

We are here to nurture:

Modest, Caring

and Knowledgeable

Leaders of the New Era



Methodist College

Cultural Exchanges 2011-2012





Location	Incoming Activity
Malaysia	Malaysia Exchange Programme (Exchange with students & teachers from Malaysia)
Italy	AFS Intercultural Exchange Programme
Germany	

Location	Outside Activity
China	Trip to Foshan
	Military Training Camp (Whampoa Military Academy)
	National Education Course
	Summer Badminton Training Camp
	The Wharf Hong Kong Secondary School Art Competition Taipei Art Cultural Exchange Tour
Malaysia	Malaysia Exchange Programme (Focus on IT and Robotics)
Singapore	Immersion Programme to Singapore
	Leadership Training to Singapore
Japan	Big East 21 <sup>st</sup> Century Youth Exchange Programme (JENESYS)
Germany	EF International Exchange Programme
UK	UK Cambridge English & Science Programme
	Immersion Programme to UK

With the aim to nurture our students to become Modest, Caring and Knowledgeable Leaders of the New era, here in Methodist College we attach great importance to widening students' exposure. In an age where global communication is facilitated by modern technology, it is increasingly important that we enlarge the next generation's vision and provide real and authentic situations for them to get in touch with other cultures. By putting these young people of different cultures and backgrounds together, we hope to instill in our students the astuteness to see the differences, the broadness of mind to appreciate diversities, and the wisdom to turn such experiences into learning that will bring great impact on their journeys into the future.

I am truly glad that my students have made good use of these opportunities to make a difference in their paths of growth, which is evident from the many pieces of hearty sharing they have contributed to make up this booklet. I sincerely invite you to read their sharing and join us in witnessing their joy and their growth in the last school year!

**Ms Emily Wong Pui-yi**  
**Principal**

# 同根同心——佛山新會

- 地點：佛山新會市  
日期：12月16日至12月18日（3天）  
對象：中二及中三級  
學生人數：40人  
費用：港幣330元  
領隊老師：鄧淑玲老師、張文卿老師、  
劉智釗老師、馮善盈老師  
主辦機構：香港教育局



佛山交流團師生全體大合照

## 活動目的

- 1) 認識佛山市和新會市各項現代化城市建設對社會經濟和民生的影響；
- 2) 認識高科技、產業化和旅遊農業；
- 3) 瞭解佛山禪城區進行現代化建設時保育舊建築的方法；
- 4) 瞭解新建築與舊建築的差異；
- 5) 瞭解保育省級重點文物的重要性；
- 6) 瞭解佛山城市的發展規劃歷程、發展成就和前景。

## 行程

日期	行程
16/12/2011	乘車往新會 到廣東橋樑博物館參觀 乘車往新會市區，外觀城軌新會站
17/12/2011	參觀新會學宮 參觀新會農業基地 乘車往佛山 參觀佛山嶺南天地，遊佛山市區 晚餐及反思會
18/12/2011	參觀佛山市城市規劃館 遊覽石灣公仔街 乘車往深圳關口，回到學校解散

姚卡洛 (中二藍班)

唐嘉藝 (中二紅班)

連建青 (中二紅班)

我們最喜歡的是新會農業基地，因為在那裡能認識到各種不同的種植方法，其中令我們印象最深刻的是蟲草花的種植。它利用牛奶和棉花作培養基，然後再用科學方法提煉而成蟲草精華，經過接種並以特定的溫度培植，兩、三個月後便可收成了。採用這種培植方法種植除了節省時間外，蟲草花的質量和性價比也是相對高的。它的營養價值更能媲美冬蟲夏草呢！但蟲草花的價錢卻比冬蟲夏草便宜得多。總括而言，我們認為這可算是中國農業發展的新改革。

賀芷澄 (中二藍班)

在這次的佛山交流團中，我最大的得着是參觀了佛山及江門市的博物館，及從觀賞展品而認識到一些中國歷史的故事。在參觀廣東橋樑博物館時，我了解到橋樑發展對中國的重要性。我也十分認同中國橋樑的發展很迅速，各式各樣的橋樑分佈於廣東各地，具代表性的已有22座，我認為中國橋樑不但令交通更方便，而且造型還十分優美。現在香港擁有很方便的交通網絡，其中一個原因是我們建造了青馬大橋。我們應為橋樑而自豪。

甘卓霖 (中二藍班)

交流的幾天，讓我得到很多意想不到的經歷。第一天我們去了新會學宮，觀賞到很多古代的展品，了解到古代與現代的不同。第二天於新會農業基地中，我嘗試了耕種。耕種時，我遇到不少難題，幸好得到同學的幫助，我才能成功耕種，並積存了一點農作的經驗。看著那棵幼苗，真期待看見它能夠順利養出嫩芽的一刻！及後，我們到了佛山嶺南新天地，看到重新規劃後的佛山，我感到既特別又新鮮。佛山老城能重新規劃是一件好事，但過猶不及，恐怕會令佛山失去原有的特色，令遊客不能真正認識佛山的歷史。



同學們於橋樑博物館參觀

蔡麗華 (中二紅班)

雖然同根同心這個交流計畫只是三天兩夜，但我們卻參觀了很多別具特色的景點，如古色古香的石灣公仔街，還有古樸及現代融為一體的佛山嶺南天地等。這都令我大開眼界。給我印象挺深刻的是廣東橋樑博物館，參觀讓我更瞭解橋樑的種類及其重要性。橋樑不但有利交通，而且經歷了時間的洗禮後，能讓後人更瞭解橋樑的歷史，所以每一座橋都隱含了一個故事，一段歷史，一種民俗文化。

我慶幸能得到這個很難得的機會，在旅程中我學到很多知識，感到十分滿足及難以忘懷。這個交流計劃說明了國民教育不單是教育，而是體會。



同學們親身體驗種苗的樂趣

輕鬆漫步佛山嶺南天地

參觀孔廟學宮

同學們在參觀佛山市城市規劃館時專心地聆聽講解

### 鄧琬瑩 (中二藍班)

這次旅程令我對中國認識和了解得更多，讓我簡單地說一些吧！

給我印象深刻的是參觀新會農業基地。我在那裡學會了耕種。雖然不能夠看到我種植的植物是否能夠茁壯成長，但我從耕種的過程中，體味到農民的艱辛，特別是翻土，因為愈翻得深，種子能長成的機會便愈大。可是越深的泥土便越難翻，因為越深的部分便越沉實、愈需要用更多的力氣，所以我十分敬佩那些農民的刻苦耐勞，每天也在泥土上灑下串串汗水，不斷地耕種。我最喜歡的地方是佛山嶺南新天地和石灣公仔街，它們令我大開眼界。中國的建築師、設計師及陶藝師甚富創造性——他們將古老建築物的傳統特色保留下來，又揉合了現代的元素，成就了嶺南新天地。那裡雖然有現代化的建設，但也保留了傳統民間的建築，真厲害！而石灣公仔街的陶藝則反映出陶藝師細心的一面，每件陶藝都很精緻、很漂亮，充分體現出民間令人嘆為觀止的藝術技巧。

### 李曉瑩 (中二紅班)

這次的交流團豐富了我的中國歷史知識，及見識到許多佛山和新會的建築，包括具中國色彩的新會學宮、富藝術文化氣息的石灣公仔街、有歷史風貌的嶺南天地。參觀新會學宮是我一個難忘的經歷。學宮門前有一個水池，水池前有一個檯星門，檯星門是一個六柱三門的建築。三門上有三幅精美的雕塑，雕塑的圖畫令我更了解以前的歷史故事。走進學宮便可看見一個展覽館，裏面擺放了許多不同時代的作品，每件作品都可展現到該時代的特色。例如在元朝發現的「烏利單刀」，可得知當時戰爭頻繁，所以才要製造不同的兵器。遊覽學宮真的擴闊了我們的視野。



同學們於餐前留影

### 梁曉珍同學（中三紅班）

在眾多不同的參觀活動中，予人印象最深刻的是參觀農業基地。基地除了種植各式各樣的植物外，還畜養了不同的動物。此外，我們還嘗試了農耕的工作，讓我們親身體驗到花農的艱辛。

### 麥啟滢同學（中三青班）

到嶺南天地遊覽令我留下最深刻的印象。那裡是傳統文化和現代消閒文化的薈萃點，老城得以文化、旅遊、商業和消閒的方式重新規劃後，已發展成佛山的新熱點。能令一個旅遊景點帶動地方的經濟，提升佛山的知名度，我認為這個方法實在太厲害了！

### 黃家揚（中三紅班）

旅程讓我印象最深的是參觀石灣公仔街。由於我藝術天分不高，美勞課成績又一向差劣，加上對陶瓷藝術不太感興趣，故未對參觀石灣公仔街抱多大的期望。可是，當我隨團同往公仔街時，一進門口看見兩尊巨型精緻的陶雕，及林林總總帶有古舊風采的陶瓷店鋪，真的讓我大開眼界！再到各式各樣的店鋪裡走走，我看到一些不同大小的陶瓷模型擺設，一些漂亮的陶瓷餐具，更有陶瓷製成的樂器哨子。最後，我買了一個顏色鮮艷的陶瓷娃娃作紀念。逛完公仔街後，我帶著紀念品，心裡充滿了很多感受。看見了這些陶瓷品，我彷彿看見了中國藝術偉大的一面，看來我對藝術的認識又深了一層呢！



同學們於餐前努力完成學習手冊，記下一天所學及心得。

### 周晉樑、歐永賢、黃家揚（中三紅班）

我們在這3日2夜的旅程中，能了解到更多我國建設的特色。參觀橋樑博物館時，我們認識了我國的著名大橋，例如廣州的虎門大橋。參觀新會學宮時，了解到中國的舊式建設，另有新式的佛山嶺南天地，還有可以知道佛山未來規劃的佛山市城市規劃館。當中，我們真的獲益良多，「讀萬卷書不如行萬里路」所言非虛，即使讀了多少書，但自己沒有經歷過，是不能感受到的。如果再有類似的交流團，我們希望有機會再參加。

### 吳佳敏、蘇美琪、蘇珊珊同學 （中三紅班）

我們很高興能夠參加這個寓學習於旅遊的交流團。

我們參觀了幾個地方：橋樑博物館、新會學宮、城市規劃館、石灣公仔街、嶺南新天地和農業基地。我們分別在這些地方探索了很多不同範疇的知識：橋樑對我們的重要性、孔子和儒家思想對中國的影響、中國的手工藝和農業的發展等；而更最重要的是了解到活化和保育傳統文物的意義！

總括來說，今次交流團真的令我們獲益良多，期望以後可以參加更多類似的交流團，令我們更瞭解中國。

# 國內軍事體驗訓練營——黃埔軍校

對象：中二級

日期：2012年7月6至8日（3天）

地點：深圳黃埔青少年軍校

費用：港幣 680 元（繳交營後反思報告後，可獲學校資助港幣 300 元）

領隊老師：馬翠欣老師、馮善盈老師、黎曉怡老師、劉智釗老師、李惠心老師  
李盈盈老師、李遴美老師、黃詠詩老師、甄淑儀老師

主辦機構：循道中學

參與學生：109 人

## 活動目的

為配合中二級國民教育的主題，本校「生命教育組」為中二級全體學生舉辦國內軍事訓練營，藉學生親身體驗各種軍事訓練，加深學生對祖國軍事、文化的認識。本校亦希望通過不同類型的軍事訓練，提升學生的紀律精神、團隊意識和抗逆能力。

## 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、緊急召集。

模擬特訓：彩彈野戰訓練。

興趣活動：教唱軍歌，聯歡晚會。

其他：開營典禮、畢業典禮（頒發證書、獎狀）

## 同學感言

韓鈺澄（中二藍班）

七月六日至八日，我們中二級全體同學到內地惠州參加為期三天兩夜的國內軍事體驗訓練營。

第一天（七月六日），我們在中午時份到達軍校。我們先依着軍官的指示排隊，並須在兩分鐘內換好軍帽軍裝。就這樣，我們便開始了軍訓體驗，軍官教我們一些軍隊的動作。到了晚上，我致電給媽媽，突然間，我很想回家，和家人一起休



同學們於軍校集隊的情況



息。第一天的訓練已使我得到很深的體會，就是我們班中不管是男或女都要非常團結和合作，否則動作就會不一致，便會受罰。這使我十分擔心。

第二天（七月七日），我六時多就起來，穿好軍裝，到室外練習軍操。上午，軍官教我們打軍體拳，中午後，我們便到森林裡打槍戰，到了黃昏，軍官和我們到郊外自己煮食。雖然這一天較昨天輕鬆，晚上還有聯歡晚會，使我感到很開心，但是，在我們就寢半小時後，突然聽到哨子聲，原來是緊急集合。我很緊張地快速換好軍裝出去集合。儘管和我同房的女生抱怨連連，但我卻認為這活動提醒我們，要有時刻面對危機降臨的心態，使我們更成熟，更趨堅強。

第三天（七月八日），也是軍訓的最後一天。我們早上趕緊練好軍體拳以及其它軍隊的動作。然後，我們往乘坐坦克車。原來坐上坦克車的感覺就好像坐上過山車一樣，很刺激。坐完坦克車後，我們學扔手榴彈，手榴彈很重，就好像一支麥克風一樣。最後便到森林中學習如何用草編織成草帽於叢林中偽裝。原來織草帽好不容易，要專門挑選一些樹葉或草去編織。

我認為這一次軍訓體驗雖然很辛苦，流了很多汗水，但是仍留下一些很開心的回憶。經過這次軍訓，令我們變得更加團結。



同學們預備午飯的情況



教官教授學生使用軍械的方法



學生學習野外煮食



學生預備野外彩彈射擊訓練

### 譚駿堯（中二青班）

回想那短短三天的軍訓的日子，一種潛藏在心中已久的感受便油然而生。的確，軍訓是辛苦的，但辛苦亦有其可取之處。它既磨練我們堅強的意志，吃苦耐勞的精神，還培養了我們的團隊意識，增進了我們之間的關係，提高了我們大家的溝通能力和凝聚力。

在進行軍訓時，我們和訓練員在烈日下同甘共苦，他們對每一個動作的要求極之嚴格，一發現我們的動作不規範、不到位，便立即給我們講解，糾正我們的錯誤，協助我們把每一個動作做好。我們不應抱怨捱苦，這種磨練意志的方法，正幫助我們建立個人的尊嚴和信心。所謂人生苦短，年輕時吃點苦，受點累算什麼。俗語說：「不經歷風雨，何以見彩虹；沒有一份寒徹骨，哪來梅花撲鼻香。」它教會了我們怎樣去面對今後的挫折。休息時，我們坐著，在教官的引領下，玩一些有趣的小活動，大家都特別開心。其實，只要我們肯用心去體會，便能發現自己正處身在幸福、快樂之中。



學生學習軍人的敬禮方式

燦爛明媚的陽光，映照在每個人的臉上。此刻，我們正在接受軍訓的最後檢閱。為期兩天的軍訓，在不知不覺間結束了，然而它卻給予我們甚多。那整齊有序的步伐，那昂頭挺胸的氣魄，那嘹亮恢弘的口號，無一不在展示我們訓練的成果。是的，短短的三天軍訓，教會我們的恐怕不只是那稍息立正的軍式訓練，更多的，它讓我們接受了一次意志的沐浴，精神的洗禮。

