



循道中學  
Methodist College



# CULTURAL EXCHANGES 2015-2016





Country	Incoming Trip
France	AFS Intercultural Exchange Programme
Italy	
Malaysia	Malaysia Exchange Programme (Exchange with students & teachers from Malaysia)

Country	Outgoing Trip
UK	UK Cambridge English & Science Summer Programme
	Immersion Programme to UK
France	WESPA-UWA 11th World Youth Scrabble Championship – Representative of the Hong Kong Team
Denmark	Overseas “ Low Carbon City” Study Mission
Sweden	
Singapore	Immersion Programme to Singapore
Malaysia	Malaysia Exchange Programme (Focus on IT and Robotics)
	JCI Asia Youth Exchange Programme
Japan	JENESYS Programme ( Japan-East Asia Network of Exchange for Students and Youths )
China	Trip to Beijing and Xian
	Trip to Nanjing
	Taiwan Leadership Training Programme
Australia	WESPA-UWA 10th World Youth Scrabble Championship – Representative of the Hong Kong Team



## Words from the Principal

**T**he Chinese saying goes, "It is better to walk ten thousand miles than to read ten thousand books." This is not to belittle reading, which not only broadens one's mind but also enriches one's language. Yet, the wisdom in the saying lies in the realization that there is certain tacit knowledge which can only be gained from first-hand experience.

With the advancement of technology, the world is now a global village. To fulfill our mission of nurturing leaders of the new era, it is a must that we expand our students' vision beyond their familiar zone. Only by seeing the world by themselves, and interacting with real people from a different culture in flesh and blood, will

they realize the similarities and differences between them, and thus cultivate true mutual understanding, acceptance and appreciation.

2015-16 has been another year of wonderful adventures for our students. We not only sent our students out of Hong Kong, but also actively brought in exchange students from Europe and Malaysia. I am proud to introduce this booklet to you, in which we recorded these marvelous learning experiences. May this booklet be a lifelong treasure for those who have left a mark of their growth in it. Enjoy reading!

**Ms Emily Wong Pui Yi**  
**Principal**



## Reaching Out to the World

Continent	Country	Programme	Page
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	China	Trip to Beijing and Xian 善德關愛科研青年發展計劃 –2016 北京、西安航 天科技發展考察團	P5
		Trip to Nanjing「同燃童心」2016 黔港青年關愛蘇 北孤兒夏令營	P8
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	Japan	JENESYS Programme ( Japan-East Asia Network of Exchange for Students and Youths )	P26
	Malaysia	JCI Asia Youth Exchange Programme	P30
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	France	WESPA-UWA 11 <sup>th</sup> World Youth Scrabble Championship – Representative of the Hong Kong Team	P56
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## Bringing the World into the College

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# WESPA-UWA 10<sup>th</sup> World Youth Scrabble Championship

	WESPA-UWA 10 <sup>th</sup> World Youth Scrabble Championship	WESPA-MSI 11 <sup>th</sup> World Youth Scrabble Championship
Destination	Perth, Australia	Lille, France
Competition date	31/10/2015-2/11/2015	27/8/2016-29/8/2016
Participating students	Calvin Ma 3W	Calvin Ma 3W, Brian Po 2W
Organizer	World English-Language Scrabble Players Association	
Venue	University of Western Australia	Lille Grand Palais
results	<b>Calvin Ma ranked 55 / 108</b>	<b>Calvin Ma ranked 16 / 107</b> Brian Po ranked 83 / 107



Calvin representing Hong Kong in Australia



Challenging moment for Calvin

## More than just competitions

**Calvin Ma 3W**

Joining the WESPA-UWA World Youth Scrabble Championship in Australia in Nov 2015, I had a fruitful experience.

First and foremost, I learnt to respect people from different countries. Though not knowing each other beforehand, competitors were really enthusiastic and shook hands with their opponents, as well as thanking them after every game. Meeting people from different countries was a valuable opportunity for me to learn real sportsmanship.

Besides, I learnt to have team spirit with my teammates. We were against each other in Hong Kong as we represented different schools to join the competition. But after we had entered the Hong Kong team and we knew we would go to Australia together, we developed a spirit of being part of the Hong Kong Team. We always helped each other during practices as well as in competitions with the same goal in mind. The sense of identity was stronger than ever.



Calvin in WYSC 2015

## 「善德關愛科研青年發展計劃——2016 北京、西安 航天科技發展考察團」

**對象：**中四或中五級學生及香港科技協進會舉辦的「科苗 100」畢業生

**地點：**北京、西安

**日期：**2016 年 7 月 24 至 31 日（8 日）

**費用：**全免

**主辦機構：**香港科技協進會及 香港善德基金會合辦

**參與學生：**林穎芝（中五藍班）

### 活動目的

提升青年學生對航天及科技創新的興趣，鼓勵他們探索求知，深入了解及認識近年中國在航天科技事業發展的進程，藉此啟發他們對不同科學領域的學習興趣，有助學生肯定自己科技研究發展的理念，對未來升學或就業的生涯規劃上，釐定更清晰的目標。

### 行程

日期	活動
7 月 24 日	乘飛機到北京
	遊覽長城（居庸關）
7 月 25 日	天安門觀看升旗儀式
	參觀國家天文台
	參觀中國工程院展覽廳
7 月 26 日	參觀中國運載火箭技術研究院
7 月 27 日	參觀中國空間技術研究院 拜訪中國航天員科研訓練中心
	參觀故宮 / 中國國家博物館
7 月 28 日	乘火車或高鐵到西安
	參觀陝西歷史博物館及夜遊西安曲江
7 月 29 日	參觀航天動力研究院
	參觀航天推進技術研究院
7 月 30 日	參觀閻良國家航空高技術產業基地
	參觀西安飛機工業集團
	參觀兵馬俑博物館
7 月 31 日	遊覽西安古城
	乘火車回香港





遊長城



西安夜遊



我們在製作模型火箭



當地特色雪條

## 學生感言

林穎芝 中五藍班

人常說：「不到長城非好漢。」這次我終於獲得一個寶貴的機會到居庸關發思古之幽情。以往聽到家人和同學分享他們艱辛地爬上長城的經驗，不禁覺得他們有點誇張。沒想到當我踏上第一步時已經覺得舉步維艱，每梯級相隔的高度實在太高，差不多是一條正常樓梯的四級啊！而且每級樓梯的闊度不一，有時候甚至窄得連一個腳掌也容不下。不過，最辛苦的是長城上的烽火台之間相隔百多級樓梯。若途中累了，想停下來也不容易，因為梯級間距十分窄，坐也不是站也不是。對於畏高的我來說更是每分每秒皆煎熬難耐。這使我不得不佩服古人，為了保家衛國，他們不但要在建造長城時克服畏高的心理障礙，把一塊塊沉甸甸的磚頭運到山上，還要日夜在長城巡邏，歷盡風吹雨打，他們真的很偉大。

除了觀光外，當然少不得學術上的交流。我參觀了國家天文台、國家工程院等等，這令我不得不讚嘆中國的科技一日千里。其中最令我驚訝的是中國的北斗衛星，它所使用的是中國自己研發的三維技術，比較美國的衛星導航系統使用的二維技術更複雜，並能大大提升定位的準確度。北斗衛星的作用更是數之不盡，既能應用於軍事上，也能應用於農業和救援上等等。可見中國科技發展的成就有目共睹，更有能力媲美其他強國。但是強大的背後專家們付出了不少努力，例如他們曾在資源缺乏的情況下，竟然借用衛生間作實驗室。今天中國的科技發展能如此成功，背後研究員的努力實在是功不可沒。



我和我的組員到鳥巢前參觀

# 「同燃童心」2016

## ——黔港青年關愛蘇北孤兒夏令營

對象：香港 15 – 24 歲青年

地點：江蘇省連雲港市東海縣、江蘇省南京市

費用：港幣 \$1300（獲青年事務委員會青年內地交流資助計劃及學校資助）

日期：2016 年 7 月 26 至 31 日（6 日）

主辦機構：愛德基金會（香港）

活動目的：

針對參與青年，希望達致以下目的：

- 以「孤兒」這個課題作為切入點，引領中港兩地青年共同瞭解中國的發展，並透過義工服務，促進兩地青年合作交流，增進彼此了解，加強對國民身份的認同。
- 帶領本港青年走出香港，同時帶領國內青年走進香港，考察中國的貧窮問題和城市問題，瞭解中國城市和邊陲地區的當今的面貌與需要，以及中國非牟利機構的工作。
- 讓兩地青年透過擔當營內的領導角色，學習承擔、訓練自信和領導才能，並透過與年幼孤兒共同生活，促進自我反思，從而學會愛、分享與知足。

負責老師：曾悅雯老師、黃詠詩老師

參與學生：

學生姓名	班別
1 歐翠欣	中三白班
2 陳禧怡	中三白班
3 崔慧妍	中三白班
4 黎灝晴	中三白班
5 李敏	中三白班
6 鄭海敏	中五藍班
7 陳嘉晴	中五青班

學生姓名	班別
8 陳藝宜	中五青班
9 陳芷盈	中五青班
10 葉梓韜	中五青班
11 劉啟軒	中五青班
12 楊溢佳	中五青班
13 陳力誠	中五紅班
14 葉佩琳	中五白班



在開幕禮中，大營友為小營友表演營歌營舞。



## 行程安排

日期	時間	內容
第一天 (26/7)	上午	於香港國際機場集合，乘坐直飛航班前往南京
	下午	會合「女子升大」義工，前往東海
	晚上	於東海入住賓館，兩地義工共同預備夏令營
第二天 (27/7)	上午	前往夏令營活動營地，佈置場地，迎接孤兒小朋友
	下午	動禮揭幕；分小組，開始三日兩夜夏令營
	晚上	夏令營遊戲與活動；住宿東海賓館
第三天 (28/7)	上午	外出郊遊
	下午	夏令營遊戲與活動
	晚上	夏令營遊戲與活動；聯歡晚會；住宿東海賓館
第四天 (29/7)	上午	夏令營遊戲與活動；夏令營畢業禮
	下午	家訪部分來營孤兒，農村考察
	晚上	分享會，住宿東海賓館
第五天 (30/7)	上午	離開東海，前往南京
	下午	與南京勞工子弟聚會
	晚上	夫子廟觀光
第六天 (31/7)	上午	專題研討會：探討國內困境兒童生存狀況和相關國家福利政策
	下午	乘坐直飛航班返回香港

## 學生感想一

陳藝宜 中五青班

參加這個活動後，我感悟很多。首先，是事先的準備工作。在三天的夏令營裡，我們要為孩子們舉辦各種活動，為此，我們在出發前排練了很多次，亦反復討論如何改良才可以讓孩子更容易明白每一個遊戲的規則。在這些過程當中，我學會了合作、學會了互補不足、學會了如何設身處地、代入他人的角度去思考。

而在進行活動的期間，孩子的熱情和快樂帶给了我不少驚喜。對我們一班大哥哥、大姐姐來說，營中的遊戲有不少是挺無聊的，可是孩子們卻玩得不亦樂乎，他們看來十分享受。我想，大概是因為香港人在物質上比較富裕，玩樂的東西也比較多，所以就不太會珍惜這些簡單的快樂。他們對這個夏令營的珍惜，讓我滿足之餘，也有點心痛的感覺。

另外，我發現這群小孩子比我想像的成熟、穩重很多。記得在首次與孩子接觸的時候，因為大家都是初次見面，難免很難放開自己，於是大家都選擇沉默。然而，組內有一個年紀比較小的孩子竟主動玩一個小把戲，把氣氛稍微帶動起來。而最令我印象深刻的，是我組內的一個小女孩。記得在我們外出森林公園



在活動期間，同學們與小朋友互相認識、分享。

的那天，正當大家都大汗淋漓時，她竟將她手中的電風扇默默的推給我，當時我便驚訝為何一個小小的女孩這麼會照顧別人。後來，我發現了其實她在家裡也是比她的哥哥成熟。在離別的那天，她哥哥不捨得我們，因此回到家便一直在哭，直到哭累了才累極而睡著。而她，卻懂得冷靜地打電話給我們，請我們好好安慰她哥哥。與她相比，我也是挺自慚的。

此外，這個活動亦讓我更了解國內的小孩所面對的困難。在最後的那一天，我們要送這些小孩回家。他們住的地方都很偏遠，每段路程也挺長，而且一路顛簸，真的很難想像這些小孩竟然每天都要走這些路。最讓我感到心塞的是有一個小孩，他來的時候就是比較孤僻的，難得經過這幾天相處，他稍微打開他的心房了，結果到最後他還是要回去那個一個人的家，對著四面牆壁，再次孤獨一人。想起他，我再一次心酸了，但現在我甚麼也幫不了他。可是，將來有能力的話，我一定會去幫助他們，我不希望在同一個世界裏，同是小孩，卻要面對那麼多殘酷的現實。



同學們到孤兒的家進行家訪，了解他們的居住環境。





5G 葉梓韜同學、5R 陳力誠同學以及 5G 楊溢佳同學在晚會中表演魔術。



同學們出席專題研討會，加深對國內困境兒童的認識。



同學們在完成家訪後互相分享自己的感受。



3W 陳禮怡同學及 3W 歐翠欣同學擔任夏令營開幕禮的主持人。



我們與粉嶺救恩書院一眾師生及愛德基金會的人員一起由香港出發到南京。



經歷了三日兩夜的夏令營，大小營友在臨別前進行大合照。



同學們與南京勞工子弟互相認識及玩遊戲。



在組員協助下，各人都努力地取回自己的夢想飛機。



同學們與南京勞工子弟一起做手工。



## 學生感想二

歐翠欣 中三班

小時候，從不明白「幸福不是必然」是甚麼意思，只是覺得每個小朋友一出生就會有父母疼愛、有家人照顧、有兄弟姊妹陪伴，每天過着無憂無慮的生活，在歡笑聲下活過童年。漸漸長大，就開始明白當中意思，但往往都會將這句話忘記，不懂得知足、不懂得感恩，只懂得埋怨沒有甚麼，失去甚麼，從未學懂「珍惜」這兩字。但這次「同燃同心」活動終於令我體會到甚麼是幸福、甚麼是「身在福中不知福」。

