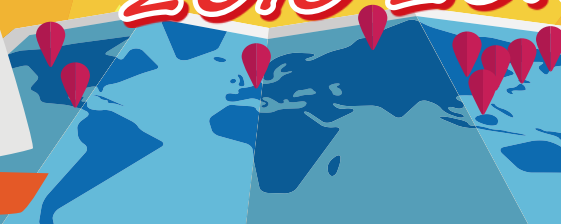




循道中學
Methodist College



Cultural Exchanges
2016-2017





Country	Incoming Trip
Japan	AFS Intercultural Exchange Programme
Russia	
Malaysia	Malaysia Exchange Programme

Country	Outgoing Trip
Mexico	United Nations Internet Governance Forum 2016
Canada	Immersion Programme to Canada with Shawnigan Lake Secondary School
	Canada Leadership Training Programme
UK	Immersion Programme to UK
	UK School Experience Programme
Taiwan	Taiwan Music and Cultural Exchange Programme
South Korea	首爾環保科技及生涯計劃交流團
Japan	East Asian Scrabble Championship
China	港澳青少年中華文化體驗營
	善德關愛科研青年發展計劃
	第3屆中國航天之旅 2017
	九龍西學界滬港交流夏令營 2017



Words from the Principal

It is always said that the education provided to the young generation of today is to pave a pathway for them to the future – a future that is hard to envision, since the world is changing all so rapidly every day. We seem to be riding on a roller coaster into the digital era. The buzz words for today become STEM, STEAM, and even Smart City. Such terms that we had not even heard of a few years ago suddenly became the passports to the future.

However, no matter how technology develops, it is certain that some qualities remain important to be developed among the students of today, so that they will be masters of tomorrow. These qualities include: a global vision that transcends territories, a world view that encompasses different ethnicities, the compassion that spans cultures, and the readiness to seek to

understand and be understood. These qualities do not come automatically when one goes up an education level. Rather, they are gathered through actual experiences which, alone, do not guarantee learning and growth. It is when experience is followed by reflection that learning takes place.

This is why here in Methodist College, we endeavor to maximize students' learning experiences through providing extensive cultural exchange opportunities, and why we keep on producing this booklet every year. By reading the first hand experiences of our students, I hope you will also, like me, find the world a happier and more exciting place to explore!

Emily Wong
Principal



Reaching Out to the World

	Continent	Country	Programme	Page
1	Asia	China	港澳青少年中華文化體驗營	P3-8
			善德關愛科研青年發展計劃 第 3 屆中國航天之旅 2017	P9-10
			九龍西學界滬港交流夏令營 2017	P11-16
		Japan	East Asian Scrabble Championship	P17
		South Korea	首爾環保科技及生涯計劃交流團	P18-21
		Taiwan	Taiwan Music and Cultural Exchange Programme	P22-29
2	Europe	UK	Immersion Programme to UK	P30-42
			UK School Experience Programme	P43-47
3	North America	Canada	Canada Leadership Training Programme	P48-58
			Immersion Programme to Canada with Shawnigan Lake Secondary School	P59-67
		Mexico	United Nations Internet Governance Forum 2016	P68-70

Bringing the World into the College

	Continent	Country	Programme	Page
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	Europe	Russia		
2	Asia	Malaysia	Malaysia Exchange Programme	P81-84



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Cultural Exchanges

港澳青少年中華文化體驗營

北京市政協港澳臺僑委員會九龍地域校長聯會合辦

1. 對象：

九龍區中學及小學組成隊伍參加下列項目：

羽毛球：初中學生（訓練及比賽）

乒乓球：初中學生（訓練及比賽）

舞 蹈：小五或小六學生（民族舞蹈訓練及表演）

微電影：中學生（以手機拍攝體驗營活動花絮及製作短片作分享）

2. 日 期：2017 年 7 月 17 日－7 月 21 日（5 日）

3. 住宿地點：北京市政協會議中心（北京建國門內大街 13 號）

4. 訓練地點：東單體育館、政協會議中心

5. 負責老師：黎曉儀老師

6. 本校榮獲獎項：

- 京港羽毛球友誼分組賽季軍：羅 茵（中三紅班）
利尚恩（中二紅班）

7. 計劃目的：

為了促進港澳青少年的交流，通過港澳青少年對首都文化體育事業的認識，增強他們對祖國的認同。根據市政協 2017 年工作要點安排，北京市政協港澳臺僑委員會組織「港澳青少年中華文化體驗營」活動，共邀請 100 名港澳中小學生及教師來京進行文化及體育交流活動。

本校參加同學名單：

1	CHAN YIK IN	陳奕妍	中二藍班
2	LEE SHEUNG YAN	利尚恩	中二紅班
3	LEUNG OI TUNG	梁藹童	中二紅班
4	LO YAN	羅 茵	中三紅班
5	WEN SHING YAN	溫承恩	中一白班
6	CHEUNG CHUN LUNG	張駿龍	中三青班
7	NGAI YUEN CHEUNG	魏源祥	中三白班



Itinerary

DATE	TIME	ACTIVITIES
17 th July	Noon	Arrive at Beijing International Airport
	15:30	Brief introduction of the exchange programme
	16:00	“How to make a good Micro Film” lecture
	20:30	Visit the Beijing Olympic Park (鳥巢)
18 th July	9:00-17:00	Badminton and table tennis practice
	19:00-20:30	Chinese traditional calligraphy writing experience (雅集)
19 th July	9:00-15:30	Badminton and table tennis competition
	15:30-16:15	Prize-giving Ceremony
	18:00-20:30	Enjoy the traditional dance performance in the National Centre For the Performing Arts (國家大劇院)
20 th July	8:30-11:30	Visit the Great Wall (長城)
	14:00-15:30	Visit the Temple of Heaven (天壇公園)
	16:00-17:00	Visit the glass factory street (琉璃廠文化街)
	19:00-21:00	Free time
21 st July	9:00-10:30	Sharing time
	14:00	Pack our belongings
	15:30	Arrive at Beijing International Airport
	23:30	Ready to board
22 nd July	4:45	Arrived Hong Kong



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Cultural Exchanges

Day 1

Thank you all of our parents! We arrived at the airport at 6am in the morning!



We stayed in the 北京市政協會議中心, nice food and fruits everyday!

北京奧林匹克公園 Beijing Olympic Park



Visited the Beijing Olympic Park!



Yeah~~Here we are!



Day 2 and 3

Table Tennis Training



Jerry Cheung



Kevin Ngai



A 9-year-old boy coached Miss Lai to play table tennis. He always said: 慢點兒!



Famous table tennis player-DING Ning, captain of National team.





Badminton Training



Misha and Kelly

Eva Lo



Tom Wan



Tom's idol-another famous table tennis player-ZHANG Yining!





Reflection

Joining this exchange programme, I have broadened my horizons and had a great experience in Beijing. The purpose of this exchange programme was to enrich my badminton skills through competitions and to experience Chinese culture.

The sports centre where I played badminton in Beijing was non-air-conditioned. It was totally different from the ones in Hong Kong. However, I strengthened my endurance, despite such a stuffy environment.

LEE SHEUNG YAN AND LEUNG Oi TUNG 2R

Besides, I had a badminton competition on the third day. I was lucky that I had the opportunity to compete with the Beijing badminton players. We all exchanged our contact details and chatted happily. Now, I can speak loudly without feeling scared.

Also, I had visited some historical sites, such as the Great Wall. Like the old ones say, "You're not a hero unless you go to the Great Wall." I was thrilled that I could visit it. I really enjoyed going to those historical sites.



善德關愛科研青年發展計劃

第3屆中國航天之旅 2017

對象： 中三至中五學生
地點： 北京和西安
日期： 2017年7月23至30日(8日)
主辦機構： 香港善德基金會、香港科技協進會
參與學生： 錢向榮(中四藍班)
費用： 全免

日期	時間	活動
7月23日	上午 下午	<ul style="list-style-type: none"> ➤ 到達香港國際機場 ➤ 到達北京 ➤ 遊覽長城—居庸關
7月24日	清晨 上午9時至中午12時 下午2時至5時	<ul style="list-style-type: none"> ➤ 到達天安門觀看升旗禮 ➤ 參觀國家天文台 ➤ 參觀中國工程院
7月25日	上午9時半至10時半 上午11時至中午12時 下午2時至3時半 下午4時至5時半	<ul style="list-style-type: none"> ➤ 參觀中國空間技術研究所 ➤ 參觀中關村 ➤ 參觀騰訊公司 ➤ 參觀科技館太空探索展廳
7月26日	上午9時至中午12時 下午4時至6時	<ul style="list-style-type: none"> ➤ 乘搭高鐵往西安 ➤ 參觀兵馬俑
7月27日	上午8時半至中午12時 下午2時至5時	<ul style="list-style-type: none"> ➤ 參觀航天動力技術研究所(四院) ➤ 參觀中國科學院西安光學精密機械研究所
7月28日	上午9時至下午5時 下午8時半至9時	<ul style="list-style-type: none"> ➤ 參觀西安交通大學 ➤ 夜遊曲江
7月29日	上午8時至10時半 上午11時至下午12時半 下午2時半至6時半	<ul style="list-style-type: none"> ➤ 參觀大唐西市博物館 ➤ 參加一帶一路講座 ➤ 參觀西安古城牆及鐘鼓樓廣場
7月30日	全日	乘搭高鐵往深圳，再返回香港





The rocket model

The summer trip to Beijing and Xi'an provided me with a golden opportunity to learn about the development of Space and also the culture of China.

It was pretty amazing and lucky that we could visit several space-investigation laboratories throughout the trip, as they are not open to the public. We grabbed this precious chance to listen to the science talk held by the professors. The content was about some terms such as "Near Space" and also the principle of firing a rocket. The most interesting and memorable thing was that we could make our own rocket and launch it with the aid of a transmitter. It was really thrilling, that I could launch the rocket that I made with my groupmates.

