廢棄的光碟來砌成一張椅子等等。而於各展館裡設置的太陽能版則身體力行的示範了低碳及環保的生活。除此之外，其他展品如新能源汽車、半導體照明技術等都為整個中國甚至整個世界的環保事業提供了一大方向。正因為中國身為一個大國，她更應於發展的同時著重環保事業，使地球的資源能被好好利用，不致浪費，使人類文明步向滅亡。

世界博覽會素來被視為各國展示最新科技的一大機會，正正是人類鏗而不捨的努力，才會使人類文明能夠飛快的發展。我們應因此承上啟下，為整個中國的發展及前途出一分力。



中國香港澳門根脈相連



近鏡拍攝露台



遠鏡拍攝露台

眾所周知，太陽能是一種潔淨的能源，它不像石油、煤、碳等，在生產過程排出大量溫室氣體，才能轉化為能量。這種新世代能源雖然可以改善石油、煤等化學燃料的缺點，但是，太陽能發電仍有其弊端，就是需要一個空曠的地方去鋪設太陽能光伏板。這個弊端正正是它未能被廣泛應用的原因之一。

在參觀世博之旅中，最令我感興趣的一項發明就是非晶硅薄膜光伏電池。在上海案例館中，這塊光伏電池被安裝在露台上，取代一些玻璃建造的圍欄，感覺既時尚，又新穎。這塊光伏板比傳統的光伏板更薄，更透光，而且非常輕巧和能夠產生頗多的能量。

一些支持環保的人士在設計家居時，也希望用上太陽能去發電。但現實，實在難以騰出空間去放置這些設施，最終會放棄選用。這個新發明的特性是既輕巧，又通透，並不像過往的太陽能光伏板般，只是一塊巨形的深色平面。如果將新式太陽能光伏板融入家中，我們可以選擇把它取代一扇扇的玻璃窗或是一些透明玻璃製造的圍欄。使用這個新發明也無須擔心會阻擋景觀，因為非晶硅薄膜光伏電池是近乎透明的。再者，它仍可讓戶外的光線進入室內，不用我們在日照的情況下開啟燈光照明。這個非晶硅薄膜光伏電池每照射陽光一小時就可產生三百瓦供電。假如每天照射三小時，便足夠提供一個四口家庭半晚的用量，這可減低對發電廠的需求，減少溫室氣體排放。

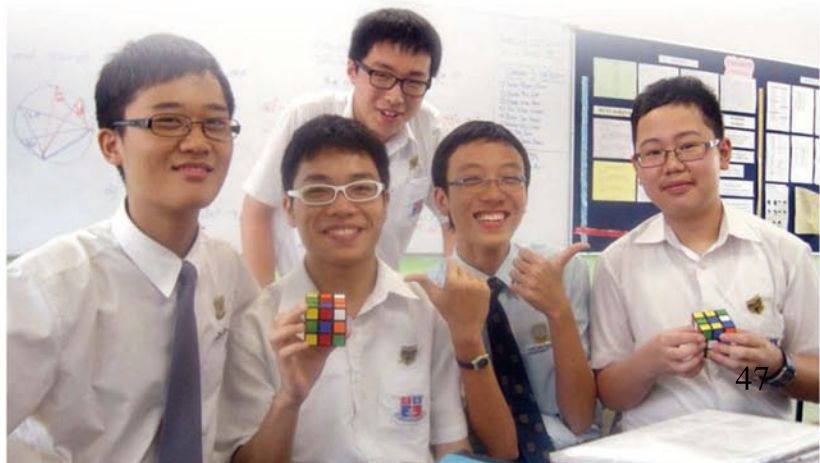
除此之外，這個新發明可省很多空間。以往的太陽能光伏板都是安裝在一些較空曠的地方，例如平原和天台。假如普羅大眾選用這個新式的太陽能光伏板，便可騰出一大片空間去改造成一些空中花園，甚或還原這些空地進行綠化工程。這有助從另一方面去改善大家的居住環境。

我認為這個發明除了可以融入我們的家中外，還可以嘗試應用在公共汽車、渡輪、電車、纜車等。在車窗原有的位置改裝為非晶硅薄膜光伏電池，在日間可以選用太陽能發電，到晚間或天陰的時候才選用其他方法推動引擎。

我覺得非晶硅薄膜光伏電池極之容易融入生活，又能改善環境。這個新發明很有潛力去協助我們創造一個綠色之都，我相信在今個世紀內，很有可能成為拯救世界的一項偉大發明。

Malaysia Exchange Programme

- Targets** : Boys
- Destination** : Kuala Lumpur, Malaysia
- Period** : 15 -28 /7/2010 (14 days)
- Host School** : Methodist Boys' Secondary School,
Kuala Lumpur (MBSKL)
- Host Families** : Alumni of MBSKL
- Fee** : HKD\$1864.50
(with school subsidies)
- Organizer** : Methodist College
- Participating Teacher** : Mr. Yeung Sik Ming
- Participating Students** : Erik Chan (3R),
Henry Li (3B),
Louis Lau (3R)



Malaysia Exchange Programme



Henry Li, Louis Lau and Erik Chan joined an Exchange Program to Malaysia during the summer holiday. They went with Mr. Yeung Sik Ming on 15th July and spent 14 days in the capital city of Malaysia, Kuala Lumpur. They studied at the Methodist Boys' Secondary School and visited the multicultural sites there. Their horizons were broadened a lot.

The objectives of the trip were:

- ✧ To learn about Malaysian culture
- ✧ To enhance the students' mingling and social skills by living with host families
- ✧ To interact with students in Malaysia
- ✧ To attend the Open Chess Competition which was held by the school
- ✧ To broaden their global horizons



Dates	Activities	Places / Remarks
15 th	Arrived in KL, visited MBS and were received by host families	
16 th July	Visited the school	MBS
17 th	Visited the Twin Towers	With host families
18 th	Visited the National Monument	Jalan Parliament, Kuala Lumpur
19 th ~23 nd	Visited MBS where we studied the culture and the academic environment of the school	MBS
24 th	Took part in the Open Chess Competition	MBS
25 th	Visited KL city	With host family
26 th	Visited famous tourist spots	Kuala Lumpur
28 th	Came back to HK and ended the journey	



Going to school at MBS



Erik Chan (first from left), Louis Lau (middle) and Henry Li (first from right) with MBS students in the Open Chess Competition

Reflections

Louis Lau 3R

It was our first time taking part in a chess competition. Although we were MBS students' rivals, they taught us many different skills in chess. That showed us their friendly demeanor. We also visited some tourist spots while we were in KL. By visiting the historical places, we found out that there was a serious conflict between different races in 1969. It was between the local Malays and the early Chinese immigrants. Since the Chinese were more hard-working than the Malays and the Chinese were richer than they were, Malays disliked the Chinese at that time.

We found the religious tolerance in Malaysia inspiring. They have different school holidays for different religious festivals such as Pesta Malaysia which lasts for two weeks around August and September each year. They wear different kinds of uniforms especially designed for students of different religions. The students who study at MBS are talented in languages. They are able to speak English, various Indian Dialects, Cantonese, PTH and Malay etc. With all these eye-opening experiences, we think this trip to Malaysia broadened our global horizons.



Louis Lau (first from right) with host family

Erik Chan 3R

First of all, I have to say that I am very glad to not only write and to share my experience, but also to have a chance to be one of the first students to visit Malaysia on behalf of the school.

We went on an Exchange Program to Kuala Lumpur, the capital city of Malaysia in the past summer holiday. Our primary objective in Kuala Lumpur was to learn the culture there. We also had a secondary objective in Kuala Lumpur which was to attend the Open Chess Competition which was held by the Methodist Boys' Secondary School Kuala Lumpur.