起初，我只是抱著跟小朋友一起玩的心態參加這次活動。小朋友在我心目中是天真無邪，有時活力充沛，有時呆呆滯滯，需要我們細心指導及照顧。但現實並不是預期中這樣，甚至是令我感到驚訝。

跟小朋友相處，從來不是我的長處。第一天跟他們相處真的很困難，對着他們，我深深覺得自己的耐性的確需要再培養，脾氣更加需要控制。但每當我準備「爆發」的時候，小朋友總會從旁哄你、逗你。還記得我組的一個小男孩，他是我在夏令營中第一個接觸的小朋友，個性有時冷酷，有時好動。有一次午飯時間，他將一杯雪糕放在桌上，吃過飯後就離開了。我問他為何不吃，他說是送給我的，起初我以為這是藉口，但後來發現他是真心想要把雪糕送給我。那一刻的感動不知怎麼形容，只想立即抱著他說聲謝謝。小朋友就是這麼「暖」，他們不懂花言巧語，就用行動把心思展現出來。那一杯雪糕不比香港的好吃，但比香港的甜，無人能感覺到的甜，因為只有我能在心中感受。

在夏令營的第三天，我們到了幾位小朋友家中作探訪，他們的家人都很熱情款待我們，我們吃西瓜也吃得飽飽的。不單止是家人好客，就連小朋友也非常懂事，當大家熱得汗

流浹背的時候，他們竟主動為我們遞扇，遞上雪條。這實在令我感到驚喜之餘還帶一點慚愧。他們家中的天花板用米布袋蓋著，只得一間房間，由於家裏的長輩年紀開始老邁，因此很多家務都由小朋友們打理，但他們一句怨言也沒有，依然是笑臉相迎。

經過這次活動，令我想起以前毫不懂事的自己：不懂招呼客人、不懂打理事務、不懂自立，只會雙眼對著電視，嘴巴發出怨言。現在才知道，其實自己一直生活在幸福之中。小朋友不比我們幸運，有幸福的生活，但他們過著比我們快樂的生活，只因他們學懂知足，學會珍惜。現在生活在幸福之中的我們只會忙著擁更多，卻忘記了自己本是一無所有。幸福之歌，每個人都能唱得動聽，只在乎於你只是哼著旋律，還是真正懂得唱出歌詞。

感謝這次活動，感謝小朋友們，感謝我的同學們，感謝一班師兄師姐，感謝兩位老師，你們帶我走出成長的伊甸園，讓我重新長大。



同學們一起展示及分享作品。



家訪時間到了尾聲，同學們與小朋友依依不捨地道別。

# Taiwan Leadership Training Programme —Embracing the City

<b>Targets</b>	F1-F5 students
<b>Destination</b>	Taiwan – Taipei , Tainan , Kaohsiung
<b>Period</b>	24-31 March , 2016 (8 Days and 7 Nights)
<b>Fee</b>	HKD \$5,800 (with sponsorship from Sir Robert Black Trust Fund and the school)
<b>Organizer</b>	Methodist College (ECA Committee)
<b>Participating Teachers</b>	Miss Lee Wai Sze , Mr Choi Ka Hung
<b>Number of Participating students</b>	32
<b>Themes</b>	1. History and democratic journey
	2. Cultural customs and life style
	3. Conservation and revitalization of urban architecture
	4. Creative industries, high and new technology

## 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 Taiwan
3. To develop students' global awareness and cultural acceptance through exchanging their experiences with young people living outside Hong Kong

	Class	Student Name		Class	Student Name
1	1B	Chow Po Yee	17	3R	Lam Yuen Man
2	1B	Lai Jasmine Wing Sum	18	3W	Au Tsui Yan
3	1B	Cheung Long Siu	19	3W	Chen Xi Yi
4	1G	Lee Hiu Ying	20	3W	Lai Wai Yi
5	1R	Lee Chun Yiu	21	3W	Lee Natalie Lok Tsz
6	1W	Mark Tsz Chun	22	3W	Fong Chun San
7	2B	Lai Yan Ching	23	4W	Chung Kin Hay
8	2B	Law Lok Chi	24	5B	Kwok Man Yi
9	2R	Wong King Sang	25	5B	Tse Yau Wai
10	2W	Tang Wing Ka Ariana	26	5G	Lam Cheuk Kwan
11	2W	Wong Chi To	27	5G	Sheung Chuen Coman
12	2W	Wong Pak Ho Pakko	28	5R	Chan Ziffany Vanna
13	3B	Chiu Wing Sum	29	5R	Cheng Chung Ue
14	3G	Lam Wing Man	30	5R	Lum Jason
15	3R	Cheung Ka Hei	31	5W	Tam Gloria
16	3R	Hung Lee Han	32	5W	Tsang Hin Wang Anthony



## Itinerary

Date	Activities	Learning Focus
24/3 (Kaohsiung)	<ul style="list-style-type: none"> <li>- Departure to Kaohsiung</li> <li>- Kaohsiung Public Library</li> <li>- 85 Sky Tower, Eslite</li> <li>- Dinner with alumni</li> </ul>	<ul style="list-style-type: none"> <li>- Taiwan's reading culture</li> </ul>
25/3 (Kaohsiung→Tainan)	<ul style="list-style-type: none"> <li>- Cijin Wind Turbine Park</li> <li>- The Pier-2 Art Center</li> <li>- Aboriginal Culture Center</li> <li>- Team tasks</li> </ul>	<ul style="list-style-type: none"> <li>- Taiwan's art /culture</li> <li>- The aboriginal culture</li> <li>- Team work</li> </ul>
26/3 (Tainan)	<ul style="list-style-type: none"> <li>- Exploration Competition</li> </ul>	<ul style="list-style-type: none"> <li>- Team work</li> <li>- Taiwan's new technology applications in the private sector</li> </ul>
27/3 (Tainan→Taipei)	<ul style="list-style-type: none"> <li>- Worship at Tainan Methodist Church</li> <li>- Lunch exchange</li> <li>- High-speed rail to Taipei</li> <li>- Reading time</li> <li>- Taipei Night Tour</li> </ul>	<ul style="list-style-type: none"> <li>- Experience different aspects of Taiwan</li> </ul>
28/3 (Hsinchu)	<ul style="list-style-type: none"> <li>- Visit Hsinchu Fabs and staff exchanges (Sunplus)</li> <li>- Hsinchu Military Community Museum</li> <li>- Hsinchu Glass Art Park</li> <li>- Lake Ryotei</li> <li>- Xinxiao Zhang Story House</li> </ul>	<ul style="list-style-type: none"> <li>- Taiwan's high-tech development,</li> </ul>
29/3 (Taipei)	<ul style="list-style-type: none"> <li>- Pinghsi line train journey</li> <li>- Shih Hsin University cheerleading exchange</li> </ul>	<ul style="list-style-type: none"> <li>- Team work</li> <li>- Taiwan's student leaders</li> </ul>
30/3 (Taipei)	<ul style="list-style-type: none"> <li>- Secondary exchange (Taipei Municipal Sung Shan Senior High School)</li> <li>- Secondary exchange (New Taipei Municipal Jhanghe Junior High School)</li> <li>- Senior House exchange (New Taipei City Association of Retired Persons)</li> <li>- Team tasks</li> </ul>	<ul style="list-style-type: none"> <li>- Taiwan's school education</li> <li>- Taiwan's senior citizens</li> </ul>
31/3 (Taipei)	<ul style="list-style-type: none"> <li>- Visit National Taiwan Normal University</li> <li>- Visit Chiang Kai-shek Memorial Hall</li> <li>- Visit Sun Yat-sen Memorial Hall (Taipei)</li> <li>- Taipei 101</li> </ul>	<ul style="list-style-type: none"> <li>- Taiwan's university education</li> <li>- Taiwan's historical figures</li> </ul>

## Reasons for joining

**Melody Kwok 5B**

**T**he Overseas Leadership Training Programme is a golden opportunity in my life where I could have a chance to get

out of my comfort zone and experience something new that has helped me grow.

**Bella Tse 5B**

This programme provided an opportunity for me to widen my scope, to change as well as to learn. Through the exchange with the locals and the visits to different places, like museums and schools, I knew more about the culture, passion, cuisine and traditions of Taiwan. This marvelous trip has given me a chance to change myself. As we needed to communicate with different people and share our own feelings with the others in the programme, I grew from a shy, introverted person lacking

in confidence to a confident and brave person. The meaningful and brand new experiences like working as a group to design the itinerary facilitated my personal growth and leadership capacity. I learned to be a good leader, be responsible, have better time management, solve different problems, communicate well and stay calm when facing difficulties. This trip provided unforgettable and awesome experiences and tonnes of exultant memories for me.



Dinner with alumni



A meaningful lesson at the college



Doing a presentation in the church



Sharing with Taiwanese students

## Reflection and Learning

### Knowledge of self

Jason Lee 1R

**T**ime flies, the overseas trip came to an end, but the memories remain vivid on my mind. The trip has broadened my horizons, beautified my school life and enriched my experience. During the trip, we met many adversities and challenges. However, giving up was never our option, facing difficulties was our only choice. "Never give up," and "nothing is impossible" were our slogans. We tried our best to tackle those difficulties. I must say such an experience is precious and praiseworthy. I am particularly thankful to all fellow schoolmates, teachers and tutors. They gave a helping hand to me when I was in need of help. As the old saying goes, "a friend in need is a friend indeed."

You may ask what I have learnt about leadership during this programme, and now I am going to tell you the answer. Leadership is about your communication skills, responsibilities and how you lead others well. Because of this valuable overseas programme, I have improved my abilities, skills of leadership and self-control. I was grateful and blessed because I could join this truly exhausting, but extraordinarily meaningful programme. As I have reached the goal, I felt how fruitful this programme was.

We met many kinds of adversities and difficulties during this trip. I remember clearly on the first day going to Taiwan, we all were in a big dream. We needed to plan the itinerary of Tainan and Pingxi Line by ourselves. However, we did not want to plan the itinerary, due to our tiredness and lack of ideas. We had no idea about what we would do while having a self-planning trip to Tainan and along the Pingxi Line. Luckily,



Eating breakfast on a street

our passionate mentor, Miss Lee, urged us to finish the planning in the workshops. That was why our trip was so smooth and fruitful. It made me satisfied. I could not believe in our success at all. After the programme, I have learnt that "two heads are better than one." We should help one another. As Miss Lee often says, "You all are leaders." At last, we managed to cover almost all of the popular attractions and even had some time to try some local cuisine which was very delicious and tasty. What is more, we watched an impressive and huge waterfall. We took a lot of beautiful pictures, recording such a great view. However, we missed arriving at the train terminus on time. From this mistake, I knew how important time management is. If I had had an opportunity to do it again, I would have avoided making such a mistake.



Here to worship



**Ariana Tang 2W**

I learned time management in primary school. Through this Taiwan Overseas Programme during the Easter holiday, I could put it to use. Time management was really important to us because our tight schedule deprived us of the time for rest. Therefore, we needed to properly allocate the time to different activities. Consequently, we needed to be very punctual. If not, we wasted our time and needed to wait for the next train or bus, which might take half an hour or above. Also, our schedule might not permit us to cover all the scenic spots, so some of the places where we hoped to go had to be given up.

Secondly, I have learnt the techniques of being a leader in a group. If leadership is lacking, everyone would be dilly-dallying, complaining, and nixing everyone else's ideas so we must be decisive. At the

beginning, we needed to set our own schedule for the group, so everyone started to give suggestions and started to develop work for everyone in our group. However, different people have different opinions. We had to compromise and make decisions.

Besides, to become a good leader, we must be confident in doing everything, otherwise no one would hear your voice, no one would respect you and you could not lead the whole group as you have no capability to lead. Not knowing something is fine -- just be confident that you don't know it! Lack of knowledge has nothing to do with your confidence. This is the precious realization I have gathered.



Cheering Team!



Friendship



Having Fun!

## Estella Cheung 3R

8 days, 7 nights. 32 school mates, without parents. This trip was tremendously challenging, but amazing. It really was my pleasure to have this valuable opportunity to join the Taiwan leadership training programme. During this trip, we went to different places in Taiwan, in order to investigate the culture, technology and other unique aspects of Taiwan.

Apart from going to Kaohsiung, on the remaining days we went to Tainan and Taipei respectively. On these days, some of the routes or journeys had to be planned by us on our own without teachers and tutors. This part of the programme was new for us. It was not only special, but challenging. However, this provided me with a very good chance to be a leader. For my group, when visiting different places, we planned to focus on culture and arts. For the days in Taipei, my group went to the Taipei Fine Art Museum. This museum provided us with a host of creative and special exhibits that we had never seen before. They interested me a lot and we took many great photos in the

museum.

This programme was a leadership training programme, so of course I have learnt something about leadership. First, to be a good team leader, we had to organize everything well before the trip started. As the idiom goes, 'You reap what you sow.' If we plan and do research before a trip, we can have a better and happier time, with less troubles. This time, however, some of our groups did not prepare well before the trip. As a result, some groups had to rush and keep searching on "Google" or "Yahoo" during the trip. I think this was a big mistake. Next time, students have to learn from the mistakes of others and avoid making it again. Secondly, I found that courage is extremely important if we want to be a leader. If the team leader is working and leading others without courage, how can the group trust him? Therefore, having courage is the best quality for us to be a leader. I should never be scared when making decisions. I will always remind myself to be a bold and fearless leader.