它教會我什麼是堅強的意志：那筆直的腰身，挺起的胸膛，昂揚的勢氣，告訴我那是軍人的颯爽英姿；那驕陽下佇立的身影，那汗水中神采奕奕的雙眼，那支撐著沉重身軀卻依舊絲毫未動的雙腿，讓我為之震撼，為之感動。他們有著鐵鑄的信念，鋼焊的意志。他們，這

群正直而不乏瀟灑、嚴肅而不乏幽默的教官們，將他們鐵的紀律帶到我們面前，教會我們什麼是軍人的風範，什麼是鋼鐵般堅強的意志。

它教會我什麼是團結的力量：統一而整潔的軍裝，豪邁而整齊的步伐，伴著那嘹亮的口號，一排排，一列列，是那樣賞心悅目，振奮士氣。團結就是力量，再不是簡簡單單的一句話，它授予我們人生的哲理，告誡我們為人的理念，更在軍訓的訓練中，鑄起了一座不倒的城牆，集體的榮譽感讓我們將它演繹得淋漓盡致，愈見豐美。不是嗎？那大炮交戰活動上，躍躍欲試的激動，齊心協力的合作和抵制不住的欣喜，無一不在表現著我們三十三顆緊緊相連的心。團結的動力使我們反敗為勝的那一刻，雀躍的歡呼，又讓我們真實地體驗著這份欣喜，更讓我們感悟一有種力量叫團結。

也許，這短暫的兩天是微不足道的，然而它給我們留下了無比深刻的印象。它讓我們學會團結、堅強，讓我們稚嫩的心靈變得充盈成熟，讓我們走出他人精心編織的暖巢，勇敢地站出來迎接所有風雨的挑戰。

畢劍明（中二紅班）

三日兩夜轉眼即逝，但是當中的生活卻令我重新反思了自己的人生態度，以及對他人的諒解。

一直以來，我都認為工作不需要太多休息，休息只是一個偷懶的藉口，我也不明白何解軍人作戰時要有時間休整，但只要你體驗過軍操的辛苦、天氣的酷熱、坦克的聲擾、求生的窘境……滿身的疲態會告訴你，人生要有停下來的時間，更不可能將自己置於無盡的極限，否則自己就會被拖垮。

曾經以為，自己是萬能的，只要有意志，什麼都可以做到，但軍訓告訴我，人也有力不從心的時候：無論你多麼拚命跺腳，地下的聲音還是不太給力；以為自己可以有精神面對挑戰，然而自己就難以張大眼睛，倒牀便睡了。我第一

次體會到，人不是萬能的。

我一向偏愛以獨行俠的模式工作，覺得團體精神是一些沒用的庸才為了不用工作，才藉此掩飾自己佔隊友便宜的行為；更不懂何解要好人去遷就那些頹廢的人。比方說軍訓中總會有人在訓練時不專心；又如同一房間的人般，永遠不顧他人感受，甚至侵佔他人的休息時間。只是在最後的第三天，看到全班的人，不論何等人士，都表示要在結業時做到最好，不辜負教官的心思和期望。最後看到大家都變得比以前更強大，全班合為一體時，才明白到原來這就是一種比任何東西都強的絕技——團隊精神。這就是軍訓，一個使人回味無窮的人生歷練。

學期初，當我聽到要參加期末軍訓時，我總是擔心自己的體質和能力無法達到在軍校裏的要求，更擔心那兒的住宿環境差，自己在炎熱的陽光下步操會中暑等。現在軍訓活動已結束，我才知道我當初的擔心是過慮了。

那三日兩夜過得很快，從早上梳洗，到晚上睡覺，我都十分喜歡那兒的生活規則。比起我平時晚睡早起的習慣，軍校裏早睡早起的要求的確令我有了足夠精神去完成每天的訓練。在那充實、精彩的三天，我們二白班的領導——劉教官帶領我們完成了各樣的訓練和活動。劉教官是個很好的導師，他耐心地指導我們，為我們煮了一頓美味的飯菜。相比起其他的教官，他不會經常體罰我們，例如做「手抱頭」等。我們不懂得做的動作，他會耐心仔細地教導我們。在眾多的活動當中，我最難忘的活動雖然十分快速完結，但那是我第一次站上一輛真正會動的坦克車上，十分緊張刺激。還有彩彈野戰，我們雖只有十發子彈，但是使用顏色彈進行野戰也是我從來沒試過的。我們在營地學習了「軍體拳」，使我們學習了互相配合和團結，在休息的時候也在練習那八招拳法。在三天裏，我們做得最多的是步操。步操要求齊整和響亮的踏腳聲，所有的人動作一致，因此要多練習和配合。進行訓練後，我的腳常常因大力踏地而感到刺痛，加上在野戰中中彈，全身都痛，但我要學習堅持和忍耐，努力把三天的訓練都完成。不論是步操還是活動遊樂，都能學到合作、忍耐；不論是立正還是敬禮，我們都盡自己的能力達到教官的要求。不論是在隊列中還是在房間內，我們都要服從教官的指令，有紀律地進行所有的行動。不論有多少汗水和痠痛，我們都必須堅持到離開的一刻。儘管晚上說出了不少對訓練的埋怨，我還是在營中過了愉快不少的時間。

第一天到達時，心裏只想着自己將要面對的辛苦訓練和簡樸的生活。然而，到第三天要離開時，卻想着自己從那些訓練中學到的東西，並沒有再抱怨那辛苦的過程，反而有點不捨的感覺。在那畢業表演上，我為自己能夠完成訓練，把教官說過的每一個要求也盡能力完成而感到自豪；在房間內，我為自己能夠適應那兒簡陋的設施而感到高興；在隊列中，我為整個排能齊整同心地操練而感到團結；在操場上，我因學會了新的技能而感到鼓舞；在訓練的時候，我為我們能夠把「軍體拳」有氣勢地打出來而感到充實；在坦克車上，我因可以嘗試新事物而感到興奮；在回程的旅遊車上，我因精彩充實的三日旅程要結束而感到不捨。

綜合了三天的訓練，我學會了團結就是力量，為自己的行為負責和服從命令。軍訓結束時，我有了一種不捨得的感覺，覺得自己過了十分有意義的三日兩夜。在這三日的辛苦訓練中，我們有流汗，有痛，也有抱怨，但我們學會了照顧自己，與同學一起發揮團結的精神，使這次軍訓沒有白過，把我由一個學生訓練成軍旅中的一名士兵。這次軍訓受的苦不少，但學會的更多。



經過三日兩夜的訓練，學生在結業禮上表演軍體拳。



# 第十七屆香港領袖生獎勵計畫：國情教育課程

對象：中五級  
地點：北京  
日期：2012年8月7日至8月14日（8天）  
費用：全免  
主辦機構：香港教育局  
參與學生：李穎翹（中五青班）、黃穎宇（中六藍班）

## 參加原因

黃穎宇

希望從活動中瞭解更多祖國的文化，透過計劃開闊自己的眼界，欣賞中國的偉大建築和文物，增廣自己的見聞，更希望能從內地研究生身上學到更多知識，體驗本地和內地兩地文化的差異。除此之外，亦希望能夠認識更多朋友，互相合作、互相交流。

李穎翹

是次活動能讓我到訪北京具歷史價值及中國特色的景點，親身體驗當地大學生上課的情形，並可在七天的交流期間，更了解中國國情及社會民生風貌。另亦有機會認識不同的朋友，擴闊自己的社交圈子和視野，學習與人溝通、相處的技巧。

## 行程

日期	活動	地點
08/7/2012	由香港前往北京機場 前往賓館辦理入住手續	香港、北京
09/7/2012	參加講座：「國家十二五規劃綱要及國家建設發展藍圖」 參觀留民營村 參加講座：「中國農業與中國三農問題」 小組反思及討論	中國人民大學、 留民營村
10/7/2012	觀看天安門升旗儀式 參觀故宮 參加講座：「中國載人航天工程歷史和現狀」 與中央民族大學少數民族學生聯歡 小組反思及討論	天安門廣場、故宮、 中國人民大學

11/7/2012	參觀首都博物館 參觀中國科技館 參加講座：「國際情形與中國外交」 小組反思及討論	首都博物館、 中國科技館、 中國人民大學
12/7/2012	參觀軍營 遊覽長城 與中國人民大學研究生進行交流 小組反思及討論	軍營、長城、 中國人民大學
13/7/2012	參觀頤和園 參觀抗日戰爭紀念館及盧溝橋 結業儀式及謝師宴 小組反思及討論	頤和園、 抗日戰爭紀念館、 盧溝橋、 中國人民大學
14/7/2012	參觀鳥巢、水立方 由北京返回香港機場	奧林匹克公園

## 最難忘的……

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黃穎宇

參觀故宮古城讓我留下了深刻的印象，久聞故宮的雄偉壯觀，如今能夠真正置身其中，心情真的是非常興奮。目睹眼前的歷史文物古跡，我不由得讚歎古人的智慧及文化。古殿前的廣場廣袤無邊，體現出種種的帝王氣派，使我感受到帝王的威嚴以及高尚；宮殿輝煌的一面更令我歎為觀止，真的很難想像到古人如何能創造出如此巧奪天工的建築。故宮裡每個壯觀景象都給我留下了難以磨滅的回憶。

另一件使我難忘的事就是參加研究生分享會。在分享會中，人民大學的師姐分享了她的大學生活和經歷，我從她的身上得著很多。看着師姐在分享着大學的一點一滴，使我對未來的大學充滿期盼。

李穎翹

在中央民族大學少數民族學生的聯歡會上，中國人民大學的大學生與少數民族學生一同表演，向我們香港學生致謝。那一晚，大家都盡興，少數民族的學生表演很有特色，例如喀嘎爾的舞蹈和維吾爾族的樂器表演，是如此的多姿多彩。而令人印象最深刻的，是他們如此的團結，使我深受感動。對比香港，兩者最大的分別是他們比我們團結，使我領悟到只要秉著共同的信念，努力的合作，就能完成任務。



黃穎宇同學（中間位置）出發參觀留民營

## 個人知識的增長

黃穎宇

透過這個活動，我更加懂得如何與別人相處。活動中，每一組的同學都需要一起完成一份專題報告，分工和討論的過程令我有更多的機會去聆聽其他人的意見，從中學會如何接納他人的意見，和而不同，在提出自己的觀點時都更有自信。此外，在團體的生活中，令我學懂取他人之長，補一己之短，獲益良多。

李穎翹

參加這次交流團主要是希望藉此機會更深入地認識中國國情，故此當中的四大講座令我獲益最多，尤其由中國人民大學勞動人事學院鄭功成教授講授的「國家十二五規劃綱要及國家建設發展藍圖」。當中，鄭教授深入剖析中國驚人經濟增長背後的民生問題，分享他對中國未來發展的看法，令我明白現時中國的經濟發展有多巨大，同時令人深思背後的代價。



研究生分享會後，李穎翹同學（左五）與師兄師姐合照。



不到長城非好漢（中間右二為李穎翹同學）

## 世界知識的增長

黃穎宇

故宮為免石階受到損壞，都在其上鋪了木板，故此我們均未能踏入宮殿，一睹皇家氣派，但卻由此明白了保存文物的重要性。此外，從參觀博物館的過程中，我更加體會到每個民族和國家的文化都是獨一無二的，它們都承載著古人的精髓和智慧，我們都需要尊重。乃至其他國家的文物也有其獨特的韻味，是其文化承傳的重要載體，是我們學習文化的基礎。是故，文物的保育極其重要，作為世界公民的我們，這份保育文物的意識也更應發揚光大，傳承下去。

李穎翹

在第四天的講座，中國人民大學國際關係學院金燦榮教授以其透徹的世界觀向我們解釋當前的國際局勢，不少國際關係學院的學生風聞而來，欲一睹金教授親身授課的風采。金教授以四季比喻，總括了二零一一年的世界局勢：「阿拉伯之春；倫敦之夏；華爾街之秋；世界經濟之冬」，暗示著西方力量的下降，引發我對西方制度的反思，同時亦深思中國以後該如何自處。是次講座令我對現時世界局勢有新的見解，絕對是獲益良多。



李穎翹同學與相處了七天的人民大學陪同員合照

## 對人生及個人目標的反省

李穎翹

在第五天與交流生交流的環節當中，我們有機會與中國人民大學的研究生討論他在中國念大學的出路。他是一位理科生，本來因為出路的考量，他選修了地理系統研究科，但他在學習過程中漸漸發現自己對軟件程式開發更感興趣，最後他寧願重讀軟件程式系一年級，只希望學習自己喜歡的東西，找回自己的興趣。他的經歷和抉擇令我明白到無論出路如何，追隨自己的興趣始終是最重要的。

黃穎宇

經過與新朋友的相處，以及聆聽人民大學的教授和學生們的分  
享，我明白到人生每一個階段都有其美麗之處，每個時刻都是由自己創造出來的，雖然每個階段的經歷都會有所不同，但是這些時間的價值在於自己是否能真的享受其中，無論這些時光是苦是甜，都會是無價的，是此行最大的收穫。



見識天下第一關的雄偉（後排左二為黃穎宇同學）



結業禮的大合照

# 暑假（廣州黃村）羽毛球訓練營

活動名稱：暑期（廣州黃村）羽毛球訓練營

地點：廣東省黃村體育訓練基地（廣州市天河區奧運路 818 號）

日期：2012 年 8 月 13 至 16 日（4 天）

集訓地點：訓練基地宿舍

費用：港幣 \$2990（資助後）

領隊老師：黎曉怡老師

主辦機構：循道中學

目的：1) 提升隊員的羽毛球技術水平      2) 加強隊員之間的團隊精神  
3) 培養隊員的紀律精神和堅強意志      4) 提升隊員溝通能力和解難能力



於亞運場館內大合照！



羽毛球訓練營結業禮頒發證書——我們畢業了！

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## 行程

日期	活動內容	地點
八月十三日	抵達廣州	廣州
八月十三日	欣賞長隆馬戲團表演	長隆
八月十四至十五日	羽毛球訓練	黃村體育中心
八月十六日	參觀及回港	香港

陸卓輝 中二紅班

這次暑期羽毛球訓練營對我來說十分有價值，因為我的體能提升了，殺球的力量也大了，最主要的原因是每次練習開始時都要做很多的熱身運動和體能訓練，例如跑步、拼步和交叉步等等。而且運動場館不設空調，因此在鍛練球技及體能的同時，也鍛練了我們的意志力。

但是訓練也有令人失望的地方，其中一位男教練較嚴厲，亦沒有針對我們不





跳殺訓練！

同人需要不同的訓練，而我們亦因害羞，沒有主動提出要求，結果，全部人都只是練習殺球和四方球，但如「放網」、反手技術和假動作卻沒有機會練習。幸好，另一位女教練較和藹可親，主動與我們溝通，亦十分樂意及有耐性地回答我們的問題，甚至親身示範給我們看，故此我們敢於開口言明自己的想法。

此外，還有兩位當地學生和我們一同練習，雖然他們比我們年輕，但是球技卻比我們高超，只有他們才有資格跟我們的大師兄匹敵呢！

除了訓練，我們還參觀了當地的運動訓練場地及比賽場館，例如亞運場館、靶場、馬槽、泳館等等，十分壯觀。不過對我們香港學生來說，美中不足的地方是幾乎全部場館都沒有空調，所以十分熱。但就是因為這些艱苦的環境才能提升運動員的意志力和耐力。

這次活動使我獲益良多，如果再有這些學習機會，我必定參加！



游泳館的口號令人很振奮！



殘奧運動員練習情況！真的百發百中呢！



參觀亞運場館！

李柏賢 中六青班



沒有空調的日子！！

羽毛球，是一種直接挑戰體力、腦力、專注力及精神的運動。要成為頂尖運動員，以上四個元素缺一不可。而中國的羽毛球運動員又是如何在這「極限」運動中脫穎而出，成為五項羽毛球奧運冠軍的人馬呢？在這個羽毛球訓練營中，我初步了解到中國運動員強大的原因，也體會到自己原來一直都是在幸福，舒適的環境下生活。

在炎炎夏日伴隨著我們的是甚麼？是空調！在香港，只要是在室內，我們都有空調這個「涼伴」為我們消暑解熱，至於室內運動場就更不用說了。「室內」等於「有空調」已成為香港人的思考方式。不過原來這個思考方式只適用於香港。在廣州，這裡的「室內」運動場是沒有空調的……我們在一個溫度高達三十多度的羽毛球場上

每天訓練六小時。雖然我們的訓練對於當地運動員來說根本不值一提，但對於在「空調中長大」的我們來說，卻是地獄般辛苦。在這悶熱的環境下訓練，不論是體能上，還是精神上，都會被消耗至極限。中國運動員從小就在地獄般的環境下不斷訓練，也許這正是他們能夠成功的原因之一。

在這短短幾日訓練，我不確定自己在技術層面上有沒有提升，但卻清楚知道自己在精神層面上是有所得著，這個訓練營並不是單單訓練我們的技術，更是訓練我們的心，訓練我們要有永不放棄的心。當然，我們真的很幸福！大家一定要好好珍惜在空調體育館訓練的日子！



努力訓練中！我的運動服已濕透了！



玩集體遊戲—拋大球！我負責從旁指導師弟妹。

## **Reasons for Joining the Programme**

By joining the programme I have been able to learn more about the training methods and atmosphere of China. My motherland is known for her sporting achievements and training attitude. I wanted to grab this opportunity to widen my horizons. I wanted to experience Chinese training methods and also boost our team spirit through the harsh but enjoyable training!

