

50 Gascoigne Road, Yau Ma Tei,
Kowloon, Hong Kong
Tel : 2384 3543 Fax : 2388 9466
www.mckln.edu.hk

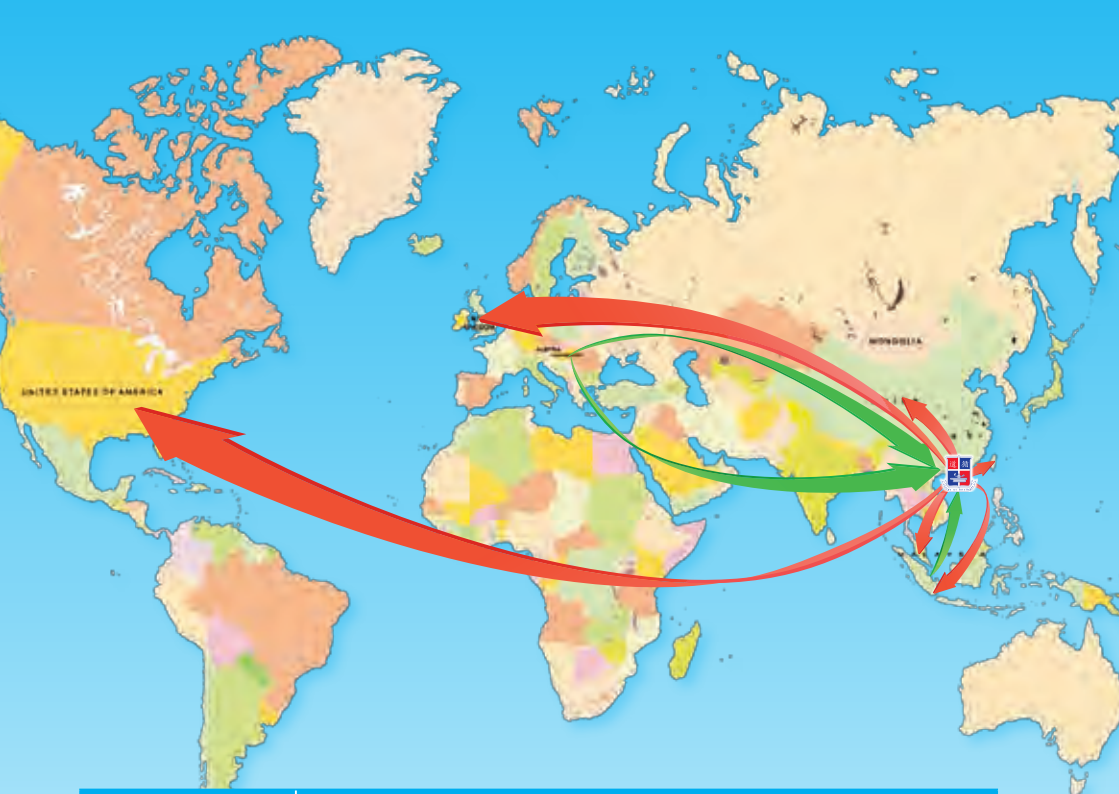
循道中學
Cultural Exchanges 2012-2013



Methodist College
循道中學

Cultural Exchanges 2012-2013

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



Country	Outgoing Trip
USA	Leadership Training to USA
UK	Cambridge English & Science Programme Immersion Programme to UK
Malaysia	Malaysia Exchange Programme (Focus on IT and Robotics)
Singapore	Immersion Programme to Singapore
China	Trip to Beijing & Inner Mongolia Autonomous Region
	Trip to Taiwan
	Beijing & Tianjin Study Tour
	Trip to Nanjing
	Mainland Exchange Programme for Student Leaders
Country	Incoming Trip
Malaysia	Malaysia Exchange Programme (Exchange with students & teachers from Malaysia)
Austria	AFS Intercultural Exchange Programme
Hungary	



Words from the Principal

With the easy availability of electronic gadgets and mobile networks nowadays, the world seems to be just at our fingertips. There is a strong temptation for young people to simply sit in the comfort of their own home to ‘reach out’ to the world through just a few clicks. Here in Methodist College, we encourage our students to grow out from this comfort zone to physically ‘reach out’. We not only provide lots of opportunities for our students to go on exchange programmes out of Hong Kong, but also actively bring in exchange students from overseas to share the Methodist College school life with our students. This year, with the enthusiastic support of our overseas alumni, we managed to bring our students further out to the USA through the Leadership Training Programme. We believe that through travelling, actually seeing the world and meeting real people of different cultures and backgrounds, our students will be more able to reflect upon the value of their own here and now, and develop a vision for the future.

This is already our fourth year publishing this book to record the valuable experiences and reflections gained by our students through these wonderful exchange opportunities. We hope that it serves not only as a memorable record for those who have gone on the trips, but also as a means to broaden the minds of those who haven’t. I hope you will enjoy reading this book as much as I did.

Ms Emily Wong Pui Yi
Principal

Content

Reaching Out to the World

Continent	Country	Programme	Page
Asia	China	Trip to Beijing & Inner Mongolia Autonomous Region	3
		Trip to Taiwan	6
		Beijing & Tianjin Study Tour	14
		Trip to Nanjing	22
		Mainland Exchange Programme for Student Leaders	26
	Malaysia	Malaysia Exchange Programme (Focus on IT and Robotics)	29
	Singapore	Immersion Programme to Singapore	34
Europe	UK	Immersion Programme to UK	41
		Cambridge English & Science Programme	50
North America	USA	Leadership Training to USA	61

Bringing the World into the College

Continent	Country	Programme	Page
Europe	Austria	AFS Intercultural Exchange Programme	67
	Hungary		
Asia	Malaysia	Malaysia Exchange Programme (Exchange with students & teachers from Malaysia)	76

北京、內蒙文化交流之旅

活動目的

- 一、認識祖國 — 透過「相聚國旗下」(天安門升旗禮)，參觀國家博物館、人民大會堂、奧林匹克森林公園等活動，啟發學生對國家民族的認知，了解國情和國家的未來發展，以及了解北京和內蒙古的歷史、文化發展、人民生活，社會經濟狀況。
- 二、歷史文化 — 考察內蒙古特殊面貌(包括內蒙古森林、草原、沙漠)。
- 三、科技保育 — 培育學生對大自然科學、文物、環保、生態的興趣。
- 四、建立友誼 — 藉著交流、探訪和研討等活動，使兩地青少年認識。

地點：北京、內蒙
日期：7月22至29日(8日)
對象：15歲或以上以少年警訊會員
費用：港幣2000元
主辦機構：少年警訊
參與學生：區宇恆、陸卓輝(中三紅班)

參加原因

透過參加交流團，一方面深入了解中國民族歷史以及現代中國國情的發展，另一方面可實現在一望無際的蒙古大草原上馳騁的夙願。

行程

日期	行程
七月二十二日 (星期一)	上午：從香港飛往北京 下午：參觀北海公園 夜遊王府井大街
七月二十三日 (星期二)	上午：參觀故宮博物院 乘坐三輪車遊胡同、家訪當地居民 下午：欣賞什剎海功夫劇 參觀人民大會堂
七月二十四日 (星期三)	上午：相聚國旗下 — 天安門廣場觀看升國旗儀式 參觀北警察博物館 下午：到達萬里長城居庸關
七月二十五日 (星期四)	上午：早機前往內蒙呼和浩特 參觀內蒙古大學圖書館 下午：到達希拉穆仁大草原參加草原活動

日期	行程
七月二十六日 (星期五)	上午：參觀呼和浩特市內蒙古自治廳指揮中心 下午：參觀蒙牛乳業工業區 參觀內蒙古博物館
七月二十七日 (星期六)	上午：參觀將軍衙署 乘車前往包頭 下午：遊覽響沙灣
七月二十八日 (星期日)	上午：參觀包頭鋼鐵廠 下午：參觀五當召 傍晚乘機回北京
七月二十九日 (星期一)	上午：參觀北京國家體育總局訓練局榮譽廳 下午：往北京首都國際機場返香港

學生感言

區宇恆 中三銓班

透過交流團，感覺自己在個人知識層面上頗有長進。有謂「讀萬卷書不如行萬里路」，有些事情沒有親身經歷過，是無法體會的。沒有登過萬里長城，又怎會了解當中的艱難？沒有去過大草原，又怎會了解當地民族那遼闊的心境？沒有看過天安門的升旗，又怎會明白為甚麼天天都有那麼多人早早趕到天安門廣場？



與組員一起參觀故宮博物院



搭建蒙古包

這次交流團另外一個最大的得益，便是認識了一群朋友。一群不認識的人，在旅途中互相幫助，一起學習、一起交功課、一起吃喝玩樂、一起去超市購物，大家志趣相投，成為良朋。

這個交流團最特別的地方就是參觀了很多當地企業。不單令我認識當地的企業文化，也從而對中國當代的國情，有了另一層的體會——一個成功的企業足以帶動整個工業區的經濟發展。

這次交流團最難忘的兩件事情，第一件便是到人民大會堂參觀，看看那萬人大禮堂，靜聽國家副主席的訓勉。第二件便是初次到訪內蒙古的大草原，第一次在大草原上騎馬奔馳，第一次在大草原上看日出，第一次住蒙古包，第一次喝馬奶酒……。唯一可惜的是行程有點趕急，希望有機會再重臨舊地，慢活一遍。



搭建蒙古包

參加北京蒙古交流團後，相信我對中國的文化認識增加了不少、尤其參觀蒙古的那幾天，可謂有苦有甜，也可說是處身天堂和地獄之間。

我說地獄的原因，就是住進蒙古包那天，不但沒有空調，電視機是壞的，而且只可用冰冷的地下水作花灑浴，還要和很多小生物共眠一夜。翌日看日出，這天凌晨我們三時半已經出發，摸黑前進途中差點兒踏進「地雷陣」，好不驚險呢！其實住在蒙古時，也有置身天堂的感覺。因為餘下數天和在北京時住的酒店都是四星級，還有食物也非常豐富。此外，蒙古人也十分熱情，和我們玩得非常高興。我們也有去參觀那一望無際的沙漠和大草原，還曾經騎馬和騎駱駝。

住在北京的其中一天，我們凌晨三時正起床到天安門廣場觀看升旗禮。我們當然不祇到天安門廣場看升旗，還有到故宮、午門、人民大會堂等名勝古蹟參觀，也有到國家體育館觀賞了姚明的那雙「巨鞋」。對於今次的行程可以參觀到這麼多景點，雖然行程緊迫，但我對這個交流團的印象真是十分難忘和覺得十分開心，希望有機會再參加。



到達萬里長城的最高領域



和同團團友的合照

參與學生：

級別	班別	學生
中一級	白班	陳穎彤
	紅班	李瑗芯、唐慧蘭、 王商穎、黃靖、 張晉林、老紹樑
中二級	紅班	蔡佩思、許詠淇、 郭子晴、留倚晴、 黃靖尉、 黃彥霖、楊希怡、 阮旨諾、張志能、 葉梓韜、 劉承煜、黃初陽
中三級	白班	劉嘉倩
	紅班	陳婷婷、周好茵、 李曉瑩、利卓婷、 廖妙蘭、 陸小柔、伍令瑜
中四級	青班	關愷喬

台灣文化考察交流團

對象：中一級至中四級
 地點：台北
 日期：2013年4月5日
 至8日（4日）
 交流學校：台北市衛理女子
 中學、東吳大學
 費用：港幣4750元
 領隊老師：高少文老師、
 曾悅雯老師
 主辦機構：循道中學

活動目的

1. 深化兩地學生對雙方教育制度及城市文化的了解；
2. 提供機會讓學生跳出課室，衝破藩籬，擴闊視野；
3. 提高學生的自信心和語言能力，訓練待人接物處事技巧；
4. 期望學生肩負文化大使的重任，將交流經驗與友儕分享，藉以刺激思維，達致切磋砥礪和文化激蕩的效果。

行程

日期	行程
第一天 4月5日 (星期五)	香港國際機場 → 台北桃園機場 下午：維格鳳梨餅DIY ⇨ 國父史蹟紀念館 ⇨ 台北101大廈（外觀） 晚上：誠品書店
第二天 4月6日 (星期六)	上午：故宮博物院 下午：九份⇨ 十分吊橋、車站、 青桐平溪老街（放天燈）
第三天 4月7日 (星期日)	上午：忠烈祠 ⇨ 北投地熱谷 ⇨ 綠建築圖書館 下午：淡水老街 ⇨ 漁人碼頭 ⇨ 情人橋 晚上：新士林夜市
第四天 4月8日 (星期一)	上午：探訪東吳大學 ⇨ 台北市衛理女子中學 台北桃園機場 → 香港國際機場

難忘一刻

周好茵 中三級班

所謂「讀萬卷書不如行萬里路」，為了擴闊自己的視野，我參加了這次的台灣文化考察交流團。

我在這次交流團最難忘的時刻便是參觀維格餅家。我們在那裡嘗試親手製作鳳梨酥，即使製成品並不完美，但這也是自己辛勞後的成果，所以吃起來總覺得特別味美可口。在維格餅家，我們也認識到台灣鳳梨酥的發展過程，學習到台灣人靈活變通的精神。經過這次參觀，我明白到做人不能固執己見，墨守成規，人必須有創意。正如台灣人懂得將賣不去的新鮮鳳梨製成別具特色的鳳梨酥，推出市場，增加收入。



同學們利用製餅工具做出不同形狀的鳳梨酥。



環保也能從飲食開始——衛理女子中學的學生自發逢星期一吃素活動。

另外，台灣人的環保意識也令我慚愧。我不但看到街上的垃圾桶是分類收集各類垃圾的，而且我們還親眼看到衛理女中的學生把吃剩的飯菜先分類再收拾，這真讓我們香港人「大開眼界」，並讓我深深地反思香港該如何推行各類減廢措施。

這次交流團，不但豐富了我的經歷，擴闊了我的交友圈，同時也教曉我做人的道理，反思自己的行為，真是獲益良多啊！

廖妙蘭 中三級班

這是我第一次去台灣，這次的交流旅程讓我接觸到道地的台灣風土人情。

台灣給我的第一印象就是這裏的人都很溫柔有禮。無論男女，他們說話時都給人很溫柔的感覺，同時他們也喜歡在句末加一個語氣助詞！我覺得這點很特別，是屬於台灣獨一無二的特色。再說淡水老街那裏的售貨員，他們都很樂意讓客人品嚐食物，就算客人最後不買，他們也不會立刻「變臉」。

第二個讓我留下深刻印象的是國立故宮博物館。館裏面的收藏品每件都是師傅精雕細琢的工藝品，是他們的心血！這些展品不但表現了美的價值，還展現了古人的智慧，中華文化的燦爛文明！



同學們利用製餅工具做出不同形狀的鳳梨酥。

最後，讓我感到讚嘆不已的是他們對文物的保育政策。作為一個大城市，除了經濟發展，他們在城市規劃時都已考慮到保育的重要，我想這點是值得我們香港學習的。

總括而言，這次台灣交流團讓我獲益良多，不但擴闊了視野，還充實了我的人生。

在這次交流過程中，我增長了見識，體會了台灣的風土人情；同時增進了同學之間的友情，與同學們度過了無數美好的時光。我嚐了令人讚不絕口的鳳梨酥，看了令人歎為觀止的故宮博物院和孫中山國父紀念館，吃遍了士林夜市的美食，我更走進了使我們大開眼界的北投地熱谷和古色古香的老街道……這些都讓我深深愛上了台灣這塊神奇的土地。

在這次交流團中，最讓我印象深刻的就是逛九份以及淡水。根據《臺北縣誌》的記載，在清朝初期這地方的村落住了九戶人家，他們每次外出到市集購物時都要求每款要「九份」，到了後來「九份」就成了這村落的地名，一直沿用至今。九份的房屋順應山勢，鱗次櫛比地蓋在一起。狹窄的街道和陡直的石階，高高低低，彎彎曲曲，是九份最具特色的景觀。人行走時，像是走在人家的屋頂上。這也是我喜歡這條街的原因之一。其二是因為這條頗有味道的老街，體現了台灣特有的飲食文化，如芋圓。這種用芋頭做成的傳統風味小吃，色香味俱全。此外，還有草仔粿、芋仔番薯、以鮮魚製作而成的魚羹、香酥可口的雞卷等等。

雖然寶島台灣面積不大，可真是一個人傑地靈的地方。

李曉瑩 中三鈺班

記得在台灣交流的第二天，溫度驟降，天陰陰的，更下起毛毛細雨。我們於當天遊覽的九份老街位於山上，溫度更是「雪上加霜」。

到達九份老街，我的第一個印象就是古老、不起眼。九份老街是一條小巷，入口更被絡繹不絕的人流掩埋。當時第一樣吸引我目光的其實是便利店，我多想躲進裏頭喝一杯熱呼呼的飲料暖暖身子。可是千里迢迢來到這裏不逛一下，倒有點說不過去，便只好冒着寒風走進老街。

幸好我們做出了這個決定，原來一開始我們被她的不起眼欺騙了，事實上，當我們一走進去，就已經被老街的人情味吸引住。我們一行數人冒着寒風細雨前行，突然一名女士叫停了我們：「你們是外地來的吧？天氣那麼冷，快過來喝杯台灣特色飲品——黑糖姜母茶吧！保暖的！」於是，我們便不客氣地喝了幾杯。那位女士還說：「買不買不要緊，暖了身子就好，生病着涼就不好了。」至今那杯姜母茶還烙在我心頭，它固然溫暖，但台灣人民的熱情更讓我感動。