Not only did I gain knowledge in terms of Space, but I also understood more about the history and culture of China. We visited the Great Wall in Beijing and captured some gorgeous photos of the views from the top of the Wall. Listening to the history of the Great Wall from the guide, I was astonished to know that it was very crucial for defending enemies from attack during the ancient times of China. Besides, the Great Wall was built in the Warring States Period and it was rebuilt in the Qin dynasty. Nowadays, the Great Wall is one of the highlights in Beijing and it is worth-visiting. Through visiting it, I could broaden my horizons

and find the bright and positive side of China too.

Last but not least, I made lots of friends during the trip. As the trip lasted for a week, my groupmates and I had a very long time to get along together. We always helped each other and I had lots of wonderful moments with them. During the trip, all of my groupmates stepped out their comfort zone and tried to get in touch with different things. We also chatted and shared our feelings with each other. From these moments, I have learnt that friendship is absolutely precious and we should cherish it without taking it for granted.

This programme was very meaningful and eye-opening. I will never forget it!



We are making our own rocket!

九龍西學界滬港交流(雙向) 夏令營 2017

對象： 香港 15 - 20 歲高中學生、上海洋涇中學高中學生

地點： 中國上海市

費用： 港幣 1500 元

日期： 2017 年 7 月 5 至 10 日 (6 日)

主辦機構： 九龍西區各界協會

負責老師： 伍尚俊老師

本校榮獲獎項：

- 「九龍西學界滬港交流(雙向)夏令營 2017 徵文比賽」亞軍：林琬旻(中四藍班)
- 「九龍西學界滬港交流(雙向)夏令營 2017 短片製作比賽」優異獎：循道中學

活動目的：

藉着交流團，讓兩地年青人從中學習：

- 了解上海與香港近年的經濟發展及社會變化；
- 透過參觀及專家講座認識最新國情，有助將來事業發展；
- 學習與他人相處及溝通技巧，擴闊視野及社交圈子；
- 透過領導結見及會談，加強香港年青人對國家的歸屬感，從而培養他們的愛國心。

參與學生：

	學生姓名	班別
1	歐陽綽霖	中四藍班
2	林琬旻	中四藍班
3	連思詠	中四藍班
4	林詩敖	中四青班
5	陳瑞兒	中五藍班
6	陳芷晴	中五藍班
7	李瓊芯	中五藍班
8	吳禮汶	中五藍班
9	施均怡	中五藍班
10	譚秀靜	中五藍班



行程安排

日期	時間	內容
第一天 (5/7)	上午	乘飛機出發前往上海。
	下午	開營儀式。
	晚上	歡迎晚會。
第二天 (6/7)	上午	參觀上海中心、訪問上海市委統戰部。
	下午	參觀浦東展覽館及中華藝術宮。
	晚上	與國際扶輪中國地區 (扶少隊) 交流及聚餐。
第三天 (7/7)	上午	參觀城隍廟及豫園。
	下午	參觀上海商用飛機公司。
	晚上	校際交流晚會。
第四天 (8/7)	上午	參觀上海交通大學及錢學森圖書館。
	下午	參觀復旦大學，聆聽在上海讀書及工作的香港人講解全國聯招計劃和香港人在上海工作的情況。
	晚上	浦江夜遊。
第五天 (9/7)	全日	參觀上海迪士尼。
第六天 (10/7)	上午	結營儀式。
	下午	歡送午宴，乘飛機回港。



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學生感想：

林琬旻 中四藍班

(本篇感言榮獲大會舉辦「九龍西學界滬港交流(雙向)夏令營2017 徵文比賽」亞軍。)

歲月悠悠，但當中總有些事盛而不衰。短短六日的旅程，上海的美景名勝還未來得及在我心中留有一席，志願者們的熱情好客便已充盈了我的內心，成為了最美的存在。從香港到上海，我找到了相距一千二百多公里的友人，暖了我整個旅程。

旅程中看到的風景很多，遇到的人不少，每每到了參觀的地點，觀賞完別人城市的雄姿，總頓覺自己渺小。不走出香港這小小的城市，何得擴闊眼界？我站在復旦大學高聳的校門下，掂起腳尖拍攝團體照，望照片能記錄我身後那未曾看過的雄偉建築，提醒我前路尚有太多未知的精彩，待我以期待的心一一發掘。

然而今天，回到香港的不久，重看照片，引人入勝的不再是上海的種種風景，反而是身旁站着的，陪伴我們度過旅程的志願者開懷的微笑。他們滿頭大汗，眼睛被陽光照得眯成一條直線，正對着鏡頭嘴角上揚。我忽然有點感動，他們本與我們不相干，卻獻出了自己暑假的數天，共我們走過上海的每一個角落，伴我們在城市中穿梭，打點各種事項。他們的勞碌一一映照在我眼內，使我讚嘆這才是整個旅程中最美的風景。

時間如飛而去，一眨眼我們再次出現在機場，準備與上海別離。我們一行人一同拍照留念，想要把那一刻永恆地刻落在鏡頭下，不再別離。我們相擁，握手，用身軀記下這相隔一千二百公里的友誼。有人熱淚盈眶，有人瀟灑告別，我們都說要再見。臨別的一幕固然傷感，固然不捨，卻深深反映出我們與志願者的友誼，縱使語言不同，居住地有異，卻也盛而不衰。

然後我又從上海回到香港，帶回了這份最真摯的友情。



本校師生出發前在香港國際機場合影。



本校師生到訪上海之活動剪影：



本校師生與上海洋涇中學的學生志願者在校舍合影。



本校師生與上海洋涇中學的學生志願者一同參觀上海復旦大學。



本校師生與上海洋涇中學的學生志願者結伴夜遊黃浦江。



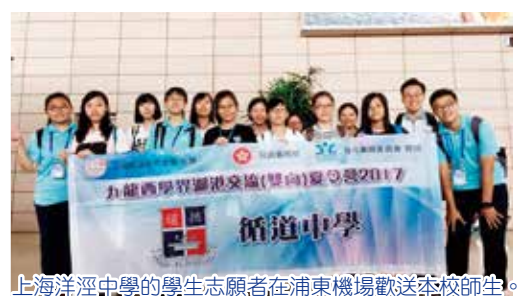
本校施均怡同學(中五藍班)在結營儀式上代表全體香港學生發表結營演說。



本校李環芯同學(中五藍班，後排右二)在結營儀式上代表本校領受上海洋涇中學的紀念品。



本校師生與上海洋涇中學的學生志願者在歡送年會上合照留念。



上海洋涇中學的學生志願者在浦東機場歡送本校師生。

在上海中心觀光層俯瞰上海市全貌。



上海洋涇中學師生 回訪香港之活動剪影：



上海洋涇中學學生回訪香港期間 (7 月 25 至 29 日)，本校師生在音樂晚上和與會者合照。



上海洋涇中學學生回訪香港期間，本校李瑗芯同學、譚秀靜同學
(中五藍班，第一排左一、左二)與他們一同參觀香港理工大學。



上海洋涇中學學生回訪香港期間，本校施均怡同學、吳禮汶同學（中五藍班，最後排右二、右三）與他們一同參觀立法會。



上海洋涇中學學生回訪香港期間，本校歐陽綽霖同學、林琬旻同學（中四藍班，第二排左四、左五）與他們一同參觀香港科技大學。



上海洋涇中學學生回訪香港期間，本校師生在聯歡晚上和與會者合照。

East Asian Scrabble Championship

Destination	Hiroshima, Japan
Competition date	1-2 April 2017
Participating students	Ma Tsz Chun Calvin (4B) , Po Chun Wo (3W) Hong Kong Representatives
Organizer	Japan Scrabble Players Association (JASPA)
Venue	Hiroshima International University
Results	Our two students played exceptionally well and assisted Hong Kong to be crowned in this tournament. Po Chun Wo was also awarded the Best Student Player title.

Background

East Asian Scrabble Championship is a team event jointly held by The Hong Kong Scrabble Players Association (HKSPA) and Japan Scrabble Players Association (JASPA). JASPA hosted the Championship with support from the Hiroshima International University. Hong Kong and Japan each sent 5 players to the tournament and 10 games for each player in double round robin were played on 1-2 April 2017. Our students Ma Tsz Chun Calvin (S4) and Po Chun Wo (S3) were selected as the Hong Kong representatives in this tournament.



Reflection

CALVIN MA 4B

communication with one another and came to understand each other better. Our friendship was thus developed.



Calvin, Brian with the coach & other HK Team member

I was glad that I was chosen as one of the Hong Kong representatives in the East Asian Scrabble Championship held in Hiroshima, Japan, which gave me a fruitful experience.

Unlike the World Youth Scrabble Championships with competitors from various countries around the world, the East Asian Scrabble Championship was joined by scrabble players from Hong Kong and Japan only. As there were fewer competitors, we got more

Right after the competition, the Japanese Scrabble players took us sightseeing in Hiroshima Peace Memorial Museum, in which we watched documentaries about the destruction of the atomic bombs in the Second World War and how Japanese rose after the worst hit calamity. Not only did it enhance our understanding of the city, it also made me realise the importance of building international peace with concerted effort. It was indeed a cultural exchange more than just a competition of words!