## **Most Impressive Moments**

On the last day of training, we all felt tired and exhausted and most of us sat on the bench for a rest after a series of intensive training exercises. However, we were not finished yet! We had not impressed the coach! She was disappointed in us as she thought our attitude was far from satisfactory. At that moment, I realized why I had joined the programme. I joined the programme to improve my technique and so I made it my business to listen carefully to the coach. We couldn't let her down and have her believe that Hong Kong students were not motivated! I told my teammates that they had to be tough and endure. Eventually, we all stood up and continued our training. All of us had a memorable time at the sports ground though we were exhausted. It really was a wonderful moment and we will remember it!

## **Reflection and Learning**

### **Knowledge of Self**

I became tougher and more independent than I was in the past. The trip also helped me to widen my horizons and broaden my experiences which will surely help me to participate more meaningfully in society in future.

### **Knowledge of the World**

I came to understand more about the Chinese athletic training culture and the daily lives of athletes.

### **Reflection on Life and Personal Goals**

Since the trip, my attitude has changed noticeably. Although I only trained for 4 days, I could feel the attitude and spirit of the Chinese athletes. They never give up easily on their work. No matter how harsh the training is, they will never complain. Their spirit enlightens me. On the contrary, Hong Kong students may be more prone to give up in face of difficulties. I think this attitude is incorrect and we should learn from the Chinese athletes who are determined to overcome difficulties.



Yu Yik Man and her teammates admire China. Our homeland.



Miss Lai and Yu Yik Man take a photo with a 'Dressage' horse.



Our coach briefs us!



Where am I? I'm the middle one!  
Here, I help my teammates to finish the team building game—Dream Net.

# 九龍倉全港中學生繪畫比賽台北藝術文化交流團

對象：全港中學生繪畫比賽中榮獲冠軍、亞、季得獎者及 15 名優異獎得獎者。  
地點：台北  
日期：2012 年 4 月 10 日 - 13 日（3 天）  
費用：全免  
主辦機構：九龍倉  
參與學生：陳利亭（中三紅班）

## 活動目的

到台北參加藝術文化交流團，參觀當地博物館及藝術導賞團，親身體驗海外藝術文化及與當地藝術人士交流創作。

## 參加原因

是次比賽的目的是希望透過繪畫創作，鼓勵學生向公眾人士發揮創意，描繪出心目中的理想家園和城市，表達對香港未來的願景，從而提升他們對以香港作為理想居所的憧憬。而我有幸在是次比賽獲得冠軍，並聯同亞、季軍得獎者及入圍作品的同學，獲邀到海外參加藝術文化交流團，參觀當地的博物館及藝術導賞團，實在是畢生難忘。

## 行程

日期	活動	地點
10/4/12	參觀、藝術導賞團	朱銘美術館
11/4/12	參觀、藝術導賞團	尊彩藝術中心、台北市立美術館、誠品畫廊
12/4/12	參觀、藝術導賞團	台北當代藝術館、國立故宮博物館、華山 1914 文創園區
13/4/12	參觀、藝術導賞團、製作陶瓷	台北探索館、鶯歌陶瓷博物館

## 個人知識的增長

是次的藝術文化交流團，確令我獲益良多，特別是參觀當地的博物館及藝術導賞團，如：朱銘美術館（1970年代台灣雕塑發展）、台北市立美術館（「台灣當代·玩古喻今」）、台北當代藝術館（魔境：澳洲當代新藝術展）、國立故宮博物館（西方神話與傳說——羅浮宮珍藏展）、華山1914文創園區等等，均使我眼界大開；甚至是一些不對外開放的藝術展覽館，如：誠品畫廊（「日常生活」鄭君殿個展）、尊彩藝術中心，使我能親身體驗海外的藝術文化及與當地藝術人士交流創作，確實是不可多得的經歷。



伍角船板餐廳



伍角船板餐廳



台北市立美術館（「台灣當代·玩古喻今」）

其中台北當代藝術館的展題是《魔境，澳洲當代新藝術展》，我在參觀過後，認識了澳洲藝術家們針對自然與人生，傳統與現代，生活與藝術……等不同面向所發表的一些有趣的想法與做法，亦享受了當代新藝術所帶來的精神衝擊和視覺驚喜。



朱銘美術館（1970年代台灣雕塑發展）

當中〈心靈圖書館〉這一部分的展覽最令我印象深刻。它是一組與觀眾參與互動的裝置作品，包含了「生理回饋鏡子」及「身體地圖」兩個過程。在「生理回饋鏡子」裝置中，觀眾躺在床上面對上方的投影，透過手持感應器，他們的心跳律動一方面被轉譯為影響現場環境變化的元素——包括顏色、光線與音效等，另一方面也回饋地讓參與者偵測出自己的情緒變化與心理狀態，使其更了解自己。而「身體地圖」則兼有個人和集體創作性質，觀眾以手繪方式來詮釋、分享他參與「生理回饋鏡子」經驗的個人感受，這些圖像將留在現場成為展覽的一部分，並不斷累積成一座收藏眾人故事的圖書館。

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其次，透過參觀「身體地圖」，讓我了解到每位參與者當時的情感。當然每位參與者的感受亦各有不同，但藉著他們親手繪畫的獨一無二的圖畫或字句，讓我能了解到每位參與者當時的所思所想，這亦是當代藝術的常見的議題，就是以身體作媒介探索藝術家對自身環境的感受。這個行程確實令我擴闊了對藝術的認知。



朱銘美術館（人間系列）



朱銘美術館（人間系列——彩繪木雕）



朱銘美術館——太極拱門



朱銘美術館（太極系列——單鞭下勢）



朱銘美術館（人間系列——降落傘）



華山 1914 文創園區



尊彩藝術中心（不二良——變裝小鼠）

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故宮博物院門外



# JAPAN-EAST ASIA NETWORK OF EXCHANGE FOR STUDENTS AND YOUTH (JENESYS 2011)

Targets	F5 students
Destination	Japan
Period	13-21/12/2011(9 days)
Participating Students	Yuen Chui Yiu 5G
Fee	NIL (with all expenses fully sponsored by the Government of Japan)
Organizer	the Government of Japan

## **INTRODUCTION**

At the Second East Asia Summit (EAS) held in January 2007, Mr Shinzo Abe, the Prime Minister of Japan, announced a 35-billion-yen youth exchange programme to invite about 6000 young people from EAS member states (including members of the Association of Southeast Asian Nations (ASEAN), Australia, China, India, New Zealand and the Republic of Korea) to visit Japan every year for five years, with a view to establish a basis of Asia's solidarity through youth exchange. Around 46 secondary five students were invited to join this programme as the representatives of Hong Kong to undergo in-depth exchange in all dimensions with the Japanese. I was chosen to participate in the function after passing a series of selection interviews.

## **AIM**

JENESYS aims to promote mutual respect among the East Asia states, and to deepen understanding of Japan via the following activities under the proposed exchange programme:

1. Field visits to institutes, museums & special organizations.
2. Interaction with Japanese youth via debates & school placement
3. Cultural experience by home stay and visits to traditional cities and historical sites



Extremely cold in A-50!



## Itinerary

Date	Activities
13/12	Arrived Tokyo Attended a briefing on the trip
14/12	Visited The Ministry of Foreign Affairs Visited Tokyo Imperial Palace ( 皇居、二重橋 ) Visited Water Recycling Plant ( 有明水再生中心 )
15/12	Visited Kumamoto-jo ( 熊本城 )
16/12	Visited Yatsushiro High School ( 熊本八代高中 )
17/12	Home stay
18/12	Visited A-So Volcano ( 阿蘇火山 )
19/12	Visited Tokyo High School ( 東京都立田柄高中 )
20/12	Visited Keio University ( 慶應義塾大學 ) Visited National Museum Of Nature and Science
21/12	Had a farewell party Returned to Hong Kong

## REFLECTION

I was honored to be one of the participants from Hong Kong. Cultural exchange undeniably plays a vital role in today's globalized world. People have more opportunity to understand and learn from one another. We are encouraged to work hand-in-hand to accomplish certain tasks. I believe this programme will continue to enhance mutual respect and understanding not only among individuals but also among neighbors of East-Asian states.

As we all know, the "Fukushima Earthquake" incident happened in Japan in March. Despite causing horrific casualties and damage, this disaster helped to illustrate the honorable qualities of the Japanese people, such as courage, endurance and resilience. Through this exchange, I had an opportunity to share my experiences and learn from the experiences of my peers in Japan. This created a deeper mutual understanding of our beliefs and values. The determination and strong will that I saw in the Japanese people inspired me to endure and stand with dignity while facing difficulties.

On the fourth and seventh day, I went to two different schools in Yatsushiro and Tokyo. I enjoyed talking with the Japanese students very much because they are so active and love to talk about their culture,



We can't wait to have a hot spring!



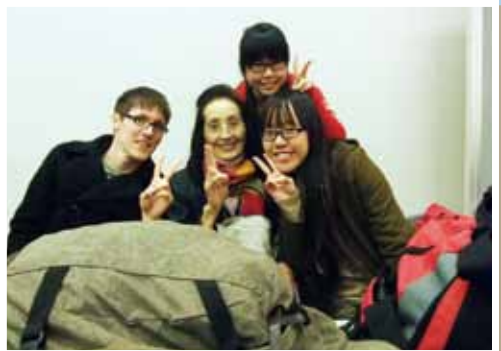
Our Kendo lesson.

comics and daily lifestyle. I attended a Japanese tea ceremony, judo, kendo and calligraphy lessons. I discovered that Japanese students are enthusiastic and love to join different kinds of activities whether they are sporting or academic. In Japan, schools provide students a variety of activities which enhance their self-development. For example, the Japanese tea ceremony is a traditional activity which students are able to participate in. In contrast, in Hong Kong schools, we seldom have the opportunity to attend lectures of Chinese traditional martial arts like shadowboxing(Taiji).

I loved staying with my host family for two days. I was so glad to live in a ninety year old traditional Japanese house which had a beautiful garden inside. My host father was a doctor and

he and his wife treated me like their daughter. I felt so warm while staying with them. Although the family lived in a traditional Japanese style house, their lifestyle was more in line with a western style. For instance, they had spaghetti for breakfast and instead of eating sushi, they had steak for dinner. Japan struck me as a country that enjoys the traditions of days gone by and the excitement of modern life with equal fervor.

I sincerely thank the school for giving me this chance to get to know Japanese culture and improve my communication skills. I had to learn how to behave appropriately in different situations and communicate successfully with people of different backgrounds. It was wonderful to observe the differences we all have.



A happy moment with my host family.

# Malaysia Exchange Programme

## (Focus on IT and Robotics)

Targets	Form 2 and Form 3 students
Destination	Kuala Lumpur, Malaysia
Period	4-17/07/2011 (14 days)
Host School	Methodist Boys' Secondary School, Kuala Lumpur (MBSSKL)
Host Families	Mrs Chuah, Mr Tang, Mr Dang, Miss Angie Ng
Fee	HKD\$1400 (subsidized by Miss Helena Sito Education Fund)
Organizer	Methodist College
Participating Students	Erwin Charles Helios 2B      Lee Kwong Keung 2R Choi Man Lok, Ricky 3B      Kwok Chun Ting 3B Kwan Sing Lok, Samuel 3B

### Introduction

Last summer, under the school's arrangement, we spent two weeks at Methodist Boys' Secondary School Kuala Lumpur (MBSSKL). MBSSKL was established in 1897 and is located in the capital of Malaysia.

### Background Information

Malaysia and Hong Kong are in the same time zone and both are hot and humid. In Malaysia, people speak Bahasa Malay, English, Chinese (including Cantonese, Mandarin, Hokkien, etc.) and other languages. Most people in Malaysia are Muslim, Buddhist or Christian. The money used there is Malaysian Ringgit, the value of which is about three times that of Hong Kong Dollars.

MBSSKL is a boys' school. There are only male students from Form 1 to Form 5, but there are some female students in Form 6 and Form 7. The weather there is relatively dry and there is no air-conditioning in classrooms except in the IT Laboratory.



This is a pretty boisterous street called PETALING STREET!

## Reflection and Learning

Erwin Charles Helios 2B



These are the form four students in MBSSKL ~ They are very nice!

The two weeks in Malaysia allowed us to visit many markets and have special cuisines. We went to Water Land to play games. We had classes in Methodist Boys' School. In the school, I found many new friends. This school provides some lessons that I have never heard of in Hong Kong, for example, Malay and Malay history. It is so interesting! One of the special rules in Malaysian schools is that all students must pass in the Malay subject in order to go into big classes. The school rules in MBSS are different from those of our school. For instance, students cannot use tissues in the classes. It sounds strange to me, to be honest. Sometimes after school we went to the bazaar to buy souvenirs. One night we went to the school to watch a drama show, and the show was amazing! To conclude, I learnt many things about the Malaysian culture and the local daily life. I want to thank the school for giving me this chance to enrich my life!

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This is Methodist College in Malaysia.



It is a pretty cute cat from MBSSKL!! We loved it so much!



These are the robots in the Malaysia schools competition. Cool!