Taiwan! We are coming!





Having a great time with Taiwanese secondary school students

#### Ernest Chung 4W

The activity I liked the most was the cheering team practice. I was delighted that I could go there and watch their practice. Luckily, I had the golden opportunity to try the cheering poses on that day. I was really excited, since I had never tried it before. I learnt cheering skills from one of the cheering team members. He was kind and patient to teach me the steps and the points that I needed to pay attention to. Through his teaching, I had deeper knowledge of cheering and knew how hard the practice is. After his teaching, I tried to follow the instructions he gave me and work them out. I finally succeeded! I was totally delighted and love cheering so much. Of course, the excellent result was not only built by me, but also the other students who tried cheering together. Cheering is a group effort, so cooperation is the key to success. Without the part of cooperation, the performance will be destroyed. I learnt the importance of cooperation and group work after my first try at cheering. It is entirely important to have team members who can work with you and support you in order to have a good result, or a wonderful and fruitful experience.

I was so thankful to have a group of friendly, kind and helpful group members on this trip. They were very energetic and always wore a smile on their face.

This gave me lots of power to keep going on in this trip. There were moments when I was tired because of the strict and tight itinerary and route, but we cheered up one another when we were tired and we found the solutions together when we faced difficulties. I went back to Hong Kong with not only souvenirs. The happiness in my heart was the greatest treasure I gained on this trip. My friendly teammates supported me a lot and gave the opportunities for me to try and show my abilities.

Finally, I have learnt lots of things in this Overseas Leadership Training Program. I learnt what it means to be independent and how to be a leader. A leader is a post that leads others to move forward. He does not need to be a powerful person, or the top of the class. I really learnt a lot of things in this program. I hope I can join this program next year and bring myself forward again.

## Knowledge of the World

**Vincent Wong 2R**

In this programme, we were not like tourists but a part of Taiwan. We went to church and schools and talked to the locals about the differences between Hong Kong and Taiwan. Each of the groups had a different topic to discuss. It was my pleasure to speak with the elderly. They were full of passion and welcomed us with

a 'welcome song'. We sang and clapped hands together. I was also very happy to talk with the senior form Taiwanese students. We taught them some words of Cantonese and they taught us Mandarin. We even got their Facebook and phone numbers; now, we still connect with each other.

**Ernest Chung 4W**

On our visit to Tainan church, I was glad to represent our group to introduce our school and our church to them. The experiences, including communication with Taiwan

students from university, primary and secondary schools, the local people I asked for directions and also the delicious meals in Taiwan, brought lots of enjoyment to me.

**Melody Kwok 5B**

On the first day, I went to Eslite, which is a huge and famous book shop in Taiwan. I found out that reading is a good and effective way of learning. After that, we had a meeting with two alumni living in Taiwan. Even though they didn't know us, they talked with us just like old friends. They told us many things about their study days. Also, they told us how their life was in Taiwan. Our exchanges were meaningful and fruitful.

The most exciting part of the Overseas Leadership Training Programme was having a chance to communicate with local students. They were very nice and kind. They showed me around their school campus, which was far bigger than ours. Their school had a basketball court, a swimming pool, and even an athletic field. However, they could not go out for lunch and could only buy the food provided by the school canteen. Also, they didn't have any core subjects and elective subjects; they were required to study all subjects. They only had two free lessons for which they could choose the lesson they wanted to take each week.

On the following days, we went to many different museums, such as the Takao Railway Museum, which widened my horizons. Through the visit, I knew more about Taiwan, including the history and culture. As our school is a Christian school, we went to church and had worship together. After worship, they had some simple presentations about their church and the history of churches in Taiwan. One of the churches in Taiwan was built in Chinese architectural style, which really impressed me a lot.



Visiting the elderly



## Anthony Tsang 5W

Unlike Hong Kong, the creative industry is given lots of opportunity for people to sell their goods and works in Taiwan. For example, The Huashan Creative Park in Taipei has lots of areas for creative industrial workers to set up booths for selling their own characteristic goods. Apart from selling goods in the Creative Park, there were also some artists performing. In the Tainan Cultural and Creative Park, there were teenagers performing a drama, set on different stages.

The development of the high-tech industry was very advanced. This was shown during the visit to Hsinchu Fabs. Through the visit, I knew that the level of making Wafer in Taiwan was famous all over the world. Financial and other support was given by the Taiwan government to develop the high-tech industry, making Taiwan's high-tech industry rise to fame.

Moreover, I had some chances to communicate with students studying in Taiwan. I have to say that the students there were really active. I am so grateful to have had such chances to communicate with them and know how they study and what they actually do after school or during free time. The school campus there was much larger than ours in Hong Kong. There were several basketball courts and a sports

On the first day, we went to Kaohsiung. We visited the library and book stores there. I was amazed by the reading atmosphere in Taiwan. Besides, the government also promotes reading very well. I saw many people reading in the libraries and book stores, even little children. I think Hong Kong should also learn from Taiwan, to better promote reading. I should also read books more often, because books teach us a lot.



Wonderful trip along the Pingxi Line

center on their campus. There were more students in a form than what we have, with at least ten classes in a form.

Last but not least, the experiences with the YF Association were very valuable. Although they were the elderly, I did not feel any generation gap between us. We could communicate easily and I have learnt some life lessons which may be helpful in my personal life. The YF Association holds different activities for the elderly, such as speaking Japanese and playing musical instruments. It may help them to enrich their lives.

## Estella Cheung 3R

For the days in Tainan, we went to some temples, and sites with historical backgrounds and stories like the Hayashi Department Store, which is a shopping mall now. In fact, Taiwan had been ruled by several foreign countries in the old days, so we could see different cultures combined together in Taiwan. The temples are built in the culture of China, but the building of the Hayashi is pure Japanese style. I have learnt more about the history of Taiwan after visiting these places.

## Reflection on Life and Personal Goals

Jason Lee 1R

From the trip, I have learnt many skills and abilities. Besides, the experience gained taught me some principles. As the old saying goes, “no man is an island.” The meaning behind it tells us that everyone needs help from others. Also, “a faithful friend is better than gold.” As a true friend, I should give a helping hand to my friends and always listen to him or her. We need

to be supportive and give our friends more encouragement. Lastly, “failure is the mother of success.” We should never give up and remain positive. I was fully satisfied with this trip. I am looking forward to joining next year’s overseas programme. I hope I will be selected for it.

Vincent Wong 2R

Joining the exchange programme was an uphill struggle: the first time to leave home, the first time to leave my parents for such a long time, etc. but I found happiness on this trip. I have grown up and am more mature. Last but not least, I would like to say thank you again to all the tutors, teachers and organizers of this exchange programme. Thank you for giving us a chance to go to Taiwan. Without your support, this programme would not be such a success. Moreover, I would like to thank the students in the secondary schools and the elderly in the centers. Thank you for chatting with me. It was my first time having a chat with students from another country. It was very meaningful to me. I will never forget your words. This programme was a good time for

me to explore my talents and interests by putting words into action and I have learnt to be a modest, caring, knowledgeable leader of the new era. I hope that I can join more exchange programmes in the future.

By and large, this trip was an eye-opener. It was worth joining, as it helped me to step out of my comfort zone. I felt extremely happy and I have become more courageous after joining this programme. Last but not least, I have to thank all my helpful teachers, tutors and group mates for taking good care of me. I wish I can join the overseas training programme again next year. I am sure I will perform better next time, as I have grown up after this year’s trip.



Visiting Hsinchu Fabs





### Bella Tse 5B

This programme is really beneficial to the participants, since it allows us to see our strengths and weakness and gives us room to improve. It is not only a leadership trip to gain and learn leadership skills and how to become a good leader, it is also a life trip for us to learn the daily skills and

know about the different kinds of hurdles and problems we may face and how to overcome and solve them in the future. Thanks to my group members, since they were so kind and helpful. They supported me a lot.



Performing on the stage at a college



Learning cheering skills



Relaxing and meaningful talk with Taipei secondary school students



Trying archery for the first time in my life, with excitement!

## BIG EAST 21ST CENTURY YOUTH EXCHANGE PROGRAMME (JENESYS 2015)

Targets	F5 students
Destination	Japan
Period	15-23/12/2015(9 days)
Participating Students	Hui Wing Ki 5B
Fee	NIL (with all expenses fully sponsored by the Government of Japan)
Organizer	the Government of Japan

### Background

After going through a series of selection interviews, I have been chosen to attend this function. Around 63 secondary five students were invited to join this

programme as the representatives of Hong Kong, China to undergo in-depth exchange in all dimensions with the Japanese.

### AIMS OF THE YOUTH EXCHANGE PROGRAMME

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

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

## Itinerary

Date	Activities	Place/ Remarks
15/12 (Tue)	<ul style="list-style-type: none"> <li>➤ Arrived in Tokyo( 東京 )</li> <li>✓ Attended a briefing on the trip</li> </ul>	
16/12 (Wed)	<ul style="list-style-type: none"> <li>✓ Did exchange with J.F. Oberlin University and Affiliated Schools( 櫻美林大學 )</li> <li>✓ Attended a talk of JAXA</li> <li>✓ Attended Welcoming Ceremony</li> </ul>	
17/12(Thurs)	<ul style="list-style-type: none"> <li>➤ Arrived in Hiroshima( 廣島 )</li> <li>✓ Inspected Hiroshima City Naka Incineration Plant( 廣島市中市垃圾處理場 )</li> <li>✓ Visited Shrunken-scenery Garden( 縮景園 )</li> </ul>	
18/12 (Fri)	<ul style="list-style-type: none"> <li>✓ Did exchange with Hiroshima Takeda High School( 武田高中 )</li> </ul>	<p><u>Schedule of the visit</u></p> <ul style="list-style-type: none"> <li>✧ Welcoming Ceremony</li> <li>✧ Visual Art lesson</li> <li>✧ Tea ceremony</li> <li>✧ Cleaning up of classroom</li> <li>✧ Joined their clubs and societies</li> </ul>
19/12 (Sat)	<ul style="list-style-type: none"> <li>✓ Visited Hiroshima Peace Memorial Park( 廣島和平紀念公園 )</li> <li>✓ Sharing of a bombing victim</li> <li>✓ Arrived in Itsukushima</li> <li>✓ Visited Itsukushima Shrine( 嚴島神社 )</li> <li>✓ Designed own spatula</li> <li>✓ Stayed in Ryokan (Enjoyed Japanese-style banquet)</li> </ul>	
20/12 (Sun)	<ul style="list-style-type: none"> <li>➤ Arrived in Osaka( 大阪 )</li> <li>✓ Visited Osaka City Abeno Life Safety Learning Centre( 大阪市立阿倍野防災中心 )</li> <li>✓ Visited Osaka Castle( 大阪城 )</li> </ul>	
21/12(Mon)	<ul style="list-style-type: none"> <li>✓ Did exchange with Osaka Yoshinobu Nishikawa High school( 大阪府立茨木西高中 )</li> </ul>	<p><u>Schedule of the visit</u></p> <ul style="list-style-type: none"> <li>✧ Welcoming Ceremony</li> <li>✧ Home economic lesson</li> <li>✧ English lesson</li> <li>✧ Science lesson</li> <li>✧ Assembly</li> </ul>
22/12 (Tue)	<ul style="list-style-type: none"> <li>➤ Arrived in Tokyo( 東京 )</li> <li>✓ Visited Tokyo Imperial Palace( 皇居二重橋 )</li> <li>✓ Went shopping</li> <li>✓ Had a farewell party</li> </ul>	
23/12 (Wed)	<ul style="list-style-type: none"> <li>✓ Returned to Hong Kong</li> </ul>	



# Enjoy my school day in Hiroshima Takeda High School

HUI WING KI 5B



Students use vending machine to buy lunch boxes. Amazing!



Let's take a group photo with Japanese buddies!



Having tea lesson with my Jenesys group mates and working hard on my painting for Visual Art lesson.



What I am holding? A piece of rice cake which was handmade by all teachers and students!



Being a student in Osaka Yoshinobu Nishikawa High school





Home Economics lessons in Japan are only offered to girls. Okonomiyaki and Takoyaki are my beloved Japanese cuisines, feeling proud of cooking it !



We are going to spend a great school day together.



Doing PH value experiment in a Form 4 science lesson.



## Reflection

Hui Wing Ki 5B

**J**oining exchange programmes is one of the very first things we should do to widen our horizon. This trip helps me to have a better understanding of not only the Japanese science and manufacturing technology, but also the culture and values.

Visiting manufacturing factories, joining a traditional Japanese banquet and going to local schools are the contents of this exchange programme. I am fond of meeting local students because it is what I cannot do when I travel by myself. Japanese students

have a similar teaching mode as Hong Kong students do but with a totally different atmosphere. They are more energetic and eager to respond to teachers even when they do not know what the answers are. Hong Kong students should tune to a more active attitude during classes.

I feel blessed to earn valuable friendship with the local Japanese students and we are still keeping in touch with one another.

