



Methodist College  
循道中學

# Cultural Exchanges 2013-2014





Location	Outcoming Activity
UK	Cambridge English Programme
	Immersion Programme to UK
Malaysia	Malaysia Exchange Programme (Focus on IT and Robotics)
Singapore	Immersion Programme to Singapore
China	Leadership Training to Shanghai
	Trip to Wuhan and Yichan
	2014 High School Science Camp - Nanjing
	Mainland Exchange Programme for Student Leaders

Location	Incoming Activity
Denmark	AFS Intercultural Exchange Programme
Germany	
Malaysia	Malaysia Exchange Programme (Exchange with students from Malaysia)

# Words from the Principal

The world is getting smaller. With the convenience in air transport and worldwide communication through the internet, it will be too inhibitive if learning is still confined to a single classroom.

Here in Methodist College, we provide many opportunities for our students to get in touch with the world. Apart from our annual overseas exchange trips and immersion programmes, with all costs for the latter paid by our scholarship funds, we endeavoured to enhance our students' cultural perspectives through inviting exchange students into our school. This book is a precious collection of these intercultural and interpersonal experiences, which became cornerstones in the students' growth. With an enlarged vision and a broader mind to appreciate similarities and differences, our students are more likely to become, as what our MCKLN slogan says, **modest, caring and knowledgeable leaders of the new era.**

Are you ready to start? Now, journey into these young minds and explore the world together with them!

**Emily Wong Pui Yi**  
Principal

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## Bringing the World into the College

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一行二十三人準備離開香港，正式展開上海交流團的旅程。  
19-23/12/2013

# 古往今來—— 新領袖體驗計劃之上海交流團



(後排) 廖穎千 (中二紅班)、陳昕慈 (中一藍班)、廖妙蘭 (中四青班)、何熙洋導師、(前排) 劉啓軒 (中三白班)、龍琪濃 (中一紅班)、李慧詩老師於磁浮列車車廂內合照。



浦西外灘旁別具特色的歷史建築。

在南京東路步行街發現與香港相似的街頭文化，市民在街道上載歌載舞。



級別	班別	學生
中一級	藍班	陳昕慈、洪莉嫻
	青班	梁喜兒
	紅班	龍琪濃
	白班	劉心怡、方俊榮
中二級	藍班	鍾鍵熙
	青班	余詩琪、劉景曦
	紅班	廖穎千、葉浚浩
中三級	藍班	曾憲宏
	青班	鄧皓彰
	白班	周沛澄、明曉茵、劉啓軒
中四級	青班	蔡麗華、廖妙蘭
中五級	白班	孫銘蔚、羅灝鋒



對象：中一級至中五級  
 地點：上海  
 日期：2013年12月19日至23日 (5日)  
 交流學校：上海民辦洋濟外國語學校  
 費用：港元4500元  
 領隊老師：李慧詩老師、黎曉怡老師  
 主辦機構：循道中學  
 參與學生：20人

與上海民辦洋濟外國語學校的師生們合照。

## 行程

日期	行程
十二月十九日	上午：香港國際機場⇨上海浦東國際機場 下午：乘搭磁浮列車⇨陸家嘴金融貿易區⇨豫園 傍晚：南京東路步行街⇨浦西外灘
十二月二十日	上午：上海民辦洋濟外國語學校⇨藤頭景觀建築設計公司 ⇨新華書店 下午：沐恩堂⇨匯豐銀行舊址⇨外灘源
十二月二十一日	上午：同濟大學⇨上海博物館 下午：分組活動
十二月二十二日	上午：中山公園⇨上海書城⇨ 上海麗君大酒店（與上海留學生作交流） 下午：滬西禮拜堂 傍晚：新天地
十二月二十三日	上午：世界博覽會中國展館⇨世界博覽會意大利展館 下午：上海浦東國際機場⇨香港國際機場

## 學生感言

明曉茵 中三班

上海是有名的商業和金融中心，也是國家歷史文化名城。參加了這個交流團，令我可親身體會上海一日千里的發展和認識上海悠久的歷史。

這個交流團是發掘同學的領袖潛能和訓練他們成為未來社會主人翁而設的。在出發到上海前，導師除了帶領我們走訪香港的金融發展地標和已活化的歷史建築外，還分配了不同的大會工作給我們二十位同學，我和我的好朋友被安排負責訪談問題小冊子的製作。最初得知要擔當此工作時的我，十分憂慮自己是否有足夠的能力去完成，之後我明白到挑戰時絕不應退縮，而應該勇敢地面對和盡自己最大的努力去解決它。接著我便和工作同伴仔細商討小冊子的製作安排和分工，最終有驚無險地完成了小冊子的製作，這次經歷令我建立了自信和與人合作解難的能力。



孫銘蔚（中五白班）、蔡麗華、廖妙蘭（中四青班）、明曉茵（中三班）與上海辦洋濟外國語學校學生的合照。

在交流旅程中我很高興可以認識到一班新朋友，包括四位勞苦功高的組長。他們在我們出發到上海前，常常通宵達旦地為我們安排行程，在旅程中也細心看顧著組員。當組員們早已睡覺休息的時候，四位組長還要和導師開會、點算帳目，翌日他們仍可保持精神與我們一起完成當天的行程，所以我十分佩服他們。

雖然上海的經濟發展迅速，但同時其保護和活化歷史古跡文物方面的工作，做得既全面又出色。例如位於上海香山道七號的孫中山故居紀念館，十分難得的是現址故居的陳設大多是原物原件，一些珍貴的文物如孫中山的手跡更公開展出，讓我們可一覽孫先生為中華民族的偉大振興所作的不朽功績。透過參觀孫中山故居紀念館，擴闊了我的歷史文化視野。

這個五日四夜的上海交流團說長不長，說短也不短，但從中卻令我認識了一眾新朋友和瞭解自己有待改善之處——缺乏主動性與不同的人合作解難，希望我可成功改造自己。

雖然無法參觀中國展館，但同學們興奮心情並沒有因此而減退。何熙洋導師、鄧皓彰（中三青班）、孫銘蔚（中五白班）在中國展館前有趣的合照。



孫銘蔚 中五白班

出發交流前，老師悉心地為同學準備了幾天的工作坊，好讓我們為這個交流團作一些預備的工作。在這些工作坊中，我們了解到更多有關行程的資訊，亦模擬了同學走散時的應對和解決方法，確切地增加了我們對上海的認知和理解。

在經過這次上海交流團後，確實讓我獲益良多。在知識方面，我學習了很多有關上海的獨特文化、歷史、建築，以及上海名人的足跡。在與人相處方面，我學懂了與不同人相處的技巧，例如我的組員的年紀都比我少，我需要顧及他們的想法和需要，不可認為自己比他們大便高高在上，自以為能決定所有事情，須聆聽他們的看法，這樣才能讓大家融洽相處。我也學會了跟人分工合作的重要性，在各種繁複的工作上，我們可以根據自己的專長與人分工，各自做好自己的部分，最後事情便能有條理、有效率地完成。



蔡麗華（中四青班）、余詩琪（中二青班）、劉心怡（中一白班）、鄧皓彰（中三青班）、劉景曦（中二青班）抱著期待及興奮的心情乘搭磁浮列車。

## 余詩琪 中二青班

在眾多日程中，最令我印象深刻的是參觀上海民辦洋濟外國語學校，與當地學生一同上課。雖然他們學校設備沒我們的齊全，而且還有一點殘舊，但他們的學習氣氛卻比我們好。他們上課時十分安靜和專心，沒有任何人會聊天，也沒有任何人會因玩耍而分心或睡覺。唸課文時，他們的

語調一致，而且十分流暢。相反，生活在香港的我們卻不懂得珍惜，有的上課時作出聊天、玩耍及睡覺等不該出現的行為及態度。當我們和當地學生互相交流時，我們都十分緊張，但他們卻十分友善，不停向我們發問。當我們快要離開時，我們都為他們準備了禮物。因為準備的禮物數目有限，所以得到禮物的他們都十分珍重這些細小的心意。在這短短的一個多小時，我體會到他們的認真、好學和珍惜的品格，值得生活在香港的我們學習。

此外經過這次的交流團，亦令我學習到不少上海的本土文化和人情世故。也認識到上海有特色的建築物，例如外灘旁哥德式及羅馬式等的建築羣等，所經歷的一切皆令我大開眼界。

## Ip Chun Ho 2R

Before the trip, I thought Shanghai was a place similar to Hong Kong, full of skyscrapers and hustling and bustling traffic conditions. However, the Shanghai I saw was quite different from my first impression. After this trip, I discovered that Shanghai is a city where we can see two different sides, one is the metropolis, and another one is a city that reflects history.

After this trip, I know that there are many modern cities which are undergoing all-rounded development. From the antique buildings, modern buildings and education, we observed that Shanghai does quite well in these aspects and they are always aiming for more improvement in order to improve the living standard. Unlike Shanghai, Hong Kong always puts economic development first. As a result, it has to ignore the development in other aspects such as antique buildings. They are very important to us because they reflect the history of Hong Kong. What's more, they are the collective memory of Hong Kong people. Therefore, Hong Kong should learn from Shanghai to strike a balance between conservation and development in different aspects. I hope I can visit more modern cities in the future.



蔡麗華（中四青班）與兩名上海留學生在離別前的合照。

## Choi Lai Wa, Suki 4G

Shanghai is a modern city which is quite similar to Hong Kong. During this Christmas holiday, we had the chance to explore this place in different aspects. Both the preparation and the experience of the trip are the essential and meaningful lessons in my life.



廖妙蘭、蔡麗華（中四青班）、孫銘蔚（中五白班）致送親手製作的禮物給勞苦功高的黃溢康校友。

To be honest, this trip is a challenge for me as I am used to being passive in a team. However, I took up the important responsibility of being a leader. Since most of the participants were junior students, the four of us (leaders) had to pay extra attention to every single detail. Therefore, there were countless problems and difficulties that we had encountered during the preparation. For example, we had to make precautions to prevent group mates from getting lost. These problems might seem very insignificant, but it would really happen! Without sufficient preparation, it may cause such chaos. Having drills on my planning skill and problem-solving skill are beneficial to my future. Even though the workload was heavier than that of others, I think I turned out to learn more than them too.

There is one thing that I admire and am amazed by this city. I saw a city which is quite different from Hong Kong. Instead of being packed with modern skyscrapers, we could see a lot of unique and antiquated buildings such as the HSBC Building, which grabbed much attention from me. It is because this city isn't just devoted to developing the economy, but it also takes historical buildings preservation into its major development. It has put lots of effort to achieve a balance. Hong Kong should definitely learn from Shanghai in doing historical buildings preservation in order to strike a balance in development.

This trip also tested my physical strength and problem-solving skills. Even after the tight schedule, we still had to accomplish tons of tasks such evaluation, setting the accounts for the days and planning for the next day etc. I spent a lot of time settling the accounts. It was quite tough as I had to calculate the consumption for 24 people, but not just myself. A minor mistake will lead to failure in keeping an accurate financial record. Therefore, no matter how tired I was, it was a must for me to stay up to finish the task. Painful though it was, it deepened the knowledge that I have learnt in BAFS.

Last but not least, I am here to give special thanks to Mr. Albert Wong, our alumnus. He is very kind-hearted to give his helping hands in organizing the trip. He has to manage a lot of work. But at the same time, he also spared no pains to help. For example, whenever he was in Hong Kong, he would discuss the arrangement with Miss Lee face to face. Also, he was the tour guide who showed this place with different perspectives to us. I really admire and appreciate his passion in helping us. Even though he has graduated from Methodist College for many years, he is still willing to sacrifice his time to accompany us in Shanghai. The time of preparation and the trip was short, but the skills and knowledge that I have learnt during this period will be long-lasting.