Calvin & Brian representing HK in Japan



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首爾環保科技及生涯計劃交流團

對象：本校中三至中五學生
 地點：南韓首爾
 費用：港幣 \$6273
 日期：2017 年 4 月 17 至 21 日（5 日）
 主辦機構：循道中學
 負責老師：郭穎怡老師、黃詠詩老師
 活動目的：

- 考察當地各項環保科技及環保工業，從而比較香港與首爾的環保措施及政策。學生可學習當地政策的長處及理念，思考香港環保政策的方向，以實踐城市可持續發展。
- 透過認識南韓人民的環保生活，學生可反思作為世界公民，需提升環保意識，建立個人的生活習慣，為地球村出一份力及成為地球的祝福。
- 認識科技發展的趨勢及體驗南韓的頂尖科技如何便利生活，同時考察首爾古蹟，讓學生了解首爾如何平衡文化保育及都市現代化的發展。
- 聯絡本校到首爾升學的校友，讓學生與校友交流，了解首爾升學的資訊。校友亦帶領學生參觀大學校園及認識該校的課程，為學生的生涯規劃作出準備。

參與學生：

學生姓名	班別	學生姓名	班別
1 張淑儀	中三藍班	16 劉卓恩	中四青班
2 鄭凱欣	中三藍班	17 李祖頤	中四青班
3 黎昕晴	中三藍班	18 梁喜兒	中四青班
4 羅樂慈	中三藍班	19 黃倩媚	中四青班
5 蔡貝思	中三紅班	20 邱越朗	中四青班
6 林皓晴	中三紅班	21 何慧妍	中四紅班
7 譚巧兒	中三紅班	22 陳穎怡	中四白班
8 邱穎琳	中三紅班	23 弘 藝	中四白班
9 袁曉澄	中三紅班	24 林加欣	中五青班
10 歐翠欣	中四藍班	25 陸韻棋	中五青班
11 張嘉義	中四藍班	26 禰慧儀	中五紅班
12 梁植婷	中四藍班	27 丘文珣	中五紅班
13 吳芷菁	中四藍班	28 馮灤潼	中五白班
14 汪賜慧	中四藍班	29 林曉盈	中五白班
15 鄭凱婷	中四青班		

行程安排

日期	時間	內容
第一天 (17/4)	凌晨	於香港國際機場集合，乘坐直飛航班前往南韓首爾
	上午	清溪川考察
	下午	參觀及體驗：DMC 數碼媒體城及 Digital Pavilion
	晚上	分享會，入住 New Rasung Hotel
第二天 (18/4)	上午	考察及體驗：麻浦資源回收設施公社
	下午	考察及體驗：始華湖潮汐發電廠
	晚上	參觀及體驗：三星 D' light
第三天 (19/4)	上午	到梨花女仔大學參觀及參與講座
	下午	考察及體驗：KBS 韓國放送公社
	晚上	遊覽弘大商圈
第四天 (20/4)	上午	考察及體驗：SLC 垃圾場考察活動
	下午	考察活動：首爾淨水廠及西首爾湖水公園
	晚上	遊覽北村韓屋村
第五天 (21/4)	上午	考察及體驗：KOGAS 燃氣公社考察活動
	下午	考察活動：Green Growth 綠色生長廊及藍天公園
	晚上	乘坐直飛航班返回香港



「環保、科技及生涯規劃考察團」，顧名思義，即是圍繞著環保、科技及生涯規劃這三大主題進行考察。這五日四夜雖則短暫，卻教會了我很多，以下將從外在及內在兩方面說明。

先說外在，即是今次的三大主題。

在首爾逛了五天，我終於學懂甚麼是環保。這裏沒有刻意做甚麼的環保大白象或口號，只是有為推動環保出一分力的決心。在街上繞過一周，半點垃圾也沒有。還記得有一次我捧著一杯汽水，正當想扔了它的時候，卻是一個垃圾桶也找不到，逛了逛，原來眼前的已是我要找的東西，只是外形與香港有別，因它將不同廢物分類成矮小的三個筒。在韓國隨街也是這些分類垃圾桶，不但能有效地將廢物分類，還能培養出人們的環保意識，慢慢將環保融入生活。只是一項很簡單的政策，已足以令街道達到「零垃圾」。論公帑、論人力、論物力，香港絕對比韓國優勝，香港是否應該切實推行廢物分類呢？再說科技，這方面實在是令我嘆為觀止，政府會派發一些膠袋收集垃圾並送到垃圾場分類，再將能堆填的垃圾送去堆填區，用5米的泥土覆蓋着，以一層垃圾一層泥土的形式，直至蓋8層泥土，加上化學處理，令垃圾的氣味完全被覆蓋。另外，以上的程序所產生的沼氣和污水，曾經特別處理分別用來發電和排出大海。市民都十分支持政府針對環保的政策，在實施政策時做到對市民的利益最大化，例如在8層堆填區上興建不同的悠閒設施給予市民享用，提升了韓國的國際形象之餘，市民亦為自己國家有較完善的環保政策而感到自豪，更令市民對社區的歸屬感大增。至於生涯規劃，經過今次的旅程，我認識到梨花女子大學的升學特色及著名的學科，雖然我從來也沒有想過到韓國升學或工作，但亦認同到這裡升學是個不錯的選擇。

說到內在，其實是指做人的原則和態度。從來沒有想過參加交流團會學到這一生受用的道理，但這次真的令我有所反思。在最後一晚的反思會上，老師的一句話猶如醍醐灌頂，使我驟然覺悟。她說：「做人最重要的是有原則」，聽到這句話我不是在想自己有沒有堅守原則，而是想自己的原則究竟是甚麼呢？在人生路上日夜為前途奮鬥，但若果連自己的原則也不知道是甚麼，那麼這種人生真是太糟糕了。所以自己的原則是甚麼？這是值得深思的人生課題。

慶幸這五日四夜帶給了我不只是環保、科技和生涯規劃的知識，還有從書本中得不到的醒悟。



中四青班邱越朗同學體驗科技實驗。



回到酒店後，同學們認真反思當日所見所聞。



同學們在 KBS 韓國放送公社嘗試新聞直播的工作。



同學們專心聆聽講員的講解。



一眾師生由香港出發到南韓首爾



Taiwan Music and Cultural Exchange

Targets	F.1-F.6 students
Destination	Taipei, Taiwan
Period	30 th June-4 th July, 2017 (5 days and 4 nights)
Fee	HKD \$4260
Organizer	Music Department
Participating Teachers	Miss Lee Wai Sze , Mr Leung Chi Kit , Miss Ho Wing Fei, Mr Chan Kit Lung Guddy
Number of Participating students	36

Programme Objectives:

- 1.To provide students with opportunities to perform and have a deeper understanding of different types of music
- 2.To enhance students' creativity, problem solving as well as communication skills
- 3.To develop students' critical thinking through understanding and comparing the academic and cultural landscapes of Hong Kong and Taiwan
- 4.To develop students' global awareness and cultural acceptance through sharing their experiences with people living outside Hong Kong

Class	Name	Class	Name
1 1B	WONG WING SUM	19 3W	CHAN NGAI HANG
2 1G	CHOW WAI LIN	20 3W	KAM TIK SANG
3 1G	LAU YUI CHING	21 3W	YU YUET
4 1R	LAM SUM YUET	22 4B	FUNG KIN CHUNG
5 1R	YEUNG HAU LAM	23 4B	LI KIN WAI CALVIN
6 1R	CHAN KING CHUNG	24 4B	WONG TAK CHING
7 1W	CHEUNG KA YAN	25 4G	CHUI WAI HONG
8 1W	FU WING TUNG	26 4R	WONG KWOK HO
9 1W	LEUNG HANG CHI	27 4R	YIP KAI CHI
10 1W	LEUNG YUEN CHONG	28 5B	LEUNG HON CHEUNG
11 2B	CHENG CHUN FAI	29 5B	MAK CHUN YIU
12 2G	LING SHUK FONG	30 5G	LING SHUK HA
13 2R	LUK CHEUK YAN	31 5R	HUI HOI LAM
14 2R	TAO NGA LAM	32 5R	LAW WING YAN
15 2R	NG TSZ HIM	33 5R	LIU WING CHIN
16 2W	CHEU WING KI	34 5W	PUN HO YI
17 3R	CHENG KEI YIN	35 6R	NG YUEN TING
18 3W	LEUNG YUK CHING	36 6R	WONG HO YIN





Taiwan, here we come!

Itinerary

Date	Activities
30 th June 2017	<ul style="list-style-type: none"> • Departure from Hong Kong • Music exchange with the elderly at New Taipei City Association of Retired Persons • Concert: 3 plus 1 Saxophone Quartet
1 st July 2017	<ul style="list-style-type: none"> • Pingxi rail • Heritage and Cultural Education Center of Taipei • Music busking
2 nd July 2017	<p>Group A: Songshan Cultural and Creative Park Ximending</p> <p>Group B: Leofoo Village Theme Park Liaoning Street Night Market</p> <p>Group C: Shifen Ciaojin Park Rao River Night Market</p> <p>Group D: Addition Aquatic Development National Taiwan Science Education Center E7PLAY Sports and Fun</p>
3 rd July 2017	<ul style="list-style-type: none"> • Music exchange with Chansontpe Youth Orchestra and Chansontpe Elementary String Orchestra • Visit to Hong Kong Economic, Trade and Cultural Office (HKETCO) • Visit to Eslite
4 th July 2017	<p>Vocal lesson with Mr. Chu Yuan Lei</p> <p>Visit to Ketagalan Culture Center, Beitou Hot Spring Museum & Beitou Library</p>



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2016-2017 - Asia

Reflection and Learning

RACHEL LIU 5R

This unprecedented music and cultural exchange programme has enriched us far more than we expected. Not only did we learn more about music, we also developed our leadership skills. We had music exchanges with a lot of people, such as the Chansontpe Youth Orchestra, a bunch of lively elders, a vocal music teacher and so on. From them, we have all acquainted ourselves with various musical knowledge. Apart from having interactions with the locals, we also had to plan a day-

trip on our own on the third day of the trip. In the beginning, it was quite hard to gather information to plan for that day. As the days passed, we developed a strong cohesion within our group, making us more willing to give suggestions, comments and even make amendments to the itinerary. All of us are very grateful to have gone on this valuable trip. The knowledge gained has enriched us to become better students.



The joint performance by the School Choir, School Orchestra and the Taipei Chansontpe Youth Orchestra



The School Choir having the final rehearsal before the performance



After the performance, we had a lunch gathering with the members of Chansontpe Elementary String Orchestra.





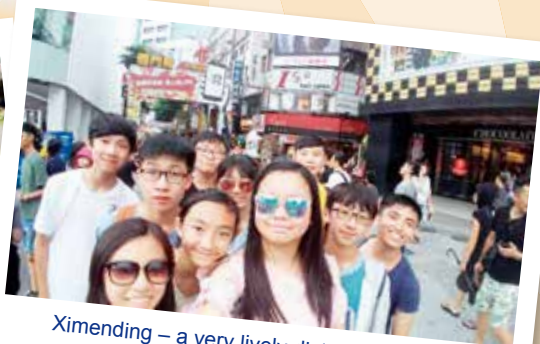
A wonderful day trip along the Pingxi Line



An interesting facility in National Taiwan Science Education Center



We enjoyed the beautiful scenery during our self-planned day trip.