<b>Target:</b>	<i>Young people in Hong Kong who are good at English and Putonghua and love to communicate with people around the world.</i>
<b>Destination:</b>	<i>Penang, Malaysia</i>
<b>Period:</b>	<i>17-22 March, 2016</i>
<b>Organizer:</b>	<i>JCI Bauhinia and JCI Elite</i>
<b>Participating students:</b>	<i>Alisha Wong Lee Sha 1R</i>
<b>Fee:</b>	<i>Nil</i>

Date	Events
17 March 2016	<ul style="list-style-type: none"> <li>• Malaysia Night</li> <li>• First KungFu lesson</li> </ul>
18 March 2016	<ul style="list-style-type: none"> <li>• Tropical Fruits farm visit</li> <li>• Goat Farm program</li> <li>• International Night</li> </ul>
19 March 2016	<ul style="list-style-type: none"> <li>• JCI Elite Award Banquet</li> <li>• Departure with Homestay families</li> </ul>
20 March 2016	<ul style="list-style-type: none"> <li>• Homestay Family Program</li> </ul>
21 March 2016	<ul style="list-style-type: none"> <li>• Chung Ling Private High School</li> <li>• Presentation of certificate</li> </ul>
22 March 2016	<ul style="list-style-type: none"> <li>• Farewell</li> </ul>



**Alisha Wong Lee Sha 1R**

To join this program, I had to pass an interview, after which I received full sponsorship for the trip. After the interview, I did some preparation as we needed to introduce Hong Kong's culture to people from other countries.

Here is the schedule of the program. I am not going to talk about all the activities in detail. I will just choose some of them which are the most fascinating.

We had Malaysia Night as well as International Night on the first two days of the trip. People from different countries set up their own stalls, and we told others the history and culture of our country. After those two nights, we got closer and knew more about different cultures.

We also had a Kungfu lesson every day. I was shocked when I knew that we had to practice Kungfu under the hot sun for 2 hours every

day. However, after the training, I experienced the keys to success, which are patience and practice. I still remember the night before the KungFu exam, my roommates and I formed a circle and practiced it together. Because of our hardship, the Hong Kong Team won in the competition.

Besides, I went to Tropical Fruits Farm and Goat Farm. As you can see, I am feeding the adorable goat and trying a kind of tropical fruit called Cardamom. That day was crazily hot. Some Malaysians told me that it was hotter than usual. However, I had a good time with my homestay family. They took me to different attractions, such as street art in George Town and Batu Ferringhi. They also discussed some political problems happening in their country, as well as their education system and the history of Penang. They are nice and friendly. We still often chat on the internet now.



Farms Visit





Farms Visit



Kungfu



Kungfu





Making Friends from all over the world



Chung Ling Private High School

On the fifth day, I went to Chung Ling Private High School. We did some team activities there and took lessons by following their original timetable. Their school starts at 7:40am, so I had to get myself ready before sunrise. I also did a presentation with my groupmates about Hong Kong. Their positive response impressed me! They were active in answering the teacher's questions too! That is what we should learn from them.

Through this trip, I have made friends from all over the world, for example, Taiwan, Korea, Japan, Malaysia, Indonesia and Hong Kong! We often chat in our facebook chatroom.

Last but not least, I want to tell you the main message for this program, which is: peace is possible when people live together, when there is no discrimination, when all people have the chance to be educated despite their income level in society. I hope all of you can learn the true meaning of peace after reading my sharing.

I would like to thank the principal, Ms Wong, for giving me this opportunity. I would also like to thank Mr. Sunny Wong for giving me a lot of help and Ms. Alison Wong for writing my recommendation letter. Finally, I would like to thank JCI Bauhinia and JCI Elite for organizing this program, especially Julie Yu, our school alumna, for sponsoring our trip.



Making Friends from all over the world



Malaysia & International Nights



Malaysia & International Nights



Making Friends from all over the world



Homestay Family



Homestay Family



## Malaysia Exchange Programme 2016 (Focus on IT and Robotics)

<b>Destination</b>	Kuala Lumpur, Malaysia
<b>Period</b>	13-25 July 2016 (13 days)
<b>Host school</b>	Methodist Boys' Secondary School, Kuala Lumpur (MBSSKL)
<b>Participating students</b>	CHIK MAN HANG 2B WONG YAU HON 2B YEP SIU KEI 2B  CHIN YIN CHAI 2W TANG SHUN WUN 2W
<b>Organizer</b>	Methodist College Exchange Affairs Team

### Chik Man Hang 2B

After this trip, I learnt how to take care of myself and how to communicate with other people in English and Putonghua. It was the first time that I had ever gone to another country by and taken care of myself. In fact, I did most of the things by myself. This trip also broadened my horizon. I went to a few famous places and also met a lot of friends. I got along with them very well too. It was really fun for me. Although I was always from my own family, I got along very well with my host family. They were really nice! They told me a lot about the differences between Hong Kong



We went to a theme park on the last day

and Malaysia. I need to thank Mr. Siu and Ms. Wong for giving me the chance to enjoy this program.

My host parents are both Chinese; the father is from Kuala Lumpur, Malaysia, while the mother is from Guangzhou, China. Both of them think of themselves as Malaysians. They thought China was big and improving in technology. They thought Hong Kong was safer than Kuala Lumpur. Kuala Lumpur has more food restaurants than Hong Kong. I hope I can have more chances to go on exchange programmes.



On the last school day, I took a photo with my host



Very happy on that day!

## Wong Yau Hon 2B

During this summer holiday, I did a really special thing which I have never done before: I joined our school's exchange program. The destination was Kuala Lumpur, Malaysia.

On this trip, I have learnt a lot of things, such as the culture, religion and language of Malaysia. When I went to our buddy's school, I found that the school was very big, but they said it is considered small in Malaysia. The school was called MBSSKL which is a boys' school. The principal, Mr. Wong, was very kind to us. He helped us a lot. The school was warm, schoolmates were kind and helpful. I liked this school very much!

My host buddy is called Jason, he is a form

4 student in the school. He was very kind to me. He taught me how to speak Malay. He talked to me a lot, we both learned a lot about each other. He is a quiet boy, he loves drawing and writing. His mother took very good care of me. His father always chatted with me. His grandmother always made a lot of food for us to eat, which was all very yummy! They were all native Malaysians.

We went to a lot of interesting places, including the water park and aquarium. In the aquarium, I saw a lot of special sea animals! We played very happily on that day. I won't ever forget it.

I really learnt a lot. I hope I can go to Malaysia again. It was really fun.



Sports Day!



Sports Day!





Very happy on that day!

Yep Siu Kei 2B

For two weeks, between the 13<sup>th</sup> and 25<sup>th</sup> of July, I had a very unforgettable experience travelling to Kuala Lumpur, Malaysia, for an exchange program. During this period, I learnt a lot about the Malaysian culture. It was really unforgettable.

On the first day of the trip, we arrived at the Methodist Boys' School (MBSSKL). My first impression was that the school campus is very big. Then lots of students came and welcomed us. They were very nice and friendly. The students' timetable is really different from ours. For example, they have 9 lessons each day, so they may have a bit

more knowledge than us.

I lived with a host family during this period; they were very nice. They always took me to go sight-seeing. And they took me to eat many good things too. I also went to the local water park. It was really fun. It has the world's largest and most exciting water park facilities.

In closing, I'd like to thank Mr. Siu for providing me with a great chance to join this wonderful exchange program. I hope I will have another chance to join another exchange in the future.



The school campus



The palace of Malaysia



Me and my host buddy look alike



The school campus

## Chin Yin Chai 2W

During the last summer holiday, I joined an exchange program to Malaysia, organized by the school. This trip lasted 13 days. This was the first time I'd ever been to Malaysia.

On this trip, I made a lot of new friends. The students at the school were all very kind and nice to me. They used Malay during the lessons, so I didn't always understand what the teacher said. When my classmates discovered that I was day-dreaming in class, they helped me and explained the teachers' words to me immediately.

The food in Malaysia is all very yummy, such as curry, barbecued food and

seafood. I went to a lot of nice places too, including the Petronas Twin Towers, a farm, different shopping malls and a water park called Sunway Lagoon.

I think this trip was really meaningful. Not only have I learnt a lot of new knowledge, but I have also learnt how to get along with others. It was really fun!!!!



This is the day that we ate a lot of durian



This is the day that we ate a lot of durian



## Tang Shun Wun 2W

**What I learnt from this trip?**

I have learnt to be independent and some effective communication skills as I had to talk to many Malaysians whom I didn't know. In addition, my host family brought me to some museums to know more about the culture of Malaysia, which really broadened my horizon.

**School Life**

All of the schoolmates were very nice and kind. Even though many lessons were taught in Malay, my neighbors were willing to translate most of the words for me. Their

teachers were also very nice. When they saw me, they said something like "Nice to meet you! Enjoy your trip!". Also there was a canteen which was pretty good, which had food from different countries.

**Host Family**

My host family, apart from the mum and dad, had three brothers. They were really helpful, as they helped me to buy a sim card when I had just arrived at the airport. Also, they treated me nicely, which included helping me to buy some local food and preparing a fabulous itinerary for me.



Went to the Twin Towers



Went to a market with Dereck and Kelvin



Went to a museum



## Immersion Programme to Singapore

<b>Targets</b>	Junior Forms
<b>Destination</b>	Singapore
<b>Period</b>	24 <sup>th</sup> July- 6 <sup>th</sup> August, 2016 (14 days)
<b>Host school</b>	Anglo-Chinese School (International), Singapore
<b>Participating students</b>	Yu Hei Man 2R Choy Batsy 2R Yuen Hiu Ching 2R Law Chi Yu 2R
<b>Fee</b>	Fully sponsored by Ms. Helena Sito Fund Education
<b>Organizer</b>	Methodist College

### Itinerary

Date	Activities	Place/Remarks
24 <sup>th</sup> July ,2016	-Depart from HK -Meet & Greet by ambassadors and teacher in charge -Welcome- Checking in at Oldham Hall -Meet Hostel buddies -Briefing at Oldham Hall -Dinner	-Changi Airport -Oldham Hall
25 <sup>th</sup> July ,2016	School (8 am-3:15pm) Exploration around the school with buddies	-ACS ( International)
26 <sup>th</sup> July,2016	School ( 8am-3:15pm) -CCA(Co-curricular activities) with buddies Yuen Hiu Ching: Creative direction Law Chi Yu: Music Ensemble Yu Hei Man : Life Science	-ACS ( International)
27 <sup>th</sup> July, 2016	School ( 8am-3:15pm) Visit to Merlion Park	-ACS (International) -Merlion Park

Date	Activities	Place/Remarks
28 <sup>th</sup> July, 2016	School (8am-3:15pm) -Inter House Girls' touch rugby and Boys' basketball Competition (3:30pm-6:30pm) -Visit to Newton food center	-ACS(International) -Newton food center
29 <sup>th</sup> July,2016	School (8am-3:15pm) -Barrett Music Competition (5:00pm-7:00pm) -Visit to Singapore Flyer	-ACS ( International) -Singapore Flyer
30 <sup>th</sup> July,2016	Open House (8:15am -1:00 pm) -Shopping at Orchard Road/Bugis Junctions -Dinner	-ACS (International) -Orchard Road and Bugis Junctions
31 <sup>st</sup> July,2016	Visit to Universal Studios(10:30am-5:30pm) -Watching the Outdoor Night show, Wings of Time	-Universal Studios -Beach station, Sentosa
1 <sup>st</sup> August,2016	School( 8am-3:15pm)	-ACS (International)
2 <sup>nd</sup> August,2016	School( 8am-3:15pm)	-ACS ( International)
3 <sup>rd</sup> August,2016	School(8am-3:15pm)	-ACS ( International)
4 <sup>th</sup> August, 2016	School( 8am-3:15pm)	-ACS ( International)
5 <sup>th</sup> August,2016	School(8am-12:10pm) -National Day Celebration -Visit to China Town -Visit to Gardens by the Bay	-ACS ( International) -China Town-Gardens by the Bay
6 <sup>th</sup> August,2016	Return to HK	Changi Airport

## Reflection and Learning

### Be an Active English Learner in Singapore

Choy Batsy 2R

Since ACS is an international school, their educational system and teaching methods are very different from ours. For example, they divided English into two subjects, English and ESOL (English as Second Language). The former is for students who are interested or good at English, while the latter is for students who are foreign to English. In comparison, I think it's easier to master knowledge in ESOL. My friend Twinky, who went with me to Singapore but took English, told me the students were required to write rhetorical questions in their essays. However, students who study ESOL only need to write a letter to their friends without any special requirements.

communication in daily life varies a lot, according to the student's passion for English. Singaporean students will feel more relaxed to use their first language to communicate with their friends.

In Hong Kong, we have Hong Kong English. So in Singapore, they have Singaporean English too. During the trip, I realized most Singaporeans tend to speak English in an interesting way. The majority will keep the last syllable in a high key. This is so different from our English which we usually add interjections like 'la' or 'lor' when we speak in a chatty and informal way.

ACS (International) also prefers the students to explore the knowledge by themselves rather than telling the answers to the students directly. For instance, teachers would tell the students to use their electronic devices or dictionaries to check the meanings of advanced words when articles were distributed. In addition, they didn't need to memorize vocabulary or do book reports, etc. They only needed to do projects or write essays. For example, their teacher gave them an assignment to write a letter about one thing they think is the most important to their friends.

After this trip, I've learnt to ask questions bravely for active inquiry, if I want to avoid any misconceptions with another person. It was a fruitful trip and I hope I can go for an exchange program next time to learn about different teaching and learning methods in another country.



Batsy with her fun Geography teacher, Mr. Aitken

On the other hand, I think the popularity of using English as a medium for



Batsy's best friend and buddy, Kalista



## Singapore as a Multicultural Country

Law Chi Yu 2R



Beverly and her buddy, Mito, in their Physics class

Singapore is renowned for being an international city, consisting of Chinese and migrated Europeans. The people there respect cultural diversity and live together in harmony.

At ACS (International), I've seen the students talking to one another in different languages like Malay, English and Mandarin. It was a fun sight. Sometimes they taught others their mother languages and funny moments were created. They were proud of their cultural diversity and were interested in learning about one another's culture.