在學校中也能感受到的人情味（左一關禮喬（中四青班）、左四廖妙蘭（中三紅班）、左五李曉瑩（中三紅班）、左七陸小棠（中三紅班））

同學感言

伍令瑜 中三紅班

這次交流團擴闊了我的眼界。

台灣與香港有很大的分別，例如在閱讀文化方面，香港人因為生活忙碌而甚少逛書店，但台灣卻不一樣，他們很注重閱讀文化。在我參觀誠品書店時，我留意到有很多人都會選一本自己感興趣的書，然後找一個角落坐下來，慢慢閱讀，沈醉在書本的世界裏。我真希望繁忙的香港人亦能培養出如台灣一樣濃厚的閱讀文化，於閒暇時放鬆心情，多滋養心靈。

此外，這次交流團亦促進了我和同學之間的感情。在這四天裏我們一直相聚在一起，有困難時互相扶助。記得旅程中有一位同學生病了，我們都紛紛上前安慰，照顧她吃藥，讓身處異鄉的同學也能感到一絲的溫暖，不致那麼痛苦。

所以如果將來有機會，我希望能夠再跟同學一起參加交流團增長見識及加深友誼。



利卓婷（中三紅班）同學在天燈上寫下願望。

利卓婷 中三紅班

回想那僅僅四天的旅程，我在知識及生活等方面也獲益良多。經歷了四天父母不在身旁的日子，我學會如何照顧自己，同時也學會與人相處之道。

所謂「讀萬卷書不如走萬里路」，參觀了一個又一個的名勝古蹟，我學會了很多於課堂上學不到的課外知識，如台灣的歷史、中華文化歷代的古物文獻等，讓我大開眼界。另一方面，我還親身體驗了當地一些文化習俗，如節日活動——放天燈。我們還到訪當地的綠建築圖書館，書卷與大自然的氣味融為一體，令閱讀成了愜意、令人享受的活動。

四天的旅程，我們得到台灣人民的熱情款待，我覺悟到身處忙碌的城市，往往忽略了對身邊的人的關懷。在放天燈的那次體驗，我明白到人生有很多時候也會遇到不完美或不如意的事，正如那天天氣惡劣，我們應冷靜面對，不要埋怨及氣餒。在故宮博物院參觀一件件精緻的展品時，我相信每件巧奪天工的展品都是匠工嘔心瀝血的製作。我明白要塑造一件作品需花上許多心血，成功是需要付出努力的。這對於我實踐理想有很大的啟發——再苦也要撐下去。

在交流團的第四天，我們到了台北市衛理女子中學交流。當中最難忘的要數是跟衛理女中的同學上的兩節課了。那兩節課分別是國文課（即中文課）及表藝課。在國文課，老師以「有朋自遠方來，不亦樂乎」來開始整個課堂。其後，我和當地同學一起做書籤，大家一邊做書籤，一邊認識文字的演化過程，更一邊聊及台灣跟香港的不同。整個課堂確是十分愉快，從中亦使我學會了待人接物的技巧。



黃靖尉（中二紅班）同學與衛理女中同學一起上國文課，設計書籤。

至於表藝課，也就是表演藝術課。在課堂上，當地同學表演了數套短劇。他們自己創作劇本、分配角色、自行排練……看了台灣同學的「短劇」，我覺得她們都十分有創意，真令人意想不到。

在台灣上了兩節課，我發現台灣學校的課堂更富趣味，能讓學生透過不同的活動來學習，可是她們課堂的內容卻遠不及我們的那麼紮實充足。所以我想如果台灣跟香港的課堂能互補不足就最好了，那麼我們就可以上一節既輕鬆快樂，又內容充實的課了！

在台北的第四天，也是最後一天，我們去了台北市衛理女子中學（簡稱衛理女中，下同）進行交流活動。其實當初知道要去女子中學交流，就有一點擔心，始終男生去女子中學總有一點怪怪的感覺，可是，我很慶幸自己到那裏去了。

在這所中學交流期間，我認識到許多新朋友，同時也在課堂上了解到台灣學生上課的模式。我在衛理女中上了兩節課，一節是英文課，一節是中文課。台灣的英文課，上課氣氛很輕鬆，老師和同學都是樂也融融，有說有笑的。其中跟我們不一樣的是學生在課堂上較多使用國語來跟老師說話，不像我們必須每一句都是用英文，當地的學生說她們覺得這樣學習比較輕鬆。我上的中文課的課題是作文，同學們都很認真聽課。在課堂上，我發現台灣學生對文學的看法跟我們香港學生很不一樣。在衛理女中上了這兩節中英文語文課，真令我獲益良多。

所以說這一次到台灣交流學習真的十分難忘，我真的很高興自己曾到訪衛理女中。



全體同學與衛理女子中學接待之師生合照



中三紅班同學於天燈上寫下自己的願望
(從左至右：陳婷婷、利卓婷、李曉瑩、伍令瑜)



兩位中二紅班的同學於天燈上寫下自己的願望 (左一：留倚晴；左二：黃彥霖)



三位中二紅班的同學於天燈上寫下自己的願望
(從左至右：蔡佩思、黃靖尉、楊希怡)



黃初陽(中二紅班)及郭子晴(中二紅班)同學與衛理女子中學同學一起上國文課。



台灣文化考察交流團全體同學於忠烈祠合照



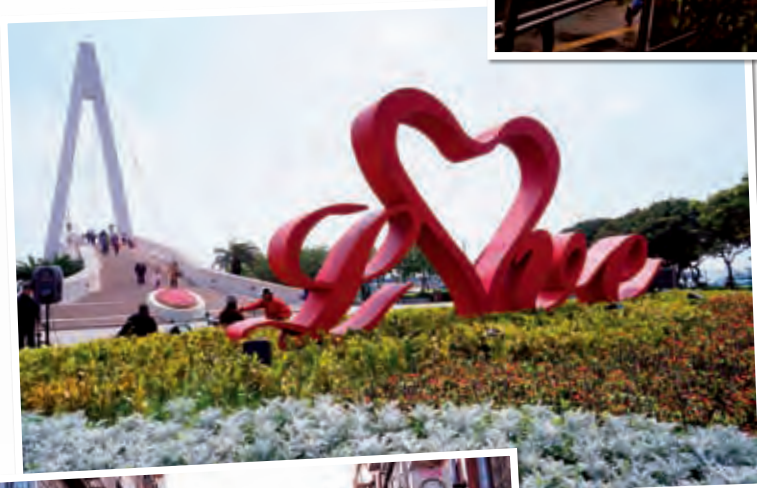
台灣文化考察交流團全體同學於東吳大學合照



菁桐街頭



十分車站



淡水情人橋



淡水老街





中二紅班阮旨諾同學與衛理女子中學同學一起上國文課。



兩校代表互贈禮物



衛理女子中學的宿舍真整潔，像新的一樣！



循道中學與衛理女子中學同學進行交流



兩校同學互相交流，言談甚歡。



中三的同學與衛理女子中學同學一起上音樂課。

北京天津 城市規劃 考察之旅

對象：中四級至中五級
地點：北京、天津
日期：2013年3月28日至4月1日
(5日)
交流學校：北京市育英中學
費用：港幣 4750元
領隊老師：李兆基老師、李綺雯老師、
黃錦富老師、胡蘊如老師
主辦機構：循道中學
參與學生：40人

活動目的

- 一、讓學生透過考察北京、天津，加深對當地城市規劃、歷史、運輸發展和教育的認識；
- 二、讓學生透過不同的學習活動及反思會，發展協作、溝通、批判性思考等共通能力；
- 三、讓同學完成考察後，與家人、師友分享交流體驗和得著。

行程

日期	時間	內容
第一天 28/3 (四)	早	學校集合及出發 ⇨ 乘車前往深圳機場 ⇨ 乘飛機前往北京
	午	午餐(飛機) ⇨ 參觀胡同、四合院
	晚	晚餐 ⇨ 人住酒店
第二天 29/3 (五)	早	早餐 ⇨ 北京市環境保鐘監測中心 ⇨ 環保專家講座 ⇨ 環保社區
	午	午餐 ⇨ 學校交流
	晚	晚餐(學校) ⇨ 酒店
第三天 30/3 (六)	早	早餐 ⇨ 長城
	午	午餐 ⇨ 鳥巢、水立方、奧運村 ⇨ 王府井
	晚	晚餐
第四天 31/3 (日)	早	早餐 ⇨ 高鐵往天津 ⇨ 海河風光帶：天津之眼(外觀)、南市食品街
	午	午餐 ⇨ 海河風光帶：古文化街、五大道小洋樓 ⇨ 高鐵回北京
	晚	晚餐 ⇨ 酒店
第五天 1/4 (一)	早	天安門廣場觀升旗 ⇨ 早餐 ⇨ 故宮
	午	午餐 ⇨ 乘飛機返回深圳
	晚	晚餐(飛機上) ⇨ 乘車返回學校解散

是次考察團當中，令我印象最深刻的就是參觀北京市育英中學。育英中學校舍很大，與香港的中學有很多不同之處。經過這次參觀，我發現國內的學校很注重學生在體育方面的發展，每到下午四點至五點就是運動時間，所有學生都要到操場做運動。參觀期間，我們看到操場上的學生很投入的在打球、跑步，滿頭大汗。反觀香港，我們似乎忽略了運動這個重要的教育項目，學校太注重學業成績，這不利於學生個人成長以及身心健康，所以我們應該平衡學業以及運動兩方面，從而達至全人發展。

育英學校也很注重環境保護這方面。保護環境是全球熱點話題，學校秉持「保護環境，人人有責」的理念。由同學自己設計環保教學內容，在同儕間互相宣傳環保知識以灌輸理念。在參觀校園當中，我們看見育英學校實行了多項環保措施，例如設廚餘處理機，每天收集學校餐廳剩下的廚餘，將它們變成有機肥料，以減少垃圾排放量。除此之外，學校地下亦安裝了雨水儲存系統，將冬天的雪水儲存在地下儲水箱，春天到來時便可用來灌溉校園內的樹木，以減少用水量。學校還有很多環保活動，例如參與有機種植等等。很難想像一個學校能這麼全面地實踐環保，實在令人驚訝和讚歎。其實這些項目對全球環境保護並不會有即時作用，卻能夠提升人們的環保意識，讓每人也為它出一分力。我認為香港學校可仿效育英學校的環保措施，不應該只停留在設立垃圾回收箱這個層面，例如處理廚餘方面，即使校方未必能在校園設置處理機器，但我們卻可從根本入手，請同學「惜食」按量，以不浪費為大前提，這樣，連廚餘處理機也可省掉了。環保不應只是概念，而是由學校首當其衝，以行動實踐，薰陶校園。

在這次北京天津之旅當中，我們參觀了奧運場館——鳥巢及水立方。這兩座外形獨特的建築物被打造為北京的著名地標，吸引了來自世界各地的觀光旅客。然而，2008年的奧運會結束後，這兩個場館的使用率偏低，現更不開放予市民參觀，慕名而來的旅客只能夠在建築物外面拍照留念，令人遺憾。

我認為國家大興土木建築了這兩座奧運場館，不應該就這麼閒置在那裡，而是應該善用資源。除了在舉辦重大運動會時期開放這兩個奧運場館外，它們亦可以作為國家隊的訓練基地，而其餘時間亦可開放給國家各省訓練隊使用。各省運動訓練隊可以透過報名排期預訂場地，充分利用場館，並且能夠給訓練隊一個國際級別的場地練習，準備各項比賽。否則，兩座奧運場館只會淪為「大白象工程」，枉費了建造的資金和設計師的心血。

另外，鳥巢可以加入燈飾等其他項目，將鳥巢打造成一個國際級別的演出場地。屆時可以提供予著名的演出隊伍使用，舉辦現場表演予觀眾欣賞。這樣，除了能夠提高場地使用率外，更可以吸引更多市民及遊客前來參觀。

北京是我國的首都，不但是一個現代化的大都市，更是一個充滿歷史文化的城市，充滿古樸氣息的胡同、四合院；被列入世界遺產的萬里長城、故宮，舉辦過奧運會的鳥巢、水立方等等，這些中外聞名的景點吸引着我，使我對北京有一種憧憬和嚮往。我希望到北京感受當地的文化，遊覽名勝古跡；了解北京市的環保政策；參觀北京市的中學，與當地的學生作出交流，加深對北京的城市規劃、歷史、人文文化等等的認識，開闊眼界，增廣見聞。

在第三天的早上，我們吃過熱呼呼的早餐後，便乘坐旅遊巴往居庸關進發，窗外的風景一直轉變，由高樓大廈慢慢變成人煙稀少的平地，最後是連綿起伏的山巒。剛下車，我就被「天下第一雄關」居庸關蜿蜒盤繞、氣勢雄偉的長城所震懾。甫踏上第一級，才發現登長城比想像中還要困難，因為長城的梯級十分陡峭，有的梯級的高度比小腿肚還高，我們迎着呼嘯而來的寒風，興奮地奔上長城，剛開始還不感到辛苦，不消一會兒便氣喘吁吁，越往後越感吃力，梯級越來越陡峭，必須扶着旁邊的欄杆，才能繼續吃力地往上走，途中曾蹦出就此折返的念頭，但當仰望到高處的烽火台時和想到在高處能眺望更多風光時，折返的念頭便一消而散。當登上第三個烽火台，飽覽長城下巍峨雄偉的城樓，眺望對面不遠處逶迤的長城和崇山峻嶺時，有一種豁然開朗的感覺，便覺得一切的辛苦都是值得的，滿滿的滿足感湧上心頭，真是不得不讚歎古代人民的智慧和偉大。

參觀過北京市環境保護局後，發現北京制定了不少環保政策。當中有幾個主要方針，包括加強管治污染問題，積極推進環保意識，增加綠色通道；發展清潔能源，老舊汽車淘汰更新計劃，還有公共交通工具優先行車計劃等。另外還有加強教育和宣傳，讓市民成為環保志願者，舉辦環保主題攝影比賽，發佈空氣質量信息等等，此外還完善區域合作機制，加強城市綠化，可見北京市貫徹落實多個環保政策，並且在環保工作方面加強力度，越來越重視環保工作。除此之外，我們還參觀了北京市育英中學，得知他們也有參與環保工作，他們有一個廚餘處理的地方，把全校學生吃剩的廚餘處理成有用的化肥，供校園的有機農田使用。

反觀香港，其實香港也有不少的環保政策，包括停車熄匙計劃，位於九龍灣的零碳天地，九龍灣廚餘試驗處理設施，處理本港的廚餘，製造成有用的化肥；還有在街道、屋邨、校園等等擺設三色回收筒，回收廢物再循環利用等等。可見香港政府也重視環保政策，著手推廣越來越多的環保工作。

其實除了政府的政策能有效地推動環保，我們每一個人也可以參與環保工作，為環保出一分力。

蘇美琪 中四綠班

北京既是一國之都，也是中國歷史，文化和政治的中心，加上近年國內發展一日千里，所以我一直都想親身踏足當地，參觀不同的文化古蹟之餘，同時了解北京的城市發展。這次的考察之旅正給予我們一個機會了解京津的城市規劃發展，並且透過交流和參觀，親身體驗和了解北京的地道文化和文物古蹟。



左一余瑞珊（中四藍班）；左二至五蘇美琪、梁曉珍、黃婉媛、陳利亭（中四綠班）於長城合照

俗語說：不到長城非好漢。但當一個好漢可真不容易，當我站在長城腳下，看著前方又斜又高的梯級，我不期然地愣住了。隨後一步一步地扶杆直上，沒等多久已汗流浹背，喘著氣停在一旁，幸得同學的幫助和彼此間的鼓勵，終於站上了第一個烽火台。吹著陣陣涼風，遠眺著另一邊匍匐在山脊上的長城，那一刻站在逾數千年歷史的長城是多麼奇妙的感覺。腳下的一磚一石都是歷代人民所付出的血和汗。剛才我所留下的汗水和所感受到的辛苦又算得上什麼？那一刻，我深深明白到不是登上了長城便是好漢，而是你付出過，對社會有建樹，才能成為一條真正的好漢。

參觀過北京相關的環境部門和參加環保專家的講座，使我們對北京的環保工作和政策有更深入的了解。對比起香港環保政策，其實兩地都以可持續發展、大力減低污染和加強教育宣傳等等方針為主。北京自零八八年奧運後，以「努力建設美麗中國，實現中華民族永續發展」為目標，更積極推行各種環保政策，例如對於近年備受關注的空氣污染問題，有關當局便推行了綠色交通，老舊車淘汰更新，嚴格實施車輛管制，公車優先，加強城市綠化等政策。同時，北京亦加強教育和宣傳，透過不同的活動和利用傳播媒介推行環境教育，增加公眾的參與度和環保意識。而香港亦一直以可持續發展為目標，於空氣、水質、減廢和能源等方面推出了一系列的政策，例如淨化海港計劃，資助更換柴油汽車，膠袋徵費計劃等。跟北京一樣，香港亦一直對市民作出有關環保方面的宣傳和教育，例如舉行大型比賽，校內講座及廣告宣傳等。