Lee Kwong Keung Ben 2R

Firstly, I want to say thank you to my school for giving me a chance to go to Malaysia. This exchange programme was far more than a trip. I was able to experience the local culture and it was truly a precious opportunity for me.

When I arrived at the airport, I got a cold. I thought it was because of the low temperature inside the airplane. On top of that, I didn't have enough sleep for 3 consecutive nights because of the camp before the departure. Therefore I got sick easily.

To remain patient under such unfavourable circumstances was important and I thought that was my first lesson in Malaysia.

Mr. Tang was my host dad. He lived with his wife and his two sons (Eugene and Ian) in a big house. Eugene studied at Methodist Boys' School. He was shy and



This is the first day in Methodist Boys' School. These teachers helped us in the school and always accompanied us to different classes.

liked to play online games. The Tang family were Christians. They took me to church and we had a fellowship there. I met John at the fellowship and he was a F.5 student at MBS. He loved taekwondo like I do and he became the first friend I met in Malaysia.

Students in Malaysia have to speak both Malay and English. However, if you were Chinese, you could also learn Putonghua and Cantonese. I was surprised that Chinese students could speak several languages.

The MBS campus was huge but they had strict rules. The students can only speak English or Malay inside the school. Also they cannot bring mobile phones to school. Comparatively, Hong Kong students are free and happy in school. They had morning line up. There were spacious grass fields for playing football. I am really envious of those students in MBS. On the other hand, I am glad to enjoy more freedom in my school.

In the daily school life, I got up at 5:30am and went to school at 6:00am. It was early for me. By around 7:00am, we were already at school. We went back home at 1:00pm and the school did not provide many breaks during the day.

To conclude, I found myself improved in many ways. My spoken English and my ability to communicate with foreign people improved. I thank the school again for giving me a chance. Also, I have to thank Mr. Martin Li and Mr. Siu for all their support. I hope that I will be able to visit Malaysia next year.



The famous Kuala Lumpur lemon tea. The taste was very sour.

### Choi Man Lok Ricky 3B

I joined the exchange program to Kuala Lumpur, Malaysia, which was sponsored by the subjects of Design and Technology and Information Technology. I found the Malaysian school life and the exchange programme meaningful and fascinating.



The Twin Towers

My English-speaking skills have improved a lot. Through communicating with the local people, I became braver in expressing myself in English in front of others. Also, my aural skills have also improved a lot through talking with them. I noticed that there are different accents in different towns and counties in Malaysia. For example, in Hong Kong, we pronounce Monday as 'Munday'; but in Malaysia, some people may

pronounce it as 'Mondai'. I found it interesting, because I have never heard of such pronunciation before. It is something new and special to me.

To conclude, the trip was meaningful and I learnt a lot from it. I love the Malaysian exchange programme as it allowed me to meet more friends. I have to express my heartfelt gratitude to Methodist College for giving me the opportunity to join the wonderful trip. I will surely treasure the delightful memories in my heart from now on.



The main building of the school



The playground



My last dinner in Malaysia

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Kwok Chun Ting 3B

This year, right after we had had our final examinations, five of us participated in a trip to Malaysia for an exchange programme for 14 days.

The most memorable thing on the trip must be the visit to the SSEKMM museum. In this museum, I saw a lot of Malaysian kings and I knew more about Malaysian history.

Another interesting part of my trip was my visit to the TTAJK park. In this park we saw a lot of famous buildings and I found the surrounding scenes fascinating.

I am sure that all of us have gained a lot from this trip. We knew little about Malaysia but our classmates were very kind, helpful and friendly to us and I want to thank them for their helping hands one more time.



Beautiful views.



Lovely.



Principal of a school we visited.



These are my classmates at MBS.



Nice view



Beautiful scenery

Last year, I joined an exchange programme to Malaysia. We went to Kuala Lumpur for 14 days. Jeff and I stayed at Miss Angie Ng's house.

I joined this exchange programme because I wanted to represent my school and have a cultural exchange with students in Malaysia.

When we arrived at Kuala Lumpur, Mr. Wong, the principal of MBS and the chairman of the school's PTA picked us up at the airport and brought us to MBS to meet our host family. Miss Angie Ng was a teacher at MBS. She was a nice person and she brought us to Titiwangsa Lake Gardens. The National Art Gallery and National Theatre were located there. On the next day, we went to school to have lessons and met some new friends. In the afternoon, Miss Angie brought us to the National Art Gallery. After having dinner at Miss Angie's house, we went to a shopping mall for a walk. We had a F.2 friend who lived with us

for a few days. His name was Shaun. On the third day in Malaysia, we prepared for the Family Day. Day 4 was MBS's Family Day. It was my honour to join this fun event. On day 5, we visit some new property available for sale and we had a walk after dinner. On day 6, we joined a robotic competition for the whole day. On day 7, we went to school and went to Mid-valley Mega Mall to watch a movie. During the trip we also went to Methodist College for a visit, watching a play called 'Oliver Twist'.

During my trip to Malaysia, I found three impressive moments that are worth mentioning. First, in the canteen of MBS, there was an uncle who sold drinks. His Milo drinks were very yummy. Second, we went to Sunway Lagoon. We had a great time there. Third, we went to Petrosains, The Discovery Centre. It is inside the Suria KLCC which is next to the twin towers.

During the trip, I learnt how to take care of myself and others. I know more about Malaysia and I have become more well prepared in everything I do. I also have become more considerate, more able to manage myself and my time and be responsible to everyone.



He is my best friend.



This is our vice - principal.



The Principal of MBS



# Singapore Overseas Leadership Training Program

2011-2012



Targets	Student committee members and potential student leaders
Destination	Singapore
Period	11-14/04/2012 (4 days and 3 nights)
Fee	HKD\$3750
Organizer	Methodist College
Participating Teachers	Miss Lee Ying Ying Mr Lee Lo Ping, Miss Li Yim Man (Social Worker)
Number of participating students	20

Student Name	Class	Student Name	Class	Student Name	Class
1 Chan Kwan Ho	1G	8 Lo Hau Lam	2W	15 Kwok Chun Wai	4B
2 Sheung Chuen	1W	9 Cheng Siu Ki	3B	16 Fung Ngai Long	4G
3 Lam Wing Tung	2G	10 Au Wing Yin	3R	17 Woo Tsun Ming	4R
4 Choi Lai Wa	2R	11 Cheung Chi Chiu	3R	18 Chan Ho Yee	4W
5 Lai Man Sum	2R	12 Cheung Pok Ho	3R	19 Ho Hiu Yee	4W
6 Luk Siu Yau	2R	13 Yue Hui Yan	3W	20 Or Wing Hong	4W
7 Tong Ka Ngai	2R	14 Kung Yuk Lun	3W		

During the Easter holidays, twenty students went on an overseas trip to Singapore. The trip was part of the leadership training program for student leaders.

## Objectives

- 1 To enhance students' creativity, communication skills and ability to overcome difficulties through a variety of activities.
2. To increase the students' understanding and knowledge of the academic and cultural landscapes of Hong Kong and Singapore.
3. To let students share experiences with young people living outside Hong Kong and to encourage students to learn to respect each other.
4. To help students to develop a global vision.



Attending a brief introduction at Nanyang Technological University (NTU). The students on the left are from NTU.

## Itinerary

Date	Time	Arrangement	Aims
Day 1 11/04	evening	▪ Night Safari	▪ To experience the world's first night zoo and learn about wildlife preservation.
Day 2 12/04	am	▪ Visit Nanyang Technological University	▪ To learn about the education system, cultural and social development of Singapore.
	pm	▪ Visit the NeWater Plants and Bugis Street	▪ To have contact with different types of Singaporeans.
	evening	▪ Group activity ▪ preparation for exchange of the next day	▪ To learn about division of labor, communication and team working skills.
Day 3 13/04	am	▪ Visit Methodist Girls' School	▪ To taste the school life of a Singaporean student. ▪ To communicate and share with Singaporean students.
	pm	▪ Visit Little India and Smith Street	▪ To learn about and appreciate Indian culture, and to learn about the cultural harmony among different nationalities in Singapore
Day 4 14/04	am	▪ Visit Merlion Park, China Town	▪ To understand the cultural similarities and differences between Singapore and Hong Kong
	pm	▪ Singapore Museum	▪ To learn about the history and latest developments in Singapore
	evening	▪ Home sweet home	

## Reflection and Learning



Mr Lee Lo Ping (right) and Sheila Lai (middle) present a souvenir to our dear alumna Miss Carman Lee (left), who is an Assistant Professor in Nanyang Technological University.

**Kwok Chun Wai 4B**

I was pleased to be selected as one of the twenty participants in this leadership training trip to Singapore during the Easter holiday. The aims of the program were to develop our leadership and problem-solving skills by participating in a wide range of activities.

During this four-day trip, we visited different places in Singapore. We visited Nanyang Technological University (NTU) and Methodist Girls' School (MGS).

We shared some time with the PhD students and visited the Robotic Research Centre (RRC) at NTU. We found plenty of high-tech inventions and instruments at RRC. Professors and researchers there explained advanced scientific theories to us



*We found our way to the Marina Barrage.*

in clear and simple wordings. Having heard what they had to say, we felt that we knew more about the NTU and university life in Singapore.

By attending a lesson at MGS, we had the chance to experience the study life of Singapore students and learn about their culture. The girls in MGS were friendly and talkative. They chatted with us all the time in order to know more about our lives in Hong Kong. When they were having lessons, however, they all kept quiet and paid attention to the teachers. I think Hong Kong students should

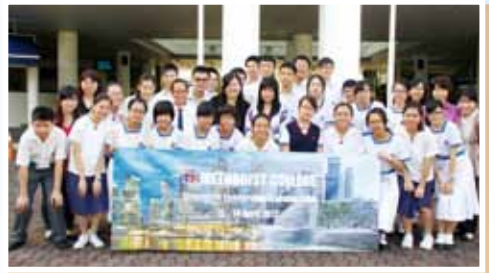
follow their learning attitude -"Do the right thing at the right time!"

Apart from having school visits, we had a City Hunt in the urban area of Singapore and it was undoubtedly the most memorable activity of the trip! We were divided into two groups and each group was assigned to explore different sites to study a particular topic. My group was assigned to go to the Marina Barrage. It is a waterworks project providing water storage, flood control and recreation for the country. We also studied the environmental problems in

Singapore and interviewed some visitors there. Throughout the City Hunt, neither coaches nor tour guide was provided. There were no tour guides to guide our way, so we needed to find our own path and carry out several tasks within a period of time.

By being active in our leadership training trip to Singapore, I am sure we all gained a lot. Firstly, I think we learnt how to communicate with others more openly. We did try our best to speak English to everyone in Singapore—we often had no choice as not everyone there speaks Mandarin. I think my problem-solving skills have improved remarkably. For instance, two of my group members took the wrong train during the city hunt activity and I, as the group leader, had to decide how to tackle this unexpected crisis! I was required to make quick decisions and it was quite challenging! Luckily, the problem was solved and we were able to finish our tasks successfully.

We are thankful to our school for providing us the chance to join this trip to Singapore. The trip helped us to equip ourselves to become good leaders and it's one of the most unforgettable and sweetest experiences in my secondary school life!



*A fruitful exchange experience with Methodist Girls School.*



*Our lunch in the canteen of Nanyang Technological University with the university students there.*



Visiting the laboratory of Nanyang Technological University.

在這一次到新加坡交流的經歷當中，當地的種族融合文化最令我印象深刻。新加坡當地有四分之三的人口是華人，馬來人佔百分之十四，而印度族人佔百分之八，還有少部分為歐亞混血人。雖然新加坡有很多不同種族的公民，但不難從他們生活的各方面感受到不同種族間的融洽。

因為包羅眾多不同種族的人，新加坡當地流通的語言就有華語，英語，馬來語和泰米爾語，但基於方便使用的原則，新加坡政府把英語設為官方語言。這一政策可以讓各民族的後代有機會學習英語，而在家中使用地方方言則能保留自身的優勢。這是星加坡新一代青年能力較強的原因之一，也體現了新加坡的語言融合的文化。

再看星加坡的飲食文化，第一天到達新加坡我們就在一家華人餐館享用晚餐。原本中國的菜式味道一般，煎和炸的食物也較少。但那一頓的晚餐，多數的菜式都是微辣或煎炸類的食物。原來華人到了當地生活，因為需要一天到晚地工作，所以會選擇在早上把所有食物煎炸好，晚上就可直接食用，毋須再下灶。新加坡有多個種族，當中馬來人的飲食多以辣為主，華人亦因此受到影響，愛在食物當中加入辣椒，從飲食文化的融合，也可以看出民族之間的融和。

此外，從學校生活中也可以體驗到的民族融合。我在第三天到達美以美學校 (Methodist Girls School) 交流的時候，發現他們的餐廳售賣不同種族的食物。就連吃完後的碟也會因為不同種族的信仰禁忌而被特別處理。例如學校會為信奉伊斯蘭教的同學專門售賣沒有豬肉的食物。此外，由於信奉伊斯蘭教的印度族學生就連餐後盤子也不可以接觸到豬肉，所以學校也會把用餐後碟子分開處理。

其實，香港也有很多不同種族的人在這裏居住，大家共同生活在一個社區裡，我們偶爾還會聽到不同種族的衝突事件發生。我們應該像新加坡的市民一樣，抱著互相尊重，互相包容的心態，跟不同種族的人和平共處。



Visiting Nanyang Technological University.



We chat happily with the girls from Methodist Girls' School.

### Choi Lai Wa 2R

It was my honor to be one of the participants on the trip to Singapore. It was a meaningful and worthwhile trip. We joined various activities such as a visit to the Night Safari, a City Hunt challenge and exchange sessions with the students of Nanyang Technological University (NTU) and Methodist Girls School (MGS). In my opinion, the most memorable activity was the City Hunt. The mission for my group was to investigate environmental issues in Singapore by visiting Marina Barrage.



Shopping at a supermarket in order to compare the prices with those of Hong Kong.

Marina Barrage is a reservoir and open to visitors. Inside the gallery at Marina Barrage, there were many displays about the history and how the government tackled the issues of water supply. Also, there was a sophisticated model demonstrating how Marina Barrage saves water. I loved this display very much as it was a unique and attractive display.

Marina Barrage is not only a green symbol, but also a fascinating design featuring the use of natural lighting and ventilation design which helps to save energy. There is even a solar park to save electricity. Moreover, the gallery helps to educate the public about important environmental and water issues. Environment protection has long been a hot issue around the world. I think Marina Barrage has shown the world what Singapore is capable of doing.

At other times on the trip, we interviewed some tourists and Singaporeans to ask them how they felt about the environmental policies in Singapore. Overall, we found out that Singaporeans believe their environmental policies were quite simple and effective. On the other hand, tourists thought that the environmental policies were nothing short of remarkable.



There are a lot of big parks with beautiful grassland and trees.

Historically, Singapore's water was supplied by Malaysia but they have built their own NE Water Plants. Now, most of the water supplies are self-contained. Singapore's situation is similar to that of Hong Kong. I think Hong Kong should learn from Singapore. We should harness new water resources instead of relying on water from mainland China (DongJiang Raw Water). Maybe we can also build water plants and reuse water.