The students befriended one another despite their race, skin color or language. Their differences only made them appreciate one another more than anything and that impressed me a lot. I was taken aback by their unity.

Besides our school life, I would also like to talk about what I've seen outside of school.

Chinese culture is a big part of the Lion City, but besides the Chinese food and

architecture, there are also countless Muslim temples and restaurants around every corner of Singapore. Some of the people in Singapore can speak Minnan Hua, Teochew and Urdu, in addition to English and Mandarin!

The local people are so friendly to the tourists. We were once asked by a businessman where we came from and our answer earned us a smile. He welcomed us to Singapore as well.

The people in Singapore come from different parts around the globe, yet they embrace one another's cultures with the sole purpose of living peacefully in Singapore, this multicultural country. It's a very hopeful sight amidst the horrible happenings around the world.

Singapore is a kaleidoscope of culture. It has been a life-changing experience and I've learned to respect the origins of the people in Hong Kong. There's too much to tell but I highly encourage the F.1-F.3 students to participate in the program to learn more and give themselves chances to explore more. You will surely learn so much more than what you can imagine!



Little India

## A Brand New Lifestyle in Singapore

Yuen Hiu Ching 2R

**D**uring the two weeks' stay in Singapore, I observed quite a lot of differences between the Singaporean lifestyle and ours. First of all, about the Singaporeans' preferred clothing: it's scorching hot in Singapore, especially in summer time. Singaporeans like wearing T-shirts and spaghetti tops. For their bottoms, they prefer shorts and flip-flops. Also, their school uniforms are much shorter and more comfortable.

Apart from the clothing, let's talk about the different cuisines in Singapore. Since we lived in the dormitory, we tasted the food they usually have there. Singapore is an international country. It cares about different people's religions. For example, we would have chicken or fish in the canteen, as some of boarders are Muslim.

We also tried some local cuisines like laksa, barbecued, chili and pepper crabs. I've noticed most of the Singaporean dishes are spicy. One of the local cuisines

I just mentioned is laksa. It consists of rice noodles or vermicelli with chicken, prawns or fish, served in spicy soup. It goes together with coconut milk, which is rich and tangy.

Last but not least, there's more to their culture. To



Twinky with her English Literature teacher, Ms. Lauv

build up their national consciousness, at 8:05 every morning, students have to stand still and listen to the national anthem. And I think Singaporeans have a strong sense of belonging to their country despite their diverse cultures. In addition, students of different nationalities befriend one another despite their differences. For example, on the National Day celebration, students were divided into houses and every student got their own mini flag of Singapore. The houses waved their house flags and had a magnificent parade. The school prepared lots of interesting and inspiring activities for students. I was most impressed by the music performance brought by a band of people dressed in traditional clothing. Some of the students were invited to join them on stage and it was so funny. We



Twinky with her laid-back buddy Jamie, who always got good grades in tests



Our first day with Mr. Burrough(far right at the back), the ambassadors and Miss Jasmine Teo(far left in the first row)

had a great time at the event and I think this event united the school more and emphasized the importance of national consciousness.

In conclusion, I think Singapore is a charming country and she provides a good learning environment for students.



Pepper crab



The famous chili crab

I am really grateful for having the chance to experience such a diverse lifestyle in Singapore through the trip.



## STEM Education -An Inspiration for Teaching and Learning

Yu Hei Man 2R

**B**oth Singapore and Hong Kong are metropolises; however, there are big differences in the educational systems and, even, the attitude of students.

In Singapore, teachers only explain the topic briefly before giving students a whole lesson, especially in Maths and Science lessons, to find the answers to a list of questions which are about the topic they're learning by themselves from the Internet. This practice causes them to ponder more about the questions, as there are a lot of diverse answers on the Internet. More importantly, students will write down the answers in spite of the possibility of being wrong. The teachers there encourage the students to be more confident and learn from their mistakes. I really like how the teachers care more about the things they can learn from their mistakes than the actual mistakes. The students are also

required to finish worksheets in order to understand the topic clearly and learn more about the skills of answering different types of questions in the exams. If the students need help, they can surely ask the teachers for help. Besides that, there are quite a lot of projects to do. The projects mainly discuss more in-depth knowledge of the topic or knowledge we are not familiar with. In fact, the projects are quite interesting.

As a learner of Maths and Science, this way of learning really inspires me a lot. Not only does it prompt me to think more before I answer the questions, but it also allows me to have a more profound impression of the topic. It also sparks my curiosity and interests toward these topics.

In short, it's a novel and inspiring experience for me and I would love to join the program again if I have a chance to.



The best wishes to our buddies



Nicole and her buddy, Sarah, in their Chemistry class



Nicole and Mr Song, her Chinese teacher



Nicole and her Geography teacher, Mr. Balasundram, who was very kind to her



With Ms. Koh (far left) at the airport before departure



Having ice-cream with the ambassadors before departure day



Our visit to Merlion Park

## “Low Carbon City” Study Mission in Denmark and Sweden — Be an environmental protection soldier of the new era

**Destination :** Copenhagen, Denmark  
Malmö, Sweden

**Period :** 9 – 17/ 8 / 2016

**Organizer :** Electrical and Mechanical Services Department, HKSAR Government

**Number of participating students :** 10

1	Batsy Choy
2	Maggie Kong Mei Yi
3	Alex Kwong Hoi Yan
4	Lorraine Lam Ho Ching
5	Arlene Lam Wing Kwan
6	Alby So Tin Wing
7	Holly Tam Hau Yee
8	Clarissa Tsoi Yuet Kiu
9	Nicole Yu Hei Man
10	Twinky Yuen Hiu Ching

2R

### Introduction

Our ten F.2 students won the highest Platinum Award in the Youth Energy Saving Award Competition organized by the Environmental Bureau and the Electrical and Mechanical Services Department (EMSD). Together with officials from the EMSD, including the Director Mr Chan Fan, award winners from the open category, two advisors from the Hong Kong Institute of Engineer and a reporter sent by the

Commercial Radio Hong Kong, they formed a delegation of 30 to visit two low carbon cities in the northern European countries, Malmö in Sweden and Copenhagen in Denmark.

They visited different places in the two cities to learn about their success in green development, aiming at bringing some ideas back to Hong Kong.




The delegation



## Itinerary

Date/Time	Event	Remarks
<b>9 – 10 August 2016 (Hong Kong - London - Copenhagen)</b>		
<b>9 August 2016</b>	Hong Kong - London - Copenhagen	
<b>10 August 2016</b>	<ul style="list-style-type: none"> <li>• City Walk of Copenhagen (Green culture and living)</li> <li>• Tour of “Behind the scenes” of National Aquarium Denmark, Den BLA Planet (Electricity and water consumption saving)</li> <li>• Copenhagen to Malmo by coach</li> </ul>	
<b>11 – 12 August 2016 (Malmo, Sweden)</b>		
<b>11 August 2016</b>	<ul style="list-style-type: none"> <li>• SEA-U Marine Science Centre (Sustainable development)</li> <li>• Visit Alfa Laval heat exchanger production factory (Electricity consumption saving)</li> <li>• Visit “Turning Torso” in Western Harbour (Green building)</li> </ul>	
<b>12 August 2016</b>	<ul style="list-style-type: none"> <li>• Meeting with Mrs Sara Marklund on the climate plan of the municipality of Malmo (Climate change)</li> <li>• Lunch with Mrs Åsa Hellström and Mrs Sara Marklund</li> <li>• Eco-City Augustenborg (Green building, green roof and storm water delay technique)</li> </ul>	<ul style="list-style-type: none"> <li>• Mrs Sara Marklund, Environmental Strategist, Environment Department, City of Malmo</li> </ul>
<b>13 -15 August 2016(Malmo, Sweden - Copenhagen, Denmark)</b>		

Date/Time	Event	Remarks
<p><b>13 August 2016</b></p>	<ul style="list-style-type: none"> <li>• City Walk of Malmo (Green culture and living)</li> <li>• Malmo to Copenhagen by coach</li> <li>• Shopping foods and drinks in supermarket for the lunch at Fælledparken Park (Green living)</li> <li>• Lunch at Fælledparken Park (Foods and drinks to be prepared by the delegates)</li> <li>• City by Bike (Green transport)</li> </ul>	
<p><b>14 August 2016</b></p>	<ul style="list-style-type: none"> <li>• National Museum of Denmark -&gt; 美人魚像 -&gt; 卡斯特雷特堡壘 Kastellet -&gt; Torvehallerne 廣場市集 -&gt; Nyhavn 新港運河徒步區 -&gt;</li> </ul>	<ul style="list-style-type: none"> <li>• one short ride by metro</li> </ul>
<p><b>15 August 2016</b></p>	<ul style="list-style-type: none"> <li>• Visit House of Green, introduction to Denmark and the green Danish transition (Green town planning)</li> <li>• Presentation from the City of Copenhagen on green transport strategies for the Danish capital (Green transport)</li> <li>• Visit a waste-to-energy plant, Amager Resource Centre (Waste-to-energy)</li> <li>• Boat tour to offshore wind farm at Middelgrunden (Renewable energy)</li> </ul>	<ul style="list-style-type: none"> <li>• Presentation on board by Hans Christian Sorensen, chairman of the Middelgrunden Wind Turbine Cooperative</li> </ul>
<p><b>16 – 17 August 2016, Tuesday (Copenhagen, Denmark – Manchester - Hong Kong)</b></p>		
<p><b>16 August 2016</b></p>	<p>Copenhagen - <b>Manchester</b></p>	
<p><b>17 August 2016</b></p>	<p>Manchester - Hong Kong</p>	

## Reflection on the Low Carbon Study Mission to Denmark and Sweden

Lorraine Lam 3R

In the Low Carbon Study Mission, I have seen and learnt about plenty of things, such as the green culture and life in Copenhagen, Denmark and Malmo, Sweden, the green building in Malmo and

routines, instead of driving their own private cars.

The tallest building in Malmo is the HSB Turning Torso: a sculptural, sustainable



the combatant citizens of Copenhagen, in regard to climate change.

Copenhagen is a city of pedal power, and is often highlighted as one of the world's best bicycle cities. Broad, fast and comfortable bike lanes make the ride safe, whether you are going to work, school, or sightseeing. Whether you are a child or a senior, you can enjoy it, as cycling in Copenhagen is for everybody. Although my friends and I didn't have the opportunity to ride bicycles during our stay, I can appreciate that Copenhagensers enjoy riding their bicycles, even when heading out for their daily

skyscraper which spirals at it ascends above the skyline of Malmo. This tower stands 54 floors high and features a form inspired by nature and the human body. The sculptural tower is supplied with 100% locally-produced, renewable energy. I admired the architect who designed this building very much!

It is admirable that the citizens of Copenhagen became more aware of the importance of climate change. It made me think about the situation at home in Hong Kong; we also need to awaken ourselves, to be prepared for the climate of the future.





Visit to the waste-to-energy plant



Being Interview by one of the audio channel



We yelled, "Best Friends Forever!!"



Experience learning in the SEA-U Marine Science Centre with their CEO

### Batsy Choy 3R

If you asked me, “What was the most memorable thing you saw and learned during the trip you took this summer?” I would say that two remarkable experiences have popped up into my mind. The first was the visit to Alfa Laval, which is the heat exchanger factory. We were so lucky to have had the chance to peek inside the factory and learn more about the production process of the heat exchanger. Although it was quite a difficult concept to understand, it was interesting.

The other remarkable thing I saw was the Turning Torso. I thought, “Yes, I’m right, I didn’t choose the wrong place to visit!” as soon as I entered the building. It is so cool and fascinating, what a gorgeous building! The view from the 54th floor was so much like a peaceful picture. I loved it so much. I hope I will have another chance to go on a study mission, to see and learn about different things that matter in this world.

### Twinky Yuen Hiu Ching 3R

The whole group of us were divided into two smaller ones. One group went to catch plankton and the other went to catch some fish and other creatures in the sea. I was so impressed that I was able to walk around in the sea, despite the cold weather. The wind really chilled me to the bone, and with a runny nose as well! I felt it was an amazing activity, one which I couldn’t experience in Hong Kong.

splendid. The manager of the garden told us about the materials used on the rooftop, including the solar panels. We also went to some of the residential areas, to see how the people in Denmark make their city green. I learned a lot from both the talk and the short walk that followed it.

The Botanical roof garden was wonderful; imagine going sightseeing in a gorgeous garden. The scene was astounding and

The Danish government reserved a boat for all of us to have a ride on the sea, to watch how the windmills work, up close. On the boat, I could forget about the gloomy mood and scorching hot weather in Hong Kong, plus the view was so nice.



We took a group photo with the CEO of turning torso and the manager of Alpha Laval



Lunch with Mrs Asa Hellstrom from the Malmo City Planning Office



Visit to green roofs in the Eco-city Augustenborg



## Holly Tam Hau Yee 3R

I am very glad to have had this opportunity to join the Low Carbon Study Mission. This trip was so meaningful and I have gained many precious experiences.

On the first day in Copenhagen, we visited the National Aquarium of Denmark and had a tour “behind the scenes”. I was quite amazed, to be able to explore the aquarium from behind the scenes. The aquarium saved energy by allowing some seawater to cool down the water used for the aquarium. Because of this, the aquarium saves 80% of its total energy.

As for the last day of the trip, we visited the offshore wind farm. I really enjoyed travelling by boat. I was shocked when I learned that 40% of the energy provided to Denmark’s citizens comes from wind power.



Therefore, we can see that wind power is very important to Denmark, and the world.

This experience was very memorable and I really cherish the memory of the experiences I had in Malmo and Copenhagen.