環保要從小做起，這種習慣和意識亦要從小培養，在參觀過北京市育英中學後，我深深明白了這一點的重要。該校在校舍內設置了不少環保措施，包括地下暖水系統、廚餘回收計劃、植樹以及有機耕種等，再配合一系列的教育活動，讓同學能夠參與當中，加強環保意識。值得一提的是，當中的廚餘回收計劃，校方於校內設置了一部廚餘回收機配以專人監控，每天回收飯堂所提供的廚餘再轉化為有機肥料。這一措施不但可在更多地方推廣實行，也是今天需要急切處理廚餘問題的香港所值得仿效的地方。經過這次的交流，我體會到每個地區都會遇上不同的環境問題，但我們都有一個共同責任，就是要推行各種有效的環保政策，配合社會大眾的參與，以達致可持續發展。

謝子慧 中四藍班

這次旅程中，令我印象最深刻的莫過於到訪當地學校——北京市育英中學。雖然交流時間很匆忙，透過當地的學生代表細心詳盡的介紹，我對於該校所提出和實現的環保概念卻留下很深刻的印象。該校不僅僅是簡單地種植花草，更推行了多項的環保實踐措施，如利用廚餘再造成肥料、儲存雪水澆花及溫室種植等。他們對於環保方面的重視實在很值得我們去學習及仿效。



麥啟滢(中四白班)、謝子慧(中四藍班)於奧運主場館鳥巢合照。

奧運場館的建設耗資巨大，單單是奧運主場館鳥巢的造價已達35億元。而根據我在參觀時的觀察，奧運場館目前只開放讓民眾及遊客參觀，並沒有妥善運用奧運場館。除了讓奧運場館成為北京的地標性建築外，我認為政府可考慮開放給大眾申請使用（如：游泳設施），或鼓勵其他有關團體租用場館，亦可把場館轉為表演場地讓團體舉辦大型活動（如：演唱會）。針對場館外的大片戶外公眾地方，除了設立介紹奧運場館的區域，我認為可以給表演或藝術團體免費進行表演，妥善運用整個範圍，同時亦增加當地的文化氣息。

周安兒 中五藍班

記得在第三天的時候，我們前往著名的長城去。我和同學老師一起登上保全度較好的居庸關，沿途發現長城的梯級是多麼的陡峭，我一邊喘着氣，一邊心想：「第一次感受到攀登是多麼的辛苦呢！」終於，我們成功到達第一個城樓，即使滿頭大汗，從高處俯瞰自己完成的路，不但有一種史無前例的滿足感，更領會到「千里之行，始於足下」的道理——只要肯走，必能完成。接着，我們多攀了三個城樓，面對氣勢磅礴的景色，同學和我不禁哼起歌來，高呼「我向世界呼叫！」



鄧明殷及周安兒(中五藍班)、慮思朗及李琬嫻(中五綠班)到達「天下第一關——居庸關」，準備出發！

導遊為我們登上的長城作了詳細的介紹，例如給我們講述「孟姜女哭崩長城」這淒美感人的建城故事，並講解長城的建造是向內城傾斜的，以便把雨水流入內城，因此有一句話為「肥水不流別人田」。可見，古時的中國人已精通建築學的巧妙用途，既令我十分敬佩，也令我明白到中國諺語的源流。

在二十一世紀中，持續穩定的社會發展不但能夠保障市民生活素質，更可保持自身在全球的競爭力。另一邊廂，環顧社區四周，你會發現一些見證歲月的古特色建築，值得我們好好地把它們保育下來，記載歷史。作為學生，我們實在有必要探討政府如何平衡兩者發展。

發展與保育如此水火不容，很大程度是基於有限土地及發展商利益兩個主要因素。例如香港，山多平地少，因此寸金尺土，地產商看準時機把握興建住宅的機會，賺取金錢。故此很多有特色的古建築物被拆卸重建。

在北京的老胡同，我們曾經到訪戲班表演棚，欣賞一眾江湖師傅的武功神藝。原來戲班主要靠現場觀眾的打賞才能繼續經營。這令我回想：老胡同乃猶如一排排古城，巧妙地被人們保留它的自然風貌，修建後容許此類表演團體紮根於此，既賺取生活費，亦為民眾獻上傳統藝術，甚至吸引遊客，帶來旅遊收益。

可見老北京懂得善用古建築空間拓展經濟效益。仔細想想，香港也同樣地在持續保護傳統建築——座落大角咀的雷生春，前身是自住物業，現在已保育為中醫館，提供診症及教育公眾有關中藥的資訊。

因此，政府應考慮活化古蹟，透過修建有特色的建築物，加入現代店舖元素，一方面帶來商機，另一方面亦滿足市民衣、食、住、行的需要，提高生活素質。在決策保育的過程中，政府應與各持分者，如保育團體、發展商、樓宇業主、業界、公眾保持良好並透明度高的溝通，共同研究出最能平衡各方利益的發展方案。

假若政府在這方面的工作做得妥善，那麼早前清拆皇后碼頭、重建灣仔街市的紛爭也能相對減少。可是，長路漫漫，日後同類的問題只會更多，因此，作為社會未來棟樑的我們，難道不須加倍努力為社會謀取更大的福祉嗎？

曹家怡 中五藍班

經過五日四夜的北京天津城市規劃考察之旅，我不但認識了更多不同年級的同學，更增加了不少對祖國環保政策的了解，對比兩地之下，北京則較香港執行的較佳。由於北京是中國最缺水的城市，他們會有不同政策去教育人民，例如推廣綠色傳媒和生態建設，而人民亦會自覺性去支持和實踐，例如組成北京環保志願者協會，這些都十分值得香港市民和政府學習的。

另外，在參觀長城時，更令我為自己中國人的身份更加自豪，因為從前在照片中看到長城時都未能感受到長城的堅實，但當我親身踏足長城時，才能感受到長城的堅實，而且並非語言間可以表達的。而且，在參觀故宮時，我深切體會何等設計恢宏、匠心獨運，能於幾百年前興建出一座又一座的宮殿，這是一件多麼厲害的事啊！

最後，我十分相信在是次交流團所學到的，不但有助我與他人溝通，更令我對祖國有更深的了解。



曹家怡(中五藍班)與趙公瑄(中五綠班)一起乘坐高鐵前往天津。



黃國濠（中五白班）在北京市環境保護局接受北京電視台記者訪問。

黃國濠 中五白班

觀看天安門廣場升旗儀式

早晨六點鐘，長安街的車輛都停下來了。不久，我看到武警升旗隊踏著雄壯整齊的步伐，從天安門城樓出來。他們護送著鮮豔的五星紅旗，走過金水橋和長安街，來到廣場的升旗台前。在國歌奏響第一個音符時，升旗手以優美的動作將國旗展開拋出。這時大家都停止了呼吸一樣，天安門廣場靜悄悄的，只有莊嚴的義勇軍進行曲在空中飛揚。大家的目光都隨著五星紅旗的而升起，身體都挺得筆直。旁邊的人說：「正好是2分零7秒！」，這個是天安門廣場的國旗從地面升到桿頂的時間。當第一縷陽光劃破北京的上空時，五星紅旗已在天空中迎風飄揚了。我揉了揉眼睛，看了看周圍的人，他們還在凝望著五星紅旗，一位大叔的眼裡似乎還噙著淚水。

天安門雖然歷經滄桑，卻在新中國成立後煥發出了耀眼的光彩。自從毛澤東主席在天安門城樓上向全人類宣布了社會主義新中國的誕生，天安門不再是至高無上的封建皇權的象徵，而成為了一個新生的人民民主國家的標誌。升旗儀式完畢後，廣場呈現出一派祥和、幸福的美好景象！

政府應如何平衡發展與保育之反思

在我和同學參觀胡同的時候，沿路有各色各樣的商店和食店，裏面擺着琳瑯滿目的商品和食品，令我們目不暇給。途中，我發現一幢充滿明清時期特色的建築物，牆上的介紹牌寫着「此樓建於1895年」。我心想這座建築物一定是經過市政府的古跡活化規劃而得以保存至今。中國在改革開放後，各大城市的工商業發展迅速，社會並需要相對大量的資源例如土地資源。中國雖然幅員遼闊，有先天優勢，惟在發展社會和經濟時亦難免與文化保育產生沖突。其實，政府可以透過古跡活化、搬遷古跡及城市規劃配合等手法來平衡發展與保育。古跡活化方面，就是維持古跡原有外貌，只改變用途以配合發展規劃，例子如中環街市及北京胡同商品街等。搬遷古跡方面，可另覓地方重置古跡，例子如中環皇后碼頭及赤柱美利樓等。城市規劃配合方面，確定不把古跡所在地作為基建發展工程的選址。

歐永賢 中四藍班

我們到訪北京市育英中學，與當地師生交流。該校女導賞員十分友善，經常跟我們談天及不斷介紹校園設施。即使外面很冷，她依然穿很少衣服，真強壯啊！她還誤以為我是老師，真有趣！



秦永光（中五綠班）、黃國濠（中五白班）、吳嘉祺（中五綠班）、李兆基老師於北京市環境保護局門前合影。



互富傑 中四白班

循道中學學生與北京市育英中學學生代表合照

我們到訪北京市育英中學交流，了解當地中學生的學習氣氛。該校女導賞員帶我們遊覽他們的校園，原來當地的校園比香港大很多，這間學校飼養了很多寵物，例如兔子和各種鳥類，彷彿去了一個動物園，而且到處種了不同的植物。然後我們參觀他們的圖書館和中小學部的教學樓，最有趣的地方是他們設立了一個廚餘回收中心，把廚餘經過處理後用作種植物，可見他們不但讀書氣氛濃厚，而且有環保意識呢！

鍾皓楠 中五藍班

到達長城時，我真的感覺到長城的氣勢，它圍繞著數個山脈，曲折蛇行，不禁令我想起柳宗元在《至小丘小石潭記》中描述溪流的型態。更令自己興奮的是，我與同級的男生和李兆基老師一同攀上一個離起點很遠的烽火台，當時站在當中細細的俯瞰，山脈交搭的型態全都映入眼簾，眼看自己站在其中一個山脈的頂點，深深感受到大地在我腳下之天人合一的境界，這座雄偉的長城還藏著不少中國文化的底蘊呢！



北京市育英中學

范家豪(中五綠班)、謝佐靈(中五藍班)、吳嘉祺(中五綠班)、鍾皓楠(中五藍班)、陳嘉輝(中五藍班)、李兆基老師於長城合照。



同學們在氣勢雄偉的故宮前合照。



同學們於北京市環境保護局合照。

同學們於天安門廣場觀看升旗儀式

陳錦恆(中四白班)、招偉焜及歐永賢(中四藍班)於萬里長城合照。



2013 高校科學營

對象：中四、中五修讀科學的學生
 地點：南京
 日期：2013年7月9日至7月15日(7日)
 交流學校：南京東南大學
 費用：港幣800元
 主辦機構：中國科學技術協會及國家教育部
 參與學生：10人

級別	班別	地點
中五級	藍班	鄺煥華、云惟俠、鄒明殷、蕭梓欣、高飛燕
中四級	白班	黃駿泓
	綠班	鄺靖然
	藍班	阮承熙、馮穎康、莫芷晴

活動目的

此計劃目的是充分利用和合理開放重點高校豐富的科技教育資源，發揮高校在傳播科學知識、科學思想、科學方法和提高青少年科學素質方面的功能，激發青少年對科學的興趣，提升青少年的綜合能力和整體素質，為優秀人才的成長奠定堅實基礎。

行程

日期	活動	地點
七月九日	到達南京東南大學 認識東南講座 支部(小隊)生活會	九龍湖大活一樓報告廳 課室
七月十日	開營儀式 領袖訓練、素質拓展活動 營員之夜節目排練 支部(小隊)生活會	南京大學 課室 課室 課室
七月十一日	圖書館自習體驗 參觀中國無線谷 物理實驗 創新創業精英分享會 支部(小隊)生活會	九龍湖李文正圖書館 江寧無線谷 九龍湖校區物理實驗室 九龍湖大活一樓報告廳 課室
七月十二日	主題講座 防震消防疏散講座及演練 營員之夜節目排練 支部(小隊)生活會	九龍湖大活一樓報告廳 九龍湖大活一樓報告廳 課室 課室

日期	活動	地點
七月十三日	參觀四牌樓校區 參觀南京大屠殺紀念館 營員之夜節目排練 支部（小隊）生活會	四牌樓校區 南京大屠殺紀念館 課室 課室
七月十四日	主題講座 參觀南京科技館 觀看球幕電影 營員之夜、閉營儀式、主題 晚會	九龍湖大活一樓報告廳 南京科技館 南京科技館 焦廷標館
七月十五日	離營	



東南大學 南京無線谷 電腦及通訊技術展覽

莫芷晴 中四藍班

學生感言

這是我第一次到南京，參加有關科學的交流營。這次的機會十分難得，因為除了一同參與的南京中學生之外，還有其他來自中國各地，如河南、河北、陝西、寧波等地，甚至擴及澳門和台灣的中學生參與，彼此進行學術交流。這樣不單擴闊了同學們的視野，加深了同學們對科學的熱誠和了解，而且也讓同學們更了解不同地區的文化 and 學習的情況。

東南大學是以建築和電腦科學而聞名的。校園內的教學大樓、宿舍的設計都很有特色。我十分慶幸能參觀四牌樓校區，這裏的主要建築羣大多為民國時期所建，2006年更成為國家重點文物保護單位，其中大禮堂是東南大學的標誌性建築。當中的六朝松是東南大學的標誌，相傳為南朝梁武帝手植。

我們參觀了許多不同的地方，包括校園的圖書館、無線谷、不同的實驗室等。我印象最深刻的是機器人實驗室，當中有很多不同大小、形狀、功能的機器人。這些機器人能完成許多不同的任務，如做出不同的動作和移動物件，甚至能跟蹤物件，即使當中受到其他物件的干擾，機器人仍然準確地分辨出目標，完成跟蹤的任務。這都令我驚嘆不已，同時也加深了自己對機器人的興趣，希望將來有機會能接觸更多有關機器人的知識。

內地的學生相當勤奮好學，不但在講座時段內聚精會神地聆聽，更會在講座完結後勇於發問具素質的問題，態度認真。他們的表現讓我明白自己在香港接受教育，是非常幸福的事。香港的學校環境比內地的好，設施十分齊全、整潔，但有些



香港的學生卻不會珍惜，白白浪費了學習的機會。其實這些機會對內地的學生來說，是難能可貴的。

東南大學演講廳 - 講座

我希望有更多機會參加類似的科學交流營，不但能了解中國目前科學研究的情況，也能加深同學對科學的認知和興趣，最重要的是能親身接觸不同地區的學生，學習不同地區的文化，也認識更多的新朋友，建立深厚的友誼。

黃駿泓 中四白班



南京大學 演講廳 - 南京區開營儀式 (左起 鄭煥華 黃駿泓 馮穎康 阮承熙 云惟俠)

今次是我第一次走出香港，參與科學交流營。感謝主辦機構給予我這次珍貴的交流機會，擴闊了同學們的視野，加深同學們對科學的熱忱。這次的科學營絕對沒有令我失望，而且獲益良多。六天的行程相當豐富，不但達到傳授科學知識的目的，更令我有機會遇見來自國內不同地區的同学，一同學習、用膳、住宿，機會實在難得。

內地的學生相當刻苦，而香港學生的學習熱誠卻相對較弱。由內地學生在講座發問環節所問的問題可見，他們的求知慾十分強，亦同時看見他們學習的認真。香港學生來到科學營也有很大的轉變，我們被內地學生的那份勤奮所感染，積極投入科學營的每項活動。



東南大學 營員之夜 表演中國舞

南京大屠殺紀念館-和平紀念碑



東南大學圖書館自習體驗活動 (左起鄧明殷、高飛燕、蕭梓欣、鄭靖然、莫正晴、鄭煥華、云惟俠、阮承熙、黃駿泓、馮穎康)



3D立體技術科學探究

另外，講座內容不但吸引，而且創新。包括射頻光電生物通訊、地震知識、城市發展和污染、機器人的應用等。我最感興趣的講座是射頻光電生物通訊講座。講座由淺入深，先介紹電話、無線電、光纖、晶體管等的發明，最後介紹集合電路和微生物電子橋，而微生物電子橋是最吸引我的地方，講座內容和人們的生活息息相關，讓我了解幫助人類未來發展的新科技，對人類文明有重大影響。這些知識我絕不能在日常課堂中學到，感覺很新鮮。例如刺激人類神經線的科技，使癱瘓人士的四肢跟隨另一人移動，有助癱瘓人士康復。

我印象最深刻的是各個可以親身參與的活動，例如物理實驗。不但教育意義和趣味性兼備，更讓我簡單地了解科學的電學範疇。短短數天的科學營，令我對科學有更深的認識，更想在將來參與有關科學的工作，貢獻社會。

作為團隊的領袖，我需要照顧各同學的需要。團隊的成員要更加合作和有效率，才可以完成每一項工作和任務。每次的節目排練，我們都盡力做到最好，同學們努力練歌、排舞，最後的演出十分成功，能令大家滿意。這次擔當小組領袖所獲得的經驗，正好為我未來擔當團隊領袖的借鑑。

我希望來年再有機會參與更多類似的科學交流營，來增加自己對科學的認識，同時把握機會認識新朋友和維繫同校同學之間的友情。



出席證書



飯堂



結業證書

南京大屠殺紀念館



領袖生內地交流計劃—— 探索科技發展之旅

對象：具領導潛質的中五學生
(100名)
地點：北京
日期：2013年8月5至9日(5日)
交流學校：北京航空航天大學，北京市
第三十五中學
費用：全免
主辦機構：香港教育局
參與學生：黃國濠(中五白班)