The education system in Malaysia is pretty much the same as the British one. Form 6 consists of two years of study which is known as Lower 6 and Upper 6.

Some people may be concerned about language barriers when they visit another country but there were not any language barriers in K L. There are many Chinese living in KL and most of them speak Cantonese.

I think this trip to Malaysia not only left me with many joyful memories, but it also helped to nurture us into "Leaders of the New Era". We had to wake up at 6am every day which was not a fun experience but this reminded us to constantly adjust to the environment.



Louis, Henry and Erik with friends at MBS

Big East 21st Century Youth Exchange Programme

JENESYS Programme (Japan - East Asia Network of Exchange for Students and Youths)

- Targets** : Senior Forms
- Destination** : Japan
- Period** : 22 -30/6/2010 (9 days)
- Fee** : NIL
- Organizer** : Second East Asia Summit &
the Japanese Government
- Participating Student** : Chan Hiu Ching (6G)



Big East 21st Century Youth Exchange Programme

The Second East Asia Summit (EAS) and the Japanese Government held a youth exchange programme to invite young people to visit Japan with a view to establishing a basis of Asia's solidarity through youth exchange. Around 45 secondary six students were invited to join this programme as the representatives of Hong Kong, China to undergo in-depth exchange in all dimensions with the Japanese. I have been chosen to attend this function after going through a series of selection interviews.

Aims of the Youth Exchange Programme

JENESYS aims to promote mutual understanding among the East Asia region, to deepen understanding of Japan and establish a basis of Asia's solidarity through youth exchange through the following activities:

- Field visits to research institutes, museums, specialized organizations, etc.
- Interaction with Japanese youths through attachments to schools, etc.
- Cultural experiences by home stays, visits to traditional cities and historical sites

Itinerary

Date	Activities	Place/ Remarks
22/6 (Tue)	Arrived in Tokyo Attended a briefing on the trip	
23/6 (Wed)	Visited Central Breakwater and Landfill Treatment Plant Visited the National Diet Building Visited the Ministry of Foreign Affairs, attended seminar Attended Welcoming Ceremony	<u>Seminar</u> Guest: Sakurai Takamasa Topic: Animation, Comics, Trend in Harajuku-The Secret of Japan's Creation of International Competitiveness
24/6 (Thurs)	Arrived at Aomori Prefecture Joined the Neputa Festival Visited Hakkoudasan	
25/6 (Fri)	Visited Hachinohe Commercial High School Home-stay	<u>Schedule of the visit</u> English lesson Cookery class PE lesson Origami class Welcoming Ceremony Cleaning up of classroom

26/6 (Sat)	Home-stay	
27/6 (Sun)	Visited Kabushima, the habitat of the black-tailed gulls Visited Marient (aquarium) Visited Kushibikihachimanguu(shrine)	
28/6 (Mon)	Visited University of Tsukuba Senior High School at Sakado	
29/6 (Tue)	Visited the Imperial Palace Visited TEPIA Visited Tokyo Tower Went shopping Had a farewell party	
30/6 (Wed)	Returned to Hong Kong	

Reflection **Chan Hiu Ching (6G)**

I was introduced to the environmental technology in Japan, which enabled me to gain a better understanding of the treatment of wastes and disposal in Japan. This made me realize how much effort the Japanese Government has made to protect their environment. I was deeply inspired to conserve our environment – our home ‘The Earth’ better.



This trip provided me with opportunities to expand my social network as it enabled me to work with numerous Hong Kong students from different schools to give a performance. I really enjoyed every moment spent with them. I believed I've learned to work in groups and this kind of collaboration experience was valuable in our lives.



Visits to schools allowed me to understand the objectives of education in Japan. By comparing the differences between the school life in Japan and that in Hong Kong, I could be sure that both have their own attractiveness. I just wish I could have stayed a few more days in Japan to experience more on their unique school life such as tea-wing.

The experience of home-stay was absolutely a precious experience to me. Through intense daily interaction with my buddy and her family, I discovered an array of interesting Japanese features such as the traditional culture and simple natural lifestyle. I could not find these in any of the books I've read so far. I've kept up with my buddy since I went back to Hong Kong after the visit. I am sure this would be a long-lasting friendship.



Japan is famous not only for its endeavors to protect the environment, but also for its successful attempt in exploring the world of high-tech products. I had a glance at the fascinating world in the future. I have learnt that we should have the ambition to improve our future life so that our planet earth can stay healthy for our future generations.

Prefects' Trip to Singapore

- Targets** : S3-S6 Prefects
Destination : Singapore
Period : 28/6-1/7/2010 (4 days)
Fee : HKD\$2600
(Sponsored by Sir Robert Black Trust Fund Committee)
Organizer : Methodist College
Participating Teachers : Ms. Wong Man Fung,
Ms. Ma Chui Yan,
Mr. Siu Ping Lun
Participating Students : 20



Prefects' Trip to Singapore



Visiting Kampong Glam

Twenty School Prefects from F.3 to F.6 led by Miss Wong Man Fung, Miss Ma Chui Yan and Mr. Siu Ping Lun went to Singapore for a four day trip from 28 June to 1 July. The trip was part of the Leadership Training Programme for School Prefects. Prefects were trained to achieve different tasks during the trip.

The objectives of the trip

1. To broaden the global horizons of School Prefects
2. To perform as servant leaders and serve the senior citizens in Singapore
3. To interact with School Prefects in Singapore and learn from them
4. To enhance the generic skills of School Prefects through interviews and tasks
5. To raise the identity and sense of belonging for School Prefects



Visiting Anglo-Chinese School (Independent)

Photo Gallery



Visiting Battle Box at Fort Canning



Visiting the Discovery Centre



Interviewing a tourist in Merlion Park



Voluntary Service at Seniors Activity Centre



City Orienteering in Little India



Visiting the Military Museum

Brief Schedule

When?	Where?	What were the learning objectives?
Day 1 (28 June 2010)	<ul style="list-style-type: none"> - Arrived in Singapore - Voluntary service at Asian Women's Welfare Association (AWWA) Seniors Activity Centre - Visited the AWWA Readycare Centre - Tasks at Bulgis 	<ul style="list-style-type: none"> - To serve, chat and play with senior citizens and to appreciate their life experiences in Singapore - To learn about the rehabilitation services provided to senior citizens - To enhance problem solving, communication and team working skills by interviewing local people and tourists
Day 2 (29 June 2010)	<ul style="list-style-type: none"> - Visited Anglo-Chinese School (Independent) - Visited the Battle Box of Fort Canning - Tasks in China Town 	<ul style="list-style-type: none"> - To interact with School Prefects in Singapore. To share the mission and value of the Prefects System. To learn the education system, cultural and social development in Singapore - To learn about the history of Singapore - To learn about the history of China Town - To enhance team working and problem solving skills of Prefects

<p>Day 3 (31 June 2010)</p>	<ul style="list-style-type: none"> - Tasks in Little India - Visited Kampong Glam - Visited the National Library - Tasks in Merlion Park - Visited Sentosa 	<ul style="list-style-type: none"> - To learn and appreciate the Indian culture and to learn about the cultural harmony among different nationalities in Singapore - To learn about the housing development in Singapore - To enhance communication and team working skills of Prefects - To learn and appreciate Malay heritage and culture - To learn the latest developments in library technology - To learn about the latest developments of the shore region - To enhance communication and team working skills of Prefects - To learn about the latest developments in tourism in Singapore
<p>Day 4 (1 July 2010)</p>	<ul style="list-style-type: none"> - Visited the Military Museum of Singapore and the Discovery Centre - Visited the Raffles Museum of Biodiversity Research in National University of Singapore - Returned to Hong Kong 	<ul style="list-style-type: none"> - To learn about the military training, historical and latest developments in Singapore - To learn and appreciate the biodiversity of natural landscapes in Singapore

Reflections from Prefects

Yu Wing Yan, Gina 6A (Head Prefect of 2009-10)

This year, right after we had our final examinations, nineteen members of our school Prefects' Board members and I went to Singapore for a Leadership Training Programme for four days.