上海留學生與四名組長  
羅灝鋒(中五白班)、  
廖妙蘭(中四青班)、孫  
銘蔚(中五白班)、蔡麗  
華(中四青班)合照。



上海留學生與同學們分享  
在上海唸書的苦與樂。



上海郵政博物館  
內裡的格局。



同學們在神聖的沐  
恩堂裡進行祈禱。



一組同學在第三天的分組活動參觀了上海郵政博物館。  
劉景曦(中二青班)、蔡麗華(中四青班)、余詩琪  
(中二青班)、劉心怡(中一白班)、鄧皓彰(中三青  
班)於博物館前的合照。



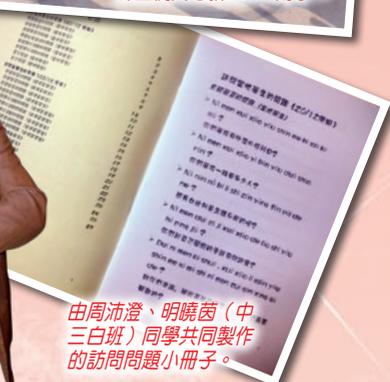
師生們齊心拼出MC兩字。



劉景曦(中二青班)、蔡麗華  
(中四青班)、鍾鍵熙(中  
二藍班)、梁喜兒(中一青  
班)、鄧皓彰(中三青班)攝  
於世界博覽會中國展館前。



李慧詩老師(左)與校友黃溢康  
(右)。黃校友全程鼎力相助，  
居功至偉。



由周沛澄、明曉茵(中  
三白班)同學共同製作  
的訪問問題小冊子。

# 領袖生內地交流計劃——探索 科技發展之旅

## 活動目的

- ① 增強學生的領袖才能；
- ② 拓展學生的視野；及
- ③ 加強學生對國情及國家發展的認識。



出發前的大合照



與大學學生交流

**對象：**具領導潛質的中五學生  
(全港100名)

**地點：**北京

**日期：**2014年4月20至24日(5日)

**交流學校：**北京航空航天大學，  
北京市第三十五中學

**費用：**全免

**主辦機構：**香港教育局

**參與學生：**袁詩琦(中五紅班)、  
吳采倩(中五白班)

CHINA  
ASIA

Reaching Out to the World

# 行程

日期	活動	地點
三月二十九日	① 領袖訓練及簡介會	深水埗官立小學
四月二十日	① 香港飛往北京 ② 入住酒店 ③ 小組反思及討論	
四月二十一日	① 開班儀式 ② 到訪北京航空航天大學，與師生進行交流。 ③ 參加講座：「大學微納衛星技術現狀與展望」。 ④ 小組反思及討論	北京航空航天大學
四月二十二日	① 參觀中國科學技術館 ② 到訪北京市第三十五中學，與師生進行交流。 ③ 參加講座：「內地高等教育的發展與現況」。 ④ 小組反思及討論	中國科學技術館， 北京市第三十五中學
四月二十三日	① 參觀北京現代汽車公司	北京現代汽車公司
四月二十四日	① 參觀中國鐵道博物館（正陽門館） ② 北京飛往香港	中國鐵道博物館 （正陽門館）
五月三十一日	① 「領袖生內地交流計劃」成果分享會	

# 學習重點

- ① 認識國家高科技的發展，以及了解高科技在國家可持續發展上的應用、成就和挑戰；
- ② 了解國家科技發展與生活的關係及創新科技對可持續發展的貢獻和挑戰；
- ③ 認識傳統的中國建築技術及歷代的科技發展，並思考它們對現代社會的影響。

## 學生感言



參觀北京第八中學（右五袁詩琦同學）



第十組組員的合照（後排左三袁詩琦同學）

袁詩琦 中五紅班

回憶總會隨旅程的增加而累積，飛機降落在首都國際機場的一剎那，出現在我面前的是一座古今交融的城市——北京。再次到訪北京，這次我以領袖生的身份，從科技的角度探索這座城市。

第一站，我到訪了北京航天航空大學，一座以航天航空科技著稱的學院。首先，我出席大學為我們這群來自香港的領袖生所舉辦的開幕禮，其後便安排我們參加由航天科技教授所舉行的座談會，為我們這一群『門外漢』提供基本的航天知識，而整個講座的高潮就是學生的成果展示，每一件都令我驚嘆不已。透過參觀學校的設施及與學生的交流，令我了解到中國航天航空科技的成就，有賴於學校對人才的培養。

第二站，我參觀了北京鐵路博物館，經過大門一道富麗堂皇的牆壁後，出現在我眼前的是一幕幕中國鐵路發展的過程，從第一條鐵路到第一輛火車都可以在此找到他們的影蹤。結束參觀後，我就到一間金碧輝煌的中式酒家出席晚上的分享晚會，在晚會開始前還有點時間，於是我便到酒家裏的博物館參觀，了解中國古時的飲食文化。在分享會中，令我印象深刻的是酒家為我們安排的表演，令這場晚會生色不少。



北京鐵路博物館大門（右四袁詩琦同學）

最後，我到了國家大劇院參觀，為北京之旅畫上完美的句號。這次交流令我從新認識北京，我很榮幸能參加。此外，這次交流團最寶貴的收穫莫過於一群組員的友誼。『第十組』——一個對我來說充滿笑聲和關懷的地方，在北京與這群組員相處的日子，時至今天我還歷歷在目，難以忘懷。



參觀中國科學技術館時，學員由工作人員指導下乘坐太空人訓練模擬器。



北京航空航天大學，與當地大學生留影  
(右一吳采倩同學)



與同組同學在航空航天博物館合照  
(左一吳采倩同學)

吳采倩 中五白班

在中五的復活節假期中，我參加了一個由教育局舉辦的領袖生交流計劃。此計劃會到訪北京，進行一個五日四夜的交流，目的是讓我們探討有關中國航空與科技資訊的發展概況。在這五天四夜中，我們擬定一個探究題目：鐵路發展對於中國人民的影響。經過這次交流後，我感覺自己獲益良多。

第一天，我們首先要出席一個關於現代航空的講座。在講座當中，我發掘了許多自己未曾知曉的範疇，例如現在中國的航空技術已經可以媲美美國等等航空發展非常蓬勃的國家。此外，在講座中更聽到講者對於中國航空發展的願景，相信這些嶄新的體驗均不能單單從書本中得到。

其後，我們到訪了北京一間重點中學。最令我印象深刻的是和當地的中學就著我們組訂立的探究題目進行訪問，與他們進行訪問期間，卻令我敬意頻生。當地學生對我們的問題都能提出獨有的見解，而且回應得體，內容充實。這不禁讓我們反省自己學識空疏，並且以他們成為我們學習的對象，竭力提高自己的水平。

此外，我們亦到訪了北京航空航天大學。在北航大學中，我們參觀了飛機博物館，展品繁多，令人目不暇給。其後，我們亦與當地的大學生觀看了一場模型飛行活動，讓我們印象非常深刻。

最後，我們到達了鐵路博物館。在鐵路博物館裏面，我們看到了中國鐵路的發展史，從沒有鐵路發展至今天的高鐵，有各式各樣的鐵路，當中的過程實屬不易，相信每個人背後都付出了不少血汗。在鐵路博物館中，我組更訪問了一個工作人員，在她的解說中，我們更加清楚和明白中國鐵路的進程，為中國鐵路能有今天的成就感到欣喜若狂。



透過參訪航空航天博物館，學生認識不同類型的飛機，從而了解國家在航空方面的發展。



透過參訪中國航天博物館，學生了解中國航天科技發展的情況。

# 「同行萬里」高中學生 內地交流計劃（2014）—— 湖北省武漢、宜昌文化、 工業及三峽水利建設之旅

級別	班別	學生
中四級	青班	陳樂晴、陳婷婷、蔡麗華、李曉瑩、利卓婷、廖妙蘭
中五級	藍班	吳芷瑩、蘇詩皓、葉綺琴
	青班	鄭少琪

## 學習目標

- ① 認識國家文化、地理、歷史和傳統建築。
- ② 了解三峽水利工程的建造過程及效益，分析其對社會、經濟、環境帶來的影響。
- ③ 了解國家重工業發展的現況和路向。
- ④ 藉著多元化的學習經歷，拓展學生的知識領域，促進他們多角度思考及探究問題。
- ⑤ 透過交流、提問、討論和進行專題研習，增強學生的溝通、協作和研習能力。



Snapshot at Wuhan Railway Station.

**對象：**中四級至中五級  
**地點：**湖北省武漢、宜昌  
**日期：**2014年4月20至24日（5日）  
**費用：**扣除教育局資助後，  
 每位團費為港幣1,095元

**領隊老師：**黃敏鳳老師  
**主辦機構：**香港教育局  
**參與學生：**10人

CHINA

ASIA

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# 行程

日期	地點	活動內容	學習重點
20/4		香港集合，乘旅遊巴士到深圳，再轉乘高鐵到武漢。	
	武漢	參觀黃鶴樓	<ol style="list-style-type: none"> <li>① 認識黃鶴樓的源起、古代樓台的建築風格及古樓所反映的民族文化的。</li> <li>② 提高對相關文學作品的感悟及鑒賞。</li> <li>③ 探究國家對歷史文物的保育政策及中華文化的承傳。</li> </ol>
		參觀紅樓 — 武漢辛亥革命軍政府舊址	<ol style="list-style-type: none"> <li>① 認識「紅樓」的建築特色。</li> <li>② 了解辛亥革命武昌起義的相關史實。</li> </ol>
21/4	宜昌	參訪一間與發展三峽大壩相關的企業	<ol style="list-style-type: none"> <li>① 認識三峽大壩的企業經營及發展現況，及其對地方經濟和社會發展的影響。</li> <li>② 認識建設大型水利項目所涉及的經濟及企業投資的政策和措施、三峽大壩鄰近地區的招商及引資工作。</li> </ol>
		專題講座：三峽大壩的選址、論證、建造過程和功能	<ol style="list-style-type: none"> <li>① 認識三峽大壩的選址、論證、建造過程和功能。</li> <li>② 比較三峽水利工程與其他國家的大型水利建設及其他區發展。</li> <li>③ 反思能源科技的發展所引起或解決的環境問題。</li> </ol>
22/4	宜昌	參觀三峽大壩、三峽工程展覽館及三峽工程截流紀念園	<ol style="list-style-type: none"> <li>① 認識長江地理特徵及水利發展的背景。</li> <li>② 了解三峽水利工程的規模及建設過程、三峽水電站的運作、及其所起的防洪、發電和航運三大效益。</li> </ol>
		參訪秭歸縣附近的移民新村	<ol style="list-style-type: none"> <li>① 了解注水位下游的三峽庫區居民搬遷到地處三峽工程壩區庫首的秭歸縣後，他們的生活現況及當地的社區建設。</li> <li>② 分析大型水利建設對地方經濟、環境和原居民生活的影響。</li> </ol>
		參訪秭歸縣一所中學	<ol style="list-style-type: none"> <li>① 認識三峽庫區秭歸縣的教育設施及政策。</li> <li>② 透過與當地學生交流，分享兩地文化的特色。</li> </ol>

日期	地點	活動內容	學習重點
23/4	武漢	參訪武漢大學	① 認識湖北省專上院校的教育政策。 ② 透過與當地學生交流，分享兩地文化的特色。
		參觀湖北省博物館	① 認識湖北地區的歷史和楚文化。 ② 探究歷史文物的保育與中華文化的承傳。
		學習匯報會	① 透過觀察、交流和反思，學生可以結合已有的課堂知識和親身體會，從不同角度去學習和探究他們的專題研習。 ② 促進學員之間的交流和協作式學習，分享進展，以及匯報成果。
24/4	武漢	參訪一間鋼鐵企業	① 認識武漢重工業發展的成就與挑戰、鋼鐵產品的生產過程、以及在十二五規劃下，相關企業進行改革的情況。 ② 分析世界鋼鐵企業面臨的挑戰與機遇。
		乘高鐵往深圳，轉乘旅遊巴士返回香港。	



Yellow Crane Tower



Visiting Wuhan University.

## Choi Lai Wa 4G

Wuhan is the most populated city in Central China. It was really great to be given the opportunity to explore this well-known city. Its history, culture and environment are interesting to explore. For me, visiting the Three Gorges Dam was the most memorable event.

Before the trip, I learnt some common facts about the Three Gorges Dam from a textbook. I learnt that it is the world's largest hydroelectric power plant, plus I learnt its location and opening date among other things. During the trip, we were so lucky to visit the Three Gorges Dam exhibition. It exhibits a lot of information about the construction of the dam and the technology that was used in the construction. Even though this information seems unimportant to our lives, we still have the responsibility to know more about it as it may be the source of electricity that we use.

One of the uses of the dam is navigation. I was quite amazed by the technology of staircase ship locks. They are used for transportation between the upper stream and lower stream. Instead of using other methods, like ship lifts that may consume more electricity, the staircase ship locks make use of the feature of water. Navigation is carried out by increasing water capacity within the gate. Even though it was not pioneering to use this technology, I still admire the use of it.