活動目的

- 一、 增強學生的領袖才能；
- 二、 拓展學生的視野；及
- 三、 加強學生對國情及國家發展的認識。

行程

日期	活動	地點
七月二十四日	領袖訓練及簡介會	深水埗官立小學
八月五日	香港飛往北京 入住酒店 小組反思及討論	
八月六日	開班儀式 到訪北京航空航天大學，與師生進行交流 參加講座：「大學微納衛星技術現狀與展望」 小組反思及討論	北京航空航天大學
八月七日	參觀中國科學技術館 到訪北京市第三十五中學，與師生進行交流 參加講座：「內地高等教育的發展與現況」 小組反思及討論	中國科學技術館，北京市第三十五中學
八月八日	參觀北京現代汽車公司 參觀故宮博物院 全體分享晚會	北京現代汽車公司，故宮博物院
八月九日	參觀中國鐵道博物館(正陽門館) 北京飛往香港	中國鐵道博物館(正陽門館)
九月十四日	「領袖生內地交流計劃」成果分享會	

學習重點

- 一、 認識國家高科技的發展，以及了解高科技在國家可持續發展上的應用、成就和挑戰；
- 二、 了解國家科技發展與生活的關係及創新科技對可持續發展的貢獻和挑戰；
- 三、 認識傳統的中國建築技術及歷代的科技發展，並思考它們對現代社會的影響



北京航空航天大學留影（左七黃國濠同學）



航空航天博物館留影
（第一排左一黃國濠同學）

學生感言

行程中令我印象最深刻的一個參觀地點是中國鐵路博物館。

這次參觀使我對中國的高鐵發展有進一步的認識，並了解到中國完善的鐵路系統，不單促使社會、經濟、文化、科技四方面，朝着可持續發展方向走，而且大大提升了人民的生活素質。四通八達的鐵路網絡，並非一朝一夕可以達成，乃是透過專業人員多年來的研究、工人風雨不改的建造，才能成就得到。以建設青藏鐵路為例，工人需要克服四千多米高的海拔，在空氣稀薄的環境下把路軌連接起來，其毅力與耐力是我們難以想像的。一日千里的鐵路發展就是中國人不斷追求進步的好例子。

反之，香港近年各方面的發展似乎停滯不前，被國內的大城市例如上海、廣州等地後來居上。而香港人，特別是年輕一代常被批評為「不能吃苦」、「嬌生慣養」。作為香港未來的支柱，我們應該多了解祖國的狀況，並與內地多進行交流，



中國鐵道博物館正陽門館留影（左五黃國濠同學）

從而互相學習、取長補短。每個人也應該有一顆追求進步的心，切忌安於現狀。但願一眾青年人能夠夙夜匪懈，孜孜不倦地裝備自己，為香港、祖國的發展作出貢獻。



開班儀式（第一排右三黃國濠同學）



故宮博物院留影（第一排左二黃國濠同學）



故宮博物院前留影

北京現代汽車工廠留影



Malaysia Exchange Programme 2013

(Focus on IT and Robotics)

Targets	Form 1 and Form 3 students
Destination	Kuala Lumpur, Malaysia
Period	13-27 July 2013 (15 days)
Host school	Methodist Boys' Secondary School, Kuala Lumpur (MBSSKL)
Host family	Mrs Chuah, Mr Tang, Mr Dang, Miss Angie Ng
Participating students	Yip Hoi Shun, Anson (1G), Wong Ching Hei, Philip (1G), Chan Chun Hei, Agassiz (1W), Leung Hon Cheung, Anson (1W), Ng Wing Hei, Brian (3B), Yau Ching Tung, Olivia (3R)
Fee	HKD \$3000
Organizer	Methodist College

Introduction

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

Background Information

Malaysia and Hong Kong belong to the same time zone and both are hot and humid. In Malaysia, people speak Bahasa Malay, English, Chinese (including Cantonese, Mandarin, Hokkien, and other local dialects) and other languages. The major religions in Malaysia include Muslim, Buddhism and Christianity. The currency used there is Malaysian Ringgit, the value of which is about three times that of Hong Kong Dollars.

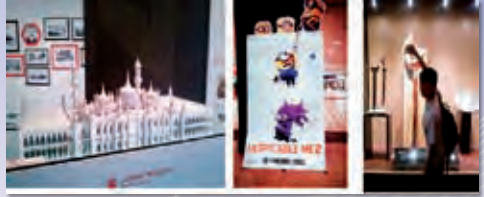
Although MBSSKL is a boys' school, female students are accepted in Form 6 and Form 7. Since the weather in Malaysia is relatively dry, there is no air-conditioning in classrooms except the IT Laboratory.

Reflection and Learning

Yip Hoi Shun, Anson 1G

When we arrived at Malaysia, we couldn't see the teacher who should have come to meet us at the airport. Instead, we met a local man who said he was to pick us up. We began to suspect his identity after we found out that he did not even have the teacher's phone number. Though the man kept saying that he was one of the

hosts, we dared not trust him at that time and we wrote down his number plate. Luckily, we finally realized that he was telling us the truth and we did not have to worry anymore!



Before starting our school life in Malaysia, we got a Sunday to spend with our hosts and went out to watch movies together.

On the first day I went to the school, we had to introduce ourselves in front of all the students in the school while my classmates welcomed me and another boy from Hong Kong in a warm manner.

We did many things in Malaysia including visiting the KLCC Science Museum, a History Museum and watching some movies.

One of my favourite activities throughout the trip was playing war games with others. My hosts went there with me, and we played for a whole day in the game zone. It was an unforgettable experience!

Ng Wing Hei, Brian 3B

Now that this Malaysian exchange programme is all over I can definitely say that I have learnt more about Malaysia and Malaysian people. Malaysian high schools, for example, still follow the British education system and they still have matriculation classes (F.6 and F.7).



On the first day we arrived in Malaysia a man called Ho Chee Wah drove us to Methodist Boys' School from the airport. After we arrived at the school, the principal introduced us to five different hosts. Incidentally, Mr. Ho became my host. He is the father of two boys: the older one is called Ho Wing Chun while the younger one is called Ho Wing Han.

On the first school day, I had to wake up at half past five and go to school with Wing Han. I became a member of class F.4M and this is the class which Wing Han belonged to. The first lesson of my Malaysian school life was English. In Malaysia many schools will end the school day at 2pm. When the classes ended, I went to my host's home along with Wing Han.

On Tuesday the whole class was split into three groups: the first group would go to study Biology, the second group would study Accounting, and the last group would study ICT. At that time I chose to attend the ICT class. During the lesson, the teacher went to the staff room to pick up something. During the period of her absence, most students were playing online games and I found this scene unbelievably exciting.

On another day, the school held an exhibition and we were asked to help the school to hold that exhibition. Anson Ip and I helped the exhibitors to take their exhibited materials to the hall. On that day all the Hong Kong students were exhausted.



These are some of the form three students at MBSSKL ~ They are very nice!

On the last day, I took many photos with the Malaysian students. Also I went to buy souvenirs with Anson Ip. We bought some chocolates and the coffee powder for our beloved and friends in Hong Kong. I would like to thank my school for giving me the chance to join such a wonderful trip.

Chan Chun Hei, Agassiz 1W

During this summer holiday, I joined the exchange program to Kuala Lumpur. I gained more experience in taking care of myself during the program. I learnt a lot about Malaysian culture and the people living there. I studied at Methodist Boys' Secondary School Kuala Lumpur (MBSSKL). I met a lot of nice and helpful schoolmates in this school. Apart from school life, I also had the chance to live with a wonderful local family. My host family were nice to Anson and I. They gave us a very good time in Malaysia. They took us to different places in Kuala Lumpur. For example, we spent a day at Sunway Lagoon – one of the theme parks in Kuala Lumpur. We also watched a film inside the theme park and we all had a good time there.

Lastly, I would like to thank Methodist College and MBSSKL for providing me with this chance of becoming an exchange student in Malaysia.



The minions were very lovely.



The front door of Sunway Lagoon.



The church that we went to on Sunday.

Yau Ching Tung, Olivia 3R

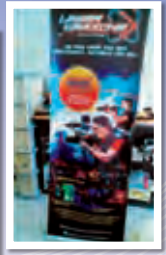
On the first day of my summer holiday, I went to Malaysia for a 15 days exchange programme. I was joined by 5 of my schoolmates.

We arrived at Malaysia at around 7 pm. We met the teacher of MBSSKL at the airport and went to meet our host families at MBSSKL. After an hour's trip, we finally met our host families and went home to take a rest. My host dad, Mr Tang, often took me to the nearest shopping mall with his son and daughter during school holidays. They showed me a lot of things in Malaysia and I learnt a lot of things from them.

After the two-day holiday, it was time to go to Methodist Boys' School. At first I was nervous about my situation because I would be the only girl in the whole school. Luckily, there were some girls in Form 6 and I spent my lessons with them. The big brothers and sisters in class 6C were very nice to me. I had an opportunity to see how they performed in every lesson. They often asked me questions about Hong Kong and about what lessons I usually have in school. I was surprised by the fact that MBSS students could speak different kinds of languages.



Gifts for 6C.



Place where we played war games.

Besides having fun at MBSSKL, Anson Leung, Agassiz, Philip, Brian and I also went to Sunway Lagoon to play games. We had a lot of fun there! What a great day!

Throughout this wonderful exchange programme, I learnt a lot of things including how to solve the problems by myself and the skill of communicating with people in English. To conclude, I would like to thank Methodist College—especially Principal Wong and Mr Siu, for giving me a chance to experience life at MBSSKL.

Wong Ching Hei, Philip 1G

On the first day in Malaysia, my schoolmates and I met a strange man who asked 'Are you from Methodist College of Hong Kong?' And we replied 'Yes!' And he brought us into his car and drove us to Methodist Boys' Secondary School. On our way to school, we felt petrified because we thought he was a kidnapper. In the end, we found out that he was one of the host dads and I felt relieved. We all realized how silly we had been.

In my host family there were two brothers called Soh Jen Shuen and Soh Jen Yeung. They both like playing computer games. The elder brother, Soh Jen Shuen, also loves playing football and basketball. He took me to the basketball court to play football and basketball with his friends and classmates.

From Monday to Friday, I had to wake up at 5:30 a.m. and go to school in my host dad's car. Then, we lined up at the basketball court to listen to the announcements and those announcements were in Malay. During the lessons, most of the students loved chatting and playing. They always walked around in the classroom and played tricks on others. There were some lessons which we don't usually find in Hong Kong. For example, I doubt if there's any school in Hong Kong that would provide Malay lessons. I felt bored in Malay lessons as I did not understand what was going on so I did my summer homework in order to kill time. The football pitch was a grass field. It was huge and most students enjoyed playing there.

I was lucky enough to visit many famous places in Malaysia. We went to KLCC to sing karaoke and visited a science museum. But the most exciting time was playing a kind of war game where we had to use laser guns to shoot. It was extremely exciting. We also went to a theme park where we could play exciting water games and roller coasters. We also enjoyed the world's largest man-made surf beach.



My schoolmates

Apart from playing games, I had the chance to have plenty of delicious Malaysian food. For example, I tried fish balls, Indian food, and Malaysian-Chinese food. Interestingly, I found that a lot of food in Malaysia was quite similar to the food in Hong Kong. The most important thing I learnt is how to take care of myself and how to communicate with others. In short, I enjoyed my study trip in Malaysia very much.

Lastly, I have to thank Principal Wong and Mr Siu for giving me a chance to learn in Malaysia. It was a memorable experience for me.

Leung Hon Cheung, Anson 1W

During the summer holiday I went to Malaysia to be an exchange student. There were altogether six students from Methodist College who joined the program. When I went there, I found that the buildings and surroundings of Malaysia were quite different from what we usually find in Hong Kong. When we left customs, we met a stranger called Mr. Ho and he was the one who took us to Methodist Boys' School. Agassiz and I were living with the same host. We lived in a residential suburb and we were amazed by the huge size of the house!

Study life in MBSSKL was great. The whole class was really happy to see us. My classmates were very attentive and active. They answered the questions actively and they were not shy of expressing their opinions.

We went to a theme park called Sunway Lagoon during the school holidays. It was a huge water park. We enjoyed our time there and we watched a 5D-movie. Wow! It was really an amazing movie.

To conclude, I would love to go to Malaysia again in the future and I want to thank my hosts for taking care of me during my stay.



My best friend.



My Classmates



Immersion Programme to Singapore

Targets	Junior forms
Destination	Singapore
Period	13-29 July, 2013(17 days)
Host school	Anglo Chinese School International
Host family	Mr. Heng, Mr. Vincent & Mr. Chong family
Participating students	Tang Wing Hei, Rico (2R), Kwok Tsz Ching, Stephanie (2R), Yeung Hei Yee, Iris (2R), Zuo Ka Yan, Angel (1R)
Fee	Nil (With all expenses fully sponsored by the Miss Helena Sito Education Fund)
Organizer	Methodist College

Reasons for Joining the Programme

Tang Wing Hei, Rico 2R

I would like to experience school life in an international school and improve my English speaking skills by communicating with others in English.

Kwok Tsz Ching, Stephanie 2R

My original intention was just to go overseas and have fun with my friends and classmates. However, I found that I really gained a lot and improved a lot in different aspects by going on the trip.

Yeung Hei Yee, Iris 2R

First of all, I want to know more about Singapore's culture. Moreover, since I haven't been to Singapore before, I really want to look around in Singapore and go to different famous tourist spots. Lastly, I am interested in Singapore schools and I hope that I can have a chance to study there. I want to learn more about their daily school life, such as how long a lesson is and what lessons they have. And of course, this would be a great chance to know more friends and expand my social network.

The Oldham Hall canteen.

We were warmly touched by the generous reception of the Principal Mr Burrough.

A warm welcome by MrMclean (3rd from right, at the back), Ms Low (far right) and the student ambassadors.



I joined this immersion program because I would like to make good use of my long summer vacation. Also, I would like to improve my English and meet more friends from other countries.

Itinerary

Date	School/Activity/Outing	Activities By
13 July 13	- Depart from HK - Check in at Oldham Hall - Exploration of Orchard Road (Shopping Belt of Singapore), movie watching and dinner	- Mr. Mclean(VP), Justin (Head Boy) and MY (Vice-President of ambassadors) - MY and Oldham Hall staff - Ambassadors
14 July 13	- "Celebration of Cultures" -whole day event at ACS Oldham Hall	- Oldham Hall
15 July 13	- School (8.00 – 2.50) - Percussion CCA	- Ambassadors
16 July 13	- School (8.00 – 2.50) - Netball Session (3.00 – 4.30)	- Ambassadors
17 July 13	- School (8.00 – 2.50) - Tour of Holland Village and BBQ welcome dinner at Heng's Family	- Ambassadors - Heng's Family
18 July 13	- School (8.00 – 2.50) - Seafood Dinner at Sin Ming area/Tour of heartland (5.00 – 9.30)	- Mr. Vincent's family
19 July 13	- School (8.00 – 2.50) - Skypark (4.00 – 7.00) - Dinner (6.00 – 7.00) - Visit to GeylangSerai (7.00 – 9.00)	- Ambassadors
20 July 13	- Visit to Zoo and Merlion (10.00 – 8.00)	- Ambassadors
21 July 13	- Activities by Mr. Chong's family (Church, ice-skating)	- Mr. Chong's family
22 July 13	- School (8.00 – 2.50) - Percussion CCA (3.00 – 4.30)	- Ambassadors
23 July 13	- School - Tour of Esplanade/Dinner at Newton/Lau Pa Sat area	- Mr. Vincent's family
24 July 13	- School(8.00 – 2.50)	
25 July 13	- School (8.00 – 2.50)	
26 July 13	- School (8.00 – 2.50) - meeting with Mrs. Fee Cee Ho - Visit to Orchard	- Ambassadors
27 July 13	- Visit to Sentosa (Universal Studio) - Home cooked meal at Mr. Vincent's house	- Ambassadors - Mr. Vincent's family
28 July 13	- Activities by Mr. Chong's family (movie watching& shopping)	- Mr. Chong's family
29 July 13	- Return to HK	

Most Impressive Moments

Tang Wing Hei, Rico 2R

The most impressive moment for me was the day we spent in the Universal Studios and had dinner with Mr. Vincent's family. It was a really special and memorable day for me because it was my birthday at the same time. We went on many thrilling and exciting rides and enjoyed our last day with our friendly and lovely buddies there. I really enjoyed myself on that precious day and we cried when we knew we had to be apart from each other. After the happy time we spent there, we had dinner with Mr. Vincent's family at their home, enjoying the delicious food. I really loved chatting with them since they are very funny and talkative and we laughed a lot during the last dinner with the family.

Kwok Tsz Ching, Stephanie 2R

I had the deepest impression in the Sky Park and the zoo. When I arrived at the top of the building, I stepped out and exclaimed "Wow!". The view was amazing and I felt so peaceful. We could see the nice view of Marina Bay in the Sky Park. It was breathtaking. There was also a swimming pool in the Sky Park with views of Marina Bay. No wonder the Sands Sky Park is one of the top ten rooftop hotel pools.

Apart from the Sky Park, the zoo was also astonishing. There were all sorts of animals confined in different zones. Some were very common, but some were animals that I rarely get to see such as polar bears, chimpanzees, and some that we might not have heard of before!

Other than animals, there were quite a lot of shows about animals, such as the amazing "Rainforests Fight Back Show". No wonder the Singapore Zoo is said to be the world's best rainforest zoo.