We were from F.3, F.4 and F.6. Basically, the twenty of us were divided into three main groups. During these four wonderful days, we experienced so much and I am sure that most of us have never had such experiences in our lives before. So, I would like to share with you some of the highlights of these few days and tell you what we have learned from this programme.

One of the most memorable things of the trip must be the visit to the AWWA Community Home for Senior Citizens. To be frank, we went to the elderly home immediately after we had landed. I can still remember how scared we were on the plane because this was our first mission and we were afraid that we would not be able to do it well. During the visit, we sang, we chatted, and we played games with the elderly there. While we were talking with the elderly, some of them shared their life experiences with us which we greatly benefited from. The elderly were so nice to us and we ended up having a really great time together. This valuable experience is something that all of us will never forget about this trip. As a matter of fact, we not only realized that we need to care for the elderly but we also made plans to visit our own grandparents or the senior citizens living in our neighbourhood back in Hong Kong when we returned.

The second event that I would like to mention is our visit to the Anglo-Chinese School. The students who spent the day with us were also Prefects at this school. We found that the selection process in their school is really strict and stern. During the entire time that we spent in their school, we could literally feel how dedicated and committed their members were. Besides, the teenagers there were really active. They kept asking us questions about our lives in Hong Kong and they were also willing to answer our questions. In addition, their school's Prefectorial Board was celebrating their Golden Jubilee this year. The long history of their school shows how strong their Board is. Their sense of belonging to their Prefectorial Board, their attitude, together with their eagerness to learn is something that we could all learn from.

Our visit to Chinatown in Singapore is also worth mentioning. All of us were asked to complete two tasks. Every one of us enhanced our communication skills because we kept asking the local people different questions about the tasks. I have

learned that sometimes there is absolutely no correct or wrong answer. It all depends on how you interpret the question. Ten different people can give ten different answers to the same question. The most important thing is we need to trust ourselves and respect others' opinions. That's crucial when working as a team.

I am sure that all of us gained a lot from this trip. Recalling the first day when we arrived in Singapore, most of us were not active learners. Sometimes we just finished the things that we were asked to do but nothing further. But after the guidance from our teachers and upon our self-reflections, we became more active as days went by. Every moment of our lives is a learning experience. In truth, there are so many opportunities for us to learn and we should grab every single one of them in an attempt to widen our horizons. To always be active in learning is without doubt something that we have learned from this trip.

Another thing that we have learned is how to communicate with others. Our communication skills vastly improved during this amazing experience. It will be really helpful to us since we are all student leaders of the school. Take the interviews as an example. We were asked to have interviews with different kinds of people: the students, the local people, and even the tourists. One thing for sure is that we have become more active and our willingness to try out new things has definitely increased.

Through all of it, I think all of us achieved successful self-development and, because of that, I hope the prefect services of our school will be elevated to a higher level. I guess that was one of the objectives that the teachers held for this programme in the first place.

Every night back in our hotel, every one of us was so exhausted that our faces showed it. But, I could see that all of us treasured every moment of the day even though we were very tired and the time was short. We shared laughs, we gained friendships, and it was such a pleasant time to be together. There is no doubt that this programme gave us an excellent opportunity to bond and learn together and I am glad to have been a part of this educational experience.

Throughout this journey, I gained confidence which has helped me a lot in my daily life. I learned what it takes to be a good leader, in addition to having the spirit to serve not only the school but also the community. As I was the leader of my group, I also learned how to listen to my members' opinions and make the right decisions, in other words, to compromise. I do think that being a Prefect at Methodist College is something to be proud of and one of the best memories of our school life. I treasure every moment of being a Prefect and, without question, it is one of the most memorable and important things in my secondary school life.

Tsang Cheuk Fung, Tyson 4B

Over this past summer holiday, I had the golden opportunity to go to Singapore for the Exchange Programme. Before we left, we had a lot of things to do to prepare for the trip. We had to plan what we needed for the trip and to do some research of the places that we would visit. During that time, I learnt we need to be completely and perfectly prepared before we do anything.



During the programme, we visited many well-known places in Singapore like the AWWA Community Home for Senior Citizens and the famous school Anglo-Chinese School (Independent) etc. I learnt a lot about the history and culture of Singapore. Also, it widened my horizons and was well worth the money. We needed to achieve many tasks when we arrived at the well-known places. One of the tasks was to find something or do an interview with a Singaporean. I learnt a lot when I did the tasks. First, I learnt how to cooperate with others. I needed to have a good relationship with my partners and to cooperate well with them, so that we could achieve the target efficiently. Secondly, I learnt many interview skills. I learnt that I needed to have patience when talking with the interviewees.

To conclude, what I learned in this exchange programme is immeasurable. I hope that I will have an opportunity to go on an Exchange Programme next year. I hope that I can use what I have learnt in my daily life, especially in academic areas.



Man Hoi Ning 4B

This was the first time I had ever participated in an exchange programme. During the four day trip, I felt exhausted but it was worth joining it because I gained something that cannot be learnt in classes or even in Hong Kong, something that is memorable, inspirational and unforgettable.

I usually think that the elderly are tired and are not educated much. After I had been to the elderly home, my views were totally changed. They were as energetic as children, especially when we played games together. At the beginning I felt challenged to communicate with them. Fortunately, some of them knew how to speak Cantonese! What stunning news! However, the most stunning thing was that an elderly person asked a question which I needed to think for a long time. From that moment I have changed my view of the elderly. They are actually concerned about current affairs and are very knowledgeable.

The highlight of this trip was a visit to the Anglo-Chinese School (Independent). I was a bit ashamed after seeing their School Prefects. They were very alert. They have their own conference room which is used to hold meetings, gatherings and to study. They are just like a small company. Walking around the campus, you could see a huge mission statement hung up. I think it really helps everyone to be well-rounded.

Many people who think of Singapore think of the Merlion. Actually the Merlion is only a small symbol for Singapore. Its meaning is smaller than that of the "Mother River" beside it. It is because this river witnesses the development of Singapore and it brings good luck.

After this trip, I become more mature in tackling challenges, communicating with others and taking care of others and myself. I will treasure our blood and tears during this whole trip. Lastly, I would like to thank the school for giving me this golden opportunity.



Chan Nga Man 4G

It really was a golden opportunity for me to join this programme and to go to Singapore. I consider myself really lucky to have been a part of it.

The experience I had during these four days was very meaningful, and my horizons have been widened. After the visit to the AWWA Seniors Activity Center, I realized that the elderly in Singapore are really active. Within the process of distributing the food and playing games with the elderly, everyone of us was really cooperative and I think we distributed our work well. Of course there was still room for improvement. We could have been more active by showing we were really willing to communicate with them but not acting like we were scared. But after all, I think I have improved my communication skills by learning to listen to what others' needs are.

Another thing I found really important was that within a group you need to have good team work. We were asked to find the MRT station and a restaurant with a special menu. There were actually many ways to solve this problem like asking the pedestrians, the shops where we bought things or even by ourselves. Even though our group didn't find the restaurant in the end, we didn't give up easily. We tried our best to find it until the time was up.