Unfortunately, not only will the Three Gorges Dam benefit our lives and environment, at the same time it has also destroyed the hometown of people and the environment. Therefore, apart from the knowledge learnt from the exhibition, we also learnt a lot from visiting the resettlement areas. We were free to interview the residents in the resettlement area to have a closer look at the effect the dam construction has caused to their lives. The handling of the resettlement is quite controversial. Some think that the compensation (providing a spacious flat) is sufficient as it can at least improve their living environment. Some think that the compensation is far from adequate. What they also need is insurance and medical support. All in all, governments always have to strike a balance between different stakeholders. All this vital knowledge can't be learnt in textbooks but you can gain some understanding from first-hand experience. And that's the meaning of travel.

Joining exchange programmes is really meaningful as it is an opportunity for us to think out of the box. Not only did it deepen what we have learnt in lessons, but it also broadened our outlook with various experiences on the trip because what you have experienced will become part of you.

The trip to Wuhan and Yichang opened my eyes and I have a better understanding of my home country, China.

We visited historical sites and museums, modern infrastructure, some industrial factories and colleges. Throughout the whole trip, we not only learnt about the traditional culture of China, but we also got to know about the present nature of development and education.

First, from the historical sites, we could see the hardship and innovation of the past people. Take the Yellow Crane Tower as an example. We witnessed one of the most delicate and magnificent infrastructures in China. Besides, the relaxing and lyric poetry written there also impressed me a lot, showing the artistic side of the Chinese.

Then, we spent a whole day investigating the Three Gorges Dam. It was a project aimed at eliminating flooding and securing the safety of people in the downstream area. The dam was really huge. It is so big you can't even see it all from one spot. To understand more about this enormous infrastructure, there were some specialists who introduced and explained this project to us. We then got to know more about the process and purpose of its construction, including the difficulties (e.g. resettling the residents nearby) in constructing it. We realized that 'Rome wasn't built in one day' and it took a lot of effort to work on such a big project.

Apart from this, we also visited some factories, which helped us to think about the rapid industrial development in China. There was a lot going on in the factories (including lots of labour, machines...etc.). It was quite awesome watching its secondary production, like the cooling of iron into steel.

Moreover, we also visited a local secondary school, spending a short but memorable time with students the same age as us. We discovered that the local students there were always studying and they worked really hard in achieving good academic results in school. Kind of like us! Under the exam-oriented system in Hong Kong, we always say that we are stressed out and we are exhausted, yet at least we have a lot of external and internal activities for us to enjoy and relax. However, joining activities is not a popular trend among the students in China. They just have plenty of exercises in school, and then they study day and night. We Hong Kong students should really be thankful for the freedom and time we have to enjoy ourselves.

The most unforgettable moment on the trip was probably the brief time we had with the local students, as their studying attitude and study-oriented life really shocked me a lot.

All in all, I did learn a lot during this trip. There were unforgettable moments and the memories will always be in my heart.

Learning about history and the local school education has given me a deeper understanding of China. It makes me reflect on myself and our society. History is a mirror, of the present. I understood this sentence deeply after I visited the Hubei Museum and Red Tower. Hubei Museum displays many historic exhibits such as one of its greatest treasures--porcelain which shows the intricate craftsmanship of Chinese people and it fully reflects that the handicrafts were well-developed at that time. Long time ago, the Chinese people already knew how to appreciate art, and enjoy life, and the cultural level was quite high. However, the citizens nowadays seem to focus only on the material life. In such a hustle and bustle city, everyone can hardly slow down his pace to appreciate art. The ancient people's attitude of appreciating art and enjoying the quiet, peaceful spirit is a reminder to the urban people who pursue materialism in their whole life.

In addition, we also went to a secondary school for exchange. I have learned a lot from their positive attitude towards learning. The college entrance exam in China, similar to Hong Kong's DSE, is also an exam to filter students who can get a ticket to university. But there is one thing that is totally different between me and the Chinese students, that is the attitude towards learning. Attitude determines your altitude. The mainland students are very determined towards their goal. They know what they are striving for. There was a female student who wanted to be a flight attendant. Her goals are so crystal clear, so she has motivation to work hard in order to fulfill her dream. This is a contrast to myself, who go for higher scores only to obtain a seat in university but skip the stage of thinking or learning. I am just be a crammer who blindly recites exam tips. They have clear and definite goals in life so that they have the propulsion to learn and the courage to seek true knowledge.

So I have decided to find my dream, and then work hard to make my dream come true through the DSE. Besides having a clear goal, they also adhere to their dreams with perseverance. They review and learn every day from morning to night. Although they only have one day off once a month, they did not complain too hard. I have two days off once a week, but I still often grumble, "I am so tired". In front of them, my "exam pressure" is just like a piece of dust. From them, I realize "If you wish to be the best, you must suffer the bitterest of the bitter". Their fortitude which makes them overcome all the hurdles is really worth learning. All in all, this trip really makes me reflect on my attitude to life and learning. Action speaks louder than words. I hope that I can really take action and walk that talk, and find my dream which deserves striving for.

Riding on the China-Railway High Speed line at 300km/hour, visiting the poet's favorite place, Yellow Crane Tower, visiting Wuhan University, learning in Hubei Provincial Museum and experiencing the amazing construction achievement, The Three Gorges Dam, were the highlights of my exchange program to Wuhan and Yichang during this Easter Holiday. Of them all, the one that impressed me the most was The Three Gorges Dam Project.

Firstly, let me introduce some of the background information of The Three Gorges Dam. The Project was started in 1994. The dams are located at Yichang with the base width 124m, top width 15m and height 185m. The whole project took 17 years to complete. The whole world was shocked by this project because of the time taken and the amount of investment.

There are many functions of the dams which include the prevention of flooding, drought and to generate electricity. It can prevent flooding and drought since it stores up rain water inside the dam to prevent flooding of the middle and low lying areas and the water being stored up can be used when there is drought. Undoubtedly, these are advantages in the construction of the dams. Middle and low lying area residents along the Chang Jiang, Wuhan residents and tourism all benefit from the dam construction.

Nevertheless, everything has disadvantages. The construction threatened to endanger species such as the dolphins that lived in Chang Jiang. The dam blocks the flow of water in Chang Jiang and the pesticides and sewage produced by domestic and industry sources cause pollutants to accumulate and lower the quality of water which causes a threat to the dolphins. Silting was one of the worries too. Silting occurred because Chang Jiang will bring a 5 meter cube of sand and dust into Sanxia. Due to the construction of the dams, sand and dust particles contained in the water could not be drained away and again silting occurred.

Comparing the pros and cons brought by the construction of the Three Gorges Dam, I think the advantages outweigh the drawbacks. It protects the residents nearby and Wuhan residents from the threat of flooding. As a result, not only crops will not be flooded and economic activities can be maintained, but also human lives and livestock can be protected.

To conclude, this was a worthwhile exchange program. As an old saying goes, "It is better to travel far than to read voluminously." After visiting different places and hearing the introduction by our tour guide, I got to know more about China in terms of both its historical development and modern development.



Visiting Wuhan Iron and Steel Plant.



Field Study at Three Gorges Dam 2.



Visiting to Red House.



Attending a seminar on Three Gorges Project.



Interview at an immigration site in Yichang.



Visiting a secondary school in Yichang.



Field Study at Three Gorges Dam 1

# 2014 High School Science Camp - Nanjing

## Participants



Visiting the Sun Yat-sen Mausoleum.



Class	Student Name
4G	Au Yu Heng, Liu Miu Lan, Li On Ni, Annie, Ng Ling Yu, Pak Kim Ming, Mak Wai Yueng
4B	Li Kwong Keung, Loo Wah Kong, Jr Charles Erwin, Sit Ho Ting

## Aim



Popularization of science and creativity education for youth is one of the key areas of work of the science camp. By participating in these creative science activities such as science talks, study tours and science competitions, students can progress with their study and develop further knowledge.

### Targets:

F4-F5 Science Students

### Destination:

Nanjing

### Period:

14-20 July, 2014 (7 days)

### Host school:

Nanjing University

### Fee:

HKD 800

### Organizer:

Ministry of Education of the People's Republic of China and China Association Science and Technology

Number of participating students:

10



The dinosaur museum.

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Date	Time	Activities
14/7	Morning Noon Night	Arrive at HK international Airport Arrive at Nanjing University Ice-breaking activities
15/7	Morning Noon Night	Opening ceremony and disquisition on science Science talk and campus tour Make a water rocket
16/7	Morning  Noon  Night	Lesson 1: “History of The Republic Of China and Nanjing” or “Observe cell and Discover life”  Lesson 2: “How to Construct an Eco-city” or “Discover the Secret of Animal Behavior” Water rocket competition Watch a scientific movie
17/7	Morning  Noon  Night	Visit Nanjing Museum Visit College of Life Science  Visit old campus of Nanjing University Visit Nanjing Low-carbon Eco-museum 南京低碳生態展覽館 Visit Nanjing Honshan Zoo Group basketball competition
18/7	Morning  Noon  Night	Lesson 3: “ The Blue Plant”  Lesson 4: A talk on Four Famous Chinese Literature “My Science Dream” article sharing night
19/7	Morning  Noon Night	Visit Sun Yat-sen Mausoleum Visit Museum of Victims in Nanjing Massacre Visit Nanjing Geological Museum  Visit Youth Olympic Stadium Closing Ceremony_Talent Show by schools
20/7	Morning	Back to Hong Kong



*Designing the water rocket.*

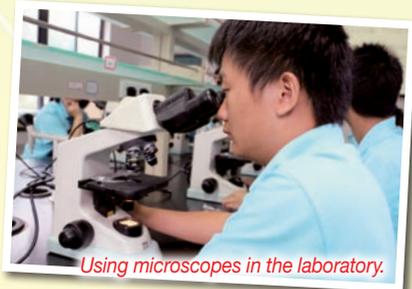
**Chelsea Ng 4G**

The one week summer camp in Nanjing offers me the privilege of learning about the lives of mainland students, which are totally different from ours.

When we first arrived in Nanjing, we all moaned about the situation there. The furniture in our rooms was coated with dust and the boys even had to clean the toilet themselves. We were shocked by this situation. Despite the lack of cleanliness in the toilets, the attitude of the mainland students surprised us. There was a sharing session in the programme. The students mentioned how precious this chance was to them. They had to compete with their classmates in order to get this rare chance. They didn't miss any chance to gain knowledge. They were busy jotting down notes while we were falling asleep in the lectures and talks.

Before this programme, I thought I wouldn't gain a lot from it. However, the 7-day experience has changed my view. From the programme, I learnt knowledge that I'm not able to learn from school. How the animals behave, how the universe was formed... the lectures and talks were so fascinating. There were also some activities in the programme too. The most exciting part was the water rocket competition. We had to build a rocket that uses water and air as fuel to compete with students from all over China. The winning rocket had a record of over 120 metres, which is unbelievable.

The programme has allowed me to explore China more. After one week, I have learnt that Hong Kong students have far more comfortable lives than mainland students. The tough lives there only make them study harder in order to get into university. We should treasure our lives and prepare ourselves well for the future.



*Using microscopes in the laboratory.*



*A lesson on anomalous animal behavior.*



*Hong Kong Airport.*



*Our student helper.*

### **Martin Sit 4G**

Last summer, I joined the exchange program to Nanjing. In that week, I stayed in Nanjing University. Before I went to Nanjing University, I thought Nanjing University must be very beautiful since it is one of the top universities in China. However, after this exchange program, I changed my mind.

Once I stepped into Nanjing University, I found that the campus is very big and the campus is well-planned. Between each building, there is a road. Also, there are many green plants in the campus, but the air quality wasn't very good. There was smog.

In that week, I visited the zoo in Nanjing. There, I saw many animals that I have never seen before. Moreover, in that week, I had a good experience of making a water rocket. I think the most exciting part was visiting the dinosaur museum. In the dinosaur museum, there are many dinosaur fossils which are very big. There, we also learned the history of dinosaurs.

After this exchange program, I found that although the outward appearance of a building is beautiful, the inside of the building may be terrible. Some toilets are very dirty. Some places don't even have air-conditioners or the air-conditioner is out of service. Therefore, universities in China and Hong Kong have a big difference.