I learnt a lot about Singapore's culture and learning environment. I also learnt to be braver, more active and more green. In addition, I learnt how to be a leader and improved my communication skills and problem solving skills. I would like to thank my school for giving me the opportunity to widen my horizons. I would not hesitate to recommend such a trip to any of my classmates!



Beating the heat with icecream in Merlion Park.



Can you notice what we are doing? We are making the shape of "MC".

### 盧巧霖 中二白班

新加坡是一個多元民族的國家，種族大致有三個：華人、馬來西亞人和印尼人。不同文化、不同種族和不同膚色的人生活在一起很容易便會出現分歧，以致發生爭拗，但他們卻沒有任何明顯的衝突，這就是我在這次星加坡之旅體驗到的一大特色——種族融和。

佔新加坡全國人口最多的是華人，接著就是馬來西亞人和印尼人，但有趣的是，絕大部分的學校都是充滿種族融和的色彩，絕少數是單一種族學校。因此，新加坡人在小學（即他們一開始踏入校園生活的時候）就已經開始要接觸不同背景和種族的同學，這令他們從小已習慣多種族的生活。

其中南洋理工大學和美以美學校就是典型的例子。美以美學校是一間多種族的中學，不同種族學生都相處得十分融洽，同學間從不分華人、馬來西亞人或印尼人，學生的社交圈子很廣闊，我看到他們上課、聊天時都完全沒有隔膜。

這一切，令我們深深感受到：無論他們的學習水平如何、學養如何，最值得我欣賞的是他們擁有種族融和的精神。他們的生活能夠如此融合，就是因為在他們的心中，永遠也只有「融合」而沒有「歧視」、「不同種族」等觀念，正是我們要學習的精神！

# Immersion Programme to Singapore

Targets	Junior Forms
Destination	Singapore
Period	15-29/7/2011 (15 days)
Host school	Anglo Chinese School International
Host Family	Mr Goh & Auntie Sev. Family
Participating Students	Lai Man Sum Shelia 2R Tso Tsun, Tramy 3W Yuen Kin Yan, Janet 3R
Fee	Nil (with all expenses fully sponsored by Miss Helena Sito Education fund)
Organizer	Methodist College

## **Singapore**

During the summer holidays we went on an Immersion Programme to Singapore. Singapore is a peaceful city 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.



A Day to the universal Studio(Left: Janet, Middle: Tramy Right: Shelia)

## **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.

## **Reasons for joining the programme:**

Yuen Kin Yan Janet 3R

I wanted to know more about studying in an international school and also to gain experience in studying overseas.

Tso Tsun Tramy 3W

I joined the programme to learn more English speaking skills, know more about the culture of Singapore and to make more friends.

## Itinerary

Date	Activities	Place/Remarks
15/7	Fly to Singapore	
16/7	School day Visit Holland Village with ACS buddies	Anglo Chinese School International, Holland Village
17/7	School day Visit the mall, ION, with the host family	
18/7	School day	
19/7	School day Visit Gardens by the Bay with ACS buddies	
20/7	Visit Universal Studios Singapore with a local teacher	Universal Studios
21/7	School Fun Fair (the Celefest)	Anglo Chinese School International
22/7	Visit the Broad Walk and China Town with Mrs. Ho, ex-teacher of our school	
23/7	School day	
24/7	Do shopping and have local food	China Town
27/7	Watch movie and do shopping	Orchard
28/7	See wild animals	Night Safari
29/7	Back to HK	

## Most Impressive Moments



A picture took at the airport of Singapore. (Left: Shelia, Middle: Janet, Right: Tramy)



At the house of our host family (left: Tramy, Middle: Janet, Right: Shelia)

### Lai Man Sum Shelia 2R

I was totally impressed from the first day when I arrived at the ACS International School. I was not, however, very outgoing towards the local students. I didn't dare to say anything because I was still a little nervous. But the students there were so nice and kind that they talked to me actively. I was wonderfully impressed by the lovely and warm atmosphere. I started to talk and to have fun. I had a lovely school life with my buddy, Rabeyah. I just can't believe I have studied in such an interesting school!



Visit to the Night Safari with the host family. (From the left: Tramy, Shelia, Janet, host sister)



### Yuen Kin Yan Janet 3R



Visit to the Night Safari with the host family (From left: Auntie, Sev, Shelia, Tramy, me)

The most impressive moment for me was certainly the visit to the Night Safari. We spent the whole evening there with our host family on the second last day of our trip in Singapore. We saw a lot of wild animals and watched two fabulous shows there. I really became attached to my host family while I was in Singapore. We had a gorgeous time there with them and we almost could not bear to part! I felt so lucky to be hosted by such a warm and friendly family! I felt so glad that they gave us so much of their time and showed us so much consideration!



Photo in the Gardens by the Bay



(Left: Rabayah (buddy) and me)



Our host family

### Tso Tsun Tramy 3W

The most memorable moment for me was the day we went to the Universal Studios with Madam Koh. We played on many thrilling mechanic rides there and had lots of fun there. I really enjoyed myself the whole day long.

The most precious thing about my trip to Singapore must surely be the time I spent with my buddy, MeiLin, who is from Beijing. We used English to communicate all the time instead of Mandarin. I still remember that, on the third day, MeiLin told me that she really missed me a lot and loved having me by her side. We had lessons together, had lunch together, chatted together and went crazy together! On the last day, MeiLin suggested we take as many photos as we could and we went to many places inside the school during every break on that day. It really was my pleasure to meet MeiLin and be her friend.



The last day of school - FanTian (buddy) & Janet Yuen and a classmate

## **Reflection and Learning**

### **Knowledge of Self**

Lai Man Sum Shelia 2R

I discovered how focused and quiet the students are in Singapore when they are having their lessons. They are also able to answer all the questions the teacher asks. Their learning attitude is great and their learning atmosphere is very relaxing. I learnt a lot from their learning style and this changed me a lot from the girl who perhaps did not pay as much attention as she should.

Yuen Kin Yan Janet 3R

After having lessons in an international school for two weeks, I found that the study atmosphere there is quite relaxing. However, the students there are still very hard-working and concerned about their learning. I see that most of the students in Singapore have good self-discipline. They also seem to have maintained good learning habits since a young age. I really like their learning atmosphere. I also appreciate that the students there all attach importance to their own learning. Besides, I now know more about their local culture and the special features of Singapore.

### **Knowledge of the World**

After this trip, I found that the Singaporeans like spicy food. There're a lot of spicy snacks in the food stores along the streets. The local food there like 'Bah Kut The' is also spicy and has black pepper in it. Also, the Singaporeans are very nice. The relationship between people seems close. They can make friends everywhere! If they see that anyone needs a helping hand, they will give them one without any doubt. This is an important thing in life and relationships. They also like to encourage anyone who is in a bad mood.



A kind Physics teacher & Janet at ACS International

Tso Tsun Tramy 3W

During this program, I found that my English speaking skills improved. Besides, I have also learnt to be more independent. For 15 days, my parents were not by my side and I had to tidy and prepare things on my own instead of depending on my mother.

Lai Man Sum Shelia 2R

### Yuen Kin Yan Janet 3R

I found that every place in the world is different and because of all those special differences, every place becomes so amazing! Most of the Singaporeans speak mandarin and also English. Besides, I found that many people in Singapore are from different countries. I can see that Singapore is a multi-racial city. People there are all very kind and I feel really pleased to be with them. I loved the local food there the most. Every country has its own culture, and I feel great about all the wonderful things I experienced in Singapore.

### Tso Tsun Tramy 3W

I learnt more about Singapore's culture. Every morning, the school announcer will play the National Anthem and teachers and students have to stand up straight in their classroom and sing the National Anthem together. Besides, they also have to read the Singapore national pledge sincerely. Every year during their National Day, a song will be released to express love. The people in Singapore love their country very much.

## Reflection on Life and Personal Goals

### Lai Man Sum Shelia 2R

I noticed how the Singaporeans' lives are well-planned. They have a regular timetable each day. They plan their life right from when they're small. I admire their vitality very much and how they plan their life deeply. After the trip, I set a goal to plan my life as well as the Singaporeans do. I want my life to be complete and fully planned.



Janets' classmates at ACS International. They are all so nice and lovely!



A photo took at the school office with Janets' buddy. (From the left: Shelia, my buddy, me, Tramy)

### Yuen Kin Yan Janet 3R

I made my dream come true to study in an international school. At first I thought the students in the international school were very relaxed and did not care much about their study. However, after my two weeks of study there, I found that the students there are all very self-disciplined. I did some self-reflection after the program and I feel that I should always do my best instead of just only try my best. After participating in this program, I have formulated a new goal to explore even more awesome countries so that I can learn more about the world.

## EF International Programme (High School Year)

Targets	High School student
Destination	Worldwide
Period	6/8/2011-1/7/2012(1 School year)
Host school	Evangelisch Gymnasium Bad Marienberg, Germany
Host family	Family Brado
Fee	HKD \$100,000
Organizer	EF
Participating Students	Lau Yee Tak Natalie 4B



Visiting a Christmas market with my friends.

### Lau Yee Tak Natalie 4B

I am not a good student. I have to admit it. I needed to escape from the HKDSE, so I decided to go and see the world for a year. Of course, I'm pulling your leg to some extent. I did leave Hong Kong for a year, but it was to experience a kind of learning that you can't find in textbooks. My destination was Germany.

Everything in Germany was different. I lived in a house instead of a flat. I went to school by bus instead of on foot. I slept at 9 o'clock every night instead of 2 o'clock every morning. I was told that I would first experience a honeymoon period, followed by culture shock. However, it didn't turn out exactly like that. Once I arrived in Germany, I panicked. I missed my family so much. When I came back home after the school day and realized that my family was not there, I felt lost. To be frank, the beginning of

my exchange year was quite scary as I had to deal with culture shock and homesickness. As a result, I kept quiet and nearly gave up. I became somewhat blue and depressed. I didn't know what I could do. At that time, I began to understand and realize how naïve I was when I was in Hong Kong, thinking that I was always on the top of every situation and could handle every problem by myself.

After my first month in Germany, I made up my mind to be more positive. I tried to do what I was used to doing in Hong Kong—talking!

Fortunately, all my classmates were very kind and helpful. They helped me a lot in learning German by explaining the troublesome grammar rules and forcing me to speak in German. From then on, my exchange year became more and more colourful. I did a lot with my host family and my classmates, like visiting a Christmas market and watching a concert. I enjoyed every bit of my time with them. I also travelled to many famous cities and appreciated their beauty.

It was really the best year of my life. If I had my time again, I would definitely make the same choice. Seeing the world has not only broadened my horizon, but also has helped me to understand more about myself.



Let it snow, let it snow, let it snow!!!



PARTY TIME!



Visiting a Christmas market with my friends.



It's like a photo from an exchange promotional brochure!



Looking for treasure in a second-hand book store.

# Cambridge Programme 2012



In front of the famous Radcliffe Camera in Oxford, with myself (3<sup>rd</sup> from right), my groupmates and our mentor Tom (4<sup>th</sup> from right).

Target	Junior Forms	
Destination	Cambridge, England	
Period	29/7 – 12/8/2011	
Host school	Churchill College	
Subject	Science	English
Participating Students	Tse Cho Ling, Ben 4B	Leung Hoi Yi 1W

## Reasons for joining the programme



A photo taken with my senior science classmates and our physics teacher, Mr. Dave Hudson, in the physics classroom.

Tse Cho Ling, Ben 4B

There were several reasons for me to join the Cambridge Programme. First of all, as Cambridge University is one of the most famous, historical and also brilliant universities in the world, it's my honour and dream to study there, even just for 2 weeks. Moreover, the Cambridge Programme gave me a chance to experience the life, culture and learning environment of English students. The trip will definitely enlarge my vision!

## Itinerary

Date	Science	English
30/7	<ul style="list-style-type: none"> <li>Lectures about science</li> <li>Tour at Cambridge</li> </ul>	<ul style="list-style-type: none"> <li>Lessons</li> <li>Group Meeting</li> <li>Guided Tour of Cambridge</li> </ul>
31/7	<ul style="list-style-type: none"> <li>Visits to the Darwin Centre &amp; the Science Museum</li> </ul>	<ul style="list-style-type: none"> <li>The British Museum</li> <li>Houses of Parliament</li> </ul>
1/8	<ul style="list-style-type: none"> <li>Lessons</li> <li>Punting</li> <li>BBQ</li> </ul>	<ul style="list-style-type: none"> <li>Lessons</li> <li>Punting</li> <li>BBQ</li> </ul>
2/8	<ul style="list-style-type: none"> <li>Visit to the Institute of Astronomy</li> <li>Watching the Shrek musical</li> </ul>	<ul style="list-style-type: none"> <li>Shakespeare's Globe Theatre &amp; Tate Modern</li> <li>West End Musical "Shrek The Musical"</li> </ul>
3/8	<ul style="list-style-type: none"> <li>Lessons</li> </ul>	<ul style="list-style-type: none"> <li>Lessons</li> <li>Award-Winning Author meeting</li> <li>Shakespeare's play "King Lear"</li> </ul>
4/8	<ul style="list-style-type: none"> <li>Lessons</li> <li>Listen to a talk on Natasha Lee experience</li> </ul>	<ul style="list-style-type: none"> <li>Lessons in Fitzwilliam Museum</li> <li>A talk of Natasha Lee</li> </ul>
5/8	<ul style="list-style-type: none"> <li>Lessons</li> <li>Choral Evensong</li> </ul>	<ul style="list-style-type: none"> <li>Lessons</li> <li>Shakespeare Drama Workshop</li> <li>Choral Evensong in Great St Mary's</li> </ul>

6/8	<ul style="list-style-type: none"> <li>▪ Tour in Oxford</li> <li>▪ Burns' Night Supper &amp; Scottish dancing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Tour of College in Oxford</li> <li>▪ Burns' Night Supper</li> <li>▪ Scottish Dancing</li> </ul>
7/8	<ul style="list-style-type: none"> <li>▪ Lessons</li> <li>▪ Study skills wordshop</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lessons</li> <li>▪ Mentors' talk "My Journey to Cambridge University"</li> <li>▪ Study Skills Workshop</li> <li>▪ Charity Dinner(Hog Roast)</li> </ul>
8/8	<ul style="list-style-type: none"> <li>▪ Visit to Swaffham Wind Turbine</li> <li>▪ Interview Workshop</li> <li>▪ Individual interview</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lessons at Grantchester</li> <li>▪ Interview Workshop(individual interviews)</li> </ul>
9/8	<ul style="list-style-type: none"> <li>▪ Lessons</li> <li>▪ Group presentation</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lessons</li> <li>▪ Projects Presentation</li> </ul>
10/8	<ul style="list-style-type: none"> <li>▪ Lessons</li> <li>▪ Lecture on Cambridge history, culture &amp; etiquette</li> <li>▪ Concert</li> <li>▪ Formal dinner</li> </ul>	<ul style="list-style-type: none"> <li>▪ Lessons</li> <li>▪ Lecture on Cambridge History, Culture &amp; Etiquette</li> <li>▪ Concert</li> <li>▪ Formal Hall</li> </ul>
11/8	<ul style="list-style-type: none"> <li>▪ Back to HK</li> </ul>	

## Most impressive moments



A photo of my group when we were designing a windmill.