Ximending – a very lively district in Taipei



On this exchange tour to Taipei, I have gained and learnt a lot, especially in music.

The most meaningful activity was to have music exchanges with the elderly in Taiwan. Although their ages ranged from 60 to 80 years old, they sang and danced fabulously. Out of my expectation, they can sing Cantonese songs!

Throughout the trip, the most awesome

event on the itinerary was the saxophone concert. I just could not take my eyes off those performers. It's the most interesting concert I have ever attended. I enjoyed it very much.

This exchange tour has broadened my horizons. I have gained lots of knowledge and the trip has aroused my interest in music. I hope I can join another music exchange trip again in the future.



We had a wonderful time with the energetic elderly in Taiwan.



A warm welcome from the musicians and dancers in the elderly centre





We took a picture with the four talented performers after the concert.



Vocal workshop conducted by Mr. Chu Yuan Lei



At the Taiwan Choral Music Center



It was brilliant that the school choir and orchestra could finally leave Hong Kong and go to Taipei for five fruitful days. Throughout the days in Taipei, we have experienced numerous new learning opportunities in both music and culture.

We were on cloud nine when we had the chance to attend a concert in the National Concert Hall in Taipei, and had a photo with the performers. The performers gave us a relaxing and hilarious show. What is special about the Concert Hall is that the building itself looks very traditional with a Chinese style, unlike the Town Hall and the Cultural Center in Hong Kong. Apart from that, we got the golden opportunity to try out some traditional snacks in Taiwan and watched musicians busking on the street in Ximending. This kind of performance culture is quite similar to Hong Kong.

For the cultural side, we learnt some historical facts associated with Taiwan during our trips to different museums and ancient streets. For example, we learnt about the foreigners who brought new medical technology to the island and the traditions that the indigenous residents of Taiwan had. We learnt much about Taiwan's past, which all sounds fascinating to us.

Overall, we have gained many experiences that we cannot find in textbooks; we have strengthened our friendships and broaden our horizons. We look forward to more music exchange trip opportunities in the future.



Inside the Beitou Hot Spring Museum





A Hong Kong student was telling us her university life in Taiwan at HKTCO.



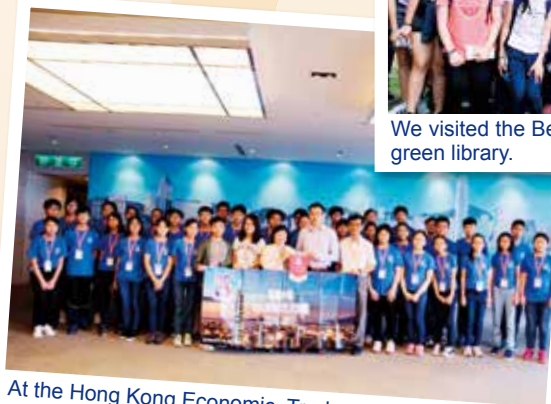
The guides inside the museum are all volunteers who have retired. They gave us detailed explanation on the history and culture of Taiwan.



Inside the Heritage and Cultural Education Center of Taipei



We visited the Beitou Library, which is Taiwan's first green library.



At the Hong Kong Economic, Trade and Cultural Office



The National Concert Hall in Taipei



Immersion Programme to the UK

Target: Senior Form students

Destination: Woodhouse Grove School, Bradford, UK

Period: 20 June to 5 July, 2017 (16 days)

Participating Students: Pinky Chu 4B
Chloe Tang 4B
Sabrina Wong 4B
Kelly Wu 4W

Organizer: Methodist College

Fee: Fully sponsored by the Miss Helena Sito Education Fund

Itinerary:

Date	Activities	Place / Remarks
19-20/6	Departure from Hong Kong Rest in the boarding house (Miller) Visiting the local supermarket Relaxing in the common room	Hong Kong, Amsterdam, UK (Woodhouse Grove School)
21/6	First school day with Year 12 After school activities: ✦ trying Costa, a local café ✦ a walk around the school campus Relaxing in the common room	Woodhouse Grove School
22/6	Second school day with Year 12 After school activities: ✦ a walk around the school campus ✦ rock climbing in the evening	Woodhouse Grove School
23/6	Day off, due to exams Outing to Leeds with Mr. Vernon Shopping & sightseeing in Leeds	Apperley Bridge, Leeds
24/6	Shopping and sightseeing in Leeds	Apperley Bridge, Leeds
25/6	Taking photos around the school campus Trying Costa, the local café Visiting the local supermarket Sightseeing near the school campus and train station Relaxing in the common room	Woodhouse Grove School
26/6	Day off, due to exams Outing with Mr. Maud to Malham National Park Centre Sightseeing in the national park (waterfalls, Malham Cove)	Malham National Park Centre, Yorkshire



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Date	Activities	Place / Remarks
27-28/6	Normal school day with Year 12 After school activities: ✦ a walk around the school campus ✦ swimming in the school's pool ✦ playing music in the music room ✦ going to the gym	Woodhouse Grove School
29/6	Kelly and Pinky: Outing to the coastline (Geography field trip) Chloe and Sabrina: Normal school day with Year 12 After school activity: relaxing in the common room	Mappleton & Woodhouse Grove School
30/6	First filming day for the 60 th anniversary video (pm session) Normal school day with Year 12 After school activities: Meeting with the WGS headmaster Visiting the local supermarket Packing for the 3-day trip with Dr. Hollingworth	Woodhouse Grove School
1/7	Second filming day for the 60 th anniversary video Outing to Skipton with Dr. Hollingworth, Mrs. Hollingworth and Lucilla (alumna of MC) 5-hour ride from Skipton to Portsmouth, overnight stay at Rev. Senior's house	Skipton, Portsmouth
2/7	Third filming day for the 60 th anniversary video Sunday service at a local Methodist church with Rev. Senior Lunch gathering with the Senior family and the Eardley Family Sightseeing near the English Channel Car ride to Rainham, overnight stay at Premium Inn	Portsmouth, Rainham
3/7	Last filming day Trip to London with Liana Choi (alumna of MC) Sightseeing in London (Big Ben, St. James Park) 2-3 hour train ride from London's King's Cross station back to Woodhouse Grove School	Westminster, London London King's Cross Station Apperley Bridge Station Woodhouse Grove School
4/7-5/7	Departure from the UK	UK (WGS), Amsterdam, Hong Kong



Reflection and Learning

PINKY CHU 4B



UK, here we come!

As an old saying goes, travelling brings about far greater benefit than mere book learning. Reading is crucial, yet reading from books is equally valuable and essential which we should never neglect. In retrospect, we did spend an amazing time in the United Kingdom, where we could entirely foster the relaxing atmosphere and were encouraged to explore this mysterious world.

Recreation

The British value much importance on their leisure time as they are keen on all-round development. During the school days, we would usually unwind ourselves after our whole day of lessons. Gratefully, our friends in Woodhouse Grove School (WGS) guided us to the cafe nearby, called Costa. It was indeed the prefect leisure spot for us, where we could chill and chat with them to share our various cultural differences. Not only did it broaden our horizons, but it also strengthened our companionship significantly. Besides, the path to the Cafe was surrounded by meadows and trees, which was stunning and breathtaking. It was nice walking there, as the

air was very fresh, which helped us to unwind ourselves.

It was our pleasure to have the golden opportunity to visit London this year. I would use a word, which is eye-opening, to summarize our feelings. During the trip to London, we could spend time with an alumna from our school, Miss Choi and her adorable daughter. Although we only spent a short period of time together, we could frankly share the humour of school life in our college as well as experience some amazing infrastructures in the UK, such as Buckingham Palace, Big Ben, etc. It impressed me a lot throughout the whole trip.

Learning

We four enjoyed a fruitful school life, which was completely different from Hong Kong because of the teaching style and study atmosphere. At WGS, the students there would answer or ask questions passionately when they were struggling with the content. In our Geography lesson, Kelly and I had a field trip to the coast. The purpose of the field trip was to distinguish the



Standing in front of Big Ben!



Beautiful campus!



Delicious canteen food!

differences between destructive and constructive waves. During the field trip, we were given tools to measure the coastline and observe the surroundings. This memorable experience widened our geological knowledge.

Special moments

The three-day trip was a special trip, filled with affection and warmth. We got the golden opportunity to be part of the 60th anniversary documentary, which allowed us to get a taste of being filmed by a professional production crew. The crew were so nice to us, we could not thank them enough. Not only

did they spare no pains to ensure that we were all okay, but they also drove us to Portsmouth for about six hours, after an 11-hour flight. They helped us to arrange our trip, the train tickets, the schedule, etc. Besides, we were impressed by their efforts when they were filming under the scorching sun.

Seeking Roots

Seeking roots was one of our missions during this trip, in retrospect of the remembrance of the founding of our college. Ms. Choi was one of our interviewees and throughout the interview, we gained a thorough understanding of our school. Also, we can truly know that she was an elite student who performed very well academically at our school. Later, she went to the University of Hong Kong and chose psychology because of her enthusiasm towards communication. We believe that she is a competent mother who shows great love to her child and we deeply admired her selfless acts.



The second remarkable thing that happened during the trip was hearing about the missionary work of Rev. Senior. He is undoubtedly dedicated to God, with his pure heart together with his beloved wife. Although they encountered thousands of thorny hurdles, it still did not destabilize their faith towards God. They would entirely devote all their life to churches and preach gospels, which was very impressive, as a missionary at that time. Inside their cosy house, we

could feel the warmth and peace of Christians. During our stay with this lovely couple, not only did I feel like I could experience their unique pathways and memories, but it also strengthened my faith in Christian values, which may possibly indeed be a turning point in my life.



With Rev.Senior and Mrs.Senior



Chilling at Costa café with Kelly's buddy, Terrie



Taking the underground with Ms Choi and her lovely daughter



Beautiful campus!