Yeung Hei Yee, Iris 2R

The most impressive moment during this trip was the visit to Sentosa (Universal Studios). It left a deep impression on me because it was the first time for me to go to this famous tourist spot. Also, we went on many exciting rides, such as Transformers and the Mummy ride which I enjoyed playing so much. We even watched a few

A great meeting with Mrs. Fee Cee Ho, former English teacher at Methodist College.

Classroom in ACS.



The marvelous trip to Universal Studios (From left: Angel, Rico, Stephanie, Iris)

shows and bought some nice souvenirs. This was a very unforgettable day for me not just because it was the first time I had been to Universal Studios, but because we really enjoyed our time with our ambassadors and our new friends. We took a lot of photos with them and then went back to Oldham Hall in the evening. Although I was so tired, I still felt delighted and I will never forget this joyful day.

Zuo Ka Yan, Angel 1R

My unforgettable experience was visiting Universal Studios. Besides having a wonderful time there, I also made precious friendships. When we said goodbye to our buddies, we all cried! I felt very touched. Though we just met two weeks ago, the friendship amongst us was very strong!

Reflection and learning

Knowledge of self

Tang Wing Hei, Rico 2R

After having two weeks of lessons in an international school, I found that the learning atmosphere there was relaxing but at the same time the students were so active and energetic in class. They were able to answer all the questions asked by the teachers. I learnt a lot from their learning style. Though the atmosphere was relaxing, they were self-disciplined and perseverant. Moreover, I have built up my self-confidence and become braver in speaking English in front of people.

Apart from learning, I have become more independent and learnt not to rely or depend on my parents all the time when I have difficulties and challenges.

Kwok Tsz Ching, Stephanie 2R

Gaining first-hand experience is far more valuable than just gaining knowledge from books. Through this trip I've gained quite a lot. Being an international school, ACS gave a completely different look of school life to me. It was a really valuable experience that impressed me a lot. School life there was quite different to school

Seafood dinner in Mr Vincent's family (At the back: Mr Vincent's Family.)



A surprise birthday party for Rico! (From left: Iris, Rico, Stephanie, Angel)



At the zoo with the ambassadors.



life we know in Hong Kong. Their rules are not as strict and they have lessons that seem to be much more relaxing. For example, they are allowed to use their phones and also to eat snacks during lessons. There are usually only around 20 people in a class and students have lessons in different classrooms with different classmates, which is totally opposite to the majority of schools in Hong Kong. It was a great experience.

Yeung Hei Yee, Iris 2R

During this exchange programme, I learnt to be more confident and to speak in front of people. Also, I learnt how to make new friends. It's difficult to find a true friend who understands you. I was lucky to find some great friends. I learnt to speak politely when interacting with teachers, the principal and host families. Etiquette is important to all of us. We should always smile and speak politely to the elder ones.

Zuo Ka Yan, Angel 1R

This was my second time to Singapore. Last time I went there just to sightsee. But this time I went there to study. I gained a lot by going on this trip. First, my English has improved a lot. In Singapore many people speak English.

Although my English is not that fluent, I must speak English to communicate with others! After using English for 2 weeks, I have become braver and more competent.

Knowledge of the world

Tang Wing Hei, Rico 2R

What I found most interesting in Singapore after this trip was that Singapore is a multicultural city. There are people who come from Korea, Thailand, Japan, Vietnam and many other places. The different cultures co-exist in this city. The next thing that I found special was that Singaporeans love eating spicy and hot food, such as Tom Yam and Laksa. Besides, they are helpful and friendly. If you have any questions, feel free to ask them and they will try their best to help you.

Another shot at the zoo.



A thrilling visit to Sky Park (From left: Iris, Angel, Stephanie, Rico)



A bird's eye view of Singapore from Sky Park.



Kwok Tsz Ching, Stephanie 2R

Hong Kong is always said to be the Pearl of the Orient because Victoria Harbor is famous and beautiful. However, I've found that Marina Bay in Singapore is also amazing! Besides, the dialect and the way Singaporeans speak English is totally different from us. For example, they speak with "la" and "lor" with different tones at the end of many sentences to express their feelings. It sounds like "Chinglish" which interested me a lot. Also, there are fewer people in Singapore, which means the price of goods should be lower than in Hong Kong. To my surprise, the opposite is true. The trip has opened my eyes about Singapore, and I believe the world has much more for us to see. Singapore was a good start and now I am ready for more!

Yeung Hei Yee, Iris 2R

I learnt a lot about Singapore's culture and environment. Anglo Chinese School International is a school that impressed me a lot not only because of its big campus, but also because of its clean environment. Although there are many food stalls selling different kinds of food, the floor is dry and clean. This would be unimaginable in a crowded city like Hong Kong. In addition, the streets in Singapore are neat and clean. Studying in an international school has enabled me to meet a lot of people from different countries. Because of this, I learnt a lot about the traditions of different countries, such as Korea, Thailand and Japan, I have really gained a lot.

Zuo Ka Yan, Angel 1R

I met a lot of friends in Singapore from different countries! I am glad to find that the students in Anglo Chinese International School are all very warm and nice. That's why I could make friends with them. My buddy, Hayley, is Korean, but her English is better than mine! So I often asked her about English.

Enjoying a day with our Singapore friends at Universal Studios.



BBQ dinner at Heng's family

Performing a Chinese song for Culture Day



Eating out in Singapore.



Enjoying lunch in the canteen with Hanbi, Rico's buddy(right).

Reflection on life and personal goals

Tang Wing Hei, Rico 2R

After this unforgettable trip to Singapore, I found that the students there are self-disciplined although the atmosphere is relaxing. Besides, I improved a lot in my English communicating skills and became more independent after living in the dorm by ourselves without the helping hand of parents.

I have set a goal after this fabulous and amazing programme. I would like to explore and experience life in different countries in order to widen my horizons.

I was so grateful that the school provided us with such a precious and golden opportunity. The trust from my parents nurtured my personal growth. I have become more mature after the trip.

Kwok Tsz Ching, Stephanie 2R

During the trip, there were lots of chances for communication and interaction. I learnt how to communicate in better ways so as to get along with others. Different people speak different languages and there are different dialects for different languages. To communicate with different people, respecting each other's way of speaking is important. Being patient is the key to understanding each other better. To get along with people whom we first meet, being sociable and brave are the secrets. I will try to further improve my communication skills by being open to talk to others from different walks of life in my daily life.

Yeung Hei Yee, Iris 2R

Mrs Fee Cee Ho's speech on the last school day gave me some food for thought. Besides asking about places that we recommend in Hong Kong, she also talked about our hobbies and interests. After the meeting with Mrs Ho, I feel determined to find something that I would like to do in my future life. Ultimately, I would like to join another exchange programme like this again to know more about the world and to explore myself.

Zuo Ka Yan, Angel 1R

I have learnt how to take care of myself on this trip. In Hong Kong, laundry, tidying my room and a lot of household chores are done by my mother. But in Singapore, I needed to do them all by myself! Now, I appreciate the hard-work of my mother and I will share the housework with my mother from now on.

If I have another chance to try this experience again, I will join it again because it is a good way for my personal growth.

Immersion Program to UK 2013

Targets	F4 - F5 students
Participating Students	Tong fu Yi, Fiona (5B), Wong Cheuk Ming ,Anix (5R), Fang Zhiliang (5W), Lam Sin Yan,Tina (6W)
Destination	Bradford, UK
Period	2 weeks from 20 Jun – 5 Jul, 2013
Host school	Woodhouse Grove School
Fee	Nil (all expenses fully sponsored by The Miss Helena Sito Education Fund)
Organizer	Methodist College

Reasons for Joining the Programme

We joined the program hoping to improve our English proficiency, broaden our horizons in regard to our understanding of the local cultures and knowledge of the world and to expand our social circles to include friends from halfway across the globe with different perspectives and lifestyles. For the history enthusiasts among us, it would also be a great opportunity to delve deeper into the UK's background with her fascinating historical timeline.

Itinerary

Date	Location	Activities
20-21/6	HK and UK	Departure from Hong Kong, tour of the school with local students
22/6 (Saturday)	The city of Leeds	Tour of Leeds with our buddies, Keith and Michael
23/6 (Sunday)	School	Study session for our biology examination(HK)
24/6	School	Biology examination (HK) and first day of lessons
25/6	School	Lessons and movie night with teachers and students in boarding
26/6	Saltaire and the Brontë Parsonage Museum	Lessons and guided tour around historical sites
27-28/6	School	Lessons

Date	Location	Activities
29/6 (Saturday)	Skipton	Skipton Castle tour and canal ride on our outing with Dr. Hollingworth
30/6 (Sunday)	London	Visit to the British Museum, Covent Garden, London Eye, China Town
1-3/7	School	Second week of lessons
4-5/7	UK and HK	Departure from UK

Reflection and Learning

Fiona Tong 5B

During our trip, UK was sunny and warm most of the time. With the good weather, we could simply enjoy our visit. I was surprised and amazed by the architectures in the UK. The buildings are amazing and wonderful. Although we can see some English architectures in our city, what we see in Hong Kong is not as grand as in the UK. Most of the buildings are very old. The UK is a very green place and with the grand old buildings, the scenery is superb. It is almost like a fairy tale.

Not only did the trip allow us to experience being in such a different environment, it also helped me gain better knowledge of myself and the world. The trip was a great opportunity for me to use English in a realistic setting. People in the UK speak fast like we do in Cantonese. At first, it was very hard for me to catch what they were talking about, but after a few days I could understand more and was even able to join discussions. There were quite a few teachers in the school from different parts of the world such as New Zealand and Australia so I was able to hear all sorts of English accents.

London and Hong Kong are both international cities, but we can see that people in London are not as busy as we are here in Hong Kong. People in London are not in as much of a hurry as Hong Kong people are, and they always seem to be looking for a chance to slow down and rest. In London, four of us ate in a restaurant and we hoped that we could have a quick meal since we had a tight schedule that day. However, most of the waiters in the restaurant were very leisurely and it took more than an hour to order and finish our lunch. In Hong Kong, people always demand everything quickly. They are not happy to waste any second. If the same restaurant was opened in Hong Kong, it might be closed within a month since the customers in Hong Kong would complain about the slow service.

When we went through the parks or squares in London, we could see a large number of citizens sitting on the lawn, bringing along their drinks and food, chatting

with friends and having a sunbath. They like to enjoy their life. They work to live instead of live to work.

Yet, Hong Kong people live under stress every single day and they demand to finish everything in a short time, no matter who they are, students and workers. The stress affects the health of the people and they may easily be sick and it will only add weight to the medical system.

The Hong Kong government should pay more attention to the environment. In Hong Kong, everything is concrete. We should make some more clean and green areas to relax. We should make Hong Kong a lot more green.



Visit to the church in Saltaire.



Classmates from history class.

The UK attracts me a lot and I think if I have the ability to go to study in UK, I would definitely go for it.

Anix Wong 5R

It is impossible for me to describe how elated I was when I was told I had been selected for this exchange program, involving a two-week stay in Woodhouse Grove School. The United Kingdom is a place with distinct cultural colour and somewhere in the back of my mind I had been longing to visit. However, I felt nervous about the journey because I was not sure whether I could adapt to such a wholly new environment including classes with local pupils. Although I would be facing countless barriers and obstacles during the trip, I aimed to make my journey fruitful and not have any regrets.

When we arrived at Woodhouse Grove School, I was astonished by its exquisite landscape featuring fabulous, vast grass fields. To be honest, I was indeed jealous of the local pupils for having access to such excellent sporting grounds whenever they wanted to relax under stressed schedules. As we were not familiar with the school at first, Mr. Cadman, a very nice teacher, took care of us. He arranged local students to show us around the school. An entire building was allotted to each subject and each form had its own classrooms. It was quite confusing for me as a new student. Besides memorizing the locations of classrooms and people's names, I encountered the most 'challenging' problem, which was adapting to the jetlag! Even though I was so keen to wonder around the school and play basketball with the local students on the first day, it seemed that tidying



Beth attended the same lesson as Anix and helped him a lot.

up my room and getting some rest would be a better choice. There came another problem - we had lost our luggage! Fortunately, we got back all of our missing items. My boarding life was then ready to begin.

From my perspective, the boarding house was like a mini hotel. The timetable was strict and boarders were disciplined. I met so many new faces and they were kind in giving me a helping hand. Gradually I learned to take care of myself and became much more independent than ever before. If you ask me what the most fascinating part of my boarding life was, I must tell you it was the Free Time we had after Preparation Time. For academic purposes, boarders were restricted from leaving their rooms during Preparation Time from 7:00pm to 8:00pm to accomplish their revision and homework. It was indeed a deliberate decision that favored both pupils and teachers. There were several activities available after Preparation Time. For instance, the gym room would be open until 9:30pm and the music room and sports hall would be open until 10:00pm. There is no doubt that I gave priority to my favorite sport, basketball. I found that most of the local students loved playing cricket and rugby. However I still had some of the boarders as buddies. We played in teams and talked a lot during the games. They told me about each subject so that I could select the most suitable and interesting ones for the coming school days.

Most of my days were spent attending classes. I chose politics, psychology, geography and biology. I couldn't find any local students sleeping or being distracted; they were keen on answering questions and doing research and preparation during their spare time. From what I've seen of their lessons, I realized why they had only a few pages of notes and pieces of homework - they strived to learn a lot and did heaps in lessons. I managed to catch up with them after several lessons and I was glad that I could answer some of the questions.

There were two impressive moments that I can't help but recount. The first one happened when I was engaged in a visit with my politics class to Parliament. At the Crommell Green entrance, they collected my lock and key for safety purposes, which I should have taken back when I left. However, I didn't! I forgot and my items still remain in the Hallkeepers' Lodge until now! The next notable moment happened on the day we left. It was 3:00am and Mr. Cadman came to bid us farewell. It was so sincere and polite of him to wave us goodbye as we departed Woodhouse Grove School on such a genuinely cold morning. Thank you Mr. Cadman!

All in all, I am so glad that I grabbed this most golden of all golden opportunities. It was such an inspiring and fruitful trip. I am so grateful for this.



Anix's enthusiastic classmates on his trip to London Parliament.



Role-play with the tour guides in Saltaire; Anix was the husband of the lady and they had 12 kids!

Fang Zhiliang 5W

We were very privileged to be given the opportunity to go on a two-week exchange program at Woodhouse Grove School in the United Kingdom. Among the many things I found new to me upon our arrival, was my awe of the historical stature and vast lush green setting that enveloped the campus in an almost ethereal air – such a stark contrast to our own crowded cement forests here in Hong Kong. Despite such major differences, it was not difficult finding my feet once we all eased into our roles as students. The school year was well underway, as we quickly learnt from our new schoolmates, and the resumption of full lessons, assignments and the general emphasis on academic excellence gave us a taste of the demanding, rigorous nature of the local education system.

Under the weight of similar academic expectations, however, it is not uncommon for many of us studying in Hong Kong to look to tuition and external sources as a way to fortify our knowledge and understanding. However, for our counterparts in the UK this was done in a more collective effort propelled by mutual support and interaction with teachers during and after classes. This all seemed to stem from what I felt was a strong sense of respect and trust that students had towards the school. This was apparent to me especially in the teaching methods practiced in a number of classes I attended, where, in one, teachers openly assessed the strengths of individual students and their respective areas for improvement, and in another, they made use of curricular materials to initiate conversations and debates that could be taken to such profound heights as personal values and existential questions. Aside from the depth and boldness of these discussions, what I thought was very impressive was that they were conducted in a most comfortable and open-minded manner. Teachers and students aimed to defy inhibitions in the learning environment and this helped me understand how essential courage is in making growth and progress possible - the courage to explore and challenge possibilities, as well as the courage to face oneself.

This sense of trust and closeness was again demonstrated by the teachers and students in the boarding community in their unfaltering compassion and

patience with us. This culminated during a speech one of our boarding masters gave in his farewell gathering, when he called the boarding community his family. Listening to him teach us about the value of this familial love, its ability to forgive and listen and unite strangers over the course of a year, was definitely one of the most memorable moments for me. In the last few days, as we witnessed the departure of more schoolmates and teachers, we gradually realized how the intersection of lives can be so callously transient, and how at the same time they can leave such incredible imprints. It is a much needed reminder for us to cherish the time we have in the brief moments before our paths inevitably diverge, and to ensure what we leave behind for others is worth remembering.



The beautiful canal around the Skipton Castle.

Each of these feelings remains distinct and moving on a very personal level for me, and I believe that the reason for this is that we were given the space to reflect upon them. From schedules that gave frequent recesses and adequate facilities for recreation, reading spaces, to the inspiring scenic environment of the campus, it felt natural finding the mood and time to digest the observations and thoughts we collected throughout the day. This showed me how important it was to have sufficient room, both physically and mentally, for the reflection and assimilation I believe helps me learn and grow into a more mature and appreciative person. And aside from having experienced and learnt so much, I have never felt more empowered by the humbling fact that there is so much I still haven't experienced, so much I still want to, one day, be able to see for myself. It was an honor for me to be a part of a trip that brought so much joy and truth about ourselves as well as the world that we live in, and I am immensely grateful for being blessed with such an amazing opportunity.