Tse Cho Ling Ben 4B

Every moment in Cambridge was unforgettable. But if I really had to choose the most impressive one, I would choose the incident that happened during the school hunting activity. During the school hunt, my team was given a longer route. Two of my teammates suddenly felt sick and it was only the excellent teamwork that we displayed which saw us complete the hunt and help our sick friends. We encouraged each other and did our best for each other. I enjoyed this kind of team spirit. I won't forget that day.



A photo taken with my senior science classmates and a few of our beloved mentors on the lawn of Churchill College.



## Reflection and Learning

Tse Cho Ling Ben 4B

I am glad that I made the right decision to join the Cambridge Programme. Even now, I still remember every moment I had in England and I miss the friends I made there very much! Moreover, I really learnt a lot from the trip. So, let me share what I have learnt from Cambridge!

In terms of subject matter, I benefitted from my physics, chemistry and biology lessons in the UK. I found the content useful for revision and for checking my existing understanding. This kind of experience means a lot to me because it can stand me in good stead for the future. In addition to academic learning, I learnt a lot about the world while I was on the trip. I came to appreciate other cultures and the first hand experience was very enriching.

Furthermore, the Cambridge Programme taught me a life lesson. I realize now the need for hard work in order to have a better future. Good time management also has a great influence on the success of our study. We need both hard work and good time management, if we want to achieve higher grades in our studies. I will certainly focus on these two areas in future.

The Cambridge Programme brought a lot to my life. It was such a rewarding experience and I will value it always.



A photo of me (1<sup>st</sup> from left) and groupmates after attending the Choral Evensong.

Leung Hoi Yi 1W

I was so glad that I could go to the United Kingdom. This was the first time that I have travelled to another country all by myself. I was anxious at the beginning because I did not know who would offer me a helping hand. I only knew the teacher in charge, Mrs. Ho. She was the only person I knew at that time. She helped me to make new friends. One of them was Donna Leung. Although she is a bit boyish, I considered her my best friend throughout the whole programme. Another good friend I have made is Cynthia Chiu. She is friendly and always willing to share. Connie Vaughan is a thoughtful mentor and she helped me in adapting to the new living environment. I visited different places such as the British Museum and the Houses of Parliament during my short stay in the UK. Apart from learning a lot, I also learnt how to take care of myself. I hope I will go to the United Kingdom again and visit more places, especially the London Eye.



London Eye+ Big Ben+ Houses of Parliament



My room!



My journey started after parting with my mom and my younger brother.



Materials for the trip (including journal writing, tickets, guides...)



Lesson in Grantchester



Kings College



Oh! I miss my mentor!

# Immersion Program to UK

Targets	Senior Forms	Senior Forms
Participating Students	Cheung Hoi Yan, Catherine 5G Li Jingwen 5G	Chan King Cheung, Lawrence 4B Chan Ka Yee, Carrie 5B Cheung Yee Ki, Heidi 5R
Destination	Ockbrook, Derby, UK	Leeds, UK
Period	30/6-14/7/2012 (14 days)	21/6 – 8/7/2012
Host school	Ockbrook School	Woodhouse Grove School
Fee	Nil (all expenses fully sponsored by Miss Helena Sito Education Fund)	
Organizer	Methodist College	

## Reasons for Joining the Programme

### Cheung Hoi Yan Catherine 5G

Britain has a unique and history-rich culture with architecture to match. It will be the eve of the 2012 London Olympic Games when I travel to the UK and the atmosphere in London is expected to be spectacular. This is a fantastic opportunity for me to explore, treasure and experience another culture.

### Chan Ka Yee Carrie 5B

I joined this programme because I want to explore the world, make foreign friends, experience UK culture (especially the UK education system) and, most importantly, understand myself more thoroughly.



Dr and Mrs Hollingworth took this picture with me in Hadden Hall's Garden. I love the garden there. You can walk in the sunlight and enjoy the splendid creation of nature. The different species of plants surrounded by historical blocks made me think that I was in ancient time.

### Li Jingwen 5G

Being able to visit Britain as a student will widen my horizons with respect to different lifestyles and culture and it will be wonderful to be immersed in an English-rich environment. I am sure that my English proficiency and communication skills will improve.

### Cheung Yee Ki Heidi 5R

To find out more besides Hong Kong (widen horizon) and I want to know more about myself too.

### Chan King Cheung Lawrence 4W

The UK is a part of the world that seems so familiar and yet so different. Hong Kong was once a British colony. Now it is not. In some ways, Hong Kongers are well versed in British culture; however, I am sure that actually visiting the UK and experiencing it first-hand will be a wonderfully authentic and enriching experience. I have never been to the UK before and so with mixed feelings of excitement and some nerves I look forward to the trip.

## Itinerary I: Ockbrook , Derby, UK

Date	Activities	Place/Remarks
29/6	Depart from Hong Kong	
30/6	Bowling with classmates/ home mother and boarders	City Centre
1/7	Spend a day with a warm-hearted local family	Mr & Mrs Coggle's home
2/7-6/7	Lesson and school functions	Ockbrook School
7/7	School Summer Fete (Morning) Museum visit (Noon) Outing with Dr and Mrs Hollingworth	Hadden Hall
8/7	Sunday Service	Moravian Church
9/7-13/7	Lesson and school functions	Ockbrook School
14/7	Flight to Hong Kong	

## Itinerary II: Woodhouse Grove School

Date	Activities	Place/Remarks
21/6	Depart from Hong Kong	
22/6	Arrive at Woodhouse Grove School	
23/6	School Lessons Visit Leeds	Leeds
24/6	Visit Manchester	
25-30/6	School lessons Art field trip	Woodhouse Grove School Leeds Town Hall,
1/7	Visit Skipton with Dr. Hollingworth	Skipton town, Skipton Castle
2/7	Boarder's BBQ	Woodhouse Grove School(WGS)
6/7	Flight to Hong Kong	
6-7/7	Stranded in Amsterdam Airport Schiphol	Amsterdam International Airport, Sheraton Amsterdam Airport Hotel and Conference Center
8/7	Depart for HK	



Esther (2<sup>nd</sup> from left) and Grace(right) are head girls in this academic year. They are very nice and gave us a warm hug on our last school day.



Jingwen (2<sup>nd</sup> from left ) and Catherine (3<sup>rd</sup> from right) with other UK students.



Natasha is one of my best friends in school. She loves singing especially those Disney pieces. She loves acting as well. I am glad to watch the drama that Natasha was acting as a father and it was fantastic.

## Most Impressive Moments

Cheung Hoi Yan Catherine 5G

Mrs Gwatkin, the vice principal, gave us a warm welcome when we arrived. We knew that she would be retiring in the next academic year. Some of my classmates prepared some presents for her. I remember the moment when all the boarders presented presents and took photos with her. Although I was just an exchange student to Ockbrook School for only two weeks, I can still feel how much Mrs Gwatkin loved and cared for her students. Her warmth was much appreciated by all.

Chan Ka Yee Carrie 5B

There were two impressive moments that stick in my mind from when I was in the UK. The first one happened during an after-lunch assembly. The students waved a fond farewell to their Mathematics teacher, Mrs. Enthoven. She was a very experienced teacher. I enjoyed her wonderful lessons. During the assembly, teachers, students and janitors delivered touching speeches for her and a group of music students played a song with lyrics modified to relate to Mrs. Enthoven. This scene was really touching. At that time, I suddenly thought of Miss Lee, my past Chinese teacher. Then I burst into tears. It was embarrassing but I knew that I missed her so much. The other impressive scene was that my two UK friends, Rachael and Hannah, wrote something and drew a card for me on my last day in the UK. They were so nice. They tried to write Chinese words on the card so as to wish me luck. I really hope that I can see them again in the future.

Li Jingwen 5G

There are a few impressive moments on this trip.

First of all, I was impressed by the tranquility of the school. When I walked into the school, it seemed that I was roaming at a fairyland. There were red-brick houses, tree lined passageways and fragrant flowers. The campus provided Ockbrook School students a pleasant study atmosphere. That's why I enjoyed every lesson I had there.

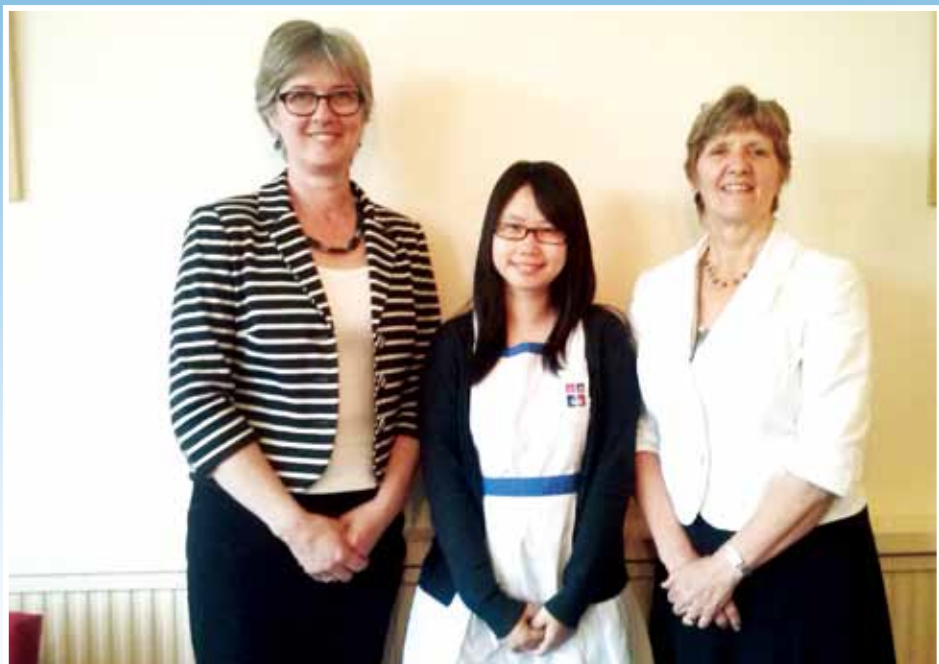
Apart from the agreeable environment and study atmosphere, the warm friendship from my foreign friends touched me. Our host students always explained everything to us with clear examples, so we could adapt to the lessons more easily. When they gave us some postcards and their contact details before our departure, we all burst into tears. Those were memorable moments.

Cheung Yee Ki Heidi 5R

The most memorable things about the trip were sight-seeing in the UK and being stuck in the Netherlands due to plane problems. The whole world seemed so different to me in those days. I guess it was the first time the world really became large and filled with things that I had never imagined. It was terrific.

Chan King Cheung Lawrence 4W

There is one thing that has stuck in my mind which I must mention. We were stranded in the airport at Amsterdam for a whole day due to technical problems with the plane. We stayed at the Sheraton Hotel in the airport but were not allowed to go into the town of Amsterdam. Nevertheless, we made the most of all our opportunities. It was a happy time.



Thanks for arranging useful and unforgettable lessons and events for us. (Jingwen posing with the Principal on her right and the Vice- principal on her left.)



We spent a day with a lovely English family

## Reflection and Learning

### Knowledge of Self

Chan Ka Yee Carrie 5B

I learned a lot during my trip to the UK. Most importantly I got a new awareness, which is to balance those areas of our lives that are important to us. In the past, I tended to focus most of my attention on my schoolwork and put less attention on relaxation and having fun with friends. In the UK, I noticed that most of my peers seemed very relaxed with each other. They joked and laughed and related with each other easily. On the other hand, maybe I tended to be a bit too serious about class work and didn't allow myself to relax and relate well with other people enough. It was an eye opening experience for me and I think it has changed me for the better.



Heidi, Megan, Courtney, Brigid and her sister and me in the boarding house. I enjoyed every moment 'living' in here with them. They have taken very good care of Heidi and me.



My classmates in the English Literature Class. They were all very kind and intelligent. Do you notice that there were some textual analyses put up on the board? They were exactly the same as what MC students had done in the lesson.



My very tall English teacher Mr. Copping and me. Not only has he taught me about poetry, but he also gave me an anthology as a present as he knew that I loved English. I won't forget his English lessons.

Cheung Hoi Yan Catherine 5G

At school, I took several subjects including English, Mathematics, Geography and Business Studies. I found that although I have learnt some of the things before, the class size and the teaching style are slightly different from what I am used to in Hong Kong. I was so surprised to find that my Business Studies class was made up of just 2 students! At first, all classes felt a bit strange but I adapted quickly with the help of my dear classmates and I enjoyed every moment.

Li Jingwen 5G

At first, I was quite nervous joining the other boarders. It is not easy to be the new student in the school! Luckily, the other boarders were really warm-hearted and approachable. I realized I was more independent in daily life than I thought. The trip to the UK has helped me to become more mature and proactive facing challenges in life.

Cheung Yee Ki Heidi 5R

Before the trip, I believed that I could take care of myself in whatever situation I found myself in. I also believed that I could take care of others. Before the trip, I felt that I was a tough person and that I would never cry about anything. However during the trip, I find out that I'm not that tough and I'm not without emotion-in fact I'm a really emotional person. I missed all my classmates and even cried because of missing them and I felt sorry I was not with them. During the trip I found out that I really rely on my classmates and friends. It seems that I've become a totally different person after the trip.

### Chan King Cheung Lawrence 4W

During my visit to the UK, I went to lessons in WGS with the sixth-formers. I enjoyed it so much. I decided to go to all kinds of lessons that were offered in the school. Of course, we went to some ordinary subjects like English, Mathematics, Physics, Chemistry, Biology, Economics, Business, Geography and Art, but we also went to some subjects that cannot be found in Methodist College. We went to Psychology, Drama, Design and Photography for example. There was one particular experiment we did in biology which made a big impression on me. It was an experiment with maggots. I thought the maggots were disgusting. I was so sick when I saw them that I screamed out loud and the whole class turned their eyes on me! But I wasn't the only one who was distressed by the maggots. The other HK boarders showed the same feelings as I did. For the UK students, it wasn't a big deal though. Maybe they are not so squeamish. During psychology, we talked about love. I enjoyed the UK style of teaching a lot and I am even considering studying in UK in the future!



Lawrence (middle) mixes well with the local students.

## Knowledge of the World

### Cheung Hoi Yan Catherine 5G

During one weekend, Echo and I stayed with a local family of one of the teachers-Mrs. Coggle. I noticed that British people tend to enjoy their life in a simple way. They just ate hotdog sandwiches (two pieces of bread with sausage slices) with a cup of apple juice. At night time, I was so glad that we could have a taste of a traditional British meal. It was fantastic and I loved the Yorkshire pudding the most. Being able to stay with a local family was a precious experience.

### Chan King Cheung Lawrence 4W

An exchange of thoughts and cultures is really important in improving both ourselves and the whole world. We live in different parts of the world, speak different languages and have different habits but we can share thoughts and cultures if we are willing to do so. If we are willing to communicate and get to know other cultures, then we will be better people. We should accept other cultures and learn from them.

### Li Jingwen 5G

The trip to the UK has exposed me to a new world and different lifestyles. The cityscape and environment reflect the English attitude towards life. I learned a lot by interacting with the local people.

### Cheung Yee Ki Heidi 5R

Before going to the UK, I had the impression that it was a busy place much like Hong Kong. However, I found the opposite to be true. The streets were wider, there were lots of nice old buildings, the air was very fresh and the people did not seem to be as relentlessly busy as they are in Hong Kong. It stayed bright for longer and the people went home earlier. People seemed more relaxed than they are in Hong Kong.