Travelling leaves you speechless and turns you into a storyteller. Four young travellers left their hometown and stepped onto distant ground in The United Kingdom. We bore a handful of stories when we returned home: memories, love and exotic, cultural experiences.

Recreation

We went hiking at the Yorkshire National Park. The trip was one that allowed us to enjoy the dazzling displays of Mother Nature. We walked along the hiking path, where flawless scenery took our breath away: a stream stretched along the hillside, with an enormous gorge encircling us. It was nothing like we have ever seen, and it was an excellent time to have a picnic and enjoy Nature's gift.

Another weekend was a cultural trip to a Medieval Castle. Being able to visit Skipton, we grabbed the golden opportunity to have a glance at the hundred-years old royal dwelling. There were prisons and royal dining rooms of ancient styles. It was a time travel experience that kept me obsessed about Britain history. We enjoyed a savory meal in a local café; it was very dainty and delicate, in British style.



Rev.Senior's dainty and cosy dwelling.



On top of a mountain

Learning

The education in the UK is very different from Hong Kong's, regarding the variety and syllabus. The teachers were keen to teach 'out of the book'. For instance, my history lessons analyzed and examined raw history materials, like professional historians. We investigated specified topics, such as the features of economic systems during ancient times. We learnt to see things from an examining point of view and to dig deeper into knowledge.

The English literature lessons were very interactive, as students and teachers shared their opinions on literary pieces. We would discuss the parables and significance, which interested me greatly. There were no boundaries between educator and students.

Special Moments

There couldn't be a better moment than when people from the same homeland meet in a foreign country. Miss Choi is an alumna of Methodist College. Sharing similar schooling experiences, we had a great time chatting about our college lives. She also paid enormous effort taking care of us, as she had to care for her baby at the same time. Being a resident in Britain for years, she kindly recommended landmarks



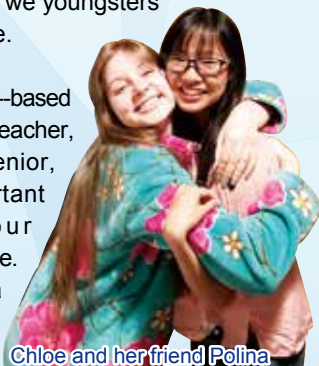
to us that were worth visiting in the UK. We felt the warmth from Miss Choi as she cared for us and acted like a loving mother. We got along like sisters, as she led us strolling around spectacular London. Her adorable 1-year old daughter gave us heart-warming laughter throughout the trip. As Methodists of different generations, we felt connected through love and care.

Despite getting along with people from Hong Kong, it's a pleasure for us to meet foreign friends of various races. As we stayed in the dormitory for 14 whole days, we built a bond with our roommates and classmates. Not only did we have a day outside the school and chill in Costa Café, but we also got along well throughout our dormitory life. I was quite surprised by the locals, as they were passionate and talkative. Relationships could be built solely by a swift conversation and a round of laughter. People were not isolated with walls, but bonded with kindness.

Seeking roots

It was an honor for the team of four to trace the roots of our nearly 60-year old college from the very first starting point of Methodist education--Britain. Our first stop was to meet Dr. Hollingworth, our former English Panel Head. He was nearly 80, but still enthusiastic to take us around. He reflected thoughtfully on the times when he taught in our college. We were both excited when he took out photos of the good old days in Methodist College. The first batch of MC students, the former appearance of the campus; these were golden memories of the college we youngsters shall preserve.

As a Christian-based school, the preacher, Reverend Senior, was an important piece to our memory puzzle. It was truly a pleasure to be a guest



Chloe and her friend Polina



Heading to paradise!



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Lunch interview at a charming café

in their beautiful dwelling. Their house was spiritual and warm in all aspects, and more importantly, they treated us like their dearest grandchildren. It was

an enjoyable hospitality experience, but more importantly, we were deeply impressed by their life stories. They talked about gospel preaching in Hong Kong back in the 70s, especially how they tried hard to let students know about the gospel, and we were touched by how dedicated they were to God. The words they left for us were fruitful lessons that can guide our life.

We can now call ourselves storytellers as well as travellers, as we wrote stories of foreign lands with the pen of great memories.



Pinky, Chloe and their History teacher



With the teachers and students at WGS





Mr. Vernon's lovely dogs, Boston the white puppy and Lote the brown Labrador

Of all the books in the world, the best stories are found between the pages of a passport. This time I started my journey in the U.K. And my story began right here...

Recreation

In Britain, boarding schools provide various recreational facilities for the students, including an indoor swimming pool, a rock climbing centre and a sports hall, etc. Being amazed by all these impressive facilities, I immediately put most of my time towards these activities. For me, the best part was rock climbing, as in Hong Kong there are not many chances for us to do it. What's more, we even got the opportunity to choose our favourite pop music during our rock climbing!

Learning

I am amazed by the small class teaching style. In my Maths,

Biology and Physics lessons in the U.K., there were two teachers for each subject. Different teachers have different teaching styles, which made the lessons more diverse and interesting. Moreover, small class teaching made students more eager to learn and answer questions during class, as there was not much pressure. As for biology lessons, I even got the chance to drink traditional British tea from my biology teachers during my first biology lesson! It was very kind of her, and I felt warm from the bottom of my heart.

Special Moments

During my trip to the U.K., what made this trip special was the people here. Especially Mr. and Mrs. Vernon; we have to thank them for taking a very good care of us. When we first arrived at the Leeds Bradford Airport, Mr. Vernon came towards us with a friendly greeting and drove us to the school. And when we first came to Miller's house (girls' dormitory), it was very nice of Mrs. Vernon to show us around the girl's dorm. During our trip to Leeds, we had a wonderful lunch with Mr. Vernon, talking about the differences between Hong Kong and Britain and the changes happening in Hong Kong. We did enjoy our light-hearted talk! Also, on our very last day in the U.K., we visited the Vernon's house to say our goodbyes and present our gifts to them to express our thankfulness. We even got the chance to play with their adorable doggies! That was so much fun, and we enjoyed our moment with the Vernon family.

Seeking Roots

I think joining this programme was a blessing from God because I got to know more about His great planning



With our nice buddy at the school campus



Rock climbing night



Rock climbing night

when I spent time with Rev. Senior and his wife. As Rev. Senior was our school's preacher, we got the chance to interview him about his life experience as a missionary. What really impressed me the most was how Rev. Senior dedicated his life to missionary work. Not only was he a blessing to us, but he was also a

blessing to the Methodist family, as he was willing to spend most of his prime in Hong Kong to help the Chinese during the early 70s. Moreover, it was really kind of him to let us stay at his house for a night, and we found that his dainty house was full of spirituality and warmth. We really cherished our moments with them, which was filled with tears and laughter. Being given a chance to meet them, I felt really blessed.



Last day photo with Mr. Vernon



With the headmaster of WGS



Having a PE lesson



Kelly and her buddies (from left to right: Kelly, Terrie, Noorie and Emily)

As Bill Bryson once said, 'The greatest reward and luxury of travel is to be able to experience everyday things as if for the first time.' We four youngsters left our comfort zones in Hong Kong and explored an entirely different culture on the other side of the world, and the two-week trip to the United Kingdom gave us beautiful memories.

Recreation

Mr Vernon, the assistant headmaster of Woodhouse Grove School(WGS), took us out to Leeds on a day off. The one day trip to this beautiful city in the UK was indeed an excellent experience during our stay there; we got the chance to experience the ancient and modern mix of British culture. We explored different streets in Leeds and even went to a local market to get to know more about the locals' lifestyles. During this trip, not only did I get to experience the British people's passions and lifestyles, but also it provided the golden opportunity for me to explore the city with my own eyes.

Another remarkable experience was that we went to the seaside near the English Channel to film a scene of the 60th-anniversary documentary. The

place we went was like a scene from some famous movies, which took my breath away. We sat near the coastline and chatted about everything freely. The breeze was so comfortable that it let us unwind ourselves and have a good rest by the sea, after a long car ride from Portsmouth.

Learning

The educational system in the UK was a completely different story, as they tend to give students more chances to explore and learn through various activities. Experiencing the school life in WGS, I realised how conservative and narrow my mind was. During regular lessons, the teacher would interact with us by asking us questions to create a spider web together, which really impressed me. We also did an online test during class. I was amazed by it, as I have never experienced anything like that before. In my very last lesson in WGS, I even got the chance to take part in one of their mini field trips and

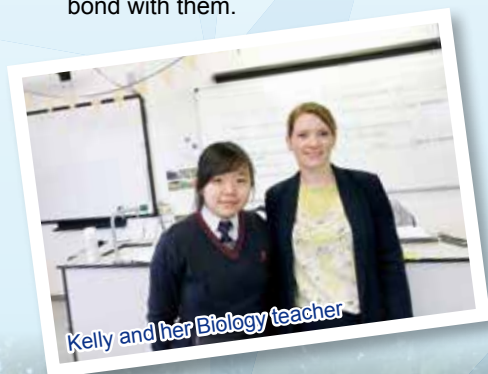


Kelly and her friend Teah from English Literature lessons

learn the chapter about biodiversity by picking out different kinds of bugs from the dirt and identifying their species. It was an enjoyable, yet unique, experience for me.

Special moments

Stepping out of my comfort zone was tough for me, since I have never travelled alone and encountered so many foreign faces in just seconds. Thankfully, my roommates, Terrie and Emily, helped me through it. Being in an unfamiliar place made me scared, but they helped me adapt to the amazing dormitory life. Not only was I able to meet foreign friends from different races, but I also got to have a close bond with them.



Kelly and her Biology teacher

Apart from them, I also got to know people who live in Miller's House (girls' dormitory) and my classmates. Sometimes, they



The first publication of Wesley School Magazine!

would even take us out to try out new things, like their local café Costa and local supermarkets. During the two-week trip, I was so glad that our relationships could be built on casual chats and pure laughter.