Tina Lam 6W

I had never thought that I would spend my 17th birthday on the opposite side of the globe with some newly met friends instead of my family and close friends. Long before this exchange program, the United Kingdom had been a place I fantasized about travelling to because of the descriptions in the books I had read, in the movies I had seen and the TV dramas I had watched. As the plots of the movies flashed in my mind, I started to think about all kinds of questions. What would life in a boarding house be like? Would the people be discriminatory against us? Would we be able to understand their English accent? These questions and many more were soon to be answered. Inspired, we waved goodbye to our families and walked to the departure gate carrying our own luggage and our own hopes and dreams.

Life in the Boarding House

Life in the boarding house is quite disciplined and regular. Classes are dismissed at 4pm. We had one hour of free time to leave the campus and hang out

with our friends. We usually went to the supermarket nearby to grab some daily stuff. When I say 'nearby', I actually meant a walking distance of 20 minutes. But that was already the closest store we could reach by walking. We had to be back by 5pm to have our tea. When I say 'tea', Hong Kong people including myself automatically think of the afternoon tea we have after school and a few hours before dinner. This is what I thought when our pals took us for 'tea' on the first day of arrival. I was amazed that this school provides boarders with 'afternoon tea'. A couple of hours after having 'tea', I started to get hungry so I asked my pals 'When are we having dinner?' They were a bit shocked and replied 'We just had tea. Tea means dinner here.'

After having tea, we were required to return to our own room which was shared by two people. This is called the 'prep time' (preparation time). Boarders are not allowed to leave their room except for toilet breaks until 8pm. Since we still had a few examinations to be taken in the first few days, we all studied in this prep time. When our exam was over, we chatted and played games during that time.

After 8pm when prep time was over, we were allowed to hang out inside the campus. For a few nights, we went to the music block and played in a band with the students there. But we couldn't play until midnight because there were curfews for boarders. We were required to return to the boarding house at 9pm or 10pm depending on whether we were juniors or seniors. A stricter curfew is applied to the junior form students.

After having some fun, we were required to turn off the light at 11pm. So we had to shower, study and get everything else done before that. Because of this reason, students there simply don't burn the midnight oil. They don't study overnight right before the day of an examination. This is something I appreciate very much.

Every student, whether in Hong Kong or in the United Kingdom, shares one common weakness – it is hard for us to wake up in the morning of a school day. In Hong Kong, many of us have our parents as our final resort after the alarm clock. Here in the boarding house, the teacher in charge will knock on our door and open the door to wish us good morning. We don't really need the clock here.

Teaching and learning in Woodhouse Grove School

The teachers here are very reasonable. When students make a mistake, whether academic or behavioral, most of them will try to understand why students make that mistake. They don't just look at WHAT we have done wrong. They want us to tell them WHY we have made that mistake. The punishment does not go by the book. It is adjusted by the reason we made that mistake. Everyone receives different punishment in accordance with the mistake they have made. Some may say this punishment system is a bit arbitrary. But as I can observe, it's working effectively and is more humanistic – treat students as an individual capable of thinking and emotional responses rather than some untamed animals.

I didn't expect that teachers can be that reasonable. We, Hong Kong students, are so used to the authoritarian attitude of many teachers. When you see some rules that you think are unfair or even absurd, you ask your teacher 'Why can't we do that?' And most of the time you receive a reply similar to 'Because the rules say so'. The attitude of the teachers there amazed me. By being in the class there, I also busted a common myth.



Visit to the Brontë Society.

We so often heard from the students coming from other countries telling us that their lessons are very interactive and not so exam-orientated compared to those in Hong Kong. But it's not accurate at all. It's true that their classes are more interactive but the teachers also teach exam skills. They also talk about the important points for examination. There is no need to envy the students in the UK or other countries for being so exam-stress free. Their SBA accounts for 50% of their public exam result. They also have their own stress. It seems like it's the fate of students. We just can't get away with exams and stress.

As I have mentioned, the students there have a lot of SBA work. SBA work is usually in the form of a presentation as we all do. Surprisingly there is no time limit for the presentation. You can present as long as you find appropriate. During the presentation, the teachers will raise their concerns and queries immediately when they find something interesting or that needs clarification. And the students will have to explain or clarify on the spot. The teachers will also elaborate on that particular point to assist the student to refine their project and also to give more information for the whole class.

Fun stuff

- 1 Students are allowed to use mobile phones with a justifiable reason. Of course texting during class to your friends is prohibited. But at least they won't get punished for simply getting caught of holding a phone while the screen is not even unlocked.
- 2 During summer time which was the period of our stay, the duration of the day was quite long compared to Hong Kong. At around 10pm, the sky was still as bright as that in the afternoon!
- 3 There are always a cloud of mosquitoes wandering 30 cm above our heads but they don't bite. It's a bit annoying but I guess you could look at them as just being some kind of mosquito halo!



Visit to Skipton Castle with Dr. Hollingworth, who taught in Methodist College in 1960s and have kept closely in touch with the College since.



Mr Cadman gave us a lot of help during our stay at WGS.



Ms. Monk was one of our teachers in charge in the boarding house.



Visiting the canal with Dr. Hollingworth.



In the dining room at Skipton Castle (from left, Zhiliang, Anix, Tina, Fiona, Dr. Hollingworth).



Lunch in London.

Cambridge Programme 2013

Targets	Junior and Senior Forms	
Destination	Cambridge, England	
Period	28 July– 11 August 2013 (15 days)	
Host school	Churchill College	
Subject	English	Science
Participating students	Chow Cheuk Yu (3B) Poon Ho Chun, Richmond (3B) Ho Shing Yan, Duncan (4R) Leung Hiu Yi (4G)	Lee Yat Fung, Ringo (3W)

Reasons for Joining the Programme

Lee Yat Fung, Ringo 3W

This year I joined an overseas exchange program called the “Cambridge program” and spent two weeks in Cambridge, Britain for a summer camp. It was undoubtedly a good opportunity for me to widen my horizons and explore both the living environment and the study life of one of the world’s best universities.

Leung Hiu Yi 4G

Why did I join this Cambridge English Programme? It is because I think it was a good chance for me to improve both my spoken English and my writing skills. Besides, I want to know more about the British culture.

Ho Shing Yan, Duncan 4R

I decided to join this programme once I saw the promotional leaflet. I always wanted to go to a European country to broaden my horizons, and I think England, a beautiful country with an illustrious history, suits me. Since I’ve always wanted to experience education in foreign countries, I believe my decision to join the Cambridge programme was a smart one.

Itinerary I: English

Date	Activities	Place / Remarks
28/7	Arrived at London Heathrow Airport	Departure from Hong Kong, tour of the school with local students
29/7	- Lessons - Lecture on Margaret Thatcher - Welcoming Talk - Guided Walking Tour of Cambridge	- Churchill College - Jock Colville Hall - Wolfson Hall - Cambridge
30/7	- Lessons - Sports (Frisbee) - Walk to Silver Street Bridge - Supervision	- Churchill College - Cambridge
31/7	- Shakespeare's Globe Theatre - Tate Modern Gallery - West End Musical – "Wicked"	- London - Apollo Victoria Theatre
1/8	- Lessons - Sports (Frisbee) - Meeting an Award-Winning Poet Anneliese Emmans - Supervision	- Churchill College - Wolfson Hall
2/8	- Punting - British Museum - Houses of Parliament	- Cambridge - London
3/8	- Lessons - Supervision - Having tea at Grantchester - Shakespeare' Play "Richard III"	- Churchill College - Cambridgeshire - St John's College Gardens
4/8	- Lessons - Sports (Frisbee) Shakespeare' Drama Workshop - Choral Evensong	- Churchill College - St Giles Church
5/8	- Tour of College (Oxford) - Lunch - Scottish Dance	- Oxford - Wadham College - Churchill College Hall
6/8	- Lessons - Excursions - Study Skills Workshop	- Churchill College - Cambridge - Wolfson Hall
7/8	- Lessons - Interview Workshop	- Churchill College
8/8	- Lessons - Evening Presentation	- Churchill College - Wolfson Hall
9/8	- Lessons - Lecture on Cambridge History, Culture & Etiquette - Concert	- Wolfson Hall
10/8	- Go shopping and have lunch with mentor	- Cambridge
11/8	Arrive in Hong Kong	/

Itinerary II: Science

Date	Activities	Place / Remarks
30-31/7 1-2,4-6,9/8	Lesson time (PHY CHEM BIO) PHY: waves, renewal energy etc. CHEM: isotopes, oxidation, atomic structures etc. BIO: Digestive system, DNA, Genetics, Circulatory system etc.	Parkside Campus, Cambridge university
29/7	Punting	Cambridge
3/8	Visit Greenwich Observatory, National Maritime Museum, 'The wicked' musical	London
7/8	Visit Natural History Museum,	London
8/8	Oxford visit	Oxford
-2,4-6,8-9/8	Sports: baseball, soccer, cricket	Churchill College
10/8	Interview workshop, Visit Wind Turbine	London countryside
11-12/8	Group presentation Formal Hall and music concert	Churchill College

Chow Cheuk Yu 3B

Most Impressive Moments

I really enjoyed the lessons about the history of the United Kingdom and language arts. We learnt the stories of renowned local historical figures including Richard III and Margaret Thatcher. On the day we left, we made a short video film about the life of Richard III in order to save it for our future reference.

Reflection and Learning

All Cambridge programme participants were divided into 28 groups and each group was led by a mentor. Our mentor, Rebecca, brought us to visit the British Museum, Parliament House and Oxford University. We learnt some study skills through attending workshops and talks. When we were shopping in the Cambridge area, we had to communicate with the sales assistants in English. I believe it is a good experience for me to chat with local people in English. I love Cambridge very much because the buildings and the



At the British Museum.



Inside Oxford University.

After this trip, I found that my English grammar and communication skills have improved noticeably. After such a meaningful and memorable study trip in Cambridge, I can't wait to travel to the United Kingdom again in the near future.

views in Cambridge are beautiful and majestic. Also, the people in Cambridge are very nice. It was an unforgettable experience for me.



Punting

Poon Ho Chun, Richmond 3B

Most Impressive Moments

Studying in Cambridge for two weeks was a great privilege. The most impressive things about the trip were punting on the River Cam and the evening presentation. Punting along the River Cam has been known as one of the traditional delights of visiting Cambridge. You can see a lot of famous bridges and colleges along the River. My group and I were impressed by the gorgeous architecture. Apart from punting, my group also performed a drama about Richard III during the evening presentation. Everyone in my group endeavoured to act perfectly in the presentation and we enjoyed the play very much.



My friend Desmond (Richard III) and I (Richmond) fight on stage.



Cambridge hoodies!!



Chillin' on the lawn with all my Cambridge chums.



Punting

Reflection and Learning

It is clear that my understanding of the English language has improved after joining the Cambridge Programme. What I have learnt is not only the study skills taught by the teachers, but also the confidence of speaking to native English speakers and independent living skills.

The two-week programme encouraged us to speak English all the time and it helped me to speak English with enormous confidence. Also, I have learnt how to be more independent by taking care of myself for two weeks.

'Fail to prepare and you prepare to fail' – a saying that Mrs. Ann Muston, my English teacher at Cambridge, always said to us in class. Trying to be as inquisitive as I can is always my road to success. I am so glad that the programme has given me the opportunity of studying in Cambridge and meeting new friends from all over the world (including my marvellous mentor). This place has inspired me a lot and the memories here will undoubtedly last forever.



My handsome mentor Alex!



My English teacher Mrs Ann Muston



Duncan (far right), me and my friends!



Alex's group.

Reflection and Learning

Before the program started, I thought that it would be hard to communicate with the local people and make friends with other people in the programme. I was also worried about the lessons we were going to have because I wasn't confident enough to participate in class at school, not to mention speaking in an English environment full of strangers and professionals.



Richmond, Ringo and Duncan

After the peaceful but long flight to Heathrow Airport in London, we took a coach straight to Churchill College in Cambridge, the place that we would be staying for two weeks. The coach trip was long and bumpy so I felt a bit dizzy. We arrived at Churchill College in the afternoon and met our mentors. My group was led by a mentor called Jonathan Stokeld, who is a physics student in Cambridge.

We had lessons in the morning. So after breakfast, we quickly went on a coach trip around our campus. On the way, we went through the university and hoped to have lessons in some buildings like those at Cambridge University. However, it turned out that our campus was just a small building in a courtyard. As a result, we were disappointed, but still, I looked forward to my classes taught by a lecturer of the university. As I joined the science course, I would be in biology, chemistry and physics classes. I found all the lessons were taught in an exciting way and I was very interested in what I learnt there. If I had to choose my favourite class, it would certainly be chemistry. It was because I could use a lot of special and interesting chemicals in class. I still remember the tartrate reacts with copper (I) and turns the orange solution into blue-green. Also, I had the opportunity to use potassium permanganate, a toxic element that I was not permitted to use while I was in Hong Kong. I find myself happy throughout the lessons there because the teachers were friendly and I did not have to face the stress of examinations.

After lessons, it was time for sport. We had to choose from football, baseball and Frisbee in the sports period. I was hoping there would be basketball for me to choose, but I think football is ok too. I made friends with some other boys from Hong Kong, so I had lots of fun while playing football with them. I remember that I was playing as a guard last year in the interschool competition. This time, I play as a winger, who dribbles the ball up front to try to get goals. I found it a lot of fun to be a winger because I have a lot of work to do and I can try to shoot the ball at the goal keeper. Since I enjoy running on grass so much, I chose the post with the most running chances. Although I am not a very good football player, I still managed to be a good teammate by scoring a goal or two in every match.



Dinosaur fossils at National History Museum.

Last but not least, I am very proud of being in this programme. Besides the scientific knowledge I learnt in class, I also learnt the skills to communicate with others in English and the importance of cooperating with others in different circumstances.



The Queen's House



National Maritime Museum



Prime Meridian, Greenwich Observatory.



The Queen's house with my groupmates

Most Impressive Moments

The whole trip was so memorable and meaningful so it is hard to decide which part of the trip left the deepest impression on me. If I had to decide, I would choose the experience of punting (riding a boat) on the River Cam. My groupmates and I followed Tom, our mentor, to the River Cam for punting on a very hot day. He said it would be like standing in front of an air-conditioner when we're on the punting boat. At the beginning we doubted if he was telling us the truth. While we got on the boat and began the punting tour, we found the experience very cool and relaxing. We saw a lot of historic landmarks such as the King's College Chapel and the Mathematical Bridge. It was very fun and we took lots of good photos.



The Mathematical Bridge.

Reflection and Learning

Knowledge of self

I learnt to be curious. The teachers in the programme kept telling us that we have to stay curious. Staying curious means one has to be curious all the time. As a result, he will gain a lot as he will become more knowledgeable than someone who remains silent all the time. I think the principle of "stay curious" is analogous to Steve Jobs' famous saying: Stay hungry, stay foolish.

I learnt to be more independent and responsible since I arrived in England. I had to do the laundry and tidy up the room by myself. I really believe this programme helped me to grow a lot.



The musical Wicked.



My groupmates and I enjoyed the punting trip.



King's Chapel and other tourists' punting.

Knowledge of the world

After joining the programme, I looked back on my experiences there and I found that the world is really big and that Hong Kong is just a tiny place. Life is very insular, sheltered and closed in Hong Kong. Everything in the UK, including culture and history, are very different from Hong Kong. It's hard to describe, but I think that you really couldn't broaden your horizons if all you know is just Hong Kong.

In England, many people have the same breakfast every day — the full English breakfast: a piece of bread, a few pieces of bacon, sausage, some tomato, beans and scrambled eggs. At first I was delighted to have this kind of breakfast. However, I was reluctant to walk down to the dining room after having an identical breakfast four days in a row!

In Hong Kong, people will go to watch a film when they're free. But in England, they prefer watching musicals and plays. During the 14-day programme, we had the chance to watch the musical "Wicked" and the play "Richard III."

Owing to the abundance of green open areas, British people tend to be more eco-friendly than Hong Kong people. Most of them ride bicycles when travelling, and the sky there is a lot more beautiful than that in Hong Kong.

Reflection on life and personal goals

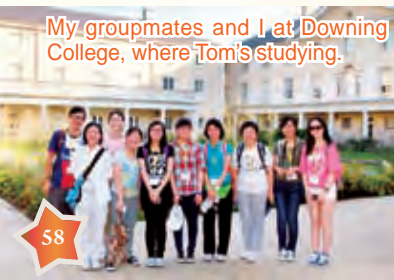
I have to admit that the time I spent there was the most wonderful and happiest time of my life. It will be hard to imagine if I will be able to find another trip or programme as meaningful, as unforgettable or as happy as this programme. I love Cambridge so much and I hope I can go back to study in one day.



Visiting the British Museum.

I desperately want to spend more time in England, so I've set a personal goal for myself — to study in the UK in the near future. I am looking forward to opening a new chapter of my life outside Hong Kong!

My groupmates and I at Downing College, where Tom's studying.



Having a lesson in Cambridge.



Visiting the Tate Modern Art Museum.



Visiting the British Parliament.



Our mentor, Helen.



Our mentor Tom and his friend in Oxford.



We call this photo 'Brotherhood' (from left to right): Jonathan, Robin, Duncan, Jackal, Alex, Jason, Haven, Ringo, Rico.



Relaxing on the grass. You can find grass everywhere throughout the UK.



Making new friends.

Most Impressive Moments

The most impressive moments were when we went punting in the River Cam. I really enjoyed it because I liked the beautiful views and could chat leisurely with my friends. The man who punted for us also introduced us to the historical backgrounds of the buildings and the bridges. Punting is fun!



Reflection and Learning

I have learnt many new things and I also visited many places. I have made some new friends from different schools and some of my new friends are from Australia. I really miss them and our mentors very much!