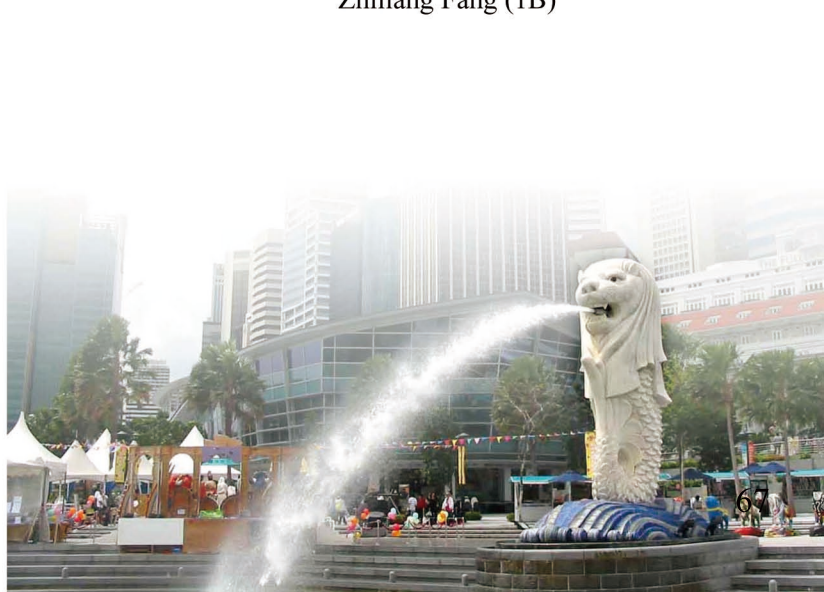
Throughout this trip, not only did my communication skills improve but I also learned how to work as a team. I also learned about the local culture of Singapore. Singapore is a multi-cultural, multi-ethnic and multi-religious society. In the Little India market, there were chairs and tables for citizens to use. They were all very self-disciplined. They tidied up the tables after the meal, no matter whether they were Chinese or Indian. I think this is what we need to learn from them. After visiting the Little India market, I have learnt about the cultures of different religious. For Muslims, it is taboo to eat pork. For Hindus, the taboo is eating beef etc.

After visiting the Anglo-Chinese School, I was impressed by the school and all of its amenities. The surroundings are full of green plants. It makes a great learning atmosphere, and increases students' sense of belonging. Through the conversations with the ACS prefects, we've improved and exchanged our different Prefects Board structures. The ACS prefects have incentives. They are professional and diligent. They do not mind helping and serving schoolmates. They are proud of their positions. I think we need to learn from them. Reflecting upon ourselves is also a part of learning. I will utilise what I have learnt from this trip to improve our working attitude while working for the Prefects Board.

SINGAPORE

Immersion Programme to Singapore

Targets	: Junior Forms
Destination	: Singapore
Period	: 18–31/7/2010 (14 days)
Host School	: Anglo-Chinese School International
Host Families	: Parents of ACS International
Fee	: NIL (with all expenses fully sponsored by the school)
Organizer	: Methodist College
Participating Students	: Lam Sin Yan, Tina (2R), Ho Muk Wah, Moses (2R), Kwan Ho Lun, Kevin (1W), Zhiliang Fang (1B)



Immersion Programme to Singapore

Singapore

During the summer holidays we went on an Immersion Programme to Singapore. Singapore is a peaceful society made up of several ethnic groups with influences from both Western and Asian cultures. People there have a generally more easygoing lifestyle, and there is less stress compared to Hong Kong.



Merlion Statue on Sentosa



Aims of the programme

The purpose of the trip was to strengthen the ties between the two schools, ACS International and our own, as well as to widen our horizons and enhance our understanding towards different cultures.

Date	Venue	Details
18/7	Hong Kong to Singapore	We arrived in Singapore in the afternoon. Teachers from ACS International as well as our host families picked us up and each took us around sightseeing.
19-23/7	ACS International school	We attended lessons at ACS International on these 5 consecutive days. We followed the time schedules of our hosts and fit in among the local students.
24/7	Sentosa	Professor Carmen Lee, who is an alumna of Methodist College, took us to Sentosa. We went to the harbourfront for sightseeing in the evening.
25/7	Singapore	Our four host families each took us to different places around Singapore, including the Nanyang Technological University.
26-30/7	ACS International school	We started another week of school. We participated in a number of school-organized activities with our hosts and schoolmates, like the Food Fair, Leadership Training Courses, CCA, etc.
31/7	Singapore to Hong Kong	We departed from Singapore and came back to Hong Kong in the evening.

Reflections



It was a fabulous and unforgettable trip!



School life at ACS International

Tina Lam 2R

The environment of the campus is very pleasant and delightful. There is an assembly every morning in the School Hall. First, we stood and listened to the national anthem. It gave a sense of belonging to the country. Then the principal and teachers gave a speech about some philosophy and theory. Other than learning some basic knowledge in the books, it cultivated in us a clear and sound mind. I can still recall a meaningful speech which was given by the principal – He pretended to be a janitor of the school, cleaning the hall, reminding us of the responsibility of keeping the campus clean ourselves by not just leaving the work to the janitors. Another speech given by a teacher was also impressive – He told a story about echo and, using the characteristics of an echo, he showed us the principle that “other people will treat you like how you treat them.”

Besides attaching importance to moral education, there were ECA (extra curricular activities) every Wednesday which provided classes like drum set, sewing, baseball and cookery. These courses allowed students to foster their interest aside from just focusing on studies.

On the other hand, their homework was mainly projects and reports so they could develop their ability to observe, analyze and integrate. Teachers and students were also indeed closely related. Whenever the students had problems in dealing with a new topic, they could ask for an extra class.

In fact, the school provided training in leadership, co-operation, sports spirit and creativity. In the leadership workshop, we played an interesting game. In the game, there was a director, a runner, a blindfolded person who had to draw and an observer. The director got a picture. She then described the picture to the runner. The runner taught her blindfolded member how to draw. At last the observer told them the difficulties they met so they knew their weaknesses and how to improve them. There were also some tests to do which showed our strengths and weaknesses so we could apply them in our daily life and improve ourselves. In this activity, I learnt the ways to communicate with others and I discovered more about myself.

In conclusion, the benefits of the trip are beyond words – I learnt to take care of myself, improved my English as well as my social skills. I am grateful to have had this opportunity!

Night view of the Ferris Wheel, the Singapore Flyer, and the Hotel Marina Bay Sands from Marina Bay



Our group photo in front of Vivo City with Professor Carmen Lee, our Alumna



The Form 2 Food Fair for charity



Moses Ho 2R

On this trip, I met many people. I first met my host, Sean, and their relatives. Sean was a polite and caring teenager. He loved to play tennis and computer games. He always played table tennis with me. He and his relatives were so nice and generous to me. They often took me out to eat and to see movies. They were so rich and had a big house with their own swimming pool. I have never stayed in such a big house before.

I also met many people in ACS, mainly the students of 2Z. They were mainly Malaysians and Singaporeans and they often asked me about Hong Kong. Surprisingly, some of them didn't even know Hong Kong is a part of China! They were curious about my school life in Hong Kong so I shared with them something new everyday. I even taught them Cantonese sometimes. I felt happy learning with them. However, I was shocked when I saw their behavior during lessons. Before this trip, I reckoned the students studying in an international school were self-disciplined, but during the trip, I noticed that they were not. They chatted, spoke foul language and even threw their underwear during lessons, especially during Mathematics lessons! Since I had already learnt almost everything they were learning, I was able to teach them. They thanked me for this.

During this trip, I attended all the lessons with the students in 2Z. I learnt how to write an argumentative essay in English lessons. I learnt more formulae in calculating volume and area in Mathematics lessons. I learnt more about Singapore. Before the trip, I thought Singapore was a big country. Now I know it is a place even smaller than Hong Kong. My host also told me that Singapore's port is the world's busiest. I was surprised to learn this. In Geography lessons, I learnt about Singapore's Marina Barrage and what the 4 National Taps of Singapore are.