### Chan Ka Yee Carrie 5B

I experienced a different culture and it made me more aware of the need to think out of the box and be aware of global issues. There are so many things for us to discover in the world. Hong Kong is just a part of the world so we shouldn't only focus on our own city. The world is full of opportunities.



## Reflection on Life and Personal Goals

Cheung Hoi Yan Catherine 5G

After the trip, I realized the importance of LANGUAGE when communicating with people from other cultures. That has inspired me to do something related to linguistics. I want to study phonics in the future. If I work hard, I know my dream can come true.

Cheung Yee Ki Heidi 5R

While on the trip, I noticed that UK students really seemed to know how to enjoy their school lives, their relationships with others, music, art and many other interesting things. The UK students seemed to be able to adapt more readily to changes. Their life did not seem restrictive or so tightly bound to rigid routine.



My best friends Hannah and Rachael. We keep in touch till now and I really hope that I can visit them again in some not too distant future.

Li Jingwen 5G

By immersing myself in such a harmonious and fabulous environment, I have learnt to appreciate different cultures and adapt to environments that I am not used to. I hope I can contribute to the harmony among different races and communities and make the world a better place.



I liked talking to the junior girls so much. They were very kind to me and told me lots of interesting things about Woodhouse Grove and the UK. I can't imagine how regretful I would be if I had been too shy to talk to them.





Lawrence ,Heidi and Carrie are having lunch with local students.

### Chan Ka Yee Carrie 5B

I learnt a lot about myself during this trip.

The first lesson I had at Woodhouse Grove School was English. I like English more than anything and that's why I desperately wanted to experience English schooling in the UK. The sixth form students were studying poetry at that time which I didn't know much about. In the lesson, I met a very nice teacher called Mr. Copping. He taught me about what Marxism was and he taught me about advanced poetic devices. As we all know, the English lessons in HK are very practical. We learn examination skills and techniques. Seldom are we taught to appreciate the beauty of language and the inner meaning of great novels and poems. In UK, the students learn complex theories and examine very high level literature. Can you imagine how excited I was to participate in such



You would be incredibly touched if you were me to receive this warmest card ever.

classes? I was in heaven and I knew that English would be my future passion. I spontaneously asked Mr. Copping to assign a poem for me to try to do an analysis of. Digging into the poem was not as easy as one, two, three. I put in my best effort and read it again and again for the sake of placing myself in the writer's shoes. I kept thinking about it for some days and discussed what I felt about the poem with Mr. Copping. This was a learning process from which I understood the importance of thinking independently. By the time I finished analyzing the great work of Thomas Hardy, I knew that I wanted to pursue a higher academic standard of English because it's fun and it delights me. Had I not experienced English schooling and UK literature lessons, I wouldn't have been able to set a goal for myself to strive further.

## Bring the exchange students into Methodist College

We are fortunate to have exchange students staying with us in various lengths of time. There are Irina Iwantschak and Pierandrea Falchi from Germany and Italy respectively, who have spent a whole year here. Then we have four Malaysian students from Methodist Boys' School in Kuala Lumpur, spending two weeks with us in November which adds cultural diversity to our mix.

Exchange Programme	AFS Intercultural Exchange Programme (high school)		Malaysia Exchange Programme (by Methodist College)
Nation	Germany	Italy	Malaysia
Period	August 2011– June 2012		8-18/11/2011
Exchange Destination	Hong Kong		
Host school	Methodist College		

### ***AFS Intercultural Exchange Programme (high school)***

Nation	Germany	Italy
Exchange Student	Irina Iwantschak	Pierandrea Falchi
Host Class	3R	4B
Period	August 2011– June 2012	
Host school	Methodist College	

### ***Irina Iwantschak 3R (from Germany)***

2012 has been an unforgettable year for me. There are so many things I will never forget and so many things which would never have happened to me if I had not been lucky enough to come to Methodist College. My time at Methodist College has provided me with so many wonderful memories. It's my pleasure to relate some of them to you now.

The first time I entered my classroom I was confused. There were 4 fans and 2 air conditioners. But why? At my school in Germany there are no such things. In every German classroom, there is a sink for washing up and a mirror for checking our appearance...

but no air-con and no fan. If it is too hot outside we can leave the school at 11am. If it is too cold or there is too much snow we don't even need to go to school. My school in Germany (Erich-Klausener Realschule) starts at 7:45am and ends at 1:05pm or sometimes even earlier at 12:05pm. Here in Hong Kong, school starts a bit later and I had to stay until the end of the very last lesson at 3:50pm. In the beginning, I was very tired because of this. After 2 to 3 months however, I adapted to the long hours and I was able to stay awake the whole day!

While at school I was fortunate to

be included in actives and groups such as English Ambassadors and English Drama. I learnt so many useful things and had a lot of fun with my new friends. Because I can't speak Chinese I did not need to join the Chinese lessons and therefore I was lucky enough to join various other classes in their lessons. So, I visited some form 1 and form 5 classes, and I met so many nice students there. I especially admire how good their English is. I also met many nice teachers. They did a great job and they didn't give up teaching me even though I almost gave up. Some of the work was so difficult!

My classmates, who tackle the hard work very well, told me to keep on trying things that I thought I couldn't do. I was always inspired by their encouragement right from the first time we met. When I first came into the classroom I felt like a star. 3R were clapping their hands and they all asked me to sit next to them. I was shy and didn't talk too much. But they always came to me and started to ask me things so that I easily became a part of 3R, and 3R became part of my life in Hong Kong. I made new acquaintances throughout the whole school and students were always happy to talk to me and I enjoyed every second of talking to them. I thank them so much.

I would like to share with all of you my most memorable experience at Methodist College. It was when my drama

mates and I went to Sha Tin to the Drama competition. Pier broke his toe one day before and we had to be extra careful. But we managed everything and we won nice prizes. I will never forget how much fun I had on this day. I'll also never forget my drama mates who made me laugh a lot while we were practising. I felt very fortunate to be part of such a great bunch. I treasure memories like this.

I'm very thankful that I had the chance to study at Methodist College. It's been the best year I've ever had. Such a tremendous year wouldn't have been possible without all the warm people at Methodist College. I owe you all my sincerest thanks.

Thank you to my buddies, schoolmates and classmates who helped me to adapt to school life and to Hong Kong.

Thank you to all my teachers, I enjoyed being taught by you.

Thank you to all the other school staff who were always there for me if I had questions.

A very big thank you to our Principal, Ms Wong. Thank you for giving me the chance to study in this wonderful school!

Last but not least, thanks to Ms Liu. Thank you for making things possible that I couldn't believe to be possible. You were always there for me and this is what I really appreciate about you.

Thank you everybody and best wishes!



The last practice before our drama competition.



Lots of thanks to Miss Liu (2<sup>nd</sup> from left) for being a loving mentor.

## Reflections From Classmates

Tong Fu Yi Fiona 3R

I am glad that Irina, a German exchange student, has come to Hong Kong and has stayed with us for one year. I learnt more about Germany.

She told us that German schools are very different from Hong Kong. In Germany, students sit in groups in the lessons and they have lots of group discussion activities and projects instead of listening to the teacher only. They also have a big campus but with only a few teachers and students in it. Therefore, they can have a very comfortable learning environment. The most shocking thing is, they don't have to sit for public examination for entering university. They only have to submit their school examination results, and then they can go to university!

Besides schools in Germany, I also learnt about their culture. Germany is really a beer kingdom. Irina told us that every German drinks beer at least once in their lives. She drank her first mouthful

of beer when she was a little girl. We are really shocked by that. When we had a Home Economics lesson, Miss Fok invited Irina to cook a traditional dish and she cooked a nutritious German breakfast for us which looked similar to pancakes. She told us that this pancake-like dish can be eaten with German sausages. Of course, the dish is really delicious and full of nutrition value.

There was an activity called "Intercultural Day" held in our school by some AFS exchange students. That day, we saw the traditional dresses of Germany on Irina and her friend, Isabelle, who also came from Germany. They are very colourful with various layers. We learnt a traditional song and dance of Germany. We enjoyed it so much.

I really need to thank Irina for coming to Hong Kong to be our friend and sharing the interesting culture of her home country to us which broadened my horizons. I hope we can meet again in future.

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Irina is the first exchange student I have met in my life. She is the friendliest girl I have ever met. She started our first conversation by hugging! That's the warmth she gave me which I could never forget. She always chatted with me about where she had been to in the weekends and how much fun she had found in this fabulous Hong Kong. The smiles on her face brought me lots of happiness. She was willing to share and have fun with everyone. The passion from overseas student can't be underestimated!

It was my pleasure to be her buddy in her one-year overseas school life. Her English speaking skills were brilliant! I loved

her German pronunciation. She corrected me on many wrongly pronounced words. We not only had lessons together, but we also chatted and went out for fun at weekends too. Taking photos, shopping, chatting, visiting her host family, these made up my most unforgettable secondary school year.

As Irina became a close friend to me, English became my main language in daily school activities; it has also become the main language in my life! We treasure our friendship so much and we still have contact in facebook! She brought me fun, courage and love. Thank you so much for being one of our companions in our beautiful school life, Irina!

Wong Eveline 3R

2011-2012 was the most special school year for me. I met two new friends who were not born in Hong Kong but instead, they came from Germany and Italy. Fortunately, I had a golden chance to study with Irina in the same class and even be a buddy to her. I got a more meaningful school life and a marvelous year both inside and outside school. All the students in our class enjoyed the time we spent together. We learnt a lot from her.

We participated in many activities together with Irina, such as our class birthday parties, Christmas celebration, and so on. We were also the members of the

English Drama Club. During all these activities, we communicated in English. If the teachers were not using English sometimes, we had to translate it to her in order to let her understand what was going on.

Besides, the English learning atmosphere has improved a lot in our class. Teachers have used much more English in the daily school life. Students also did their very best to build up a lovely school life for Irina. In order to achieve this purpose, we all spoke in English so that Irina would feel that she is part of us. Because of this special foreigner, English had become the main language we used in our daily lives. Our English communication skills have therefore upgraded a lot.



Irina brought Isabelle, another German student, to join our lessons for one day.



Eveline and Irina



Irina with Fiona (left) and Janet (right).



(From left) Irina, Pier, Fiona, Janet and Charmaine.

## Pierandrea Falchi 4B (from Italy)

Wow, time flies at Methodist College. The year is all but done and it's time for me to reflect. I can't describe my experience any better than by saying that this has been my best year ever.

I've encountered plenty of people and friends and have experienced challenging and enjoyable moments here. There are so many differences between Hong Kong and my home country Italy. People here may not even imagine the differences between Italian and Hong Kong schools. Staying at school until 15:50 instead of 13:00; standing up all together to greet the teachers and thanking them every single lesson; being in a really "high-tech" classroom that has a projector, computer, air conditioner and a huge blackboard and so much colorful chalk – all these things were so new for me. You may think that almost every school around the world has such facilities, but in my school in Italy we don't have such high-tech stuff. Our blackboard is very small and we are not allowed to have so much chalk at once. So, my first impression of this school was that I was in heaven!

I must say that during the first month I found myself exhausted since the school day ended so late (from my Italian point of view). Moreover, it was hard to keep up with the speed of teaching. Later on I got used to the Hong Kong school system. To be frank, I still don't know how the teachers here not only can take care of the learning of around 40 students, but also keep the lessons interesting and well run. I think they are very skillful and well prepared but they also play some jokes in order to make the lessons more fun! I've really enjoyed all the lessons. However, the science subjects were really challenging for me to study because the content seemed much higher in level than what I'm used to in Italy. On the other hand, some humanities subjects such as history and geography I think are more in-depth in my home country.

The students here in Methodist College are so polite, respectful, hardworking

and honest. Furthermore, the effort they put into their studies has left me amazed. I used to fail many of my tests and quizzes during the first term, but after a discussion with my classmates (who I quickly saw as my friends too) they let me realize that I should not give up and should try harder. The time and the quality of my study methods started improving from the second term. I sincerely admire my classmates because despite their many extra-curricular activities they can still perform amazingly in their studies. I practiced Taekwondo, took part in the English Drama and Ambassador programmes and the School Choir as well. The members of all groups were always so focused in what they did. By following their example I was lucky to win some prizes during the Taekwondo Interschool Competition. This was a memorable experience for me.

In school I always had company at lunch. My school buddies were always willing to spend their time with me. But I must mention one episode during my stay here. At the Christmas party my classmates were playing some games conducted in Cantonese and since I couldn't understand I felt like an outsider. Suddenly, the lights turned off and everybody stopped talking and a cake full of candles was brought into the classroom. It was my birthday surprise! I was speechless because I realized I wasn't an outsider and that the whole class had planned and prepared the surprise just for me. I felt like one of the class in a most touching way. I think this experience really sums up the kind of year I have had at Methodist College

Ultimately I would like to warmly thank everybody-all my wonderful schoolmates (especially my classmates from 4B), my lovely teachers, our tremendously accommodating Principal, Ms Wong and finally, Ms Liu... you're the best!

Thanks Methodist College for the greatest year of my life!

## Reflections from Students

Being Pier's buddy is really my honor. Pier is such a good fellow that he is willing to share his life to us and most importantly, he also shares our lives. He is willing to accept a culture different from his own and he has adapted to it very well. To have such a good fellow as him is really a lucky thing to me. We laughed together, felt sad together, played football together, sang together.....

Pierandrea Falchi is an exchange student from Satina, Italy who came to our class 4B last year. He is an optimistic person who is always positive towards everything. He might be not very good at Mathematics, but he's willing to ask to improve himself. He has treated this as a challenge but not to hide away from it. He didn't know Chinese but he went to our RE lessons which were taught in Cantonese. He tried to write Chinese on the RE homework. He handed it in. He's always thought positively. This was how he motivated me and himself.

Another thing I would like to say about

Chan King Cheung, Lawrence 4W (buddy)

Pier is that he is willing to accept new cultures and new stuff instead of staying in his own one stubbornly and rejecting the new things. He always told me to try to go to an exchange programme next year, as he said, "This is the best time to learn and accept new cultures. If you grow older, it's more difficult for you to accept new cultures." He is really willing to share his own thoughts and cultures for us to learn and to have a real "cultural exchange".

Pier was also my Sing Con partner last year, for which I should say 'thank you' and 'sorry' to him. Although we lost and could not even enter the final, it was a really amazing experience that Pier and I were cooperating so well that we seemed to have known each other for a long time. I must say thank you to him that I can have such an amazing experience with him and be his partner. And I would like to say sorry to him that I was not doing well enough to enter the final.

Thank you, Pier, my friend!!!

Cho Ka Yi 4B

When I first met Pier, I was shy and couldn't speak a complete sentence with him. Since he is an Italian, I spent my weekend to learn some Italian on the internet to speak with him. Because of my effort, we finally became friends! Pier is an outgoing cute boy. I remember that we had danced together to a Korean song and we were so energetic! Although Pier isn't a Chinese, we can still be friends and there is no gap between us. That's great! Bravo! (Great in Italian)



A punch witnessed the friendship between Pier and Eric, his mate.



Dear Pier,

To me, getting to know you is the most memorable thing that I have ever got during my school life.

Having the same hobby-singing, I was glad to hear new genres of songs from you. Surprisingly to say, your voice was soooooo beautiful!! Apart from music, you're also keen on playing sports. Do you remember the charismatic Sports Day? What a sparkling and energetic yellow star you were!