**WESPA-MSI 11<sup>th</sup> World Youth Scrabble Championship**

Destination	Lille, France
Competition date	27/8/2016-29/8/2016
Participating students	Calvin Ma 3W, Brian Po 2W
Organizer	World English-Language Scrabble Players Association
Venue	Lille Grand Palais
Rank	Calvin Ma ranked 16 / 107 Brian Po ranked 83 / 107

**Brian Po 2W**

After this trip to France, I have learnt a lot and gained valuable experience, such as scrabble playing skills & unusual words formed by my opponents in the competition.

Apart from scrabble, I have learnt the culture of other countries. I came to know more about the world, which I can never acquire from books. It was indeed an eye-opening experience for me.



Brian playing against Schel Infas (a player from Qatar)



Brian and Calvin in WYSC 2016



Brian and Calvin in the Notre Dame de la Treille in Lille

<b>Targets</b>	Senior Form
<b>Destination</b>	Woodhouse Grove School, Bradford, UK
<b>Period</b>	21 June to 5 July 2016 (14 days)
<b>Participating Students</b>	Kelly Wong 5B Stephanie Kwok 5B Harry Tsui 4B Matthew Kwok 4R
<b>Organizer</b>	Methodist College
<b>Fee</b>	Fully sponsored by the Miss Helena Sito Education Fund)

## Itinerary

Date	Activities	Place / Remarks
21-22/6	Departure from Hong Kong Rest in the boarding Houses (Miller and Broadwell)	Hong Kong, Amsterdam, UK(Woodhouse Grove School)
23/6	First School Day with year 12 After-lesson activity : strolling near the school, visiting the local supermarket	Woodhouse Grove School
24/6	Second School Day with year 10 After-lesson activity : strolling near the school, trying local café (Costa)	Woodhouse Grove School
25/6	Morning pack-up Entering the campsite Setting up camps, marshmallows heating near the campfire and hot chocolate	Campsite near WGS
26/6	Leaving the campsite Brunch at KFC Sightseeing near the school (near train station)	Woodhouse Grove School
27/6	Normal Lesson Day with year 10 Off for a walk after school	Woodhouse Grove School
28/6	Normal Lesson Day with year 12 Off for a walk after school	Woodhouse Grove School



Date	Activities	Place / Remarks
29/6	Outing with Mr. Simon Vernon to Chevin forest park Shopping in Leeds	Otley Chevin forest park Leeds
30/6-1/7	Normal Lesson Day with year 12 After-lesson activity : strolling near the school, trying local café (Costa)	Woodhouse Grove School
2/7	Prize Day of WGS Visit to the Industrial Museum	Woodhouse Grove School Industrial Museum
3/7	Outing to Skipton with Dr. Hollingworth and Mrs. Hollingworth	Skipton
4/7	Normal Lesson Day with year 12 After-lesson activity : strolling near the school, trying local café (Costa)	Woodhouse Grove School
5/7-6/7	Departure from the UK	Amsterdam, UK(Woodhouse Grove School) Hong Kong



Students of the business class

## Reflection and Learning

Kelly Wong 5B

**B**efore the trip, I thought a two-week stay was long enough, but when it came to the last day when I had to say good-bye, I realised the time was just far too short. It was the first time that I had travelled alone without my parents and encountered so many different foreign faces. I had to step out of my comfort zone, doing something I had never done before. This programme has brought me unimagined rewards and worth-cherishing memories in the end.

Experiencing the school life in Woodhouse Grove School, I realised how limited my horizons were after I had spent 17 years studying in Hong Kong. Taking various lessons ranging from Psychology, Religious Studies, Business studies to Economics let me experience some subjects which I do not study in Hong Kong. What's more impressive was the attitude of the students there. Other than sitting quietly and copying notes, they were more enthusiastic and proactive in asking

questions and discussing different topics. I witnessed a totally different learning style and I really appreciated the attentiveness of the students as well as the helpfulness of the teachers. Together, they became solid components of a good school.

Apart from the fun-filled school life, which has widened my horizons, another event which contributed to one of the most memorable parts of my trip was definitely the outing to Skipton. Dr. Hollingworth, a former English teacher of Methodist College, and his wife, brought us to have a stroll in the town. On a cozy Sunday afternoon, not only did we have a decent



One of my buddies, Esther, who has helped me a lot

lunch together, but we also visited the renowned Skipton castle. To our surprise, the Chinese version of the map of the castle was translated by our students years ago. Other than enjoying the splendid scenery there, we also had a nice chat with Mr and Mrs Hollingworth, which was undoubtedly one of the best days in my trip. I am so grateful to have met all the nice and friendly people there. It not only enhanced my English proficiency, but also has enriched my life experience.

Thanks to the trip, I have become a more independent and mature person. When you have taken the initiative to do something totally new to you, and whether the process



We are enjoying our meal

is sweet or bitter, you will always receive unexpected rewards and lifelong memories. And I am glad that mine was unforgettable and sweet. Adapting to a new environment was not easy, and other than the knowledge

gained, it was about the way to get along with people, to enjoy the moments, and most importantly, to reflect and improve yourself from new people and experiences.



A visit to the Broadwell Industrial Museum



We are having a great time at the Skipton castle with Dr Hollingworth and his wife



A short visit to the town of Leeds



One of my friends, Harriette, who has studied in Hong Kong before





## Stephanie Kwok 5B

The world is a book - a thick book which one could never finish reading. Reading a new page allowed me to not only know more about the world, but also reflect more on myself.

Travelling to an unfamiliar country made me realize how little I had experienced before, and how much more there is in the world. I have never thought that summer would be cold. I used to think that there is no way for nights to be bright; and I could never imagine that there would be any compliments for school canteens. Yet, those were my experiences in the trip. I had my eyes wide opened when I was told that heaters are needed in summer and curtains are essential for blocking sunshine at night. Most surprisingly, loads of my classmates were really fond and proud of their school's food. Even from insignificant incidents, I found that my stereotypes were not true.

Overcoming stereotypes was only my initial step to adapt to the new environment.



What was more challenging was to expand my social circle in an unfamiliar place. Striking new friendships with ones not of my city was quite a strenuous task. But the process was enlightening. Communicating incessantly using a language that is not my mother tongue was undeniably thorny, especially when it came to listening to Yorkshire accents, which are prevalently used in the city I was staying in. Through experiencing awkward moments of misunderstanding and clarification, I learnt to pluck up my courage instead of being shy





Me and my beloved friend, Harriet

when I encountered new acquaintances. Speaking English throughout the whole trip with the natives, I also polished my fluency and boosted my confidence in using English.

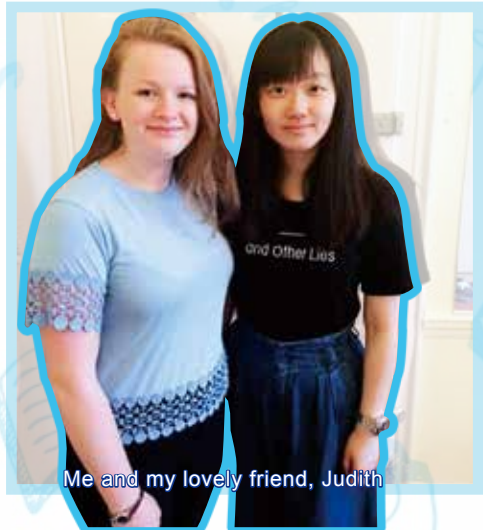
I have learnt a lot from staying at an unfamiliar place and getting in touch with foreign people. Yet, what impressed me the most was definitely the experience of educational differences between the UK and HK. It was really surprising for me to study in a school campus with spacious and outspread lawns and comfy classrooms. Students there enjoy the free atmosphere of learning and find studying intriguing. They actively participate in lessons and always ponder beyond the requirements of the school. It is beyond a shadow of doubt that the trip allowed me to know more about how foreign students learn, but what's more paramount is that it stimulates me to reflect on our education. Compared to western education, ours is too exam-oriented, which, to a certain extent, discourages students to learn. We are not as active in classes and as enthusiastic about seeking extracurricular knowledge as learners overseas. Our educational styles and learning attitude need to be improved, not to mention the packed campus typical of Hong Kong schools. When overseas, I learnt a lot about the UK, and, unexpectedly, more about my home city too.



We four with Mr. Lockwood, headmaster of WGS

The trip was a completely educational yet relaxing one, enabling me to gain deep insights into a new place and shaping me into a more courageous person, as well as triggering introspection upon our way of learning. Only by stepping out of one's own comfort zone can one discover exciting things - knowing this was my greatest harvest; and this would surely encourage me to take adventures instead of playing everything safe.

If the world is a book, I believe I have just read a beautiful page. However short my journey lasted, this page will always be kept deep in my heart.



Me and my lovely friend, Judith

The U.K. is currently a European country. There are lots of differences between Europe and Asia. This was definitely a trip that widened our horizons so much.

### Recreation (camping)

British people love going camping so much. They often go camping at the weekend rather than doing other entertainment. There were not many recreational facilities at the campsite. We had to bring balls and flying discs. This is different from Hong Kong. We normally go to campsites with lots of activities available, such as rock climbing, archery and cycling. As a Hongkonger, I have not gone camping only to play ball games on a field. I didn't think it was fun but I was really impressed with their appreciation for nature. At night we had a barbecue. In the morning, Matthew and I heard the sounds of various birds, such as owls and crows. Those sounds are rarely heard in Hong Kong. Thus, we had a fresh camping experience.

### Learning

Students there are eager to learn. They love asking questions. Unlike many of my Hong Kong classmates, they are willing to learn something out of the exam syllabus. The textbooks they use contain more details about the principles. This nurtures students to have a sense to know and understand

those basic principles in each field. They do not have core subjects in senior forms. The education system there does not require students to become an "all-rounder" but an expert in a specific field. This is much better than Hong Kong. It is unreasonable for a historian to be expected to master Mathematics or a scientist to master languages. Basic knowledge learned from junior forms will be sufficient.

### Harry Tsui 4B



One of the Geography teachers

### Historical knowledge gained on this trip

We visited an industrial museum and I now know more regarding the historical facts about post-Industrial Revolution Europe. People crafted and produced wool products by steam-powered machines. Various steam engines are displayed in the museum and I was really impressed by the area where so many large and complicated steam-powered machines are displayed. Hard to believe they were really operating during the early 1900s. The enormous wheels that went round and round non-



A steam powered engine with turbine



Having pizzas for dinner in our tent





Something special about the castle

- ◀ The symbol of the family that owned the castle
- ◀ Lead water pipes inherited from the Romans



Stone walls are commonly found there. As no plaster was used in the construction, it needs to be repaired regularly. This kind of stone wall indicates the borders of farmlands that a farmer or a landlord owned in the past.

stop a century ago were now lying in the museum. This was really amazing to me. We also visited Skipton Castle. It was the first time that I had ever visited a medieval castle. The castle was built nine centuries ago. Although it is not big, it is still one of the most complete and well preserved historical buildings. By visiting the castle directly, we know more about the life of nobles in the medieval period from the space made for the archers, the comfortable dining room, and the lead water pipes.

## Food

The salad in Britain is remarkable. There is a range of appetizing salad sauces that are rarely seen in Hong Kong. British people seldom cook vegetables. I ate cooked vegetables only once during the trip. You



DT lesson with one of the classmates



Geography lesson with some smart guys

can imagine how rare cooked vegetables are in the U.K. The locals love pizza so much. Having a pizza for a meal is common. They also have so much deep fried food, such as fish and chips.

Experiencing cultural differences is enjoyable for me. By seeing new things and experiencing a new lifestyle, I did gain a lot more knowledge about British people and the culture in the United Kingdom. This was really a golden opportunity for me to learn so much. I am so lucky to have had such a chance.



A special wrap called a burrito. They are commonly sold in local KFCs.

## Matthew Kwok 4R

It is never an easy trip for a group of teenagers to travel to an unfamiliar and distant country by themselves. But it is always a good way for learning and experiencing life. Personally, every trip is another great opportunity for me to learn more about the world. This trip to the UK was full of surprises and new experiences. When we first arrived at the airport, we already faced the problem of getting our luggage checked in. I think that this trip helped me learn more about overcoming obstacles that appear suddenly. Throughout the whole trip, I faced different kinds of problems. For example, the different lifestyles there made me struggle a bit to fit in. Being in an unfamiliar place, time management and communication skills were very important. Always putting others first is also significant. This trip also made me learn to be more independent. With no parents by your side, I had to do many things by myself. This is surely a meaningful trip for me to learn different things.

Over the course of this trip we did not just learn more about the lifestyle of U.K. students, we also learnt more about other countries, since there were many boarding students from all over the world. It seems that people in the U.K. take things more easily and slowly in their own country. They



We set off for camping and I shared in the tent with Harry.

take their lessons much more easily than us in Hong Kong. However, they usually think more seriously and ask more questions than Hong Kong students. The U.K. is a much more comfortable place, at least in Bradford. People do whatever they can to help anyone who needs help.

By getting along with different people, we heard some of their thoughts about their own country. The U.K. leaving the European Union is one of the most obvious examples.

When I first arrived at the Woodhouse Grove School, I watched a performance of students from the lower forms. They made a short video clip saying that teachers had low expectations of them, but the performance was actually a great success.



There are also friends from other countries. This is Sarhil from the Middle East.



We went to the Industrial Museum near our school.



Lunch time when we went on a little shopping spree in Leeds.

They showed everyone sitting on the spectators' stand what they were capable of. They had their own dreams, and they knew what to do to make them go further to achieve their goals. This made me wonder: what should I do? I am the one who doesn't have a great dream. But at that moment, I was thinking about what I should do and what I can be in the future. That is what makes people go further than before.