Except Chinese, all subjects were taught in English. However, some teachers and students in ACS spoke in their own accent that was quite hard for me to understand. There was a funny experience in the RS (Religious Studies) lesson. The teacher, Mr. Cheng, asked me if I believed in a miracle. However, I was so confused as I heard that he was asking me if I believed in "America"! I couldn't answer him until I saw the PowerPoint he had prepared for the lesson.



Main gate and school courtyard of
ACS International

Zhiliang Fang 1B

The two-week Immersion Programme to Singapore was very eventful and rewarding. We were given the opportunity to widen our horizons, and see the concept of acceptance and social harmony from a new perspective.

While staying with each of my two hosts and their families, I witnessed their selfless affection and open-mindedness towards disparities in social habits and their enthusiasm towards ethnic heritage. Through the exchanges with them, both the families and I learned a lot about the many communal characteristics in each of our homelands, such as the culinary, apparel and lingual similarities and a strong sense of family values as seen in our own community. Not only did I have a chance to practice my language skills, I was also able to enhance my communication skills. I also learned about taking initiative towards befriending people.

The peaceful environment and spectacular sights filled the many memorable outings I took with the families and schoolmates. The generally laid back lifestyle allowed me to reflect on the balances in our lives especially in the fast-paced conditions of Hong Kong. It also provided me with an insight into the importance of family and interpersonal relationships.

On this trip, we were given the chance to see the differences between the educational methods used overseas in comparison to those in our own school. The assignments mainly surrounded projects with the addition of occasional quizzes and module tests. The school campus, with the given advantage of a spacious and well-equipped learning environment, propels the social exchange between students, as well as their devotion to academic improvement with the benefit of electronic devices.

The positive teacher-student relationships within the school could be seen through voluntary remedial lessons after school and the efforts that were put into the preparation for the morning assemblies which were held each day, in which school staff gave short presentations. They often used impersonation to convey messages and morals to students.

The two weeks we spent in Singapore was an unforgettable experience with the exposure to different customs and native influences, through which we had the chance not only for learning and mutual exchanges outside our conventional classrooms, but also for discovering and shaping who we are.

Kevin Kwan 1W

This summer, I had a special experience in Singapore. I was chosen to participate in an Immersion Programme in Singapore and was assigned to study in Class 1X of Anglo-Chinese School (International) (ACS).

My horizons were widened after the programme. I found that Singapore is a multi-ethnic country. Students in my class came from different races and backgrounds, such as Thailand, Switzerland, India and Malaysia, but they were all living in a harmonious atmosphere.

Before we started the lessons everyday, we had to attend an assembly. During the assembly, the teachers and the Principal would deliver moral education to us. We all sang the Singapore National Anthem together, followed by a Singapore Blade. Even though the anthem was written in Malay, I could sing it well after two weeks.

The school has more lessons than Methodist College. Although they do not have computer lessons and liberal studies, they divide the science subjects into Physics, Chemistry and Biology. I only took a few lessons in Physics, but I got a good result which was the 4th highest score among the class in the end-of-module (Physics) examination. They do not just study Christianity in religious education lessons, but they also study Muslim, Buddhism and Islam. In music lessons, our class had to learn how to compose music with the assistance of the computer. I even created one “heavy metal” song by myself. I also had an opportunity to participate in a drama called “Little Red Riding Hood” with the classmates.

Apart from lessons, they have co-curricular activities (CCAs). Among these 30 CCAs, I chose to play tennis. They have training every week. These CCAs can let students gain experience and develop their interests. They also alleviate their stress during the leisure time.

In addition to the school life, the most valuable experience was to live with the host family. Benjamin Wong, my host, is the same age as me. He treated me like a brother. We went to College together everyday and went on outings to the Singapore Flyer and the Zoo, and joined their relatives’ birthday party together. They all treated me as their family member.

Through this trip, we were given a chance to discover other cultures. The learning environment in ACS is open and creative; teachers in the school teach the students in an interactive way. This makes the lessons more attractive. It really was an unforgettable experience to stay with a host family. Now, I am keeping in contact with them through the internet - Skype.

Thanks to Methodist College for giving this golden opportunity to us and I hope that these experiences can help us in the future.

EUROPE: UK

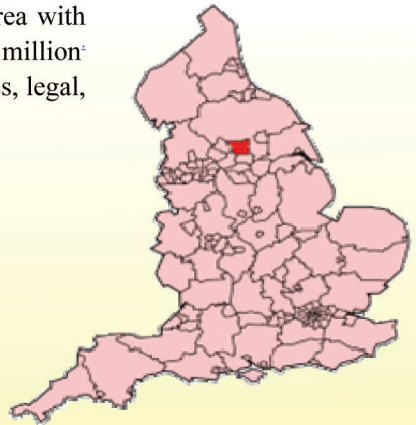
Immersion Programme to UK (Leeds)

- Targets** : Senior Forms
- Destination** : Leeds ,the United Kingdom
- Period** : 22 /6 – 8 /7/2010 (17 days)
- Host School (if any)** : Woodhouse Grove School
- Fee** : NIL (with all expenses fully sponsored by the school)
- Organizer** : Methodist College
- Participating Students** : Cheung Yan Chi, Kitty (5B),
Suen Tin Yan, Samuela (4G),
Sit Wing Ki, Winky (4B),
Li Uen Shen, Denise (3R)



Immersion Programme to UK

Leeds is the cultural, financial and commercial heart of the West Yorkshire Urban Area, which at the 2001 census had a population of 1.5 million, and the Leeds city region, an economic area with Leeds at its core, had a population of 2.9 million. Leeds is the UK's largest centre for business, legal, and financial services outside London.



We are at the airport waiting to board our flight.

Expectations of the Trip



Winky with her new Russian friend, (first from left) and her friends from Africa (her left and right)



We came across old heritage buildings in the UK everywhere.

1. Experience UK school life
2. Learn to be more mature and independent
3. Make friends of different nationalities
4. Learn out the specific culture of Britain
5. Practice speaking English

Itinerary

Date	Activities	Place / Remarks
Every Monday to Friday	School Day with normal lessons	Woodhouse Grove School
24/6	Watched Students' Rock Band Concert	School Hall
26/6	Visited Skipton Castle and countryside	With Dr. Hollingsworth
30/6	Assembly on Psychology	School Hall
3/7	School Prize Day	
7/7	Town Visit	



This is Skipton Castle, which is a UK historic and iconic building with a strong feeling of UK culture.

Differences between HK & the UK

In the UK, the sun sets late. It also only shines for a short while. Almost every day, the sun goes down and the sky becomes dimmer and dimmer. Then the sky lights up again at around 5am or so. We could hardly get used to it at the beginning.

Secondly, the students in the UK lead a more carefree and less exam-orientated school life. The UK also has a less stressful study environment. Students are merrier and more relaxed than students in HK.



A beautiful sunset in the UK



Moreover, they would have a meal, which they called ‘tea’ at 5p.m.

The most impressive and intriguing difference is the local tradition they have in their daily life. For example, there is a kind of local game in the UK - “Mini car punch no return”. The first one who notices a Mini-Cooper on the road is granted the right to punch the others without serious offence. It is fun and typifies UK cultural.

Reflections

Kitty Cheung 5B

At first, I doubted myself whether I could qualify to be one of the MC students going overseas. I put my full effort into what I was facing at that moment which was the HKCEE. I knew I had no time to fantasize about things that may or may not come true. However, it turned out like a Cinderella story when I was chosen to be the representative for the UK exchange program.

I was really overwhelmed by the huge and verdant green land when I stepped out of the car upon arrival in the UK. We had never seen such a big green sports ground. Besides, the campus was really enormous! It took us an hour to visit all the places on the campus!

One of our responsibilities was to experience the culture of education in the UK. From my point of view, the studies in the UK were quite relaxing and laidback. I didn't see any that were incredibly easy and the atmosphere of studying was extremely stress-free. As a form six student, I found the lessons boring. Nevertheless, I had lots of opportunities to chat with the students in class. We discussed topics that I am really interested in.