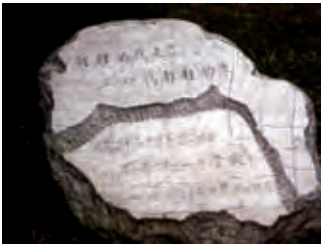
I also learnt how to manage my time studying and my play time in a wise way. I strongly recommend my schoolmates to join this programme because it helps you to become more independent.



This is our classwork. It is about a special dictionary.



My classroom



"Saying Good-bye to Cambridge Again" Xu Zhimo
Very quietly I take my leave,
As quietly as I came here;
Gently I flick my sleeves,
Not even a wisp of cloud will I bring away.



After watching the Play, "Richard".



Tea at Grantchester.



I (far left on the second row) enjoyed the punting tour on the River Cam with my groupmates and mentor Tom (far right on the second row).



A photo with one of my English teachers, Ms Barbara Pankhurst.



Leadership Training Programme to USA

Targets	Committee members of various student bodies
Destination	USA – San Francisco and Los Angeles
Period	7-15 February, 2013 (8 Days and 7 Nights)
Fee	HKD \$23,000 (with sponsorship from Sir Robert Black Trust Fund and some alumni)
Organizer	Methodist College (ECA Committee)
Supporting NGO	TWGHs Tai Kwok Tsui Centre
Participating Teachers	Miss Lee Wai Sze, Miss Lau Ka Po Natalie
Number of participating students	20

Programme Objectives:

1. To enhance students' creative abilities, problem solving skills as well as communication skills and to maximize their leadership potential.
2. To develop students' critical thinking through understanding and comparing the academic and cultural landscapes of Hong Kong and the USA.
3. To develop students' global awareness and cultural acceptance through exchanging their experiences with young people living outside Hong Kong.

	Student Name	Class		Student Name	Class		Student Name	Class
1.	Chan Chun Hei	1W	8.	Tang Hoi Wai	3W	15.	Kwok Chun Wai	5B
2.	Zuo ka yan	1R	9.	Leung Kei Yuk	4B	16.	Ho Ching Lam	5G
3.	Yeh Hong Ni	2R	10.	Mok Tsz Ching Andrea	4B	17.	Fung Ngai Long	5G
4.	Lai Wing Chi	2W	11.	Ng Kai Man	4B	18.	Chan Ho Yee	5W
5.	Sheung Chuen Coman	2W	12.	Tso Tsun Tramy	4B	19.	Ho Hiu Yee	5W
6.	Tsang Hin Wang Anthony	2W	13.	Cheung Pok Ho	4B	20.	Or Wing Hong	5W
7.	Tong Ka Ngai	3B	14.	Au Wing Chun	5B			

During the Chinese New Year holiday, twenty students went on an overseas trip to the USA. The trip was part of the leadership training program for student leaders.

Itinerary

Date	Arrangement	Aims
Day 1 7/2/2013	<p>Morning Arrive at San Francisco</p> <p>Afternoon Visit Superior Court and Traffic Court Visit Chinese Christian Herald Crusades Bread of Life Bakery</p> <p>Evening Dinner with Alumni</p>	<p>To understand the local judicial and trial process.</p> <p>To understand the needs of the local Chinese people in the community through interviews and observation.</p>
Day 2 8/2/2013	<p>Morning Visit Stanford University Visit Foothill College</p> <p>Afternoon Google tour</p> <p>Evening Visit Lord's Grace Christian Church</p>	<p>To experience the school life of local teenagers and to understand the education system in the United States.</p> <p>To learn about the development of American technology so as to broaden students' horizon.</p>
Day 3 9/2/2013	<p>Morning Visit City Hall Visit the Golden Gate Bridge</p> <p>Afternoon Visit the Chinese Historical Society of America Visit the Cable Car Museum</p> <p>Evening Dinner with Alumni</p>	<p>To understand the city and the development of the transportation system in San Francisco</p> <p>To understand and appreciate the determination of early Chinese workers.</p>
Day 4 10/2/2013	<p>Morning Visit Union Square City hunt on Fisherman's Wharf</p> <p>Afternoon Visit Chinese United Methodist Church, China Town</p>	<p>To explore the impact and the problems derived from economic globalization.</p> <p>To find out how Chinese immigrants make their living.</p>
Day 5 11/2/2013	<p>Morning Volunteer service for Golden Heritage Living</p> <p>Afternoon Depart for Los Angeles</p>	<p>To learn what senior citizens have contributed to the USA.</p>
Day 6 12/2/2013	<p>Morning Visit The University of California, Los Angeles</p> <p>Afternoon Visit downtown LA</p> <p>Evening Dinner with Alumni</p>	<p>To understand the culture and social character of Los Angeles.</p>
Day 7 13/2/2013	<p>Morning and afternoon Universal Studios</p>	<p>To have fun in a typical American theme park.</p>
Day 8 14/2/2013	<p>Depart for Hong Kong</p>	
Day 9 15/2/2013	<p>Arrive in Hong Kong</p>	

Reflections from Students

Christy Ho Hiu Yee 5W

I was honored to be selected as one of the participants in this leadership training trip to San Francisco and Los Angeles during the Lunar New Year holiday. It was definitely a meaningful and worthwhile trip.

During this nine-day trip, we went to different places. We visited a chapter of Chinese Christian Herald Crusades which is an organization that provides various kinds of assistance to local Chinese people. We also visited the Foothill College in San Francisco where the professor and the students were very nice. Our tour guides there were from Hong Kong. They shared lots of interesting things with me and described their school life. Chatting with them was a great experience because they gave me a really clear picture of the American education system and some tips that will help me in my aim to get into university. I thought the students were really outgoing and optimistic. They joined different clubs and societies to enrich their school life. They also shared with me that they faced a number of difficulties including learning and communication problems when they first entered college in a new city. However, they were not afraid. Instead, they kept trying and talking to friends or teachers when they faced troubles. I was deeply impressed by their attitude and they inspired me to become a much more extroverted person. Apart from the fabulous campus visit, we toured some famous attractions such as the Golden Gate Bridge, City Hall and Fisherman's Wharf. By looking around the city, I had a chance to dig deeper into American history and learn about their culture.

Speaking of the most memorable moment in this trip, it must be the Google tour. The staff took us on a tour of the Google Company (Google). We found plenty of entertainment facilities at Google. Looking at those facilities, I figured out why Google has become one of the most successful companies in the world - their employees love their job. They create a relaxing working environment and provide various kinds of entertainment to arouse the creativity of staff. Truly inspirational!

By playing an active role during this leadership training trip to San Francisco and Los Angeles, I am sure I have gained a lot. First and foremost, I think I have learnt how to communicate with others more openly. We had many chances to speak with different people from different places. We communicated with students and professors in Foothill College, we spoke to sales staff while shopping and we chatted with alumni during dinner. I had a lot of chances to speak English and I learnt not to be afraid when speaking to foreigners. Also, I learnt to be a mature leader. In the past, I only knew how to assign tasks to others, and I coolly demanded that they finish their tasks on time. But after the Google tour, I learnt to give more consideration to others and to treat them with respect and as human beings.

Having the chance to travel around the world is better than simply studying books. This trip really opened my eyes and I would like to thank the school for giving me the opportunity to see the world. Besides, I would like to say "thank you" to our alumni in the US. Before the trip, they gave us lots of help and information to plan

our trip. During the trip, they enthusiastically shared so many interesting things with us. This trip would not have been as successful or unforgettable without them.

The trip helped me to equip myself to become a good leader and this journey has been one of the most sweet and unforgettable experiences of my school life!

Jenna Leung Kei Yuk 4B

San Francisco and LA are cities nearly as far apart as Hong Kong from the North Pole, and I was very proud of being part of the trip because I have learnt so much about working in teams and improving my skills and abilities in solving problems. We also built up strong unity and friendship before the trip while we planned the tasks and activities for the different places we would visit. In addition, we prepared interview questions for various people and organizations, did research about the people we would meet and places we would go, created self-made thank you cards and bought little gifts for the elderly as well as our alumni. I really feel a deep gratitude to the school for giving me such a good chance to explore and learn about American culture.

All in all, the trip was a perfect blend of pure enjoyment, fulfillment, challenge and unpredictability. Strolling along the picturesque Fisherman's Wharf impressed me the most since the day we went there was a really a beautiful day with perfect cloudless blue skies. We were all wide eyed, marveling at everything in sight.

Everything was so different from Hong Kong, especially the museum which explained the history of the warship displayed there. There were of course a variety of tasty snacks and drinks, and some shops selling all kinds of different stuff. I really enjoyed the day with my group mates. To me, it felt like the best day of my life! I believe I can apply what I have experienced on the trip to my future life. I sincerely hope the rest of my life can be as rich and rewarding as my 8 days and 7 nights in America.

Charmaine Ng Kai Man 4B

The trip to America was really meaningful and I experienced so much. We went to different schools such as UCLA and Foothill College and learnt a lot about the education system, the learning environment and the general learning atmosphere in the US. Additionally, we went to churches, homes for the elderly, visited students, youngsters and IT company employees at Google. Moreover, we met some alumni there and they were all really nice. They were willing to answer our questions regarding living and studying in the US. They also shared some interesting anecdotes about their school days at Methodist College.

The trip taught me a lot and I am glad I went. I think we all learnt that it's important to be punctual. If we were late, everything would be delayed and we could not enjoy the schedule that we had planned. It's good to be punctual. I also learnt the importance of relaxing. Life in the US is really relaxing and calm, unlike that in Hong Kong which is really tense and compressed. Another thing I grew to learn

was to take good care of myself. I learnt that I should be more independent and try to take care of myself when my parents are not around. Furthermore, I learnt that we should be thankful. I want to thank our Principal Miss Wong and the responsible teachers for providing me with this opportunity to travel overseas and learn how to be a good leader. Besides, I want to thank our alumni for giving us lots of help and staying with us. They were so friendly when talking about their old school days. Even though they graduated a long time ago they can still remember the old days very clearly. I felt that they really loved Methodist College and that their feeling would never disappear. Lastly, I want to thank the other 19 students who went on the trip with me. They took care of me and together, we made this trip become fun and meaningful.

Vinci Lai Wing Chi 2W

Wow! What a great trip. I have learnt more on this trip than I have ever had at any other time in my life. We had lots of meaningful interactions with different people such as our alumni, local American born Chinese people, young people from the Church and even people on the street. We visited a lot of scenic spots, such as The Golden Gate Bridge, the Google Company, Fishman's Wharf, Hollywood and many other places. We also visited Foothill College and UCLA and learnt about their education system. We swapped stories with students we met there who come from Hong Kong. One of those students was the president of their Students' Union. What an honour!

At Google, we had a yummy lunch buffet and visited the main buildings. People who worked there chatted with us. I bought some souvenirs including a water bottle with the Google logo proudly displayed. I couldn't be more thrilled.

We visited an elderly center (Golden Heritage), played games and sang songs with the nice old people there. They were pretty happy to see us. Later, there was an opportunity for us to watch a judge in court and have our photo taken with him. The judge happened to be a Chinese guy. So that was nice.

We often had dinner with our alumni in both San Francisco and Los Angeles. We chatted about their life in Methodist College. One of them was the head prefect and the president of the Students' Union when she was studying at Methodist College.

The best part of the trip was going to Universal Studios in Hollywood. We waited for the studio to open so we took photos outside. Next, we travelled by car to look around the movie studios and we saw how movies are filmed. Later, we entered the house of horrors. Many of us were very scared about it so we shouted to relieve our fear. After that, we saw some special effects. Some of the stuff was very dangerous. Next we rode a rollercoaster, saw some Transformers 3D stuff, went down a waterfall and checked out the Jurassic Park show. Soon it was time to leave. We headed reluctantly to the airport and took a flight back to Hong Kong. I learnt a lot about American culture on this trip and I am so thankful to the school for the opportunity.



Girls only! Group photo taken at Stanford University



It was great to have dinner with our alumni 居住洛杉磯的校友同樣熱心款待循中師生，其中陳秋榮校友為整個行程計劃提供了不少寶貴的意見。(前排左起)柯秉柔校友(1965)及夫人、張偉坤校友(1964)、駱嘉琦校友(1965)、(後排左起)陳秋榮校友(1965)、陳志明校友(1961)、區仲偉校友(1965)及蔣少豪校友(1961)。



Our very last photo taken at Los Angeles Airport. This trip was really meaningful!



We spent a splendid morning with the elderly at the Golden Heritage.



We spent a joyful day at Fisherman's Wharf!



The world famous Golden Gate Bridge!



Alumni Mr. Chris Chan (1965) accompanied us to UCLA. The UCLA campus is really gorgeous!



Chatting with alumni at a chapter of the Chinese Christian Herald Crusades.



Having dinner with our alumni at a Chinese Restaurant 居住三藩市的校友熱心接待循中師生，款待豐富的晚膳，林修榮校友更安排參觀其事奉的機構，基督教角聲佈道團及角聲生命麵包。其中包括(前排左起)李婉玲校友(1969)、周亞璋校友(1965)、周明基校友(1965)、黎惠英校友(1961)、張偉立校友(1964)、林修榮校友(1969)及李羽露校友(1969)。另外，感謝馮雪瑩校友(1988)、簡潤基校友(1988)和馮天澤校友(1988)在另一個晚上款待晚膳。



Chatting with US teens at the Lord's Grace Christian Church

Welcoming exchange students into Methodist College

We are fortunate to have had exchange students staying with us for various lengths of time. Lisa Marx and Jozsef Kosa, from Austria and Hungary respectively, have spent a whole year here at Methodist College. Additionally, we have hosted four Malaysian students from Methodist Boys' School Kuala Lumpur. They spent two weeks with us in November. What a great chance for us to enjoy cultural diversity.

Exchange Programme	AFS Intercultural Exchange Programme (high school)		Malaysia Exchange Programme (by Methodist College)
Nation	Austria	Hungary	Malaysia
Period	August 2012 – June 2013		10 – 21 December 2012
Exchange Destination	Hong Kong		
Host school	Methodist College		

AFS Intercultural Exchange Programme (high school)

Nation	Austria	Hungary
Exchange Student	Lisa Marx	Jozsef Kosa
Host Class	5W	4G
Period	August 2012 – June 2013	
Host school	Methodist College	

Lisa Marx 5W (from Austria)

2635200 seconds far away from home. 439200 minutes in another culture. 7320 hours of emotion. 305 days of experience. 10 months with total strangers. But it was unforgettable. Every day I spent here in this faraway place was something special. Something I might never experience again. Something not everybody has the opportunity to experience.

At the beginning I felt alone but also excited. I didn't know how school would be. I just knew that it would be different, and it was! I still remember my first day of school. When I walked with my first friends, Katie, Natalie and Sammy, in our classroom everybody just kept staring at me. The feeling was very strange - like I was some kind of exhibit. Hadn't these students seen a western person before in their lives? But day after day they started talking to me. And after some weeks I became a part of their family. We laughed and talked together and had a lot of fun. I am really glad that I was a part of this wonderful class. All the other students were nice to me too! Without their support, I could never have survived in a place so different from my own country.

Since arriving in Hong Kong, I have had a lot of experiences in good and bad ways so I think that I can explain the differences very clearly now. Let me shed some light on the differences in school life, free time activities and rules. I will begin by comparing school life. First, I have to say that students in Hong Kong study a lot. They have to do much more homework and have far less free time than in Austria. Austrian students also do a lot of work but every student can do it in his own way. Homework in Austria often consists of research for a group project in school. On top of that, in Hong Kong the way to learn in lessons is based on a teacher who basically dictates while in Austria the teacher is there to motivate the students and give some assistance. Students are encouraged to find their own way to find solutions for problems and to be creative. In Hong Kong, students are fed information and are expected to recall it during exams.

Another very eye-catching difference is that students in Austria do not have to wear school uniform. Students begin very early to develop their character and show it through the clothes they wear. Hong Kong students have to wear school uniform, which is a merit to me because it gives you the feeling of being part of a huge family.

As to the rules here, in my opinion, they are very strict compared to Austria. Many of the other exchange students I know feel as though they are treated like kids. Compared to Hong Kong students, students in Austria have much more freedom and are a lot more independent and mature. Students in Austria are normally allowed to go out very often and spend a lot of time with their friends as long as their parents are informed of their whereabouts. A reason for the difference could be that Hong Kong students are not as independent as the students from Austria. Also their parents want them to focus on doing constant revision for school and to improve, for example, their piano skills.

How about free time? In Austria, I often go to parties, go out with my friends for dinner, lunch or even brunch or breakfast. I also go shopping in my free time. Here in Hong Kong many people go for karaoke, which I have tried and enjoyed too. Also a very common activity here is going out for some food, but Hong Kong people usually have a whole meal, not just a simple drink or small snack as we do in Austria. We talk about our experiences and problems when I go out and chill

with my friends, but Hong Kong people do not really like to talk about their feelings directly.

To put it all in a nutshell, I think there are a lot of differences and they are sometimes very huge. This is the reason why I came here. I wanted to see these differences and feel what another culture is like. You can always see other places in the world on television, read about it or hear some stories from your friends but you will seldom get the chance to experience it yourself. It is a good thing that there are different cultures with different views because just in that way we can learn from each other and find stuff we have in common.

Looking back over the past few months, I am glad that I made the decision to come to Hong Kong and experienced the life of a senior secondary student here and discovered the cultural differences I mentioned. Methodist College is a good school. Everybody helped me whenever I needed something. Day after day I loved this school more and more. I know that deep in my heart I will miss everybody here!