Being a boarder, homesickness is almost inevitable. When you live in the boarding

house, all of the work needs to be done by you: keeping the house clean, reminding yourself to learn. Your parents will not be there doing things for you. And that's what makes you more independent. So, for the Hong Kong teens: be grateful that your parents are still next to you.



I can finally meet my cousin, who I haven't seen for quite a while. It was a little bit sad that I could only stay with him for a day.

We are gathered at the fire and toasting marshmallows and drinking hot chocolate.



# UK Cambridge English & Science Summer Programme

Destination	Cambridge, England
Period	4 – 13 August 2015 (10 days)
Host school	Churchill College, University of Cambridge
Subject	Academic Science
Participating students	Roger Chui (3W)

## Itinerary

Date	Activities	Place/Remarks
Throughout the Programme	Lessons – Physics, Chemistry, Biology PHY: Waves, photo electricity etc. CHEM: Electrochemistry, Thermochemistry BIO: Heart, Digestion, DNA	Sawston
4/8	Greenwich Observatory, National Maritime Museum, The Phantom of the Opera	London
6/8	Wind Turbine Visit	Swaffham
9/8	Institute of Astronomy	
11/8	National History Museum, Evening Presentations	London
12/8	Concert	Fitzwilliam College
13/8	End of Programme	---



Rare pink-blue sky at night

## Most Impressive Moments

The two weeks in Cambridge was a marvelous experience—I learned, I played and I was satisfied. It left an everlasting mark in my book of precious memories, and there are some bits inside this trip that stand out to me even more. As a semi-nerd in Mathematics, my most memorable experience has to be the Physics lessons. I liked it for the teacher – he was like no teacher I’ve ever had before. He taught us the correct attitude for doing experiments, such as being aware of errors, using the best instruments, etc., which was something that I didn’t even think of or care about. His lessons were always meaningful and thought-provoking, and when I got back to my room at night, I always discovered myself within the notes he had given us that day. It was fun to explore the things he said, and do exciting research for yourself. Another amazing bit was watching the famous musical I’ve never gotten a chance to watch, “The Phantom of the Opera”. It is

### Roger Chui 3W

an amazing musical, with an amazing plot performed by amazing actors, with amazing special effects. I was very impressed.



King's College Chapel



My group (and another one too)

## Reflection and Learning

**B**efore this trip began, I longed for a wonderful journey. A journey filled with learning, laughs, and long-lasting memories. And I am not disappointed to say, I got exactly what I wanted from this trip.

I loved what I've seen from this trip – the views, the architecture, the culture...they're all very stunning. With Britain being a country with a long history, lots of old building designs and historical buildings are found there. Things like short, brick-made houses, narrow streets, giant, historical colleges like Trinity and King, historical instruments like pipe organs....there are hundreds, thousands of things in Britain which have so much historical value, and represent England's lifestyle, education, historical events..... all are seen and witnessed when you go to a historical place in England, and Cambridge is no exception. Another thing, the environment in England is absolutely excellent, and it's something Hong Kong needs to learn from. In England, there are trees and plants everywhere—you see green anywhere there. This makes Cambridge an even more comfortable place. It helps the environment so much, and makes us healthier too. An economically-inclined city such as Hong Kong has forgotten the importance of a healthy environment – now's the time to remind our city!

At the start of this trip, I was quite shy and passive – not to mention that I was



Me and my Hong Kong friends

quite sick, too, which didn't help me to enjoy the first few days. My other group members talked every time we had a meal, while I was being a silent wolf, minding my own business. But over time that changed, quite quickly in fact. As we had more lessons, activities, and meals, I began to discover more and more topics to discuss with them. I even cracked some silly jokes in front of them sometimes—our group had endless laughter. The connection, the friendship, the trust, the admiration.... it was nothing like I've ever felt in Hong Kong. Not only were we all so friendly, but I was so happy that my Maths problem-solving and piano abilities were recognized as well! Their admiration and praise towards my strengths have made me feel more confident in myself – it even made me more interested in Maths, and re-ignited my interest in piano! Meeting those people is without a doubt a privilege, and I do hope to see people like them more often in the future!



## Welcoming exchange students into Methodist College

We are fortunate to have had exchange students staying with us for various lengths of time. Max and Giulia, from France and Italy respectively, have spent a whole year here at Methodist College.

Additionally, we have hosted two Malaysian students from Methodist Boys' School Kuala Lumpur. What a great chance for us to enjoy cultural diversity.

<b>Exchange Programme</b>	AFS Intercultural Exchange Programme (high school)		Malaysia Exchange Programme (by Methodist College)
<b>Nation</b>	France	Italy	Malaysia
<b>Period</b>	August 2015– June 2016		23 November – 6 December, 2015
<b>Exchange Destination</b>	Hong Kong		
<b>Host school</b>	Methodist College		

Exchange students from Europe every year



Being part of us

## AFS Intercultural Exchange Programme (high school)

Nation	France	Italy
Exchange Student	Max Loizeau	Giulia Guccione
Host Class	4B	4G
Period	August 2015– June 2016	
Host school	Methodist College	

### Max Loizeau 4B (from France)

I still remember my first steps in Asia last summer. At the beginning, I found it hard to adapt to such a different world and such a different way of life. But after some time, I have learnt a new way of thinking that has helped me with my immersion at home as well as at school.

I have met plenty of people and discovered many things which have made my experience memorable. If I had to look back on this year spent with you here, there are of course some things I would like to change, some things I could have done but I haven't and some I still regret

to have done. One of the things I am the most grateful for is that you accepted me with my qualities and my flaws and gave me all the support I needed during the tough moments. So it's time to say thank you for this wonderful experience that will stay engraved in my mind forever, even if, objectively, I can't thank you enough for all you've done for me. I'd like first to say a few words about my host family because they mean so much to me. These people got to know me from the first second I met them in the airport. They gave me the privilege to become a part of their family. They always strived to help me to adapt



The first hotpot I had with 4B classmates in September



My family and I celebrated the birthday of my host mom

myself to the culture and they taught me a lot about Asian traditions, most notably by travelling a lot. I consider my host brothers as if we had the same blood. It may seem crazy to hear that, but I now consider myself as having two families in two sides of the world. I really don't know how I will deal with the separation, but beyond the grief I am so proud to be able to say that I have become part of their life.

The other major part of my experience, which is the reason why I write this article, is my school, Methodist College. My adventure could not have been that great without everyone who helped me at school. I was sent to school for something like ten days after I arrived in Hong Kong. Everything around me was weird. There was a plethora of new sounds, smells, landscapes; I was really intimidated by



The class photo of 4B





My family and I on my birthday evening



One of the pictures we took on the last school day

this new “odd” world. The first time I went to school on a school day was one of the strangest days of my life. Indeed I didn’t understand anything about what was happening around me.

Some days later came the Sports days, which helped me to get to know the Form Four students a lot better. During the four following months until the Christmas holidays, I had enough time to get to know a lot of nice fellows from 4B and to improve my English skills substantially. Then came the School Picnic, which was also an important event of my school life. I also enjoyed passing my exams and spending the second term really integrated in the school system. So thank you, thanks to the principal Ms Wong to allow two exchange students to live this experience in a wonderful school every year. Thanks to Giulia, with whom I shared a lot of marvelous moments, given that we were in

the same situation. Thanks to our teachers for taking care of us all the time. Thanks to all my teachers, who have always been nice and patient with me. Thanks to my friends from the other classes, with whom I used to have some lessons, and above all, thanks to my wonderful class, 4B and our class teachers, for giving me a chance to entirely belong to them. The year I spent with you guys couldn’t have been the same without your kindness and all the fun we had together. It seems like it’s time for me to go back home and to say goodbye to everything I discovered here. But you can be sure that I’ll never forget about what happened this year and about everyone who made this adventure become a dream come true. Even if I have to leave now it doesn’t mean that I won’t be back. I don’t know when or how but anyway it’s not really a goodbye after all.

## Reflections From Classmates

Jodie Wong 4B

I am immensely grateful to the school for giving me the opportunity to be Max's classmate. Max has been in 4B with us for eight months already and there was never a dull moment when we were together.

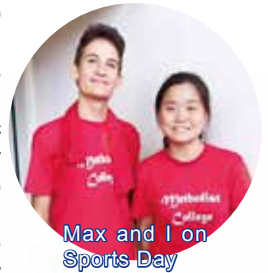
Max is an animated boy from France. Not only did he spread optimistic messages when we plunged into gloom, he also played an important role in my study. We took the same electives. He was always dedicated in learning. He jotted down what the teacher taught in lessons and answered questions eagerly. He even prepared well for quizzes and exams. His learning attitude was highly appreciated. Furthermore, he was willing to participate in different extra-curricular activities with us to experience a typical student's school life in Methodist College, including being a Reading Buddy and English Ambassador. It was my pleasure to work with him because he was responsible and his enthusiasm has impressed me a lot. I have learnt from him that I must strive hard for my goals and be responsible and trustworthy so that I can cooperate with other people well.

Max is also my buddy for leisure activities. We explored different parts of Hong Kong, such as Central, Causeway Bay and so on during the holidays to let him feel the vitality of Hong Kong, which was really a unique experience for me because I rarely

have a chance to introduce Hong Kong to my foreign friends by bringing them around to visit scenic spots. Not only was our friendship strengthened afterwards, but we could also know deeply about the city we are living in, which is a precious opportunity.

Getting along with him, I could know much more about France and the differences between France and Hong Kong. The first time I met him, I was full of anxiety because I was not courageous enough to use my second language to communicate with him. But I soon figured out that it was fun because I could improve my English speaking skills and also make a new foreign friend, who is a treasure to me.

My heart was broken when the day of his leaving drew near. Although we have known each other for only about eight months, I feel like we have known each other for years, because we have endless topics and the conversations are always full of joy. I can hardly imagine what my school life would have been without him. Thank you for everything, Max. All the best in France!



Max and I on Sports Day



Good bye Max, we all will miss you so much!



We are all Reading Buddies from 4B

### Jenny Kwok 4B

I was scared when I heard we were going to have an exchange student who would study in my class for a year!

The first time I met Max, I didn't dare to talk to him because there were many differences between us, such as the culture, the language and so on.

However, I got the chance to sit beside him and we started to get to know each other more. He was glad to introduce his own country, France, to me. Sometimes, he asked me to teach him Cantonese and he also taught me French, such as that "Hello" is "Bonjour". He is a good learner, and I think his Cantonese is much better now.

I will never forget those wonderful memories we had in those 10 months, for example,

the time we played tricks on each other, and the day when we were trying to feel the taste of paper. He taught me how to be a diligent student, as he would wake up at 4 in the morning to study.

Talking to you made me smile and meeting you set me free, Max. I will miss you. Thank you and goodbye. Tu me manques.



Max and us in Mongkok



## Giulia Guccione 4G (from Italy)

It still seems like only yesterday when I first entered this school. I remember it clearly and cannot believe that time has flown so fast. I will soon leave Hong Kong so I would like to share with you my impression and my life here in Hong Kong and in Methodist College.

The first thing that comes to my mind is my arrival here in Hong Kong. I did not know anything about it. None of the exchange students did, and for this reason, we had a 3-day camp in a school without the Internet, so that we could focus more on getting to know others. We played games and we had a lot of fun although the hot weather was rather unbearable for us. After that, we met our host families for the first time. I was so nervous. The travel from the camp to the one that became my home was silent.

We had lunch and later we went for a walk. It was my first day out there so I looked like a baby who sees the sea for the first time. After we went home, I didn't notice that they took off their shoes before going in and when I did, I went hastily out.

Coming back to the school, I remember that the first school event was the Sports days, when I was still enrolled in Form 3, so I was part of Yellow House. We cheered a lot and I saw much faith in them, even if we didn't win. It was a great experience that I will never forget. During those days, I was a bit homesick and I still remember Ms. Sparrow, the NET teacher, who came to me and offered her time and help. Another important event for Hong Kong people is the Mid-Autumn festival. I prepared mooncakes with my host family and then at night played lanterns with my friends in a park. It was awesome to see a lot of people there having fun with their lanterns or just sitting on the grass. In November, it was the

Founders Day, in which I visited different Clubs and Societies and played different games. By then I had moved to Form 4G and I had met many friends. With my new timetable, I started to have PE lessons almost 3 times a week and most of them with Form 5 students, which was really fun.

Let me talk about Christmas. We had a Christmas party and the School Picnic day before the holidays. Although I had gotten used to staying without my family and friends left behind in Italy, I had created my own life in my own environment with new family and friends, new interests and thus had found a new me. Christmas was one of the saddest days ever because I always spent it with my own family. After Christmas, my host family and I went to Macau for two days. It was tiring, but fun. After the exams, it was the Chinese New Year holidays. I really enjoyed the days as I visited a lot of places, such as Wong Tai Sin Temple, the flower market and the wishes tree in Tai Po. My host family was very nice and I will miss them so much.



Picnic day with my friend Max.



Celebrating my birthday with my host family.



I really treasure the time that I was in Methodist College



The farewell party was absolutely amazing.

I will leave in a month and that's a strange feeling, as if these past nine months were all a dream. I will miss Hong Kong and I have missed it sometimes already, even though I am still here. I don't know how it is possible. I'll miss the sightseeing view from Tsim Sha Tsui and all the places here such as the Peak, the comfort in taking the transportation, the food (of course), my host family, you guys and mainly my new friends, other exchange students who day by day became my new family. They were always there during this experience, which is amazing. I couldn't have asked for more.

Finally I would like to thank the school, for giving me such a great opportunity to improve myself and discover a new culture. Secondly, to my classmates and buddies for helping me whenever I needed help. To Ms. Sparrow, who encouraged me and helped me a lot during my period of low self-esteem. To Mr. Sunny Wong, who took care of me and Max for all these months. It is not easy because we are sometimes really irritating. To all my teachers, schoolmates and the Principal who gave us the opportunity to live this unforgettable experience.