In the UK, we didn't always have a good time, there were some bad times. Some foreign boarders didn't like us much. Whenever we talked in Cantonese, some of the boarders didn't like it and they scolded us. Fortunately, the problem was not serious and it's nothing to do with racialism.

Overall speaking, this trip was truly a stepping stone for my future career and it was really beneficial to me. Being a journalist is my ultimate goal. This trip was very relevant to me and to what I want to be in the future. It widened my horizons and consolidated my English speaking skills. Moreover, I did make some friends there and I think it's the most valuable thing that I achieved in this trip. This trip was really a God-sent.



Winky Sit 4B

Participating in an exchange programme to the UK for two weeks in late June, I spent an enjoyable two weeks with 3 other MC students and foreign students at Woodhouse Grove School.

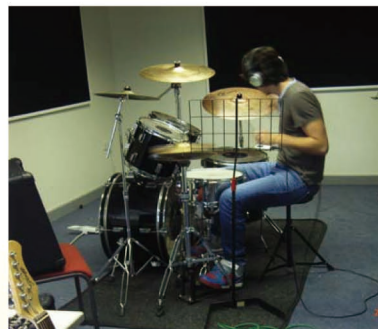
Staying in a boarding house was great fun. I shared a room with two other girls who are Russian and German. I found that boarders enjoy close relationships like family and they share everything. Though they are away from their family, they have close friends who support them when they are in need.

I was also impressed by the extensive campus there. There is a music block on the campus with different musical instruments for students' use. My roommates played the piano for me on the last day of the trip. I like this kind of leisure activity. It is indeed pleasant and convenient that sufficient instruments and resources are provided by the school.

It also struck me that as the fields are much vaster in the U.K., people seem to have more affection towards sports. Besides physical education, they have game lessons, in which they just play sports. We played as a team and my classmates were so willing to teach me. We had so much fun and I really seemed to be part of the team.

As there are only about fifteen students in each class, the teachers are more likely to take good care of every student. I was also thrilled by the creativity that the students enjoy when attending some lessons. The teachers offered absolute freedom, especially in DT lessons. Students could choose any materials they wanted and decide on whatever size they wanted and make something that really showed their personalities and fancies. Teachers would only interfere if and when they had difficulties or ran the machines incorrectly. I made a table with a transparent top with two mini chairs and a cubic box with a cover. I enjoyed every moment I spent in the DT room. I have never been so in love with this subject.

I am glad that I had such a precious opportunity to experience the unique British school life and culture which I found to be so remarkably different from the life style of Hong Kong. I learnt a lot, which I could not have acquired simply at school in Hong Kong. I am grateful to the school for granting me such a fruitful and unforgettable experience.



Denise Li 3W

I was delighted to be chosen as one of the participants in this Overseas Immersion Programme to Britain. You can imagine how excited I was since I had never been to the UK. I enjoyed a totally different learning experience at WGS, which is the school we visited and stayed at. Campus life is so relaxing there. You never have to worry too much about your homework because there is much less homework than what we have in HK. Also, we had many chances to try different sports in school, for example, tennis, rounders and cricket. All these are sports that are not popular in HK. Moreover, I was impressed by the flexibility we enjoyed in our studies as you can choose what beloved subjects to study.

The classmates we met were also very friendly. We talked about some pop stars and songs. The conversations were amazing! What's more, they would not tease us even though our English was not as fluent as theirs. I really enjoyed making friends with them.



Other than the school life, we had a chance to stay in a boarding house, which I had never experienced before. Living on my own, I realized that having good results in school is not everything. Understanding knowledge in lessons does not mean you can take good care of yourself. Once I even put my school uniform in the clothes dryer because I didn't know how to iron it. When I came back to HK, I asked my mum to teach me. Only if you experience living independently can you know how difficult it is. Leaving my comfort zone helped me to see my weaknesses. I fully understand how urgent it is for me to master self-management and life skills.

I will never forget this experience in the UK, from which I have learnt a lot. Not only did the trip polish my English, but the experience also provided me with an opportunity to learn how to be more independent, how to make new friends and how to adapt to a brand new life. I also made some friends there. In short, the whole trip has widened my horizons in which I have experienced a totally different life style. I highly recommend such a fruitful trip to all my fellow schoolmates. Through such a relaxing trip, students gain a brand new experience which cannot be attained at school. Lastly, I would like to extend my heartfelt gratitude to Methodist College for granting me such a precious opportunity to immerse overseas. This is surely one of the most cherished experiences in my life which I have really enjoyed.

Samuela Suen 4G

Yanchi, Winky, Denise and I experienced the British school life, and I found the trip fruitful and meaningful.

Firstly, my English-speaking skills improved a lot. By communicating with the local people, I become braver to speak English in front of others. Also, my English-listening skills also improved a lot through the conversations I had with the locals. I noticed that even in Britain, there are different accents in different towns and counties which can make listening difficult.

Secondly, I learned the local culture in Britain. For example, there is an idiom in Britain - “Mini car punch no return”. After they say it, they will punch the others. I don’t know what it means exactly, but it is very funny.

Besides, I experienced British school life by attending classes in forms 3, 4 and 6.



There is a huge difference between the junior and senior forms. In the junior forms, students are a bit too “active”. They constantly chatted or even walked around the classrooms. I think the learning atmosphere in Hong Kong is much better than that in Britain. This is the advantage that Hong Kong schools enjoy. However, there is one practice which I appreciate very much in the UK. I observed that

classes in the UK seldom overrun. Students can go out of the classroom immediately after the bell has rung. So students may find the lessons less monotonous and dull. In my opinion, this is the advantage that the UK owns.

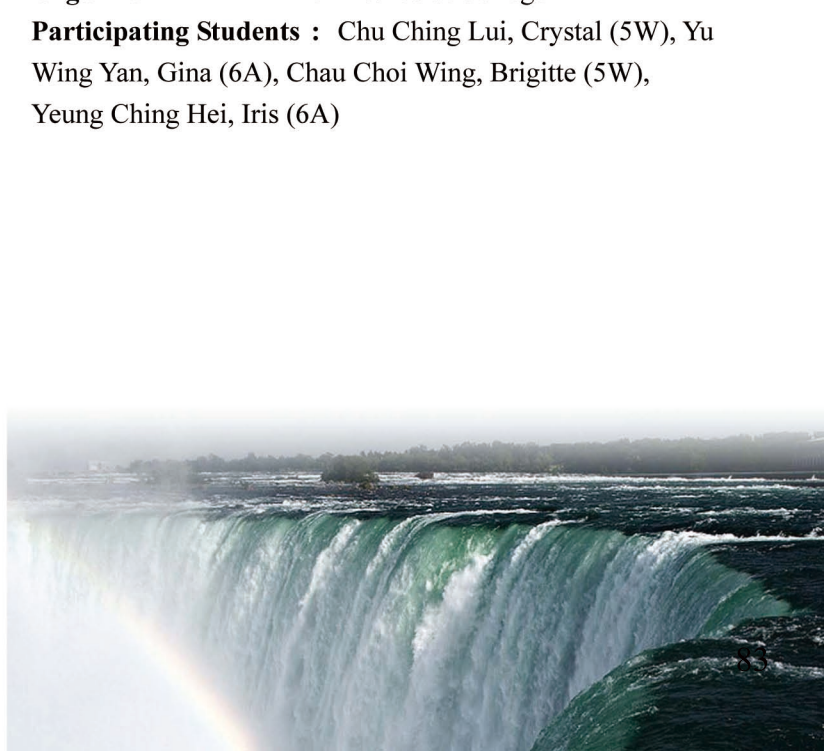
Generally, the people I met in the UK are very nice and helpful. Though some of the students were a bit rude to us. But these cases were rare, so they do not affect my attitude towards the British people.