Seeking roots

It was a once in a lifetime experience for this girl squad to be part of the 60th-anniversary documentary, tracing the roots of Methodist College through meeting different people. On the first day of our three-day trip, we got to meet a former English teacher of Methodist College, who is Dr Hollingworth, and an alumna, Lucilla. They were very nice, and we spent a whole day with them. During the trip to Skipton from Shipley,



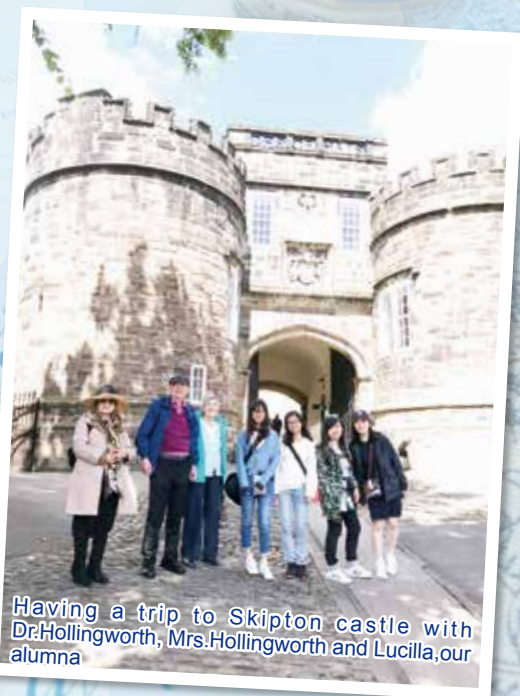
Having a wonderful lunch with the Senior family and the Eardley family



Lucilla shared her personal experience with me, and she taught me a lot of life lessons which widened my horizons. The most remarkable sentence she said was that stepping out of your comfort zone is tough, but it leads to beautiful paths, and you get to learn more than you could have ever imagined. This has inspired me to make changes in my life. After our visit to the castle, we all sat down, and Dr Hollingworth showed us the very first Wesley School Magazine our school has published. My mind was on cloud nine when I read through the pages, and as the current chief editor of the magazine, I felt like I had a special connection with it. It reminded me that memories will never fade but

shall be preserved and passed to new generations.

Apart from that, we also paid a visit to Rev. Senior and Mrs Senior. It was an honour for us to meet such wonderful people and stay in their cosy and spiritual home for one night. During our stay, the couple talked about their past and their gospel preaching in Hong Kong. Although they have gone through countless obstacles and traumas, they never lost their faith in God, which impressed us and taught us a lot. I was also amazed by the strong bond between the couple, and I was very thankful that God led us here to witness such great bonding and love.



Having a trip to Skipton castle with Dr.Hollingworth, Mrs.Hollingworth and Lucilla,our alumna

UK School Experience Programme

Targets	F.1-F.5 students
Destination	Rydal Penhros School, Wales, UK
Period	26 January - 4 February, 2017 (10 days)
Fee	HKD\$19800
Organizer	Methodist College and Vivo Education
Teacher Leaders	Mr Benny Li, Ms Angela Lee, Ms Linda Li, Mr Maverick Kwan
Number of students	29

Objectives:

- Experience the life as a UK Student
- Learn more about the culture of UK
- Broaden students' horizon

Participants (*Leader)

5W	CHOW MING HIN	3R	LAW CHI YU
5W	LIM ZHIN CZE *	3R	WONG WING YAN
5W	HUI YAN TUNG	3R	YAU WING LAM
5B	MAK CHUN YIU *	3W	LEE CHUN HEI
5B	LEUNG HON CHEUNG	2B	WONG HEI YUET
4G	WONG HEI NAM *	2B	CHEUNG CHUN FAI
4B	CHIN HEUNG WING	2B	CHEUNG CHUNG LAI
3B	LAW LOK CHI	2G	CHAN MING WAI
3B	LO TSZ YAN	2G	TSUI LIBBY TSZ YAN
3B	KWOK PAK CHEUNG	2R	LO SZE YI
3B	WONG KING SANG	2R	WONG MING WAI
3G	LEUNG KA WAI	2W	LIU PUI YIN
3G	LO SHUN MAN MANSON	2W	CHAN YAT HIM
3G	CHEUNG YUK HIM	2W	HO PAK YIN
3G	LO TSZ MING EDWIN		



Itinerary

Date	Activities
26/1 (Campus)	Campus Tour
27/1 (Colwyn Bay/ Campus)	Tour of Colwyn Bay, the promenade and Conwy Castle Musical training Sport: Swimming
28/1 (Chester)	Visits to Cathedral and Falconry
29/1 (Manchester)	Art Gallery/ Football Museum/ Museum of Industry and Science
30/1 (Campus)	Morning assembly in the chapel English as a foreign language lesson (EFL) Musical training Home Economics lesson/ Business lesson Sport: Cricket
31/1 (Campus)	Lessons with our buddies Watch Drama: Alice In Wonderland Sport: Swimming
1/2 (Colwyn Bay)	Geography field trip/ History field trip Sport: Netball
2/2 (Electric Mountain/ campus)	Trip to Electric Mountain Musical Performance
3/2 (Manchester)	Manchester United Stadium Tour



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Over these nine school days at Rydal Penrhos School, I become more willing to speak English, since most of the students there speak English. Also, my communication skills have improved a lot as I had chances to talk with strangers. Besides, I have learnt about different cultures through this trip, which has broadened my horizons and it was really worthwhile!

Moreover, I become more independent

and considerate, as I have faced a lot of difficulties and challenges, like the time difference, sickness, playing new sports (netball and cricket), etc. I had to overcome these by myself, because my parents were not with me. Through the process of problem solving, I tried again and again instead of relying on adults.

These nine days were really remarkable, memorable and fruitful!

I joined an exchange program to Wales, which really broadened my horizon!

My most unforgettable event of this trip was going to school with my buddy, Lydia.

I first met Lydia in the Music Theater class, the day before starting my studies. I was extremely nervous and shy. My face turned all red! I didn't even dare to look at her eyes and I didn't remember her face the next day! On the day of going to school, we started our chat about my gift for her, which was a recycling bag with a chicken pattern and some Chinese traditional decorations. She was so surprised by my gift. In return, she

shared some history of England with me. Then, we became more casual with each other and we talked a lot about sports and music! I thought the lessons of French and German were very interesting, although I didn't know any of the words. However, the teachers played games with us for easy-remembering of new words.

This experience was very important for me as I really enjoyed the trip travelling with my friends and schoolmates. This was actually the first time for me to go to a European country. Also, I met a lot of friends, including teachers and classmates. It also improved my English a lot. Thank you!





Our buddies

The exchange tour was composed of two main parts. One was travelling, while another part was studying. I find it difficult to describe how marvellous and fantastic it was!

It was a golden opportunity for me to know more about the different facilities near our boarding school -- Rydal Penrhos School -- on the first two days. It was in Colwyn Bay, North Wales. It was very silent and we could hardly hear the noise produced by people and the cars.

The most unforgettable highlight of the trip was the visit to Manchester United Stadium. The stadium was gorgeous and there was an exhibition about the history of Manchester United joining the football championship, with the prizes and players. It broadened my view as I seldom watch football championships. When I saw there were lots of trophies being shown in the exhibition, I was thrilled and took as many photos as I could. After that, we followed the staff to have a short tour inside the stadium. I was overwhelmed when the

enormous football field was in my sight! Not only did I feel like this, but also my schoolmates did. That was wonderful and I felt like part of the crowd, sitting with others to support the football team. Finally, we left after applying for the certificate which recorded my visit.

Apart from the memorable visit to Manchester United, the main dish of the trip was to study with the students there. It was a little bit challenging for me, as I needed to communicate with my buddy in English. It was a fantastic experience because I knew how different subjects such as History, Chemistry, English and Mathematics were taught there. I could understand more so that my view could be broadened. Also, I could learn more about my buddy and know how to communicate with foreign people. I thought that I gained a lot from it.

Happiness and woe, laughter and tears, were fully revealed throughout the tour. It was wonderful. I miss my buddies and tutors very much! Hope that I have the opportunity to meet them again one day!



Our buddies



We presented a musical performance



Geography field trip at Cowlyn Bay



Beautiful campus of the school



Cultural visit at Chester

Overseas Leadership Training Program - Canada

Targets	F1-F5 students
Destination	Canada - Vancouver, Victoria & Banff
Period	10-23 April , 2017 (13 days and 12 nights)
Fee	HKD \$23,500
Organizer	Methodist College (E.C.A. Committee)
Participating Teachers	Miss Lee Wai Sze , Mr. Choi Ka Hung
Number of Participating students	24
Themes	1. Save the World Through Environmental Protection 2. Respect All Nations 3. Thank Nature

Programme Objectives:

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

Class	Student Name	Class	Student Name
1 1B	Cheung Sum Ying	13 3W	Leung Yuk Ching
2 1W	Leung Yuen Chong	14 4B	Chen Xi Yi
3 1W	Tsai Chun Fung James	15 4B	Tsang Ho Lam
4 2B	Chow Po Yee	16 4B	Wong Tak Ching
5 2B	Ho Wing Chi	17 4G	Wong Ho Kan
6 2B	Li Chi Chung	18 4R	Cheung Chung Yan
7 2R	Choi Chor Wing	19 4R	Cheung Yee Hang Gladys
8 2R	Lau Elaine	20 4R	Wat Hans Wa Yan
9 2W	Cheung Yu	21 4W	Li Yan Wa
10 2W	Mark Tsz Chun	22 4W	Wong Chi Hin
11 3R	Tang Wing Ka Ariana	23 5R	Law Wing Yan
12 3R	Cheng Kei Yin	24 5R	Liu Wing Chin



Itinerary

Date	Activities
Apr. 10 (Mon.)	Arrive in Vancouver
Apr. 11 (Tue.)	Fort Langley National Historic site Milner Valley Cheese Ltd. Westminster Abbey
Apr. 12 (Wed.)	Victoria British Columbia Parliament Buildings Shawnigan Lake School
Apr. 13 (Thur.)	Museum of Anthropology at the University of British Columbia Recycle Centre (City of Richmond) City Hall of Richmond Dinner with Jonathan Ho, Board of Education (Richmond)
Apr. 14 (Fri.)	Science World B.C. Place Stadium Vancouver Public Library Chinatown Gastown Canada Place Chapters (bookstore)
Apr. 15 (Sat.)	Stanley Park North Vancouver Lynn Canyon Park Granville Island
Apr. 16 (Sun.)	Easter Service at Richmond Emmanuel Church Richmond Olympic Oval Dinner with Alumni
Apr. 17 (Mon.)	Open Door Ministries: farm work Britannia Shipyards National Historic Site Gulf of Georgia Cannery Richmond Museum Steveston Market
Apr. 18 (Tue.)	Banff Tour Vancouver – Merritt – Kelowna – Vernon - Revelstoke
Apr. 19 (Wed.)	Banff Tour Glacier National Park – Banff National Park
Apr. 20 (Thur.)	Banff Tour Bow Falls/ Moraine Lake / Lake Louise Gondola / Lake Louise / Yoho National Park / Revelstoke
Apr. 21 (Fri.)	Banff Tour Lake Spike – Ginseng City Kamloops – Vancouver
Apr. 22 (Sat.)	Departure to Hong Kong
Apr. 23 (Sun.)	Arrive in Hong Kong



Reflection and Learning

MARCO WONG 4W

By joining this leadership program, I wanted to broaden my horizons and to learn about different cultures. Also, I wanted to learn how to deal with conflicts and how to build up friendships.