I am really pleased to be part of 4C

## Reflections From Classmates

**Kelly Wu 3W**

**G**iulia and I had become friends for 32 days. Although she left 3W for 4G in October, we still maintained this precious friendship; and I cherished every second with her, whether we were having lunch, at the cinema or just hanging out. In addition, I also learnt to integrate with foreigners. Even though we shared a common language, which is English, since our accents are a bit different, sometimes it is hard to interact and express our thoughts. This helped me to become a good listener.

I would like to thank Giulia for becoming an

It is just hard for me to believe that it has already been ten months since Giulia became my friend. Time passed so fast and it just seems like yesterday that she came to my life. During these precious days, I have learnt things that I won't ever get to know from books but only by experience. For me, meeting her is the best thing that has happened to me in my whole life.

I remember the time when I first met her. She was so shy and I was so afraid that a communication barrier would be a problem, due to our cultural differences. Out of my expectation, we then became so close that we have had so many precious moments together. Because of her, my life has changed quite a lot.

We often hang out together, sometimes with other exchange students. During those times, I felt like I had found the real me. For example, we went to the Ten Thousand Buddha Temple, Tai O and many other places. Although I have been to those places before, the experiences were totally different.

important friend in my life. Thank you for bringing me consolation when I was cheesed off or blue. Although all good things must come to an end, may fortune and happiness be with you every day in the future. Please don't forget me and I hope our friendship will last forever. Thanks to God for giving me the wonderful oppourtunity to meet this wonderful girl.t



**Rachel Liu 5R**

At first, my spoken English was so bad that I couldn't even form a complete sentence. It seemed like I had speech disabilities. As time went by, both of us improved in English. For Hong Kong students, we seldom have the chance to speak English in our daily lives, so I have to thank the school for giving me this rare chance to be her buddy. I think definitely it would have been a great pity if I hadn't met Giulia. However, she is more than just a buddy. She is my life-long friend.

I am going to miss you so much after you are gone, Giulia. I will always remember you!





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

<b>Name of student From Malaysia</b>	How Yong Yang	Wong Jun Hou
<b>Host Family MC student</b>	Tsui Ka Hong, Harry Leung Hon Cheung, Anson	Ng Ho Kit, Simon Leung Wing Ki, Ricky
<b>Host Class</b>	4B	4B
<b>Period</b>	23 November 2015 – 6 December 2015	
<b>Host School</b>	Methodist College	



### Background Information

Two boys from the Methodist Boys' Secondary School Kuala Lumpur (MBSSKL) spent two weeks with us from 23 November 2015 – 6 December 2015. They studied in our College and stayed in host families of our students. 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.

## Sharing of exchange students from Malaysia

How Yong Yang 4B

The plane CX720 landed at the Hong Kong International Airport (HKIA), thus starting the first day of my Students Exchange Programme in Hong Kong. After we had gone through all the immigration formalities, we exited into Arrival Hall B.

First of all, I want to say thank you to my school principal, Mr. Wong Chee Kheon, for giving me a chance to participate in this student exchange programme between MBSSKL and MCHK. When Jun Hou (my school mate) and I arrived in Hong Kong, the teacher from MCHK in charge of this programme picked us at the Hong Kong International Airport. He warmly welcomed us with a pleasant, smiling face. After that, we met our host brothers. My host was Anson Leung. Later we went to his house. He lived very far from the school in Tsuen Wan. His parents were very kind to me and treated me very well.

I made a lot of new friends here who were very friendly and were willing to help me if I faced any problems. I liked the environment and the pleasant atmosphere here, including the people who were very helpful and kind. Methodist College's teachers are so kind that instead of lecturing the students, they just talk to them politely.

We also had great fun in Hong Kong as well. I really prefer their academic programme to Malaysia's. Most of their subjects are in English but Malaysia's are mostly in Malay language. I rather like their subjects, which are more interesting than ours. For example, Chinese History and World History. Besides, their Compulsory Mathematics is equivalent to our Additional Mathematics, while their Additional

mathematics is equivalent to Malaysia's Form 5 & 6 Mathematics.

Hong Kong is also a fantastic Asian city that is a hub to the world. It is also a very busy city, where investors from all over the world come to invest in Hong Kong. Their Mass Transit Railway (MTR) is extremely convenient in Hong Kong. I followed my host brother, Anson, to school every day by MTR from Tsuen Wan to Yau Ma Tei Station. The train is fantastic, and is far more comfortable than Malaysia's Light Rail Transit (LRT).

Apart from that, the people in Hong Kong are very polite and obedient. For example, when they take the escalator, they will stand on the right and let other people walk on the left side. This is the right way to take the escalator. It makes transit life more convenient for everyone and also makes the "traffic" smoother.

During the weekend, we went to the Ocean Park (海洋公園) in southern Hong Kong Island. Our buddies Simon and Ricky came along as well. We met each other at the Admiralty MTR Station to take the shuttle bus directly to Ocean Park, which is very convenient. In Ocean Park, we had a lot of fun and bought



some fascinating souvenirs back to Malaysia. Besides, Ocean Park is very big and wonderful. It took us a day to finish our trip there. The cable car is quite scary but also exciting - it often stopped for a while in the sky. No one knew why. I guessed it was to let the visitors enjoy the view of Deep Water Bay and Ocean Park. The view was breathtaking.

We went to the Hong Kong Maritime Museum near Central too. Through this visit, we have learnt about the history of the ships, Victoria Harbour and the history of the Japanese-occupied Hong Kong from 1941 till 1945. Later, we also went to the Madame Tussauds Wax Museum on The Peak, by taking the Peak Tram from the Peak Tram Station near Hong Kong Park. Due to the time constraints, we did not manage to go to the Sky Terrace 428 at the Peak. I was sad but I hope I could try again next time when I come to Hong Kong again. It is a must-see tourist attraction in Hong Kong. It enables you to see the full view of Hong Kong and also the famous Victoria

Harbour between the Hong Kong Island and Kowloon. There was a big crowd at the Peak Tram Station queueing up for the tram.

Besides, we went to a famous place in Hong Kong: the Hong Kong Convention and Exhibition Centre (香港會議展覽中心) to see the Golden Bauhinia Square (金紫荊廣場). It was the place where the Transfer of Sovereignty over Hong Kong to The People Republic of China (香港回歸) ceremony was held in 1997.

It was very sad when the friends here heard that we had to leave to return to Malaysia soon. They could not bear to see us leave but they had no choice. I believe I have gained a lot of valuable experiences through this programme. I would also like to thank my host family, host brother, friends, teachers, staff and students of Methodist College Hong Kong (MCHK) for spending their precious time with me during these two weeks in Hong Kong.





## Wong Jun Hou 4B

I remember feeling a little nervous and very excited when I arrived in Hong Kong. I wasn't quite sure what to expect, but as we met different Hongkongers, things seemed to just fall into place. The entire trip was incredibly well-organized. I was, at first, a bit nervous about going into a class without an attendant looking over my shoulder, but after a few days I really became comfortable. I remember one of the students approached me one afternoon and asked if we could spend time just talking so that 'I could learn more Cantonese'. Everyone was incredibly nice and supportive. This program far exceeded my expectations and I would absolutely recommend it to other students from my school.

This trip to Hong Kong was my first time to travel on such a long flight. I was to have an exchange program at Methodist College. It was scheduled for two weeks, from the 23rd of November till the 6th of December. The teacher in charge, Mr. Siu, picked us up at the airport. The school was a huge one, much bigger than my current school. Mr. Siu, along with the school's kind principal, Ms. Emily Wong, took us around the school and explained the details to us. My host brother, Simon, took me to his home. It only took a few minutes to reach his place. I had to thank him for carrying my 16kg bag up to the 7th floor. I also had to give heartfelt appreciation to my host parents for treating me so well. The host family was nice and friendly, just like my own parents at home. Although the room wasn't very big, it was comfortable enough, with a nice view to the streets and buildings.

I lived in a flat. My host and I have very different lifestyles. It was a very good

opportunity for me to ask him questions like what Hongkongers' daily lives are like, what their favorite food is, and what people usually do in their leisure time. In turn, I told him about the lifestyles of Malaysians and what is great about Malaysia. I found he was quite impressed about Malaysia being such a small, yet vivid, city.

The food served in the dormitory at home is never my favorite, but I have no way to avoid it. The food in Hong Kong is mostly with meat as the main course, such as lamb chops. Hong Kong food is not bad but I prefer my country's food overall. The canteen on campus wasn't bad, maybe due to the large population of students having recess at the same time, making this a competitive market for the canteen service provider.

It is so convenient in Hong Kong. You can go anywhere by public transport. It is not so in Malaysia. Even for buying necessities, it can take us more than half an hour just to get to the nearest supermarket. Of course for a lot of students in my school, we can still live without a car, as there are





buses bringing us to shopping malls and supermarkets. There are also paths for cyclists. A lot of students own a bicycle and there are places to park them. Safety in Malaysia is an issue: it can be quite terrifying when walking down the streets alone at night. Therefore, out of habit, I usually brought a card knife with me when I went out.

School work in Hong Kong is really tough. I am glad that I didn't have to do it. Students are very hard-working and competitive. They are very enthusiastic about science and this is reflected in their laboratory work. I was not accustomed to their learning style at first. There were usually no lecture notes provided. What students do in their learning is to read the assigned pages before the lessons, listen carefully during the lecture and copy what is written on the blackboard. It is very common for students there to

buy at least a book for each subject, and textbooks are essential for handling a subject. A typical subject usually consists of a weekly or monthly quiz and also a piece of homework. Their hardworking and enthusiastic attitudes are something we should learn from; for example, they do not hesitate to present their ideas in class, and when they come across any questions, they turn to books instead of seeking the solutions right away.

Student exchange is an opportunity to do and see things you could have never dreamed of. You gain a second family, new friends and become a local in another culture. It is a journey of self-discovery and personal growth, filled with unforgettable memories. I have gained more experiences, confidence and independence within this year than ever and haven't regretted a thing!

Living away from home, in another part of Asia, has impacted me in ways that will stick with me for life. I've become more independent, and confident in myself and the choices I make, and I've learned to take everything as it comes, and not to judge things by their first impression, which I didn't necessarily do before my exchange. Being here and experiencing a different

culture, a different lifestyle and a different language has changed my perspective. I am so much more aware of the world now, and when I get back, I can't wait to pass on all of my new knowledge. Being put outside of your comfort zone is a scary thing, but I've realized now that really, it is just an opportunity to try new things.

## Reflections from Host Students and Buddies

Ng Ho Kit, 4B

This was my second time to be host to an exchange student. Luckily, the Malaysian exchange student, Jun Hou, was the one who hosted me when I was an exchange student to Malaysia in 2015. Long time no see, we said when we met again. We chatted a lot that first day: he told me that he was so anxious to come and visit me.

This time, the number of exchange students was limited to two members, so we could easily arrange activities for them and visit together. We visited the Peak, Ocean Park, the Maritime Museum, and many other famous Hong Kong tourist sites; there were some places I didn't even know about! This time, the exchange program helped me to know more about Hong Kong tourist spots, but I also realised that visiting places around the world is better than just studying books.



Go to night market with Jun Hou at Temple Street



# All Trips at a Glance 2015-16

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
WESPA-UWA 10 <sup>th</sup> World Youth Scrabble Championship – Representative of the Hong Kong Team	29/10 – 3/11 (6 days)	1 student of S3	Perth, Australia	Hong Kong Student Scrabble Players Association
JENESYS Programme (Japan-East Asia Network of Exchange for Students and Youths) 21世紀東亞青少年大交流計劃	15/12 – 23/12 (9 days)	1 student of S5	Hiroshima, Osaka, Tokyo, Japan	Japanese Government
JCI Asia Youth Exchange Programme	17/3 – 22/3 (6 days)	1 student of S1	Penang, Malaysia	JCI Hong Kong
Taiwan Leadership Training Programme*	24/3 – 31/3 (8 days)	32 students of S1-5	Taiwan	Methodist College
Immersion Programme to UK	22/6 – 6/7 (15 days)	2 students of S4 & 2 students of S5	Woodhouse Grove School, Bradford, UK	Methodist College
Malaysia Exchange Programme (Focus on IT and Robotics)	13/7 – 25/7 (13 days)	5 students of S2	Methodist Boys' Secondary School Kuala Lumpur, Malaysia	Methodist College
Immersion Programme to Singapore*	24/7 – 6/8 (17 days)	4 students of S2	Anglo-Chinese International School, Singapore	Methodist College
「同燃童心」2016 黔港青年關愛蘇北孤兒夏令營*	26/7 – 31/7 (6 days)	14 students of S3-5	Nanjing, China	The Amity Foundation 愛德基金會
Overseas “ Low Carbon City” Study Mission*	9/8 – 16/8 (8 days)	10 students of S2	Malmo, Sweden and Copenhagen, Denmark	Environmental Bureau, HKSAR
WESPA-UWA 11th World Youth Scrabble Championship – Representative of the Hong Kong Team	24/8 – 1/9 (9 days)	1 student of S2 & 1 student of S3	Lille, France	Hong Kong Scrabble Players Association
善德關愛科研青年發展計劃 - 2016 北京、西安航天科技發展考察團	24/7– 31/7 (8days)	1 student of S5	Beijing, Nanjing, China	香港科技協進會及香港善德基金
UK Cambridge English & Science Summer Programme	31/7– 13/8 (14 days)	1 student of S3	Churchill College, Cambridge University, UK	Cambridge English & Science Summer Programme

\* Trips escorted by our teachers



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