Reflections From Classmates

Katie Leung 5W

It is my pleasure to have a friend from Austria! I am glad to be Lisa's buddy. At first we were a little bit shy, but we got to know more about each other day by day.

Before she came, I did not have the courage to speak English to a foreigner. I was so scared that my Cantonese accent or 'chinglish' would cause misunderstandings. However, luckily we have the most powerful tool in the world, our body language. Sometimes we don't know what to say but we can always smile. Luckily Lisa never complained about my poor English. In fact, she chatted with me all the time.

We always had lunch together. We chatted and laughed about lots of little things. We talked about school in Austria (versus HK), our lifestyles, homework pressure, what we did on the weekend and many other things. I found out that Austrian schools are totally different from school in Hong Kong. Even in maths lessons they sit in groups and share their ideas about how to solve the question instead of just doing it alone. Sounds funny isn't it? This kind of sharing of ideas and experiences makes me feel close to Lisa.

We hung out together a lot. We went to watch movies, took photos together, went to have Thai food and went ice skating together. We shared a lot of unique experiences that I will treasure. Lisa, I hope that you find the year fruitful.

Natalie Mok 5W

2012-2013 has been a brilliant school year for me because I met the first exchange student in my life, Lisa. She is the loveliest person I have ever met. Her smiley face always brings us lots of happiness. Without her presence in my F.5 school life, I wouldn't have had such meaningful and delightful memories.

In our daily school life, we had lunch together almost every day. I therefore had a wonderful chance to learn from Austrian and German cultures. Besides, she also showed some of her pictures from Austria and that was very cool. The people in the photos looked like they were having some happy and crazy fun! Their beaming faces delighted me and my school day.

Lisa is a sunny girl who would often invite us to hang out with her outside of school. Of course, spending time with Lisa helped my communication skills dramatically.

Although Lisa has gone back to Austria, I will never forget the first day we met or the farewell in the airport and the days we had. These memories won't be forgotten. It is my honor to be one of her buddies.

Jozsef Kosa 4G (from Hungary)

I am not good at using big words - just think about my very 'concise' goodbye speech in the last School Assembly! No, I do not know many big words. But I do know one thing-This year at Methodist College has been the best year of my life.

Lots of people have asked me why I chose Hong Kong as the place of my exchange. It all started from the first time I visited Hong Kong three years ago. It is when I developed a great interest in the city. Since that time, the spark was lit and I wanted to know more about Hong Kong and to experience life here again. There is also the advantage of better compatibility with studies in my hometown, so I arrived at the decision and happily came to Hong Kong.

Everyone needs time for adapting to a new lifestyle, and it was the same for me. In the first few weeks, I experienced a little bit of culture shock. When I walked on the street, I lost my way and my mind was full of questions, like "Where am I?" But after a few weeks, I adapted to Hong Kong life.

School life is one of the biggest parts of the exchange year. Methodist College, especially the students, made this year unforgettable. It is such a great experience to meet so many different personalities. You can learn from others and most importantly you can know yourself better. I started to understand myself, and I got closer to finding who I am.

School life in Hong Kong is different from that in Hungary in many ways. I don't need to wear a school uniform in Hungary and my school in Hungary is not as strict when it comes to arriving on time. Also, my school in Hungary does not assign as much work, even though we need to study as many as 12 subjects at the same time, including Mathematics and Hungarian grammar and literature. For Hungarian students, life is less hectic and there is more free time. It is hard for me to cope with the difference but I understand that it is a part of the life that I came to experience.

In a totally different culture, I did make mistakes. Every human being does, but most of them just try to forget those mistakes. It's a dumb way to deal with faults. I found that during this year, you'd better remember those mistakes, and then you can learn from them. I remember everything I did this year – both bad and good. This is the way of learning.

Lastly I just want to thank everyone who was part of my exchange year and helped me to understand more.

PS: It's hard to describe an exchange year. Whenever possible, grab the chance and join an exchange program. You will never regret it.

Reflections from Students

Ryan Cheung 4G

This school term, we had the pleasure of hosting an exchange student from Hungary. His name is Jozsef Kosa. He is a tall, sporty boy with golden hair. He also wears glasses. I thought that he was a very quiet, studious boy the first time I met him. But as I knew more about him, I discovered that there was much more to him. In fact, not only is he studious and hard-working, he is active and likes making jokes. He is a funny guy indeed.



Lisa poses for a group photo with her housemates on the day they won the Award for the Best Cheering Team.

We shared the same interests so we had a lot to talk about and we came to know more about each other. We both like playing football so we always played together after school. His football skills are good and I admire him a lot as a footballer.

Aside from that, he is intelligent and able to adapt. I have asked him about the differences between the education system in Hong Kong and Hungary. He said that there is not much homework in Hungary although they study the same subjects as Hong Kong students. He thinks Hong Kong education forces an unreasonable amount of stress on students. Be that as it may, he tried to get used to school life in Hong Kong. In no time, he was able to adapt and integrate. I think it was difficult for us but it was easy for him. Maybe we are more closed minded.

Lastly, he is an active boy. He likes answering questions during lessons although he isn't sure whether the answer is correct. Most Hong Kong students are timid and have learnt to just listen while the teacher stands with the microphone and talks endlessly. I think I should learn from his attitude to be more confident. Because of his character, he has a lot of friends and is popular in our class.

In conclusion, Jozsef is a friendly and active boy. I hope he enjoyed school life in Hong Kong and I'm pleased to be his buddy!



Lisa jumps in the air on Sports Day.

Lisa and her class enjoy themselves at a mooncake tasting party.





Lisa and her classmate Sammi Yeung show their gifts at a Christmas party.



Lisa and Jozsef lead and play games with schoolmates at the English Society Orientation party.



Jozsef and Lisa help to run stall games on our Founders' Day.

Jozsef had a good time cooking with some junior form students.



Lisa and Jozsef celebrate the success of the charity Christmas cookie sale.

I'm glad to have been Jozsef's buddy and I have had a wonderful time with him. He is kind and friendly and has shown that he is not only willing to accept a completely different culture but is highly adaptive. It's lucky for me to have a friend like him.

At the beginning of the term, most of us thought that he was quiet, but in fact, he is active and is eager to learn. What we didn't realize was that, yes, of course a person would be quiet having just arrived in a totally different culture. Sometimes, teachers may have thought he was lazy, but he was actually doing his very best to keep up with the learning pace in Hong Kong. He always asked the teacher whenever he had questions and this is what we should learn from him. He also encouraged us to be more active in lessons and this helped create a positive learning environment in 4G.

Jozsef made great contributions to our class. He joined nearly every activity that was organized by the Form Association including the football competition and basketball competitions and he also did very well on sports day. Without his willingness to join these activities, our class may not even have had the chance to play on the field.

Jozsef is really a good learner and a role model for other exchange students. He is keen on learning about other cultures and he showed this by joining the local Wing Chun class every week and asking others to teach him Cantonese. What's more, he took part in the dragon boat race in June. He showed what an exchange student should be and his efforts impressed me a lot.

It's great that he said he had gained a lot before leaving Hong Kong and he will always be my friend.



A group photo of Jozsef and a Form 2 class in a Home Economics lesson.



Jozsef runs neck-and-neck with a housemate on Sports Day.



Jozsef cheers and chants with his housemates.



A snapshot of Jozsef and a brightly-grinning friend.

Methodist Boys' Secondary School Kuala Lumpur (MBSSKL) Student Visit

Name of student From Malaysia	Sanjay Nathan Visvanathan	Soh Jen Shuen	Ng Wai Hong	Andrew Ling Zhi-liang
Host Family MC student	Tang Ching (3G)	Wong Ching Hei (1G)	Yau Ching Tung (3R)	Leung Hon Cheung (1W)
Host Class	4B	2W	4W	2R
Period	10–21 December 2012			
Host School	Methodist College			

Background Information

Methodist College is fortunate to have exchange students from different parts of the world staying with us at various times during the school year. We had four Malaysian students – two Form 2 boys and two Form 4 boys – from the Methodist Boys' Secondary School Kuala Lumpur (MBSSKL) who spent two weeks with us from 10th December 2012 to 21st December 2012. They studied in our College and stayed in host families. The programme was not only a rewarding experience for the Malaysian students, but also a good opportunity for our students to get along with students from different cultural backgrounds.

Reflections from the Malaysian students

Sanjay Nathan

The trip to Hong Kong in this once-in-a-lifetime student exchange programme was certainly a much anticipated one. I could not wait to embark on this amazing journey.

On the 11th of December 2012, the MBS contingent consisting of Ng Wai Hong, Andrew Ling, Soh Jen Shuen, Ms Angie (our teacher advisor) and myself boarded the morning plane and off we went to Hong Kong. We loved the weather there. When we first arrived, the temperature reminded us of our very own Genting Highlands, which was cool. It was certainly a relaxing experience as it is different from the hot and stuffy climate of Malaysia.

The purpose of this student exchange programme was to let us experience the way of life of Hong Kong people, so we went to school every day with our host

siblings. My host family were very friendly. My foster brother was Victor Tang of class 3G. He showed me the way to my class (4B) on the first day of school as I did not know how to navigate around the campus. He was also willing to sacrifice his hangout time with his friends to show me around Hong Kong and to show me the way back home. I also learned how to take the MTR through Victor. I owe much to him and his family for assisting me in getting accustomed to the culture of Hong Kong.

The class of 4B, well, what can I say? They left such a big impression on me, it was hard to say goodbye 10 days later. The first day I entered their class, a few of the students immediately introduced themselves. I was taken aback for a moment by their friendliness. Steven (always an amusing guy) cleared a table for me and ensured that I was comfortable in the class. My very own 'buddies', who were assigned to me for the 10 days, were Leo Fung and James Mak. Leo was a serious boy who studies well whereas James was a joker who never failed to make me laugh. Both of them did their utmost best to help me settle down in class. The system there is quite different from that in MBS. For instance, one period in MBS is just 35 minutes whereas one period in Methodist College is 65 minutes. Plus, they finish school at 3:50pm, which I found quite taxing at first.

I guess the fondest memories about Hong Kong were the Christmas Party and also the hangout session with friends afterwards. The Christmas party is similar to the annual class party we have here in MBS, but my class had turkey! I had the chance to taste genuine Christmas turkey which we don't really get to taste here in Malaysia. I also had the chance to attend the church services which were an eye opener for me. Ten days in Hong Kong was obviously insufficient for us and I wish I could have spent a bit longer.

With the technology of this modern age, I am able to stay in contact with the friends I made in Hong Kong through Facebook.

The teachers in Methodist College were very friendly, and treated their students as equals. They certainly carry themselves with a great deal of pride for their profession. To the Principal Ms Emily Wong, thank you so much for allowing me to experience Methodist College life.

And I would also love to express my thanks to Lawrence Chan, Sunny Chang, Fiona Tong, Maggie Ng, Jenna Leung, Charmaine Ng and Alex Wong who made this trip a memorable one for me. Thank you so much, guys! Hope to see you again in the future.

Ng Wai Hong


Being an exchange student in Methodist College (MC) has definitely opened my eyes to many new things. From the wonderful education system to the way teachers and students interact in MC - it was all unique to me. I will never forget the fun we had during the Christmas Party. I will also not forget the taste of that sumptuous turkey! I feel blessed to have made so many new friends in MC and I hope our friendships last forever. I would like to express my gratitude towards my foster family, teachers, friends and classmates especially my two buddies, namely Foster Yeung and Rayco Wong for their guidance and warm hospitality throughout my stay. I do look forward to the day we meet again!

Soh Jen Shuen

Hong Kong is known as one of the busiest and most vibrant cities in the world. I feel very lucky that I was chosen to go to Hong Kong for a student exchange program for 11 days.

My first destination in Hong Kong was Methodist College, a local secondary school which is located in Yau Ma Tei. Although the school only has less than a thousand students, the school's facilities are way better than my school in Malaysia. The style of teaching in Hong Kong is quite different from that in Malaysia. Teachers in Hong Kong prepare all the worksheets and reading materials for the students and they will teach with the aid of a projector. One of the most interesting things I noticed in MC was the teacher-student relationship. They were talking like friends after class and I was really amazed by that! I honestly wish that MBS could provide room for us to develop closer relationships between teachers and students in future.

My host family treated me really well and I have to thank them for taking great care of me during my brief spell in Hong Kong. Compared to Malaysia, Hong Kong is a city that you don't have to worry too much about while going alone at night. As Hong Kong is not a Muslim country, pork is served everywhere. The public transport system in Hong Kong is so convenient that you can go anywhere you want. Most of the students at MC use public transport to go to school. I once took the tram with my friends and for some reason, I thought that the tram was free of charge as I found lots of people waiting at the station. The tram fee is so cheap that it costs only about Rm 1 and I believe it is a good alternative for people with a tight budget. I saw



Sanjay and Wai Hong were taking photos around MC before they left!



Having leisure time in Kowloon Park



Sunny (left), Wai Hong (left 2), Sanjay (right 2) and Lawrence (right) met again in Methodist College.

a lot of people at night looking at views of the city and there were still many people on the streets after 11 p.m. I will never forget this precious exchange experience. I hope I can get another chance to visit Hong Kong in the future.

Reflections from Host Students and Buddies

Fung Wing Hong 4B (Buddy)

In December 2012, I have had a valuable and memorable experience – being the buddy of an exchange student from Malaysia. ‘Call me Sanjay,’ he is a nice boy and an easy-going person. Though the exchange program was just for a week, I learned a lot from this amiable boy. We talked about social issues concerning Hong Kong and Malaysia. Apart from widening my international horizons, Sanjay also gave me practical oral lessons in English. Through our daily conversations, I was able to practice my English in real situations. Although my spoken English is not as good as others, Sanjay did not mind and taught me lots of useful tips on studying English. Now I am neither afraid of speaking English nor afraid of communicating with foreigners. Being my good friend and English mentor, Sanjay did help me a lot and I really appreciate his selfless assistance in various aspects.

I won't forget my time with Sanjay. He's a great guy.

Mak Yu Hin 4B (Buddy)

Last year, Leo Fung (4B) and I were chosen to be the buddies of Malaysian exchange students.

We got to know each other on many occasions during their brief spell in Hong Kong. We also spent time to compare the differences between our schools, cultures, and public exam systems in two different regions! We were excited about the process of discovering another strange country in such an unusual way. Other than learning some facts about Malaysia, we also learnt a few sentences in Malaysian and I hope I have the chance to use them in future!

Although we did not have much time to spend with Sanjay and the other Malaysian boys, we built up a strong friendship (especially with Sanjay and Wai Hong) and we have kept on communicating after Sanjay's departure (e.g. on facebook and whatsapp).

Yau Ching Tung 3R (Host)

Last December, my family hosted an exchange student, Ng Wai Hong, from MBSSKL. He was friendly, gentle and well-mannered. He got along well with my family and he could handle things in a tidy way. We learned some things about Malaysia from him and found it fascinating. As a host family, it was a valuable experience for me and my family members in many different ways.

At the beginning, I doubted if we could communicate well. Also, I was worrying whether he could adapt to the new living environment. While most families in Hong Kong live in tiny little flats, I believe the living environment in Malaysia is quite different from that in Hong Kong. Fortunately, my anxiety slowly disappeared after knowing Wai Hong did not feel uncomfortable with the living space. If I had another opportunity to serve as the host, I would surely open my arms to welcome other visiting students in future!!



Buddies in class



Dessert farewell party with Sanjay (1st from left) and Wai Hong (2nd from left) afterschool.



All Trips at a Glance (2012-13)

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
Leadership Training to USA* 「向世界出發」新領袖體驗計劃	7/2-15/2 (9 days)	20 students of S1-5	USA	Methodist College
Beijing & Tianjin Study Tour * 北京天津城市規劃考察之旅	28/3-1/4 (5 days)	40 students of S4-5	Beijing, Tianjin China	Methodist College
Trip to Taiwan* 台灣文化考察交流團	5/4-8/4 (4 days)	28 students of S1-4	Taipei	Methodist College
Immersion Programme to UK	20/6-5/7 (16 days)	3 students of S4 & 1 student of S5	Woodhouse Grove School, Bradford, UK	Methodist College
Trip to Nanjing* 高校科學營2013- 優秀高中生獎勵計劃	9/7-15/7 (7 days)	5 students of S4 & 5 students of S5	Nanjing, China	中國科學技術 協會及國家 教育部
Malaysia Exchange Programme (Focus on IT and Robotics)	13/7-27/7 (15 days)	4 students of S1 & 2 students of S3	Methodist Boys' Secondary School Kuala Lumpur, Malaysia	Methodist College
Immersion Programme to Singapore	13/7-29/7 (15 days)	3 students of S2 & 1 student of S1	Anglo- Chinese International School, Singapore	Methodist College
Trip to Beijing & Inner Mongolia Autonomous Region 北京內蒙文化 交流之旅2013	22/7-29/7 (8 days)	2 students of S3	Beijing, Inner Mongolia Autonomous Region, China	Junior Police Call (JPC), Police Public Relations Bureau(PPRB)
Cambridge English & Science Programme	28/7-10/8 (14 days)	3 students of S3 & 2 students of S4	Churchill College, Cambridge University, UK	Cambridge English & Science Programme
Mainland Exchange Programme for Student Leaders 領袖生內地 交流計劃2013	5/8-9/8 (5 days)	1 student of S5	Beijing, China	EDB

*Trips escorted by our teachers