*The tour guide explained about the zoo.*

# Malaysia Exchange Programme 2014 (Focus on IT and Robotics)

## Introduction



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

## Background

## Information

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

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

### **Targets:**

Form 1 and Form 3 students

### **Destination:**

Kuala Lumpur, Malaysia

### **Period:**

15-28 July 2014 (14 days)

### **Host school:**

Methodist Boys' Secondary School, Kuala Lumpur (MBSSKL)

### **Host family:**

Mr Brian, Ms Lee, Mr Yong, Mr. Chia

### **Participating students:**

Kwok Hoi Wai Matthew (2R), Cheung Chun Lam Woody (2R),  
Wong Wing In Natalie (2R), Tsui Ka Hong Harry (2R)

### **Fee:**

HKD \$2000

### **Organizer:**

Methodist College

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Date	Time	Activities
15/7	13:00 18:00	Left Hong Kong Met our host families
16/7	07:00-13:50	School day
17/7	07:00-13:50 15:00-17:00	School day Visiting a science exhibition (without Natalie)
18/7	07:00-12:30 14:30-17:00	School Day Swam in a local swimming pool
19/7	9:30 -18:00	Watch movie and play in Berjaya Time Square
20/7	9:00 13:30-15:00 15:00 16:00 19:00	Went to FRIM Visit to an Indian temple (Batu Caves)( Just Harry Tsui) Arrived at David's( Matthew's Host) home Swam in the swimming pool near David's home Had Indian food together in an Indian restaurant
21/7	07:00-13:50 15:30	School day Played bowling in Berjaya Time Square
22/7	07:00-13:50	School day
23/7	07:00-13:50 14:00-17:30	School day Went to Pavilion
24/7	07:00-13:50 14:50-18:00	School day Went to Central Market
25/7	07:00-12:30 15:00-18:00 20:30-23:00	School Day Went to 1 Utama Had a gathering with principal of MBS and parents of some MBS students.
26/7	11:00-18:30	Went to a fruit farm and hike
27/7	9:00-17:00 19:00-21:00	Went to Zoo Negara Went to Time Square to play bowling.
28/7	10:00-13:00 19:15 23:00	Visited Royal Selangor Visitor Centre left Kuala Lumpur Arrived HK

## Feeling

The trip to Malaysia is really worth it. It is much better than staying in HK over the summer holiday. Before the trip, I thought it was only a trip for fun. I didn't expect to see something new but I was wrong and I am really thankful for this great opportunity.

I had a really good time with my classmates in MBSSKL. They were all nice. I had a great time being with them. I also knew more about my MC classmates through the trip.

I think Hongkongers are really poor compared to the Malaysians. Hong Kong people have great pressure with housing. We may need to save money for our whole life to buy a small flat. In Malaysia, the houses are much more affordable.

However, life is fairer in Hong Kong. This is especially the case for females. The position of females in HK is higher than that of their counterparts in Malaysia. Males can have four wives in Malaysia.

I really saw a lot on this eye-opening trip.



*Xiao BING BING. This was the nick name we gave him. He was one of the classmates in our class. He was very nice to us. He helped us a lot in the lessons.*

## Difference between Malaysia and HK

### Public security

Public security in Malaysia is not as good as in HK. It is not safe to bring money or valuable stuff with you, lest some robbers will be after you. There are special trains for females only. Those trains were set up to protect females. People may easily lose their property even in school. A student from MBSSKL called Darrel had an experience of losing his money in school. He placed his wallet in his trousers and had his PE lesson but unfortunately he lost his trousers with his wallet inside. This story tells us the security is poor even in school. Public security could be even worse. To be fair, however, theft cases also happen in HK I am sure, so I should not be so judgmental.



*In an English lesson*

### Public transport

There are railways in Malaysia but the trains are really slow compared to HK. There are fewer public transport options in Malaysia. The transportation is relatively inconvenient. People

there travel by private car. They do not need to pay heavy taxes before buying a car. People can easily afford driving. They usually have a garage in front of their house. They do not need to pay for parking spaces like in HK.

### Muslim religion

Malaysia is a Muslim country. Women need to wrap their heads with cloth. They need to worship their god on Friday so the school is off early on Friday. Students also need to wear special clothes and a short hat that day. One month before each New Year, people need to fast every day from morning to evening. In Muslim religion males could have a maximum of four wives legally. That is pretty different from the marriage system in HK.

### Food

#### Salted yoghurt

I have tried a special drink in an Indian restaurant. It was salted yoghurt.

People may think it's strange to put some salty yoghurt into their mouth. I thought so at first but I changed my mind after drinking it. We could taste the milk more easily with the salt. I think it is even better than fruit yoghurt.

#### Indian meal

Waiters would give you a banana leaf for the plate to handle the food

Indians love deep fried food. They think good deep fried food should be dry outside the skin of the food and be dry inside the food. It is totally different in HK. We had three varieties of sauce to choose: one is very spicy and the other two sauces are less spicy.

#### Shrimp paste salad

That is the weirdest food I have ever tried. The taste is so strange but the local people there enjoy it very much.



*Party time with the Principal.*



*The lady on the right is Natalie's host.*



*This is our Maths teacher.*

## Matthew Kwok 2R

We have been to a lot of places. First, it is the school, MBS (Methodist Boys' School). This is a very big school and they have a grass football field. Other than that, they have three more badminton courts and two basketball courts. When it is PE lesson, they can choose any kind of sports to play. They are free when having PE lessons. Some of them will even take off their shoes and run on the football field. Other than the main building and the sports ground, there is one church beside the sports ground. Students will go to church while those students who believe in other religions will go to other halls. Since there are mainly three religions in Malaysia, students will go to different places for assembly.



*My host family. We are eating dessert in Haagen-Dazs. My host's name is David Brian. I am very happy that I met him.*



*We are very happy that we finally got some rest after a half day lesson. The student on the left is Darrel Yap.*

We have also been to a lot of other places in Malaysia, such as Petro Science, which looks like our Science Museum in Hong Kong. There are a lot of things about science there. The most special thing about this museum is that it is inside the shopping centre under the Twin Towers.

Besides Petro Science, we also went to some natural outdoor places. We took a walk up to the top of a mountain and the view was great. There was also some cold water coming down from the top of the mountain. It was cold and clear.

In Malaysia, there is also a Times Square, which is a big shopping mall. Inside the shopping mall, there is a Theme Park which is the biggest indoor theme park in Malaysia. Beside the theme park there is a bowling centre. We did play a few times there.

We also went to the zoo and saw a lot of animals. The zoo is very big and with lots of animals that are not seen in Hong Kong, such as lions, tigers, giraffe etc. The

zoo there is very free for birds. Many of them are flying everywhere around the zoo.

I enjoyed this trip a lot, not just because I met a lot of friends, but also because I have learned some of the local language there. I can't wait to see them coming to Hong Kong. They treated us well so we need to treat them well too.



*We are outside Petro Science. It is the science museum in Malaysia. We learnt a lot there.*



*This is the day we went hiking. The weather was very good and we also drank the mountain water.*



*We went to the Central Market and we drank tea there. Woody was very sad because his meal was half of mine but mine was cheaper than his.*

## Feeling

It was my honor to participate in the Malaysia Exchange Programme. I had a great time there. It was a good experience.

On the day I met my host family, I was quite nervous as I didn't know their culture and I was afraid that I would be impolite. But luckily, my host family treated me like their friend and I was not afraid anymore. They were really nice to me.

The second day of our programme was our first school day. I was really afraid since I was the only girl in F.1 to F.5. But the schoolmates were friendly to us and we met many new friends there. Matthew, Harry and I studied in class 3H, which was the class that didn't have air conditioners. This really reminded me how good our school life in Hong Kong is. The students in MBS always think in a way that is different from us. They didn't just listen to what the teachers said about the topic. They thought and challenged the teachers or asked questions. This made me



*First dinner with my dear host family. The hot pot is really yummy and different from the one in HK!*

## Natalie Wong 2R



*Taking photos with my new friends who have the same interests as me.*



*It's the Malaysian New Year and the food that my host was holding is the traditional food that Malaysians will give out as a gift to their friends and relatives.*

remember how important asking questions and thinking in your own way are. That was really a great chance to see the school life in Malaysia.

I have been to their night market. Their market was full of families and they walked together very happily. This made me reflect on the relationship between our family and friends. We went to the Forest

Research Institute of Malaysia (FRIM) and hiked there. We were reminded of the relationship between humans and the Earth and that we should love our environment.

This programme is far more than a trip. I learnt to take care of myself by staying in a place that was new to me. Also, I have learnt to treasure everything I have.

*A night going to the Twin Towers with my host family.*

*Having a painting lesson with my host every Saturday.*



## Food

Malaysia has many different kinds of local food. I tried some of them and they are really delicious !

### Cendol

One of my favourite foods is a kind of desert called Cendol. It's kind of like ice shavings. It is also called "ABC ice" . It's made of different kinds of ingredients, such as red beans, coconut milk, jelly, young coconut meat, strawberry paste etc. It's really a good desert to eat in a hot place like Malaysia!

### Kuih Apam Balik

Kuih Apam Balik is a kind of food I tried at the night market. It's a local Malaysian snack that people like whether if they are three or sixty-three years old! It was crunchy outside and soft inside. It has different ingredients, like red sugar and white sugar. But the way Malaysians like it the most is by adding sweet corn. If you go to Malaysia, you must try it!



*This is our class, 3H.*

## Lok Lok

This kind of food is like a “running hot pot on the street”. You can choose different kinds of food like prawns, fish balls and sausage to “lok lok”. The way it’s cooked was to string together the ingredients with a bamboo stick first, then put it into the boiling water and keep turning until it was done.

*The Principal has some tea.*



*This is taken with the first student we met in MBSSKL who is called Edwin.*



*I got a special gift from the students.*

## Woody Cheung 2R

It is my honour to participate in the Malaysia Exchange Programme. I had a great time there. It was a good experience to taste the life of Malaysia.

On the day I arrived at Central Station, the other host families had arrived already, but where’s mine? They soon arrived. There had been a traffic problem so they were late. The host family is very nice and we got on very well.

The second day we had to go to school and have our first school day in Malaysia. I was the only one assigned to Secondary 4. Although I had some difficulty communicating with them, I found lots of friends in 4M. In our class, we studied Chemistry, Physics, ICT, English, History and Additional Mathematics. Some subjects were new and difficult to me. But the friends sitting around me and the teacher helped a lot. They kept asking questions when they didn’t know. The best experience in this school was that my host Isaac had joined a scrabble competition in school and I followed him to go back to school for the competition. The teacher saw me and invited me to help her. I became one of the members in the competition organizer committee. This gave me good experience of holding an activity.

Two days before I left Malaysia, it was my host, Isaac’s, birthday. I was very happy that I could join this party. This year they went to the Genting Highland in Malaysia. The weather there is different from that of Kuala Lumpur. The weather in Genting Highland is cool and the view of the sky is beautiful. We went to the snow world in Genting Highland. It is -6 degree Celsius inside the snow world. We can’t feel that temperature in Hong Kong. I am glad I had the opportunity to join the exchange programme.

*Some of the students that we met*



*On the train from the Airport to Central Station.*

# Immersion Programme to Singapore

*Itinerary*



Date	School/Activity/Outing	Activities by
12 July	- Depart from HK - Check in at Oldham Hall - Exploration of Orchard Road (Shopping Belt of Singapore) - Welcome dinner with local teachers	- Mr Maclean (VP), Lincoln and Ted (Ambassadors) - My (ex vice-presidents of Ambassadors) - Oldham Hall Staff - Ms Stacey Low (Teacher in charge)
13 July	- Sunday Service in local church - Swimming in Oldham Hall	- Staff of Oldham Hall
14 July	- School (8:00-14:50)	
15 July	- School (8:00-14:50)	
16 July	- School (8:00-14:50) Tour of Queensway Shopping Centre with the local teacher	- Ambassadors - Ms Stacey Low
17 July	- School (8:00-14:50) - Art Club CCA (15:00-16:30)	- Ambassadors

SINGAPORE  
ASIA

Reaching Out to the World

## Targets:

Junior Forms

## Destination:

Singapore

## Period:

12 July-28 July, 2014 (17 days)

## Host School:

Anglo Chinese School International

## Participating students:

Tang Yee Ting Chloe (1B), Wong Tak Ching Thatcher (1B)  
Chan Tsz Sheung Zoe (2R), Wong Ching Jodie (2R)

## Fee:

With expenses on transport and accommodation fully sponsored by the Miss Helena Sito Education Fund

## Organizer:

Methodist College



Anglo Chinese International School Campus.