In terms of academic studies, being an attentive student in the lessons, you're undoubtedly our role model. So, do keep it up when you go back to your hometown!

'PIERANDREA FALCHI', a name you taught me how to pronounce correctly in Italian. Now, it's time for me to show my gratitude to you, 'Ti amo!' May our friendship last forever and let us meet each other some years later!

#### Chung Ho Nam 4B

Pier is a cheerful and friendly person. He always smiles and he is always amused to play with us. He likes to play football and he will never give up when his team is losing. Very optimistic, he is!



Pier won prizes in Taekwondo too.

#### Wong Yat Kuen Eric 4B

This is my true feeling. 'Pier, I love you.' This year my school life is accompanied by you-mate! You are straight-forward and honest. I like to talk with you. My speech is poor but you don't mind. Conversely, you encourage me to talk more. 'Pier, your voice blew me away!'

Once when you broke your leg and couldn't come back to school, my heart was full of pain. You have already played an important role in my heart. I don't want you to leave but it should fall through. Pier, if you have any problem, tell me to save your bacon!

Congratulations that your results in M2 are getting better, though the Maths was so hard for you. You did it and had a better result than others. You made a miracle. Keep going, mate!



They're all football lovers! (from left) Ben, Pier and Ryan.



Pier posted creatively with his buddy, Eunice.

## Tse Cho Ling Ben 4B

Pier first came into our class on the first day of this school year. By the time he first stepped into our classroom, not only was I curious about him, but I was also very excited. Why? It was because I had never had a foreign classmate before. So, in the first recess after Pier came, I walked towards him and talked with him. I really felt extremely nervous during our first conversation. After our conversation, I was glad to find that both Pier and I loved to play football. This was really great as we could talk about football all the time! Soon, our friendship developed and we have become very good friends.

Time flies. Pier has now left Hong Kong. I do miss him. In this year, Pier has really taught me a lot. In terms of scope and knowledge, he told me a lot about the Italian culture. Moreover, my fluency of English has really improved a lot. Pier also brought happiness and fun to us. There were always laughs while we were talking and playing with him.

Being a classmate of Pier is really a memorable and wonderful experience. I wish he could stay with us for a longer time.

**PIER, THANK YOU FOR COMING TO CLASS 4B AND BRINGING US A FRUITFUL AND WONDERFUL YEAR. HOPE YOU CAN HAVE A BEAUTIFUL LIFE IN ITALY. KEEP IN TOUCH AND FRIENDSHIP FOREVER! GOODBYE :)**



We all shared the last momentous farewell to Pier, but definitely, we'll meet very soon. Keep in touch, guys!

# Visit of Students of Methodist Boys' Secondary School Kuala Lumpur (MBSSKL)



Name of student From Malaysia	Teah Tze Sern, Vincent	Yip Wei Shaun	Lim Zhi Yang, Louis	Tan Yong Han, Andy
Host Family MC student	Tsang Hin Wang, Anthony 1G	Tang Ching, Victor 3G	Yuen Tsz Lok 1R	Chan Pak Lun, Alan 1B
Host Class	5B	5B	4B	4B
Period	8-18 November 2011			
Host School	Methodist College			

## **Background Information**

Methodist College is fortunate to have exchange students from different parts of the world staying with them at various times during the school year. We had four Malaysian students—two Form 4 boys and two Form 5 boys—from the Methodist Boys' Secondary School Kuala Lumpur (MBSSKL) who spent two weeks with us in November 2011. They studied in our College and stayed in host families. The programme was not only a rewarding experience for the Malaysian students, but has provided a good opportunity for our students to get along with students from a different cultural background.

## **Reflections from the Malaysian students**

### Vincent Teah

The first day I arrived in Hong Kong, I met my host family. They were so friendly. I felt so warm to be with the host family for this long period. The next day, I went to Methodist College to celebrate their Founders' Day as planned earlier. I was amazed by the ability of the Hong Kong students to hold such a grand event.

I had a chance to meet the Methodist College school principal, Miss Emily Wong. Everyone in the school was very friendly although I feel that they felt awkward when seeing us in different uniforms. I gave them a surprise when they discovered that I knew how to speak Cantonese and this made me feel more comfortable to be in Hong Kong. We had an alumni dinner in the school and the food prepared that night was so delicious. Furthermore, I was given a chance to express my feelings by having an interview with the school reporters.

I felt that the public transportation in Hong Kong was very convenient and I even got used to it by the second day of my stay in Hong Kong. We had a lot of opportunities to see life and Hong Kong culture. We looked around and found that Hong Kong is a very modern city. Last but not least, I was so fortunate to be given such a precious chance to visit Hong Kong as an exchange student. I hope to visit Hong Kong again in the future and I will miss all of you!



3<sup>rd</sup> row from left: Victor Tang (Host), Louis Lim, Andy Tan, Vincent Teah, Shaun Yip and Edmond Lee (Buddy)  
 2<sup>nd</sup> row from left: Pierandrea Falchi(Buddy), Sunny Chang (Buddy), Lawrence Chan (Buddy), Timothy Cheung (Buddy) and Erik Chan (Buddy)  
 1<sup>st</sup> row from left: Dr Stella Mo (Vice-principal), Geoffrey Cheung (Buddy), Louis Lau (Buddy), Anthony Tsang (Host), Alan Chan (Host) and Miss Emily Wong (Principal)



The four boys present souvenirs to Principal Wong.

### Shuan Yip

Two weeks went by in a blink of an eye. In only 2 weeks, we made friends who made us want to stay forever. However, this was a fairy tale that was not to be, as my friends and I had to go back home to Malaysia.

The thing that I noticed that was special and that I had never imagined could exist was the bond between students and teachers. Their relationship is almost like that of friends. This kind of relationship

requires mutual respect from each side and this had really opened my eyes. I knew that this trip would be beneficial to me but it was more than what I expected. To me, the student exchange programme was a once in a lifetime experience and I will never forget the time I spent here with the teachers and new classmates who welcomed us so warmly.

## Louis Lim



The four boys meet the alumni of Methodist College with Dr Mo (middle) and Miss Ng Wai Li (right 4) on Founders' Day.

The people in Methodist College were kind and helpful. They helped me in my studies whenever I needed assistance. My buddies, Sunny, Lawrence and Geoffrey, always showed me different things and sometimes even helped me to get back home whenever I was not familiar with a place. The students of Methodist College also introduced me to interesting places in Hong Kong, such as Nathan Road, Disneyland and Ocean Park.

The facilities in Methodist College were also quite impressive. There was a gym, laboratories and more. There were also air-conditioners everywhere, including every classroom, laboratory and hall. The teaching methods were also admirable-much deeper compared to my school. I admired the teachers who taught me for two weeks. Other than that, I found that the rules of the school were quite loose when compared to ours.

During Founders' Day, we were interviewed by three people. They were quite friendly. I made a lot of new friends who gave us a better understanding of the school and Hong Kong. There were a few interesting clubs that I would like to join, including the Rubik's Cube Club, the Students' Union and Red Cross.



Vincent Teah (right) being interviewed by an MCTV reporter.

## Andy Tan

It might be strange for us to fit into the busy life of Hong Kong but we tried our best to exchange and learn from the cultural diversity in Hong Kong. We had to rush a bit to attend the school's Founders' Day by pushing forward our exchange date but it was good that we could make it in time. The Founders' Day was the first programme we joined in the school.

I give a big thumbs up to the teaching style in Hong Kong. It was great to see that the teachers are able to use helpful and practical examples to demonstrate their points. I thought that their methods were excellent.

I am really grateful to have had the chance to join this exchange programme and learn new stuff.

I hope I can join more exchange activities and go to different places and learn about different cultures. Lastly, I would like to say thank you to all the teachers, friends and my host family who sacrificed their time to take us exploring in Hong Kong.



The four exchange students enjoy the Alumni Dinner on Founders' Day.

## Reflections from Host Students and Buddies

### Alan Chan, 1B (Host)

Being with the Malaysian exchange student, Andy, I was very happy. We always talked to each other. He was very friendly and nice. On the last day that he stayed with us, he bought me a cup of ice cream.



The four boys visit the Peak with their buddies.

### Yuen Tsz Nok 1R (Host)

I'm so glad that I could meet Louis. He was very nice. Although I couldn't always accompany him to different kinds of attractions in Hong Kong, we still got along well.

I think Louis was smart since he knew how to go home by bus. He was intelligent, and if it were me in another country, I would not know how to go back to my host family's house so easily. Also, he was very friendly. For instance, we always chatted when we were having dinner. He also got along well with my brother and cousin. They always played together and they liked playing computer games very much. I was so happy that he spoke Cantonese! I have a lot of happy memories from my time with Louis and I hope that he had a wonderful experience in Hong Kong!

Lawrence Chan  
4B (Buddy)

I'm really happy that I got to know Yong Han and Zhi Yang as it's really not always easy to find such true friends.

We had a lot of fun and gained great friendship during the time we shared in both Malaysia and Hong Kong. It was great



The Form 4 buddies present their PE T-shirts to Louis (left 2) and Andy (right 3).

hanging around in different places that we seldom visit in our daily life, trying different types of food, walking "miles" with the luggage, etc. It is my honour to have known our visitors as my friends and it was a really worthwhile learning experience.

We really had a great time and shared unforgettable experiences together.



Principal Wong (middle) presents souvenirs to the four boys.



Andy (middle) and Louis (right 2) brainstorm the content of a composition with their buddies during a Form 4 Chinese lesson.



Vincent (left 1) and Shaun (right 2) in a discussion with their buddies during a Form 5 lesson.

### Sunny Chang 4B (Buddy)

It was awesome for me to meet with the Malaysian boys again having met them before on the Malaysian exchange during the last summer holiday. I was so excited that I hugged them when I saw them at the airport. During my days in Malaysia, I stayed at Zhi Yang's house. Zhi Yang was my brother, so I felt very honoured to be his buddy.

We played at different game stalls on Founders' Day and ate traditional Chinese food-Poon Choi at the Alumni Dinner. We went to Times Square and Temple Street one Sunday. We ate cup noodles after school every day. Although Zhi Yang



The buddies sign their names on the PE T-shirts.

is now back in Malaysia, he left me lots of precious memories of the time we spent together. I hope we can meet again in the future.

### Lau Chi Pang 5B (Host)

The MC-MBSSKL Exchange Programme not only gave me a great chance to widen my horizons, but also taught me some excellent skills of hospitality.

In Kuala Lumpur, I lived with a host family and went to MBS to study for 2 weeks. I really savoured the living atmosphere there. The pace of life was slower than that of Hong Kong. It was a great chance for me to make friends. The exchange programme helped us all to communicate better. We still keep in touch even now. I sent some traditional snacks to my Malaysian friends over Lunar New Year, and was happy to answer their phone calls whenever they called. Hopefully our friendship will last for a long time.



## Geoffrey Cheung 4B (Buddy)

I appreciate very much the chance to be one of the buddies of the MBSSKL students. I was one of the students who went to MBSSKL last summer. I'm, therefore, quite familiar with the difficulties and challenges that exchange students face. I'm glad that I could help to solve some of their difficulties. I've learned a great deal throughout the process.

## Edmond Lee 5B (Buddy)

Having been to Malaysia for immersion, I was invited to be one of the buddies of the exchange students, Shaun and Vincent. Being with them was so exciting and fascinating, as we had quite a lot of cultural exchanges, including food, history and politics. It was very meaningful since it's what "exchange" is all about! I remember we had Liberal Studies lessons together and that was very interesting. We discussed so much



The Form 5 boys strike a great pose.

about Malaysia, Hong Kong and the future challenges that we are facing, like the political status on both sides, as well as the cultural conflicts between locals with different nationalities or ethnicity.

It was just a two week visit but Shaun and Vincent will be my lifelong friends. The day before they flew back to Malaysia, our class held a party for them and we exchanged school ties as mementos! They were so friendly. I felt so warm that they welcomed me back to Malaysia any time I liked!

## Timothy Cheung 5B (Buddy)

My class was lucky, because we had two of them with us! Vincent and Shaun stayed with us for two weeks and studied here at Methodist College in November. After a few days learning together, I found that our living style was very much alike. Both Vincent and Shaun could speak Cantonese so well that it made us feel as if they were raised in Hong Kong. They even knew which dramas were showing on TVB at that time.

We took them around in Hong Kong. We went to the Peak and Ocean Park. We shared wonderful moments together. And we even had a barbecue in one of our classmates' home.

They also surprised me. I thought they would find it difficult writing a Chinese essay as they just took Chinese Language as an elective. But, to my surprise, Vincent proved me totally wrong. I could never have imagined that Vincent could write an essay so fast. He finished writing the whole three-page paper and sought an extra sheet while I was still working on page 1.

Although their visit did not last long, they were always part of our class. And it was our honour having them in our class. Thanks to Facebook, we can still see each other's recent status and photos.

# All Trips at a Glance (2011-12)

This year has been another fruitful year in our students' global exposure. Below are the trips out of Hong Kong made by our students.

Activity	Date	Participants	Location	Organizer
EF International Exchange Programme	6/8/2011 - 1/7/2012(1yr)	1 student of S4	Evangelisch Gymnasium Bad Marienberg, Germany	EF
Big East 21 <sup>st</sup> Century Youth Exchange Programme (JENESYS) 21世紀東亞青少年交流計劃	13/12 - 21/12 (9 days)	1 student of S5	Japan	EDB
Trip to Foshan* 同根同心：佛山新會	16/12 - 18/12 (3 days)	40 students of S2-3	Foshan, China	Methodist College
The Wharf Hong Kong Secondary School Art Competition Taipei Art Cultural Exchange Tour 九龍倉全港中學生繪畫比賽台北藝術文化交流團	10/4 - 13/4 (3 days)	1 student of S3	Taipei	Wharf
Leadership Training to Singapore* 「領域起動」星加坡領袖訓練計劃	11/4 - 14/4 (4 days)	20 students of S1-4	Singapore	Methodis College
Immersion Programme to UK	21/6 - 6/7 (16 days)	1 student of S4 & 2 students of S5	Woodhouse Grove School, UK	Methodist College
	29/6-13/7 (15 days)	2 students of S5	Ockbrook School, UK	
Military Training Camp* (Whampoa Military Academy) 國內軍事體驗訓練營 (黃埔軍校)	6/7 - 8/7 (3 days)	109 students of S2	Huizhou, China	Methodist College
National Education Course 香港領袖生獎勵計劃	8/7 - 14/7 (7 days)	2 students of S5	Beijing, China	EDB
Immersion Programme to Singapore	15/7 - 29/7 (15 days)	2 students of S3 & 1student of S2	Anglo-Chinese International School, Singapore	Methodist College
Malaysia Exchange Programme (Focus on IT and Robotics)	4/7 - 17/7 (14 days)	3 students of S3 & 2 students of S2	Methodist Boys' Secondary School Kuala Lumpur, Malaysia	Methodist College
UK Cambridge English & Science Programme	29/7 - 11/8 (14 days)	3 students of S1-4	Churchill College, Cambridge University, UK	Cambridge English & Science Programme
Summer Badminton Training Camp* 暑期(廣州黃村)羽毛球訓練營	13/8 - 16/8 (4 days)	17 students of S1-6	Guangzhou, China	Methodist College

\* Trips escorted by our teachers