Overall, the trip was meaningful and I learnt a lot from it. I love the British exchange programme as it allowed me to meet more friends in Britain too. I have to express my heartfelt gratitude to Methodist College for giving me this golden opportunity to go on such an excellent trip. I will surely treasure the delightful memories in my heart forever!

North America: America, Canada

Overseas Mentoring Programme

- Targets** : Senior Forms
- Destinations** : Canada (Toronto, Ottawa), West Coast of the USA (Los Angeles, San Francisco), North Coast of the USA (Boston, New York)
- Period** : 10 – 30 /7/2010 (22 days)
- Host Families** : Overseas alumni of Methodist College
- Fee** : Airfare and insurance (with all local expenses sponsored by alumni)
- Organizer** : Methodist College
- Participating Students** : Chu Ching Lui, Crystal (5W), Yu Wing Yan, Gina (6A), Chau Choi Wing, Brigitte (5W), Yeung Ching Hei, Iris (6A)



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Overseas Mentoring Program

During the past summer holiday, the Overseas Mentoring Program provided the opportunity for four Methodists to visit Canada and the United States. They started their fruitful and inspiring journey on 10th July and ended it on 30th July. Their mentors, who were overseas Methodist Alumni, kindly hosted them in their homes over three weeks. Apart from sight-seeing, they visited different universities and workplaces which helped them to determine their career aspirations. In addition, their mentors shared their life experiences with them and their words have played important roles in their lives. They benefited so much from their mentors.

Objectives:

1. to provide an eye-opening and life-experiencing journey overseas for Methodist College students.
2. to allow Methodist College students to investigate into the similarities and differences between Chinese and Western living styles and cultures.
3. to create and strengthen the link between Methodist College Students and Alumni by arranging Methodist Alumni as their host families.

ITINERARY:

10th July to 19th July

Visited Toronto, Ottawa and Peterborough in Canada

↙ Iris and Brigitte

↘ Gina and Crystal

19th July to 30th July

**Visited Boston, Washington
D.C., New York and
Rhode Island on the East
Coast of the USA**

19th July to 30th July

**Visited Los Angeles and
San Francisco on the
West Coast of the USA**

Canada:

Name of the City	Places Visited
Toronto	<ul style="list-style-type: none">• The Ontario Science Centre• Niagara Falls• Toronto Zoo• Casa Loma• Royal Ontario Museum• Nursing Home• The CN Tower• The University of Toronto• Alumni's homes for potluck dinners
Ottawa	<ul style="list-style-type: none">• The Royal Canadian Mint• Parliament Hill• The Museum of Civilization
Peterborough	<ul style="list-style-type: none">• Lift Lock

The United States (East Coast):

Name of the City	Places Visited
Boston	<ul style="list-style-type: none">• Workplace of Uncle Wayne• Byrant University• Harvard University• MIT• The Boston Public Library• The Sky Walk Observatory
Baltimore	<ul style="list-style-type: none">• Hospital
Washington D.C.	<ul style="list-style-type: none">• The International Spy Museum• The National Air and Space Museum• The White House• The National History Museum• The Holocaust Memorial Museum
New York City	<ul style="list-style-type: none">• The 9/11 Memorial Preview Site• Wall Street• The Brooklyn Bridge• USTA National Tennis Center• The Statue of Liberty

The United States (West Coast):

Name of the City	Places Visited
Los Angeles	<ul style="list-style-type: none">• Hollywood• Beverly Hills• Police Faculty• Griffith Observatory• Venice Beach• Olvera Street• Staple Centre• Disneyland• University of California, Los Angeles• Workplace of Mrs Lau• Alumni party

San Francisco	<ul style="list-style-type: none"> • Fisherman’s Wharf • Cable car • Chinatown • Union Square • Downtown San Francisco • The Golden Gate Bridge • Great America • University of California, Berkeley • San Francisco State University <li style="padding-left: 20px;">Workplace of Mr Lee
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Most Impressive Moments:

Iris Yeung 6A

One of my most unforgettable moments was the visit to the Holocaust Memorial Museum. Again, it proved that we shouldn’t only get knowledge from textbooks. Indeed, the stunning event, “The Holocaust”, was vividly demonstrated in the Museum. And it brought all visitors to tears as well.

Gina Yu 6A

One of my most memorable moments of the trip would be the fact that I got a chance to take the Cable Car in San Francisco. Without doubt, the Cable Car System is an icon of San Francisco. Riders can choose either to stand or sit on the seats. Even though the weather was cold and we waited for quite a long time to take the ride, it was worth it. I got a chance to enjoy the view of San Francisco as well as learn how much the local people care about their historical asset. It is never an easy job to preserve a historical asset and it also requires collective effort. In actuality, it is the only transportation system listed on the National Register of Historic Places. Now, it is not only known as a draw for the city but also it can alert us how important it is to help preserve our own history. I really enjoyed and had fun experiencing San Francisco’s Cable Car System.

Crystal Chu 5W

On the first day when we arrived in Toronto, we all suffered from jet lag and hunger because of the long flight. Unexpectedly, one of our mentors, Mr. Fok, handed us his homemade noodles. I was so touched because Mr. Fok nicely treated four strangers with love and care as if he was treating his friends.

In addition, I was impressed by their unconditional devotion to this mentoring programme. Mrs Fok hurt her foot, but she still tried her best to take the car trip with us; Mr Lau, who had to work, asked for a leave to visit different places in the city with us. They had unconditionally devoted their time and money to us without asking for any compensation of any kind. They only wished to impart and share their knowledge and life experiences with us.

Brigitte Chau 5W

When we visited the Parliament in Ottawa, the guide asked questions and the children answered. The guide would often say “That is a good answer.” instead of “NO, YOU ARE WRONG,” even when the kid gave the wrong answer. The guide was very encouraging to the kids and made the brainstorming session fun.

In addition, I was impressed by the woman we met on the subway in New York City. She said aloud to the passengers that she was poor and needed help. Any means of contribution was okay. Then a man gave her a banana when she left the carriage and prepared to go to another. Hong Kong people would not seek help by giving such a speech asking for help on the subway because of their pride.

Knowledge of the World:

Canada:

When Canadians are having meals, dishes are passed around. Each person will take the portion of food that they want, and the dish will be passed on to the next person. In a Chinese family, this seldom happens so it is rather new and interesting.

Furthermore, on the subway train in Canada, gum-free wrappers can be found. It is for passengers who are chewing gums on the train to wrap up their gums in the wrappers. This helps to make the subway clean and can remind people of self-discipline.

USA (East Coast):

In Baltimore, we visited the pharmacy of a hospital where Uncle Wayne's sister-in-law works. The hospital is well-equipped and medicine is distributed and delivered by robots. We also learned a new term, "unit dose". These measures are to ensure that the patients won't take the wrong medicine or take a larger dose due to medical blunders.

We took the subway when we visited New York City because the streets were too busy and it was difficult to find parking spaces. The subway system in NYC is old and complicated. There are branches on the same line and people have to make sure that they get on the right train on the right platform. The price for each ride is US\$2 regardless of its length or distance travelled.

USA (West Coast):

In Los Angeles, there are many Mexicans who prefer welfare payments to jobs because the tax rate is so high that the income earned (after deducting tax paid) is almost equal to the amount of the welfare payment received. It means they receive a similar amount of money no matter if they work or not. Under this unfair situation, low-income Americans have to pay tax to support the welfare payment received by the Mexicans.

When we were in Los Angeles, we visited the Olvera Street owned by Mexicans. However, due to some political reasons, the Olvera Street may face the risk of demolition. Therefore, the wall of the street was full of the slogan, "Save Olvera Street". Their initiative to preserve historical assets is worth our appreciation.