This was a golden opportunity for all of us to learn how to be a leader with an organizational mind. In the end, all of my expectations were met.

GIGI HO 2B

My friends say that I'm an easygoing and helpful person. I consider myself a fast learner. I've always had a great interest in English. It's definitely my favorite subject. I am very grateful for

having had this amazing opportunity to visit Canada and to participate in the Leadership Training Program as well as well as to improve my spoken English.

RACHEL LIU 5R

This trip has been the most thrilling trip ever. We had many ups and downs which strengthened our bonds and made us more like a family. We set aside our differences and stayed together to enjoy

the activities over the 13 days. I would like to thank the principal and teachers for providing to me this valuable chance. This trip and the memories enriched my life.

STELLA LAW 5R

Through this trip, I learnt how to be a better leader. A leader should be able to communicate well with others. We learnt that the hard way, as we had some misunderstandings during the trip. We managed to solve the problems, and we became better group and team members. In Canada, I saw that diverse cultures can coexist together, making me realize that the skies are broad and that I should not just focus on my world around me. I want to thank our alumni for helping us many times during the trip, and the school for giving me this opportunity to step outside my comfort zone. This trip was an eye-opening experience and I will cherish the memories of what I learnt and saw.

Also, we went to many places, and met many different people. On our second day, we went to Fort Langley, and had a chance to speak with First Nations people. By completing tasks set by them, we learnt much about their history and culture. On our third day, we went to Shawinigan Lake School, and had a fun and educating lesson with local students. Then, we went to Open Door Ministries, which is a farm, and experienced farming by doing different chores, such as weeding, by ourselves. On our last four days, we joined a local tour to Banff, and had the chance to see real snow. Even though it was extremely cold, we enjoyed the trip very much.





Here is our hostel



Dinner with Jonathan Ho, Board of Education (Richmond)



Dinner with our alumni in Canada



Having a great time with Shawinigan Lake School students



Having an English lesson with Shawinigan Lake School students





Lying on Lake Louise!

Spectacular and breathtaking Aurora Bo



Relaxing and memorable walk with
Shawnigan Lake School students



Here we come, Canada!



Spending a great time with Alumnus



Visiting the City Hall!



This program for me was full of wonderful memories and unforgettable moments. We experienced different types of local food, different transportation on land and sea, and many types of weather, including a hailstorm. We even got a chance to see the Aurora Borealis and glaciers in the high mountains of Banff. I learned how to cooperate with my teammates on many different tasks. Though we had some minor conflicts between teammates, the problems were solved in no time. Moreover, I have learnt how to have better time management. As we were away for the entire Easter holiday, I had to bring all my holiday assignments with

me to Canada. I had to decide when to finish my homework and study for my tests. Eventually, everything was done according to my plan. To conclude, this leadership training program to Canada was a fruitful, challenging and unforgettable experience for me. Not only did I improve my leadership skills, but I also gained many new friends in these two weeks. I met many wonderful people in Canada and I love the environment there. The air is so refreshing and the sky is always blue. I hope to have another experience like this in the future.

SCARLETT CHOI 2R

After I went on this Overseas Leadership Training Program, I discovered that there are many things I need to improve on. Firstly, I think that the recycling system in Canada is great. In fact, it's more than great. Alan, our big brother from Methodist College, had already told us that Canadians have a strong environmental consciousness. At first, I didn't believe it, but after I visited the Richmond Recycle Centre, I was truly impressed by it. I was surprised that they separate rubbish

into categories, like glass, plastic, oil and so on. I will now put forth more effort towards environmental protection. Secondly, I shall be more empathetic. During this trip, I found that I should care more about other's feelings because sometimes people may not agree with what you are doing, but they don't speak out. I should ask them for their opinion and then maybe change the way I am doing something. To conclude, this was a very memorable trip.



Before I signed up for this leadership training program, my main goal was to make more friends and in the end I got a lot more. This was also my first time to visit Canada and North America as a whole, so I was very excited about it. During the trip, I did things I never imagined I would be able to do in Hong Kong such as; seeing the northern lights at midnight at Lake Louise, taking a photo in front of the monument of the American-Canadian border, sightseeing on top of Mount Victoria and much more. Despite all the fun and joy I had in Canada, my team and I also had to deal with situations like leaving personal bags on the train cars and losing tram passes. Every time we stumbled upon these problems, we always had to think of a fallback or alternative plan at the

given moment in order to proceed. After the trip I have learned many valuable things, for instance: learning how to deal with immediate problems and to accept other people's thoughts or ideas. I have also learned to be forgiving when someone makes a mistake and to open up myself to other people. I am now a braver and more independent person. This leadership training program wasn't only for fun it was also a life lesson for me. I realized what it takes to become a leader and to not just rely on people and to be more independent.

ARIANA TANG 3R

This past Easter holiday, I went to Canada by participating in the Overseas Training Program offered at school. This trip was filled with things which I have never experienced before such as: cooking our breakfast and dinner by ourselves and seeing the starry sky of the Northern Lights. The Northern Lights blazed in the silent sky. The view was really spectacular and unbelievable. I am very thankful that teachers gave me this chance to join this trip. The memories I have of this trip include, sightseeing from the Lake Louise Gondola, throwing snowballs

at each other, building snowmen and much more. Despite having a lot of fun, our group had some communication breakdowns. Through tackling those problems, we improved ourselves a lot. Last, I want to thank my group mates and teachers again for giving me such wonderful memories from this overseas program.





The new astronomical phenomena – Steve



Visiting a Salmon Factory



Visiting totems in Stanley Park



Sitting on a glass bridge



Visiting Museum of Anthropology at U.B.C.



Having dinner in Banff



Before I went on this leadership training program, I always wanted to be more sociable, to not only make friends with the people who are my age, but also with the lower form students and the Alumni. Being more talkative and improving my communication skills were a big challenge for me. I wanted to have better cooking skills and learnt how to take care of the people around me in daily life. Because of this trip I learn how to be considerate and how to accept different points of view. The good news is I achieved all of my goals during the trip. I am very grateful for that. It was my first time to see cherry blossoms with my own eyes. It was also my very first time to touch and to play with fallen snow. Although it was freezing, I enjoyed it so much. I still remember the feeling of seeing the Aurora Borealis; it was stunning, and quite unbelievable. Visiting the Recycling Depot impressed me the most. Growing up in Hong Kong, my awareness of protecting the environment was poor. I rarely see recycling bins on the street. But in Canada, it's a totally different case. The Recycling Depot is a huge area filled with different kinds of recycle bins. For example, used oil, or large broken appliances in daily life. There are many things that I never thought

could be recycled. It's really impressive. Our visit to Shawnigan Lake School was a highlight of the trip for me. The study atmosphere in Canada is completely different from Hong Kong. The campus is like the countryside, with trees everywhere. Every subject has its own building and every building is well-decorated. I didn't feel any stress studying there. In Hong Kong, I sleep for only 5 hours a day, due to the endless homework and tests. The visit to this campus made me want to run away from Hong Kong and study there. My happiest memory in Canada, was the day that we planned the daily schedule to explore Vancouver all by ourselves. We got to go to the places we liked and enjoyed the stunning scenery in Vancouver. The day was so relaxing. I would like to thank all the Alumni that helped us during the journey. I appreciate so much everything they did for us.





Yummy juicy meat
cooked by alumni!



Eating a Greek meal with alumni



Learning farming skills



We are farming!



Having a Greek dinner with alumni



Visiting Emmanuel Church in Richmond



During this Easter holiday, I went to Canada with teachers and schoolmates. This trip was an action-packed holiday and I learned a lot. The most unforgettable experience was when we went to Lynn Canyon Park. In the morning, it was raining cats and dogs and we were very cold in North Vancouver. We were worried that we couldn't visit and go sightseeing, but thankfully God gave us a sunny day later on, so that our group could take many beautiful photos and have a fun time. I am very grateful and thankful, to

the Alumni and teachers who helped us a lot. Also, thanks to the teachers for working so hard and keeping us all safe and on task. Although they were very sleepy, they still kept working for us. From the leadership training, I learned that teamwork is important. I have improved my problem-solving skills and have better communication with fellow schoolmates. Also, we need to have empathy with our groupmates. The whole experience was very worthwhile.

GLADYS CHEUNG 4R

I was so lucky to have the golden opportunity to participate in the Canada Overseas Leadership Training Program. This was the first time for me to go to Canada and I was so delighted to stay in such an amazing country. Spending time in Vancouver I experienced a different culture, which is totally different from Hong Kong. I've learned a lot during the trip. For instance, I'm more independent after leaving home for two weeks. Also, my communication skills have improved. I now have many new friends from different forms. My most unforgettable moment was having an English lesson at Shawinigan Lake School. It was so fun to have lessons with the local students. I met new friends at that school as well. The happiest thing among the whole trip was the visit to an alumnus' house. It was super big and it is my dream to live in such a house.