Date	School/Activity/Outing	Activities by
18July	-School(8:00-14:50) Tour of Holland Village	-Ambassadors
19July	-Badminton Session in Oldham Hall (14:00-16:00) -Drama Competition at night	-Oldham Hall
20July	-Sunday Service in local church -Tour of Bugis Street -Visit to Marina Bay Sands	-Staff of Oldham Hall -Ambassadors
21July	-School(8:00-14:50)	
22July	-School(8:00-14:50)	
23July	-School(8:00-14:50) -Visit to Merlion	-Ambassadors
24July	-School(8:00-14:50)	
25July	-School(8:00-14:50) -Farewell Dinner with local teachers -Visit to Night Safari	-Ambassadors -Ms Stacey Low
26July	-Visit to Adventure Cove Park(Girls) -Visit to Universal Studios(Boy) -Visit to China Town -Activity by Roisin (Chloe's buddy)'s family	-Ambassadors -Roisin's Family
27July	-Sunday Service at local church -Visit to Singapore Zoo, Skyline and Luge -Tour of Vivo City	-Staff of Oldham Hall -Ambassadors
28July	-Return to HK	-Ms Stacey



*Biology Laboratory in Anglo Chinese International School.*



*A warm welcome by Mr Maclean (1st from left), Ms Stacey(1st from right) and Mr Rob Burrough (middle).*

## Reasons for joining the programme

Wong Ching Jodie 2R

I took part in this programme because I am interested in Singapore's study system and I also wanted to experience an international school life different from that of a local school. Apart from this, I also wanted to expand my social network, not only making friends with Hong Kongers but also people from different countries. This time, I met friends who came from Vietnam, Thailand, India and so on. It was really a valuable opportunity. I



*A visit to Marina Bay Sands with ambassadors.*

joined this programme because I wanted to improve my communication skills. I was shy to talk with foreigners before so I wanted to lift my courage to talk with others by using English, an international language.

Chan Tsz Sheung, Zoe 2R

Travelling broadens our horizon much better than reading. This programme is a great opportunity to let me travel to another country to experience something brand new. I can experience in a local school in Singapore so that I can experience the education system in Singapore.



*Welcome dinner by Ms Stacey and Ted (President of ambassador).*

Furthermore, I hope I can speak more English by communicating with foreigners to improve my English.

Tang Yee Ting, Chloe 1B

When I was in primary school, I barely participated in any overseas exchange trips like this, as I used to think that I was not courageous enough. Yet, after I graduated from primary school, I realized that a timely opportunity is really something to cherish. Moreover, as I'm already a secondary student, I have to make myself mature, and not rely on others so much anymore. I believe that there are no better opportunities for me to train myself to be fully independent and there is no more time to waste. I want to have wonderful memories in my first secondary school year as I don't know if there is any good chance like this anymore to explore the world, to gain knowledge of the world and broaden my horizons.

## Wong Tak Ching, Thatcher 1B

First, I wanted to know more about the Singaporean culture as my mum said that Singapore had changed a lot these years. Second, I wanted to know about school life in an international school. Third, I wanted to know what it was like to stay in a dormitory. Last but not least, I wanted to improve my English by speaking English in an English-speaking country like Singapore.

### Most Impressive Moments

## Wong Ching Jodie 2R

The most impressive moment for me was definitely the day we visited Queensway Shopping Centre. We didn't know we would go there before as it was a surprise prepared by Ms Stacey and she brought us to the shopping centre in her private car. The atmosphere was full of joy and laughter at that moment. When we got there, she bought us lovely local food known as Putu Piring. We shared our joy and food together. After this afternoon, our friendship with Ms Stacey and the ambassadors was strengthened and we knew more about Singapore. It was really an impressive and unforgettable afternoon for me.



Swimming day in Oldham Hall.



Farewell lunch in Changi Airport with Ms Stacey.



A visit to Sentosa with ambassadors.

## Chan Tsz Sheung, Zoe 2R

The most impressive moment for me was when we got into trouble, the ambassadors would come and help us to tackle the problems. Remember once we had to go to Merlion. However we didn't know the curfew so we got back late. Originally, one of the ambassadors, Ted, promised to have dinner with us outside. Because of our delay, we couldn't. Also, Ted was busy with his work but our delay took his time. When we were on the way to buy our dinner, we cried. It was because we thought that was our faults. We were afraid that Ted and the other ambassadors would be punished. When we were crying our eyes out, Ted hugged us and said, "It's okay! Don't cry, It's fine!" We cried louder. Finally, everything was alright. I've learned that we should be responsible for our actions or we may cause trouble to others.



Skylines in Sentosa.

## Tang Yee Ting, Chloe 1B

Throughout the entire Singapore trip, the most impressive moment to me was also the most awful moment which scared me to death! Just as other exchange students and I arrived at the Singapore airport, all of the others had taken their luggage. Unfortunately, after a long period of time, mine was still nowhere to be seen. I would say I was certainly in a bundle of nerves even after seeking help from the information centre. Thanks to my friends - I was a bit better after a round of encouragement and comfort. Well, maybe everything would be okay! Fortunately, thanks to the Lord - The person who had taken my luggage by mistake helped deliver it back to the airport and then to the dormitory we stayed in. At that moment, I was like in seventh heaven! Though it was a very unfortunate incident, I learnt that others' help and comfort is important. At least, they made me feel relieved. Moreover, when the teachers and ambassadors knew about the incident, they comforted me with a loving smile which gave me a great sense of relief. It really did warm my heart. What's more, they also drove us to the Orchard Mall as I had to buy my clothes if the luggage couldn't be found. I was really touched. Though we had just met, the teachers and ambassadors treated me so well. I guess this impressive and unforgettable moment was not only an awful accident, but moments I treasure in which I experienced love and support from those around me.

## Wong Tak Ching, Thatcher 1B

The most impressive moment happened on the day that we went to Sentosa. I went to the Universal Studios with 2 ambassadors while the girls went to the Adventure Cove also known as Water Park.

I went on many exciting rides. One of them was the Madagascar Ship. It was quite similar to the one in "It's a small world" in Disney Land, but there were some bumpy sections in this ride and water splashed onto you! The other one was a 4D video. The story was quite nice and there's a horse-riding scene in which your chairs rocked back and forth. I bumped my head a few times during that scene!

There was a Sesame Street ride about a Space Mission. We were supposed to line up for that ride. But there was a technical problem about the ride when we were lining up. The staff said that even they didn't know how long it would take. So we went out to take some photos inside the theme park. I was glad that I didn't go onto that ride so early, otherwise I would get stuck.



*Church service on Sunday morning.*

## Reflection and Learning

### Knowledge of Self

## Wong Ching Jodie 2R

Over these 10 days of school life in ACS, I learnt to be more courageous to communicate with others by using English because most of my friends there spoke in English and I found that my English communication skills have greatly improved. Besides, my social network was also expanded as we kept

helping and supporting one another when we were facing difficulties. It was also a good way to make myself become more independent and helpful. Without parents to rely on, we solved the problems by ourselves with the loving support from friends in ACS. These ten days were really enjoyable, fruitful and remarkable.

*A visit to Adventure Cove Park with ambassadors.*





*Last photo with our beloved teddy bear, Ted.*

## Chan Tsz Sheung, Zoe 2R

After these 10 school days in ACS, my English has improved. As our classmates, buddies and ambassadors spoke English, we should speak English if we wanted to communicate with them. In addition, I became more independent and mature. This was the first time we left our comfort zone for almost two weeks. There were no parents to take care of us. We needed to do things by ourselves and so we learnt not to rely on our parents all the time.



*A cute yawning moment captured in the zoo.*

## Tang Yee Ting, Chloe 1B

“Experience is something you cannot buy with money”, as the old verses says. A 10-day school life in ACS International School, though short, was precious and memorable. Within this short stay, not only did I gain knowledge of different countries and cultures, I have learnt something which is remarkable. It is how to get along with different people. As we all know, social network is something that can be seen everywhere in a society, from a school to an office, from youngsters to grown-up. I have learned how important it is to establish good social network through the programme. I experienced the rich bonding with Singaporeans, who are nice and loving. From teachers to ambassadors who took care of us, their kindness had touched my heart and made me learn how to open my heart to make more friends. Even now, I seek help from the friends I have made in Singapore whenever I face obstacles. Surely, it is really a fruitful experience to me.



*Our room in Oldham Hall.*

## Wong Tak Ching, Thatcher 1B

It's quite different to study in an international school as there are people from other countries like Malaysia, Britain, Korea, China, Vietnam, etc. Even teachers are from other countries! I'm glad that I can talk to people from other countries, since I want to know more about their culture. On the day we left, it's a public holiday, so I asked one of the ambassadors, and she told me that the Muslims were not allowed to eat or drink during the daytime for some special reasons.

## Knowledge of the World

### Wong Ching Jodie 2R

It was really a valuable experience of studying in an international school since there are many people from different countries, such as Vietnam, Thailand, Korea, India and so on. I could learn different languages through this meaningful opportunity. For example, "Chao" means "Hi" in Vietnamese and it was really fun to learn different kinds of language.



*We were shouting the slogans to support our house drama competition.*



*We were having netball section during PE lesson.*



*The students were discussing their presentation during English Literature lesson.*



*We enjoyed reading our home reader "The Kite Runner" in English Literature lesson.*



*The books which were strongly recommended by our English Literature Teacher Mr Adrian.*

### **Chan Tsz Sheung, Zoe 2R**

I am so grateful that I could have the opportunity to study in an international school. Moreover, we could meet people who were from different countries. Furthermore, we learnt some Singlish from our friends such as “boliao”, which means free and nonsensical. These are words that we couldn’t even see in our daily life. So the experience really opened my eyes to a brand new culture which is markedly different from that of Hong Kong.

### **Tang Yee Ting, Chloe 1B**

As it was my first time to experience studying in an international school, I was overjoyed and excited. There are students from all around the world—Vietnam, Malaysia, Britain, Thailand etc. It was truly a fun experience to get along with people from different countries, sharing different cultures. I also gained knowledge about other countries and their special culture. For example whenever Malaysians’ “new year” is near, there will be a large scale fair selling different kinds of Malay-styled furniture to let the Malaysians decorate their houses. One thing the fair amazed me most was the gorgeous lights hung to celebrate the Malay New Year, which was a tremendous scene to me.

### **Wong Tak Ching, Thatcher 1B**

After this programme, I have learnt that Singapore is a country that suits everyone. The atmosphere is great. The pollution is not as serious as that in Hong Kong. The environment is nice and the people there are considerate. I have met a lot of friends and my buddy, Marcus Ian Pang, is very helpful.

# Reflection on *Life and Personal Goals*

Wong Ching Jodie 2R

Through this exchange programme, I have gained a lot, not only academic knowledge but also taking good care of myself. In Hong Kong, I always rely on my parents and ask them to prepare everything for me. But when I reached Singapore, I met an unfamiliar city. I left my comfort zone and I had to do everything by myself. I experienced how exhausted my parents are because they need to work for me every day. Therefore, after this trip, I become more independent and I will help my parents to do the housework. I grew after taking part in this exchange programme and I really look forward to joining this kind of exchange programme in the future again.



*This is what we have learnt in Chinese lesson.*

*This is our Geography textbook. We learnt about river basin.*

Chan Tsz Sheung, Zoe 2R

Through this immersion programme, I became more mature. I no longer rely on my parents anymore. For example, I learnt to help my mum with the housework and iron my clothes by myself. I gained a great deal after this programme. I hope I can have other opportunities to join other exchange programmes in the future.



*We took part in Art Club which was our CCA after school.*

## Tang Yee Ting, Chloe 1B

Through this memorable trip, I have gained much apart from improvement on languages and skills to get along with people. There is something important I have gained, which is how to be independent. At home, I usually depend on my parents most of the time whenever there is trouble. But this trip has become a golden opportunity for me to learn how to solve problems by myself with nobody around. Other than knowledge, I have become more mature, which I think is a huge step for me in my personal growth. I have to say that I noticed the growth in myself in all respects. I wish I could make further progress when I have an opportunity like this in the future. This trip certainly nurtured me to be a mature youngster with a widened scope of life.