Knowledge of self:

Iris Yeung 6A

One of the most important things I have learnt is how to get along with the people I have just met. The key is to be considerate because I need to live with my mentors and partners. I enjoyed the time hanging around the new cities and visiting the hot spots. It was so exciting. However, the most precious time for me was the time the mentors chatted with us. We shared a lot about our studies, careers and even some hot global issues.

Gina Yu 6A

The trip was such an amazing experience for me. I always wanted to visit countries like the USA or Canada. Now that I had the chance, I really feel thankful to the school for giving me this opportunity to join this Mentoring Program. Unquestionably, I've gained a lot from this trip. Not only have I learned from our mentor's personal experiences, but I was also given the chance to come across the daily lives of the people from the other side of the world. For example, we got a chance to visit the local supermarkets and I never thought that there could be such a big difference between the supermarkets there and those in Hong Kong. I understood that the experiences I had were something that cannot be learned from books or even on the internet. On top of that, I understand the love and care we got from our mentors was not something that we can easily find from a person that is not related to us. Our mentors are our role models. They are the people we should and can learn from.

Crystal Chu 5W

I not only gained knowledge from this trip, but also received advice on my career aspirations and learned the life experiences from our mentors. They were all the experienced ones, so when we came across barriers, they could always provide us with constructive suggestions. They have been through failures, so they could remind us not to step in the pits that they had stepped in before. They were role models to us and their words will play an important role in our future development and character building.

I was also glad that I could visit different universities and mentors' working places to help me determine my future career aspirations. I even had the golden opportunity to attend a lecture on social psychology at UC Berkeley, and learnt an interesting experiment on human reactions.

Furthermore, I was thankful that I was able to immerse into the western lifestyle and to experience what it was. Our mentors brought us to local supermarkets, subways, pot luck parties and cable cars, etc. and let me discover the differences between the western living style and the Hong Kong living style, which has widened my horizons.

Brigitte Chau 5W

I have learnt 3 words on the trip which I will never forget. The first one is "pot luck", which means a social occasion where friends bring their food to share. The second one is "folks", which is another word for "everybody". The third one is "holocaust", which usually refers to the Nazi atrocities towards the Jews in World War II.

Knowledge on Life and Personal Goals:

Iris Yeung 6A

All the sharing from our mentors was valuable, but one piece of advice was most impressive. This sharing came from an officer working in my mentor's company. He said, "At a time you have to be practical, but when you're still young, go and follow your dreams." Everyone will have dreams, but most people usually find excuses not to follow their dreams. We always say we will go for our dreams when we get older. However, I realised that when we grow older, we won't have the time or the energy to do whatever we want to. There will be more concerns: family, work, money. I really hope I can have the courage to find what my dreams are and achieve them when I am still young.

Gina Yu 6A

This trip made us realize that we should learn from our role models and contribute to our school just like what they've done. It requires our passion and our devotion but I guess after this trip the four of us will know what to do in the future. We should give something back to our school after we finish our studies and contribute to our society. As a matter of fact, I received some valuable advice from our mentors about my career plans. Their opinions were precious because they have rich life experiences and all four of us have learned a lot from them. For me, I acknowledged what the steps are in order to have my ideal job. I found it really helpful for my career plans.

Crystal Chu 5W

I learnt something from my mentor, Mr Fok. He said that nowadays, the amount of knowledge you have isn't that important because information can be accessed from everywhere. It's how you apply the knowledge that matters, for example, how we use English oral skills during presentations, or presenting proposals to our boss when we work. This task is really difficult for me and I still have a long way to go. I also feel thankful to all the mentors for giving many suggestions on my future career, which will always act as a reminder to me.

Moreover, I received some inspiration regarding the choice between money and life. Mr Fok was a real world example of choosing life instead of money. From his situation, I have realized that when we have reached a certain stage in life, a relaxing life is far more preferable to having more money. After battling in our careers for many years, we may get stressed and tired. Human beings survive not just to earn a living, but also to live a meaningful life. Therefore, I was grateful that Mr Fok chose to live a fruitful life and I shall think deeper about this topic.

In addition, since two mentors from Toronto and San Francisco are accountants respectively, they provided me with some information about being an accountant that helped me to determine my career aspiration which I really found very useful.

Brigitte Chau 5W

We visited the workplace of our mentor, Uncle Wayne, in the USA. We had a conversation with his colleague, Mr. Cao. Mr. Cao said, "You can strive for your dreams when you are young, but you have to be practical when you get older or once you have a family." This made me think of my future aspirations.

We listened to several audio tours like in Parliament, in the Life Lock cruise, and in the three universities. I found that I had difficulties in understanding what the guide was saying, so I set a goal for myself – being able to understand English programmes without reading Chinese subtitles.

Photo Galleries



The rainbow over the four of us in Niagara Falls, Canada. We also took the boat cruise under the Falls to have a water-splashing experience.



Four of us had a pot luck dinner with the Methodist Alumni in Toronto, Canada, where their friendly children played ice-breaking games with us.



Gina and I went to Disneyland in Los Angeles, the biggest Disney in the world, where we enjoyed our wonderful day with exciting rides and with the mentors' children, Brittany and Dion.



It was the Peterborough Lift Lock in Canada where we had truly experienced what a LIFT lock was when the boat we were riding in rose vertically.



We were lucky to pay a visit to the Police Faculty in Los Angeles, where we visited the police offices and jails. This was an eye-opening experience for us.

Gina and I rode the Cable Car in San Francisco, which is one of the most well-preserved and still-in-use historical assets.



The museum that Brigitte had longed to see for a long time.

All Trips at a Glance (2009-10)

This year has been a fruitful year in our students' global exposure. An unprecedented number of trips out of Hong Kong have been made by our students.

Activity	Date	Participants	Location
Trip to Liannan* 同根同心：「連南瑤族農家莊」	24/9 – 26/9 (3 days)	35 students of F.1-3	Liannan, China
Trip to Shenzhen* 同根同心： 歷史改革開放前後的變遷	16/10 – 17/10 (2 days)	35 students of F.1-3	Shenzhen, China
National Education Course for School Prefects 香港領袖生獎勵計劃： 國情教育課程	30/3 – 8/4 (10 days)	2 prefects of F.6	Beijing, China
Big East 21 st Century Youth Exchange Programme 21 世紀東亞青少年大交流計劃	22/6 – 30/6 (9 days)	1 student of F.6	Japan
Prefects' Trip to Singapore*	28/6 – 1/7 (4 days)	20 school prefects of F.3-6	Singapore
Expo Trip for Youth 青年專列直通上海世博	29/6 – 4/7 (6 days)	2 students of F.4 & 6	Shanghai, China
Military Training Camp* (Whampoa Military Academy) 國內軍事體驗訓練營(黃埔軍校)	1/7 – 3/7 (3 days)	128 students of F.2	Shenzhen, China
Expo Shanghai* 上海世界博覽會遊學團	7/7 – 13/7 (7 days)	21 students of F.3	Shanghai, China
Immersion Programme to UK (Leeds)	22/6 – 8/7 (17 days)	4 students of F.3-5	Woodhouse Grove School, UK
Immersion Programme to Singapore	18/7 – 31/7 (14 days)	4 students of F.1-2	ACS International School, Singapore
Malaysia Exchange Programme*	15/7 – 28/7 (14 days)	3 students of F.3	Methodist Boys' Secondary School Kuala Lumpur, Malaysia
Overseas Mentoring Programme	10/7 – 31/7 (22 days)	4 students of F.5-6	USA and Canada
Passing on the Torch* 薪火相傳：「上海世博－滬港雙城 文化及長三角規劃與發展之旅」	16/8 – 20/8 (5 days)	9 students of F.6	Shanghai, China

* Trips escorted by our teachers