*Photo with the house master of CKS, which was my house.*

## Wong Tak Ching, Thatcher 1B

After this immersion programme, I have learnt how to take care of my personal belongings like my passport, ID card, money, mobile phone, etc. Thank God that I didn't lose anything. I also had to take care of myself like eating more healthy food to prevent sickness and to do things that are suitable for me to prevent injury. I also achieved a breakthrough which was to sleep in a different place for 16 nights. I also communicated with different people from all walks of life in a foreign country all by myself. This certainly nurtured me to be more independent.

Group	9:00-10:00	10:10-11:00	11:10-12:00	12:10-13:00	13:10-14:00	14:10-15:00	15:10-16:00	16:10-17:00
Group 1	English	Maths	Science	History	Art	Music	Physical Education	Religion
Group 2	Maths	English	Science	History	Art	Music	Physical Education	Religion
Group 3	English	Maths	Science	History	Art	Music	Physical Education	Religion
Group 4	Maths	English	Science	History	Art	Music	Physical Education	Religion
Group 5	English	Maths	Science	History	Art	Music	Physical Education	Religion
Group 6	Maths	English	Science	History	Art	Music	Physical Education	Religion
Group 7	English	Maths	Science	History	Art	Music	Physical Education	Religion
Group 8	Maths	English	Science	History	Art	Music	Physical Education	Religion
Group 9	English	Maths	Science	History	Art	Music	Physical Education	Religion
Group 10	Maths	English	Science	History	Art	Music	Physical Education	Religion

*This is our lesson timetable.*



*We enjoyed doing project in Ms Stacey's lesson.*

*Chloe and her buddy Roisin stood in front of an artistic wall.*



*Photos with our drama teacher, Ms McCallum.*



*Chloe with her English teacher.*



*We enjoyed ball throwing section in Mr Chang's Religious Studies lesson.*

# Immersion Programme to the UK

Itinerary



Date	Activities	Place / Remarks
20/6	Settle down and tour of school Sports with boarders	School
21/6	Shop in supermarket	Nearby the school
22/6	Surfing with other boarders	Beach
23/6	Lessons	School
24/6	National Railway Museum York minster Street market	York
25/6	Lessons	School
26/6	Saltaire Trinity Leeds Shopping Centre	The city of Leeds
27/6	Lessons	School
28/6	Speech Day & Prize Day Skipton Castle tour with Dr. Hollingworth	School Sports Hall Skipton
29/6	Visit to The city of Leeds	The city of Leeds
30/6	Lessons	School
1/7	Lessons Sports Day	School
2/7	Departure from England	UK and HK

## Targets:

Senior Forms

## Destination:

Leeds, Bradford

## Period:

19/6-2/7/2014(13 days)

## Host school:

Woodhouse Grove School

Participating Students: Brian Lo(5G), Puma Poon(5R)

## Fee:

Nil (all expenses fully sponsored by the Miss Helena Sito Education Fund)

## Organizer:

Methodist College

UK  
EUROPE

Reaching Out to the World

# Most Impressive Moments

Puma Poon 5R

One of my most memorable moments would probably be the astonishing boarding school life. Boarding life is full of fun as there are always exhilarating activities for students to join. Brian and I went surfing together with some other boarders on the first weekend. It was the first time I surfed and I did enjoy it. To be honest, surfing was really hard and you may need to try again and again after falling into the water. However, I actually did really well and I loved it so much. I was definitely born to be a surfer!



*See how awesome I am!*



*Briefing on how to surf*

## Reflection and Learning

Being able to study in Woodhouse Grove School for two weeks was a great privilege. To be honest, I have never thought of having the opportunity to go overseas to experience an entirely new school life. I have to thank God for sending me this precious present.

It is truly hard for me to describe how wonderful this program was and how excited I was in the UK. When Brian and I first stepped in the school, we were overwhelmed by the humongous green lawn. But Mr. Vernon told us it was extremely normal to have such a big piece of sports ground in the UK. As a new comer to WGS, I spent more than a day familiarizing myself with the utterly different school environment. students



*Sports Day*

don't have a homeroom as we do. Instead, all classrooms were allocated by different students' levels and subjects.

Brian and I were assigned to attend the year 12 lessons, which was actually quite difficult for me to master as a Year 10 student. Nevertheless, the teachers there were really nice. If you ask them a question, they explain it in detail and make sure you know what they are trying to say. By the way, one of the funniest things was that students there don't really have their own textbook. Therefore, they have to copy teachers PPT and notes written on whiteboard every lesson so as do their revision.



*The historic buildings of WGS*



*Lessons are more relaxing than ours in HK.*



*Preparing for the first history lesson*

Unlike Hong Kong, lessons in Woodhouse Grove School were very interactive and not so exam-orientated. Sometimes the students and the teacher may even spend the whole lesson talking about non subject-matter stuff, like what they will be doing during the summer... Nevertheless, students there were still very diligent. You can see that all students were very active in class and they were all able to answer the teacher's questions. Most importantly, they didn't just regurgitate material from textbooks. The attitude 'work hard, play hard' impressed me a lot and I really appreciate that.

It was difficult to make friends in just two weeks, especially when you have an utterly different language background with the British. Lots of effort has to be made if you really want to make foreign friends. When you are in HK, sometimes you may feel like you speak English really well, but the truth is NO. Being in an English environment for two weeks, I realized how weak my English really was and how big the world is. Luckily, I was still able to join in the conversation in class and interact with some of the students after a week of lessons. I was actually quite proud of myself that I got the confidence of speaking to native speakers.



*A selfie taken with my Mathematics teacher (right) and my friend Raymond (middle)*



*The funniest guys I have ever met in WGS. They are Jonny (middle) and David (right).*

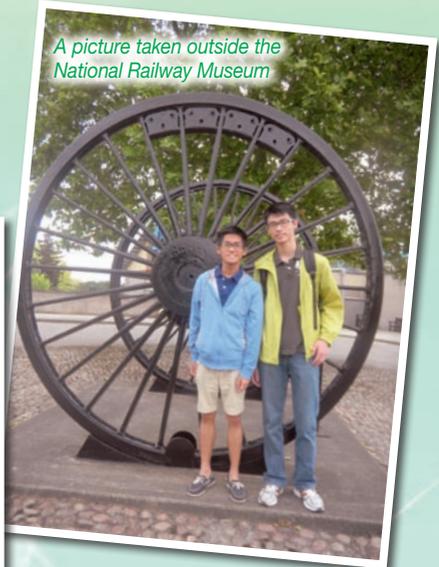
I have broadened my horizon after experiencing the remarkable English school life. I am grateful for having all this. This place has inspired me a lot and the memories here will last forever.



*Chillin' out at the boarding house with some other local boarders*



*Having a great time with Dr. Hollingworth*



*A picture taken outside the National Railway Museum*



*My History class*

# Reflection and Learning

The exchange trip to the UK has been a real eye-opener. Staying at Woodhouse Grove School for two weeks, I experienced an entirely different school life. Visiting the historical sites, I enriched my history knowledge. Walking on the streets in Britain, I experienced an exotic and relaxing life. When I arrived at the school, I was utterly amazed by its enormous campus and its exquisite landscape featuring vast grass fields. It looks like a golf course rather than a school campus and it took me more than an hour to walk around it.

Adapting to such a new environment was no easy job, but thanks to the help of Mr Vernon, a very kind and friendly teacher at the boarding house, I settled myself quickly. He told me a lot about the school and he drove us around many places in England. I made some new friends at the boarding house with the help of a buddy. We watched TV together, we played sports together and we had lessons together. Students at the boarding house were getting along well with one another, perhaps because of the longer time staying together than those just attending daily lessons.

Most of our days were spent attending classes. There are many more subjects available and some of them, like politics and psychology sound new to me. It really came as a shock when I found the local students were so attentive during lessons. They were even more attentive than us. Seldom do they chat with each other, except during discussions. They are very active and they take the initiative to ask teachers questions whenever they find any. It is really worth learning from their attitude towards study — serious and being inquisitive. Fortunately, I caught up with them after several lessons.



*At the half of the Tower, I was a bit afraid.*



*Top view from York Minster*

Aside from the above, the trip enabled me to experience a different life. Unlike Hong Kong people, the Britons lead a far more relaxing life. Seldom do they rush to do something. They seem to enjoy their lives very much and they love doing gardening or having tea in a café at leisure. At the weekend, beaches are full of people and shops are all closed before 5.

The most impressive moments during the couple of weeks must be the visit to York. The historical sites there, such as the castles and York Minster, left me an indelible impression. I had to take as many as 275 steps to get to the top of the Tower at York Minster. However, I thought it did pay off because I could see such a breathtaking view from it. Hong Kong is often said to be a cultural desert. After the trip, I realize how important it is to conserve the historical relics, which comprise local characteristics.

The stay, from which I have gained and acquired much, is indubitably an epitome of a once in-a-life-time experience. I am immensely grateful for being blessed with such an amazing opportunity.

*With the help and support from the history class, I am fuelled with vibrancy and confidence to attend lessons every day.*



*Among all delicacies in Britain, I loved fish and chips most. The complements of creamy mushy peas with a hint of garlic are simply perfect. Such a luscious dish was it that I can still remember the taste.*



*A photo taken with an Irish history teacher and an Indian classmate*



*Puma and I riding on a small train to the National Railway Museum.*

# Cambridge Programme 2014

## Reasons for Joining the Programme

I want to join the Cambridge Programme because of three major reasons. First of all, I want to get more chances of learning English in order to increase my confidence in speaking English. Secondly, I want to learn more about England's culture and lifestyle as England is always a place that I wish to go the most. Lastly, I want to learn to be more independent since I will be leaving my parents and I need to take care of myself. It would be a challenging lesson for me.



Date	Activities
27/7	Arrival at London Heathrow Airport
28/7	Lessons Introduction to Cambridge Introductory Supervision Choir Rehearsal
29/7	Visit Shakespeare's Globe Theatre, Tate Modern and British Museum

### Destination

Cambridge, England

### Period

27 July – 10 August 2014 (15 days)

### Host school

Churchill College

### Subject

Academic English

### Participating student

Pun Ho Yi, Angela (2W)

UK  
EUROPE

Reaching Out to the World

Date	Activities
30/7	- Lessons - Choir Rehearsal - Supervision Punting on River Cam
31/7	Visit Houses of Parliament Watch "The Phantom of the Opera"
1/8	- Lessons - Choir Rehearsal - Tour of Cambridge with Mentors (King's College, Pepys Library) - Supervision
2/8	- Lessons - Supervision Tea at Grantchester Watch Shakespeare Play "Twelfth Night"
3/8	- Lessons - Music Practice Shakespeare Drama Workshop - Supervision Choral Evensong in St Giles' Church
4/8	Visit Oxford Burns' Night Supper Folk dancing
5/8	- Lessons Mentors' Talk on "My Journey to Cambridge University" Study Skills Workshop Charity Dinner (Hog Roast)
6/8	- Lessons Interview Workshop – Dr Richard Kueh Individual interviews
7/8	Lessons at Fitzwilliam Museum Drama Presentations
8/8	- Lessons - Play hockey Lecture on Cambridge History, Culture and Etiquette – Dr Richard Kueh
9/8	Going shopping Lunch with Mentors in Cambridge
10/8	Arrival in Hong Kong

## Most Impressive Moments

I think the most impressive moments were watching “The Phantom of the Opera” and the Folk Dance after the Burn’s Night Supper. You may think that watching this musical is very ordinary and not impressive at all, but I can tell you that it was totally different from watching musicals in the Hong Kong Cultural Centre! The atmosphere and the sound effects in the theater were absolutely impressive. I love it very much.

Apart from watching the musical, my friends and I joined the Folk dance in the college hall. It was really enjoyable. We formed into different numbers of groups and learned some dance steps. Although we didn’t dance very well but we still had fun that night. I think it is a great experience not just because of the fun, but that it told me, I want to learn more about the culture of England. I was experiencing the culture first hand.

## Reflection and Learning



After joining the Cambridge Programme, I’ve learned and changed a lot. Before the trip, I didn’t really have confidence in speaking English with foreigners and I always made grammatical mistakes in writing since I wasn’t very familiar with English skills. Apart from that, I wasn’t good at time management. But after the trip, I’ve improved my English, not just the skills, but also the confidence inside my heart. I’ve also learned to manage my time now.

The learning environment in England is quite different from that in Hong Kong. In Hong Kong, there are maybe more than 30 students in the same classroom.

*Big Ben!!!!*

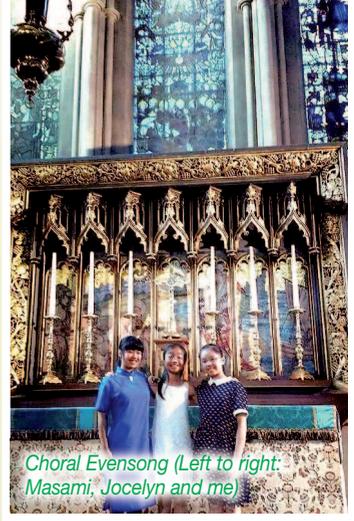
UK  
EUROPE

Reaching Out to the World

But in England, there are only maybe less than 20 students in a classroom. Apart from the learning environment, the actual learning is different. In Hong Kong, we use textbooks most of the time, and sometimes we have group work. But in England, there are many different types of learning, for example, filming, group work, watching films, reading newspapers, doing drama, etc. In addition, there is also one thing which is different from Hong Kong, and that is supervision. Supervision is a time when you can revise things that you have learned with your mentor and group mates. It is really useful. I really like the learning atmosphere there. If I have a chance, I would like to study there.

Last but not least, I would like to thank all the people who supported me through the 15-day trip. I would like to thank our principal, Ms Wong, for introducing this programme to me. I would like to thank my parents for supporting me in joining this programme. I would like to thank my mentor for taking care of me in England.

I would like to recommend this programme to all my fellow schoolmates since this is really a valuable experience to learn something in another part of the world. The world is very big. I hope I can continue joining this kinds of programmes next year.



*Choral Evensong (Left to right: Masami, Jocelyn and me)*



*Four crazy girls, me, Sonia, Jocelyn and Masami!!! (from left to right)*



*British Museum*



*Having lunch together in college.*



*"The Phantom of the Opera" ---Fantastic!!  
(Left to right: Sonia, Masami, Jocelyn and me)*

# Welcoming exchange students into Methodist College

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

## AFS Intercultural Exchange Programme (high school)

<b>Nation</b>	Denmark	Germany
<b>Exchange Student</b>	Sally Devantier	Vincent Muerau
<b>Host Class</b>	3W	3R
<b>Period</b>	August 2013– June 2014	
<b>Host school</b>	Methodist College	

ARK / GERMANY  
EUROPE



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

**Nation**  
Denmark/Germany

**Period**  
August 2013– June 2014

**Exchange Destination**  
Hong Kong

**Host school**  
Methodist College

**Exchange Programme**  
Malaysia Exchange Programme (by Methodist College)

**Nation**  
Malaysia

**Period**  
12 - 25 November 2013

**Exchange Destination**  
Hong Kong

**Host school**  
Methodist College

Bringing the World into the College



*Sally starting a sprint race on Sports Day*

## Sally Devantier 3W (from Denmark)

Leaving Denmark feels like yesterday. Arriving in Hong Kong feels like an hour ago. Wow time flies so fast! When I came to Hong Kong I had 306 days to enjoy and now I have less than a month left and I can't believe it is nearly time for me to go back home. But I will always remember this year for being the best year in my life.

I remember when I decided to be an exchange student. I was determined that I wanted to live in a country I had never been to before, a country with a totally different culture from the Danish one and to live in a city so different from my own. I wanted to try something new. And I must say that it was what I got. Actually, Hong Kong was my first time in Asia. Hong Kong and Denmark are so different in so many ways and I would like to tell you some of them.

I clearly remember the first day at Methodist College. I was waiting in a small room for my new buddies to come and pick me up and show me to



*Sally taking part in an English Time performance*

the classroom. I was a little nervous but also really excited to get to know all my new class and school mates. Bella, Suki and Christy then came in and greeted me. On the way to the classroom there wasn't much talk. I guess we were all a little shy at first, but after a few days I could feel our relationship getting better and we started to talk more and more.

School life in Hong Kong is so different from school life in Denmark. I remember being told that I needed to wear school uniform, which I had never ever tried before, because in Denmark you can wear whatever you like, dye your hair and even wear make-up if you like. I didn't really know what to say about the whole school uniform thing since I had never tried it, but my first thought was: Great, now I won't be late for school because I don't have to decide what to wear. In the beginning I wasn't really a fan of the school uniform since it's a dress and I am really picky as regards dresses, but then I saw some of my other exchange student friends' school uniforms and I quickly concluded that I had been lucky. Now I really love my school uniform but I guess it's because I know that my time of wearing it is soon over.

Another thing that is also very different is the teaching methods. The lessons are basically based on a teacher simply feeding the students with a lot of information they have to memorize for the exam whereas in Denmark the teacher is there for encouragement and assistance. The teacher in Denmark only talks in the beginning of the lesson where they give the students some brief information and then the students start working independently or in groups. I have also noticed that a lot of my school mates here in Hong Kong take tutorial lessons after school and that is also one of the major differences between Hong Kong and Denmark. In Denmark we are normally dismissed from school around 2pm and after that we can do what



*A scrumptious dish  
cooked by Sally*

we want to do. I, for example, had a part time job at McDonalds so I would go there after school to earn some extra pocket money otherwise I would hang out with my friends, go shopping or go to café. I feel that we are more relaxed about school in Denmark.

I know that I have talked about all the differences in the above paragraphs but what I have also learnt throughout this year is how many things we also have in common. I think that no matter where you are from you will always have some prejudices about other countries, but when you start living in that country as a “local” person and start associating with local people you realize how many things you have in common and how similar two countries so different on the outside can be. I have really learned a lot in this year and I wouldn’t go without this experience.

I really want to thank all my fellow school mates for always being so nice and caring to me and all the teachers who have helped me through this year and of course Ms Wong for making this experience possible for me. Thank you Methodist College.

It is not a “goodbye” but a “see you again”.



*Bella (left), Sally with other buddies*

### **Bella Tse 3W**

This is an unusual year to me because Sally came to our class. Sally, who is a girl from Denmark, is the first exchange student studying in our class. I am delighted that I could study with her over the past 10 months. She is a kind, energetic, helpful and cheerful girl. She changed our class because she always put up her hand to answer questions in the lessons. In the past, our class was so quiet and no one answered teachers' questions, but with Sally's influence, our classmates turned to take an active part in the lessons.

Sally always shared lots of things about Denmark with us. In one Geography lesson, we talked about renewable energy like solar power. Sally told us that most people from Denmark have solar panels on their rooftops and they use solar power as the main power at their home. I learnt that Danish people realize that environmental protection is important and this idea is common in Denmark so everyone knows that they should save energy and use renewable energy. I also knew more about Denmark through her stories such as the culture, schools, food and people.

Sally helped me a lot. When I faced Mathematics difficulties, she taught me voluntarily and patiently. I could solve my questions after her teaching. She always gave advice on my English writing and speaking. Although I talked with her in English very slowly and I spoke English not very well, she waited for me to say the whole sentence and tried to understand what I wanted to say and express.

Moreover, she is a good learner. She set up a model for us. She always asked me and other classmates about the pronunciation and meaning of some Cantonese. She remembered many Cantonese words and sometimes used the words.

Last but not least, she brought happiness and humour to my class. She said many interesting things to us and made us laugh. She made our school life more interesting. I thank her very much for being a wonderful exchange student to Hong Kong and for spending 10 months with our class in Methodist College. Although it is time to say goodbye to her, she will always be my friend. I will not forget the time with her. Thank you, Sally.

## Christy Kwan 3W

Ten months is a short time, but it can still be exceptionally memorable. I am really glad to be Sally's buddy. It is my first time to be an exchange student's buddy and I have never thought it would turn out to be such great fun. When we first met, her warm and sweet smile was the first thing I noticed. I really appreciate that she is so adaptive since she comes from a totally different country. She is also a very industrious girl and on the first few days of our life in Form three, she kept asking me the Cantonese translation and pronunciation of some of the useful vocabulary in our daily life.

Sally is a very considerate girl. She is always very supportive and positive. More and above that, Sally is always attentive in our class. She always answers questions and she is actually the most enthusiastic student in our class. On top of everything I enjoyed hanging out with her during holidays and we even went to Yum Cha. Sally and I have learnt more about our respective cultures.

I really thank my teacher and Sally for giving me this precious opportunity to be a buddy. I have really opened my eyes to the world and I am now more confident to communicate in English. It is marvellous to have such a great friend in my life who always accompanies me and I really hope that I can meet with her again in the future.

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## Suki 3W

I am very glad that I was chosen to be one of the buddies of our exchange student, Sally. She is a very outgoing and nice girl---that was my feeling when I first saw her in the staff room and brought her to our classroom where we would spend the next ten months together.

She is always an active and talkative classmate in lessons because she is willing to answer teachers' questions instead of being shy and quiet in class. She is also fun to be around as she makes us laugh with her funny jokes and sayings. Besides, she is thoughtful and cheerful and always cares about what we feel. She is the one who can perceive others' sadness and cheer them up. Last but not least, I found out that she has a flair for languages since she can easily know what my friends and I are talking about when we are speaking in Cantonese by guessing from the Cantonese words she knows.

Once, Sally told me she didn't miss her home town at all because she enjoys the life in Hong Kong. I am really impressed by her bravery and independence. However, time flies and Sally is going to go back to her home country really soon. I hope she will not forget her time with us. I am definitely going to miss her as she is now one of my friends who I will never forget. I believe friendship will not change because of distance. Goodbye Sally!



*Vincent taking part in a Life Education activity.*



*Vincent and his classmate in a cookery lesson.*

### Vincent Muerau 3R (from Germany)

I am currently 15 years and ten months old. I spent 5 percent of my lifetime in Hong Kong. Does not seem that much, does it? But it is. An exchange year changes everything, turns everything upside down and completely messes up your world, but that's good. Only by forcing you to try new things, to eat the chicken feet even though you really don't want to, spending one long year away from your family do you know what an exchange year is really all about: Growing up. And I think that's something I did here in Hong Kong. Already after a few weeks, Hong Kong had swallowed me whole and embraced me in its culture, taken me along on a spin around the block and had shown me all its sides, the culture, the food, the people and the school life.

Starting a new life in a new family was certainly hard. Adapting to all the new rules and the new people I would now spend my everyday life with wasn't easy, but I did it. I dove into the culture head first and accepted any hurdles that Hong Kong threw at me. The new people, finding new friends, adapting my taste buds to a completely new style of food... When I first came here I didn't know anybody, had no friends and of course no social life but I found it rather easy to make new friends, especially in Methodist College. All my classmates from 3R welcomed me with open arms and made my transition into the new school life rather easy. The teachers also helped a great deal. Thanks to Ms. Lau I could experiment with the subjects I chose. I ended up with a lot of English lessons in form 3 as well as form 5. I really enjoyed having the freedom to further improve my English. With the help of the great English Teachers at Methodist College my English definitely improved a lot this year. I took part in the English Ambassador program and helped out with the English time. I also took part in the football practice, which was a lot of fun. Luckily I had the chance to enjoy the excellent home economics program with Ms. Fok. I learned how to cook and how to sew by hand and with a machine. Both are very useful skills I got to acquire at

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*Sally and Vincent introducing themselves.*

Methodist College. I had lots of fun spending time with my school friends in but also outside of school. For example, we went cliff diving in Sai Wan and experienced Hong Kong's countryside.

I was also lucky enough to participate in one of the best parts of an exchange year. The AFS functions and trips and the forming of new friendships that come with them. We went to Cheung Chau for a weekend trip and we visited Disneyland and Sky 100.

I made a bunch of new friends and not only learnt something about Hong Kong's culture, but also about all the other cultures of the exchange students that visited Hong Kong too.

In the end I would like to thank all my schoolmates and the teachers of Methodist College and especially Ms. Wong for letting me take part in this Exchange year and building such a great school environment. Thanks from the bottom of my heart for this opportunity, I will never forget you.

"An exchange year is not a year in a lifetime but a lifetime in a year."  
Unknown



*Vincent's birthday party.*

## Reflections from Classmates

Chang Chih Neng 3R

It's really been a pleasure for me to be buddies with our new exchange student, Vincent. I still remember the very first day we met. I was a bit nervous as he seemed like a very strict person and I couldn't find a thing to talk about except asking some basic questions about Germany and what he thought about Hong Kong. Later, I found out I was very wrong indeed. Actually, Vincent is a very delightful and funny guy and he makes jokes with us all the time. We became good friends inside and outside school. It was a very great experience for me as he is the first foreign friend that I've ever made. I was very thankful for this opportunity. On the 25th of May, we also went to Sai Wan and had a great time there. I will definitely miss him when he is gone.

All I want to say is that I am really impressed by him and I will treasure and remember this experience for my life.

### Choi Yiu Wai 3R

This school year, we had an exchange student from Germany! I'm glad to have been one of Vincent's buddies. We had a memorable time with him. Vincent is friendly and sporty. I am very happy to have been his friend.



Vincent is very smart and concentrates in class. He said he loves English lessons very much. Vincent is very active in class. He likes answering questions during lessons and he is a good learner. I really appreciate his learning attitude. He also said that Hong Kong students are very stressed all the time. He always encouraged and supported us to do our best. Also, Vincent reads a lot of books. He always told us to read more English books too.

Lastly, Vincent is a friendly boy. He always told us some interesting things about his own country. Sometimes, he asked us to teach him Cantonese and he also taught us German. Vincent is very easy-going and it is very enjoyable to talk and play with him.

In conclusion, this is a very unforgettable experience in my life. I gained a lot this year.

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## Tang Ho Tin 3R

I am Darius from 3R and I was one of Vincent's buddies this year.

I am glad to have been his buddy. I have to say that I have learned a lot from Vincent.

At first, I was afraid to be Vincent's buddy because I thought it would really be a hard time for me to speak English for a whole day. However, what surprised me most is that Vincent is really a nice guy. He taught me how to say things in English whenever I was unable to express myself. He is a helpful guy.

Not only has he improved my English, but he also told me a lot about foreign cultures. I remember one time while we were having lunch, he told us about his country's music and taught us some German. Also, every time when I was communicating with him, I could feel how fluently he spoke English. So, he has given me a chance to build up my oral English.

Vincent is a cheerful, talkative and optimistic friend. He always tells jokes and smiles in front of us, no matter if it is during a lesson or on the day before exam. He acts like nothing can stress him. Really, I am grateful for having a friend like him. And because of this, I have become more positive this year.

Just a few days before I wrote this reflection, Vincent and some of my classmates went to Sai Wan. To be honest, I have never heard of this place despite being a Hong Konger! We went to a waterfall in Sai Wan and it was really a joyful time for me. Thanks to Vincent for introducing me to such an awesome place.

In conclusion, I have to say a big thanks to Vincent. He has really taught me a lot.

I hope we can still keep in contact when he has returned to his home country.

We'll miss you very much, Vincent.

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

<b>Name of student From Malaysia</b>	Chuah Siong Jie, Edwin	Yap Egin, Darrel
<b>Host Family MC student</b>	2G (19) Chan Chun Hei, Agassiz	2B (35) Yip Hoi Shun, Anson
<b>Host Class</b>	2R	2W
<b>Period</b>	12 - 25 November, 2013	
<b>Host School</b>	Methodist College	

## Background Information

Methodist College is fortunate to have exchange students from different parts of the world staying with them at various times during the school year. We had two Malaysian students – two Form 2 boys– from the Methodist Boys' Secondary School Kuala Lumpur (MBSSKL) who spent two weeks with us from 12th November 2013 to 25th November 2013. They studied in our College and stayed in host families. The programme was not only a rewarding experience for the Malaysian students, but also a good opportunity for our students to get along with students from different cultural backgrounds.





### Yap Egin, Darrel

Firstly, I wanted to thank my school for giving me this once in a life time opportunity to go to Hong Kong for the exchange program. This exchange program was far more than a trip because I was able to experience the local culture and it was truly a precious opportunity for me.

When I arrived at the airport with Edwin Chuah (my school mate) and my dad, we got a cold. Then someone from the school named Martin came all the way here to pick us up. After a long drive, we finally reached the school. The school teachers and principal warmly welcomed us to the school. I also got to see my host Anson whom I hosted when he came to Malaysia. My two buddies Isaac and Wing Kit were also there with him. By the time we reached the school, it was already their lunch time, so we went out and have lunch with them. After having a great lunch with them, two teachers brought us around the school so we got to know more about the school.

The next day onwards, we started going to school and we made a lot of friends. I enjoyed spending time with the students in my class. They were so friendly. Their study program was different from what we have in Malaysia and I actually do prefer their study program. They also got Cantonese subjects and Liberal studies. Usually after school, Edwin (my school mate) and I would go shopping or just walking around the city. Sometimes even some of our friends would go with us. My host's mother is kind, and caring. She took Edwin and me out for eating and shopping and we bought some souvenirs for our friends and headmaster.



During the first weekend (Saturday), we went to Ocean Park. Our buddies, host and some of our friends were there with us. We had fun together and enjoyed ourselves there. On Sunday, my schoolmate Edwin and his host came over to my host's condominium.

In his condominium we played vii, the computer and also did our homework that the teacher gave us. My host's mother bought pizza for us. In the evening, we went to a famous park that was below his condominium which was named Lai Chi Kok Park. We took many photos there.

During the second week, we continued to go to school and studied with them. There was a photo taking session but I was surprised that I also got to join them. MBSSKL has a subject named Kemahiran Hidup. For their school it is called Design and Technology. During the lesson, I made something using a laser machine. Here came the last day of school. All of my friends were sad because we were going to leave Hong Kong so we took a group photo.



At the last weekend in Hong Kong, we went to the Science Museum at Tsim Sha Tsui East, Kowloon Peninsula. Then we went for movies. We watched "The Hunger Games 2" which was really nice. We all loved it. After that, we went to play a game called "FREEING HK" at Mong Kok. This was a strategy game. Later at night, Edwin's host parents took all of us for dinner. The food was delicious and all of us loved it.





On Sunday, we went to Stanley. Stanley is a tourist attraction in Hong Kong. After that we went to Tsuen Wan to cycle with other students. We cycled for about 1 hour and while we were cycling back it started raining so we stopped under a big tree. The rain was very heavy but luckily some of us had brought the umbrella. We actually planned to go to Victoria Peak after cycling but since it was raining we cancelled it. After that, we went to have dinner with them. We really enjoyed ourselves that day.



I believe that Edwin and I had gained a lot from his trip. I wish to visit the school once more if I have the chance. To conclude, I want to thank my friends, buddies, my host, my host parents, teachers and the school for everything they had done to me.



### Chuah Siong Jie, Edwin

I was very surprised and delighted when the school principal, Mr. Wong Chee Kheon, invited me and Darrel Yap to participate in the Hong Kong student exchange program for two weeks, from 12th November to 25th November. It was a once in a life time opportunity to experience this whole trip.

On 12th November we headed to the LCC-T Kuala Lumpur International Airport. After checking in, we went into the departure terminal to wait for our flight. When we arrived at the Hong Kong International Airport, we were picked up by the administration manager of MCHK, Mr. Martin Li.

Once we reached MCHK, we were warmly welcomed by the school's principal and the teachers there. I met my host whose name is Agassiz. The school has also assigned two students to be my buddies and they are Woody and Matthew. Both of them were in the same class with me in class 2R. When I entered my class, my classmates gave me a big welcome surprise and a handmade welcome card. Throughout this two weeks, Woody and Matthew have accompanied me around the school.

As for my host Agassiz, I enjoyed spending time with him throughout this two weeks. Not to forget that my host parents are so kind to me that I could still remember they took care of me when I was sick. They did not mention a word regarding my sickness but in fact they stood up and took care of me. I was truly touched by their love, caring and kindness. Thank you Mr. and Mrs. Chan.

During this two weeks, I enjoyed the classes there and spending time with my classmates and class teachers. But most of all, I am really happy



that I could meet up with the previous batch of Hong Kong students who had come to Malaysia for exchange. They were surprised to see me too. I was glad to see them, Ben, Jeff, Samuel, Ricky, and most of all Charles, the boy who stayed at my house during his school exchange program.

When it comes to Hong Kong, it is a place that is full of delicious food and wonderful places. During weekends, our host brought us to Ocean Park, and the Science Museum. We watched movies together with our buddies. We had fun exploring around. Not only that, my host parent also brought me to travel on a Star Ferry from Wanchai to Tsim Sha Tsui. We also went shopping for souvenirs.

My most memorable day was visiting Stanley Market and cycling from Shatin to Taipo with Charles, Samuel, Ben and Darrel, it was a long trip that took about 45 minutes. On our way back, it started to rain and we would have to ride under the rain in order to get back in time before the bicycle shop closed. After we had returned the bicycles, they brought me and Darrel for dinner. It was a memorable day.

At last I would like to express my gratitude to my school, my mum and the school principal for giving me this wonderful opportunity. I also would like to give thanks to Mr. Bob Yap for accompanying us for a few days in Hong Kong. Last but not least, thank you my dear sister for giving me support throughout the two weeks. I sincerely hope that this program will continue to give more students a chance to experience a different school life and the opportunity to broaden their horizon.



## *Reflections from Host Students and Buddies*

**Kwok Hoi Wai Matthew 2R  
Cheung Chun Lam Woody 2R**

We were the buddies of Edwin from Malaysia in 2R class. It is a good experience that we could help Edwin translating in Cantonese. We helped them to order food outside in the restaurant and they taught us the Malaysian language. He said that he enjoyed the lessons in our class and we are very happy that we could help him. At the start of the programme, he fell sick. But he still came back to school and we appreciated him about this. We are honoured to be the buddies of Edwin.

**MALAYSIA  
ASIA**

**Bringing the World into the College**

## Leung Wing Ki 2W / Chow Hin Yat 2W

We were the buddies of Darrel who came from Kuala Lumpur, Malaysia as an exchange student in Methodist College.

During his two-week stay in Hong Kong, we have done a lot of things with him. We had lunch with Darrel every day. We let Darrel try different types of food in Hong Kong, such as Yunnan noodle, barbecue meat, McDonald's etc. We often stayed in the school campus for lunch. After lunch, we always played basketball with Darrel! We had a great fun.

We went to Ocean Park with Darrel too! We tried a lot of rides. We were so excited while we were playing the roller coaster. We had a great day!

We always talked and cared a lot whether Darrel could adapt to our culture.

We were so sad on the day when Darrel had to leave Hong Kong to go back to Malaysia! We miss him a lot! After Darrel was left, we still chat with him through Facebook!

We won't forget this wonderful friend!



*Going out for lunch on a rainy day!*



*Having lunch together! Yummy!*

## All Trips at a Glance (2013-14)

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

Activity	Date	Participants	Location	Organizer
Leadership Training to Shanghai* 《古往今來》上海 新領袖訓練計劃	19/12 – 23/12 (9 days)	20 students of S1-5	Shanghai, China	Methodist College
Mainland Exchange Programme for Student Leaders 領袖生內地交流計劃 2014	20/4 – 24/4 (5 days)	2 students of S5	Beijing, China	EDB
Trip to Wuhan and Yichang* 「同行萬里」高中學生內地交流計劃	20/4 – 24/4 (5 days)	10 students of S4-5	Wuhan, Yichang, China	EDB
Immersion Programme to UK	20/6 – 2/7 (13 days)	1 student of S4 & 1 student of S5	Woodhouse Grove School, Bradford, UK	Methodist College
2014 High School Science Camp - Nanjing 高校科學營2014——優秀高中生獎勵計劃	14/7 – 20/7 (7 days)	10 students of S4	Nanjing, China	中國國家教育部及中國科學技術協會
Malaysia Exchange Programme (Focus on IT and Robotics)	15/7 – 28/7 (14 days)	5 students of S2	Methodist Boys' Secondary School Kuala Lumpur, Malaysia	Methodist College
Immersion Programme to Singapore	12/7 – 28/7 (17 days)	2 students of S2 & 2 students of S1	Anglo-Chinese International School, Singapore	Methodist College
UK Cambridge English & Science Programme	27/7 – 10/8 (15 days)	1 students of S2	Churchill College, Cambridge University, UK	Cambridge English & Science Programme

\* Trips escorted by our teachers

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Modest, Caring and  
Knowledgeable Leaders  
of the New Era*