I'll never forget that grand "castle". On this trip, there were three themes. The one I've learned about and experienced the most is recycling. Canadian's sense of recycling is really strong. They recycle everything, including electrical appliances, cardboard and so on. In Hong Kong, we just throw everything into the rubbish bin. After having a two-week-recycled life, I will try to do more recycling, so as to do my part to save the earth. I've really broadened my horizons on this trip and Canada has become my favourite country. I'll never forget this valuable experience. Last but not least, I'm really thankful to have a caring big brother, Alan, who helped us to prepare everything. He played such an important role. Of course, I would like to thank our principal, Ms. Wong, for providing us with such an opportunity.



Immersion Programme to Canada with Shawnigan Lake Secondary School

Targets	Junior Forms
Destination	Vancouver Island, British Columbia, Canada
Period	6 th April 2017 – 20 th April 2017 (14 days)
Host School	Shawnigan Lake School
Participating students	Arlene Lam 3R Alisha Wong 2R Eugenia Wong 2R Matthew Ng 1R
Fee	Fully sponsored by Ms. Helena Sito Education Fund
Organizer	Methodist College



ITINERARY		
Date	School/Activity/Outing	
6 th April 2017	Depart from Hong Kong	
	Flight (Hong Kong to Vancouver)	
	Public transport from Vancouver International Airport	
	Ferry from Tsawwassen to Duke Point, Vancouver Island	
	Meet host families at Shawnigan Lake School	
7 th April 2017	School day at Shawnigan Lake School	
8 th April 2017	Arlene	- Seaside walk with host family in Cowichan Valley
	Alisha	- Explore the forest behind host family's house - Trip to Duncan to visit the street market
	Eugenia	- Stay at dormitory and make friends
	Matthew	- Visit MacMillan Provincial Park
9 th April 2017	Arlene & Eugenia	- Shop in Cowichan Bay
	Alisha	- Attend church service - Trip to downtown Victoria - Decorate Easter eggs
	Matthew	- Trip to the Boat Museum
10 th April 2017	School day at Shawnigan Lake School	

Date	School/Activity/Outing	
11 th April 2017	School day at Shawnigan Lake School	
	Matthew	- Trip to Butchart Gardens
12 th April 2017	School day at Shawnigan Lake School	
13 th April 2017	School day at Shawnigan Lake School	
	High table lunch with another exchange team from Methodist College	
14 th April 2017	Arlene & Eugenia	- Hiking at Kinsol Trestle - Easter Party with friends of host family
	Alisha	- Easter eggs hunt - Trip to Mill Bay and Duncan
	Matthew	- Visit to downtown Victoria
15 th April 2017	Arlene & Eugenia	- Visit to downtown Victoria and China Town - Visit to Mount Douglas
	Alisha	- Attend church service - Stop at a viewpoint for a little hike along the road
	Matthew	- Easter celebration with host family
16 th April 2017	Arlene & Eugenia	- Easter Egg Hunt in the morning - Trip to Goats on the Roof market in Coombs - Trip to Parksville
	Alisha	- a walk to Kinsol Trestle
	Matthew	- Easter celebration with host family
17 th April 2017	Arlene & Eugenia	- Shopping around Duncan - Make supper for host family
	Alisha	- Easter Supper
	Matthew	- Trip to Chemainus to see the famous mural artwork
18 th April 2017	School day at Shawnigan Lake School	
19 th April 2017	Return to Hong Kong	
	Ferry from Duke Point to Tsawwassen	
	Public transport from Tsawwassen to Vancouver International Airport	
	Depart from Vancouver (Vancouver to Hong Kong)	
20 th April 2017	Arrive in Hong Kong	

Education in Canada

MATTHEW NG



Matthew and his host family.

After this cultural exchange programme to Canada, I learnt a lot, such as the education and lifestyle in Canada. I also learnt how to be more independent, as this was the first time I went so far away without my parents. It was an unforgettable experience in my secondary school life. At Shawnigan Lake School, we had daily lessons, including Mathematics, English, and even French. During the lesson, students can use their laptops to do projects or some research. They will have some group discussion and they will also present to the whole class, just like what we do at MC. Teachers there use textbooks to teach, except in Mathematics, where they use their

computers or worksheets to teach different concepts. I liked my Social Studies lesson most. It is similar to our History lessons. In the lessons I had, I learnt the history of Shawnigan Lake School. Overall, I think Canada's education is better than that in Hong Kong, since Canadian lessons have a freer atmosphere. I must thank Miss Helena Sito, Miss Emily Wong, Miss Sparrow, Miss Wong and the three senior students Arlene, Alisha and Eugenia, who helped me a lot. This was a really valuable experience for me.



Matthew is taking a picture in front of a fountain with his host brother.



We are taking a group photo with our buddies in front of the massive Marion Hall.

Matthew is taking the coolest photo ever in his life.



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2016-2017 - North America

Personal Goals

ALISHA WONG 2R

My two-week stay on Vancouver Island brought me some inspiration on how to live my life, what I really want to achieve and how to stop for a second to appreciate the pretty little things in life.

First, comparing the lifestyle of Canada and Hong Kong, the Canadian lifestyle is more relaxing and slow. In contrast, Hongkongers are in a hurry, rushing from place to place most of the time. I really enjoyed my life here, as everything was just so amazing when you really took your time and observed it. I am trying to live my life that way too, by leaving my thoughts, relaxing my mind and doing nothing for about 30 minutes per day.

Besides, this trip has also helped me to clarify my personal goals,

although I am still not one hundred percent certain of them. I have taken different lessons at Shawnigan Lake School, including Psychology, French, Spanish and Theatre.

Personally, I loved the psychology lesson the most as I was always interested in it and the teacher was really helpful, as he told me more about it after the lesson. Also, in my English lesson, we talked about the famous classical writer, William Shakespeare. I had thought about studying English Literature on my own as my elective, so the lesson was undoubtedly helpful to me. After taking all these classes, I think I know more about what I want to do and who I want to be now.

Last but not least, Canadians love to



We are ready to have our Easter dinner!



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Adventure in the woods!



appreciate every single thing around them, especially the beauty of nature! One night, everyone was getting ready for bed. All of a sudden, my host mum asked the rest of us to go to the backyard to take a look at the sky. It was full of shining stars!

The trip brought positive changes to me about the direction of my life and my lifestyle. I am really thankful to all the people who helped to make it a memorable one!



With the funny and generous grandma!



Decorating my Easter egg!

Family Life

EUGENIA WONG 2R

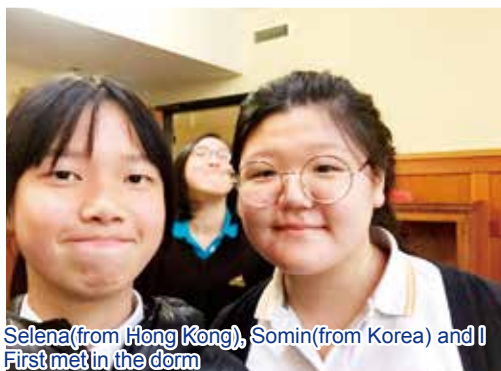
I had an amazing experience through the Canada Immersion Program: at the school, in the dorm, and with Arlene's host family. Also, I have learnt a lot about family life in Canada.

In the first week, I lived in the dorm with my roommates: Beth, Mercedes and Amelie. They were my buddies and they helped me a lot with my English and going to meals. Beth is from England while Mercedes and Amelie are from Mexico. We had a great time together in the lessons! I taught them some Cantonese and they taught me some Spanish. I also met two Hongkongers, Sophia and Clara, a Korean named Somi, two Chinese girls, Nichole and Kyrene, and my weekend buddy, Helena. We became good friends and since this trip, we often chat together on Instagram.

In the second week, I moved to Arlene's host family and stayed there for the first weekend in Canada. Miss Keely was so kind that she invited me to stay at her house until we left Canada. Also, I met her sons, Dylan and Josh who are 8 and 12. They are so cute! Her husband Mike is a fun guy and he looks so young. By the way, they own a dog named Ryker that loves to swim. I had a great time playing with this crazy fellow. One very memorable moment with Arlene's host



This is the last night we stayed in our host family's enormous house.



Selena(from Hong Kong), Somin(from Korea) and I
First met in the dorm

family was when we shared the song
RHS with them!

Last, I want to thank Miss Carmen
Boudreau, my dorm mother. She
looked after me and helped me solve
my problems during this trip. I am really
thankful that I got to experience two

very different kinds of student life in
Canada: dorm life and staying with a
host family.

If you want to broaden your horizons,
why don't you join some exchange
programs next year?



Beth, Mercedes, Amilie(my
dormmates) and I Staying together.



Canada as a Multi-cultural Country

ARLENE LAM 3R



Arlene gave her sincere message to her favorite teacher in Shawnigan Lake School.

The exchange experience in Canada was indeed an eye-opener for the four of us. Apart from the gracious friendship and valuable memories, I have gained a lot after this trip. Canada is such a vast and diverse country, which includes many different races. We all have heard that Canada is a multi-cultural country, but do you know the reason why Canada can maintain peace amongst the different races?

First of all, through my daily observations in Canada, I found that people of different races can live harmoniously together. There is no discrimination. Instead, there are sympathies and affections. Although different cultures may clash, they learn to forgive and be sympathetic. They tolerate any disagreement and accept each other. Apart from this, they help each other, no matter which race they are. I remember the day we landed in Vancouver, we got on a shuttle bus with clumsy and bulky luggage. The two-compartment bus would swing violently any time it turned right or left, which made our luggage spread across the floor. Fortunately, several Canadians offered us a hand and helped us to hold on to our luggage. How warm they are!

Although Canadians are from different races, they share the same core values. They all believe that your personal core



Arlene's host brothers' friends are doing the fashionable pose -- DAB.



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values are not defined by who you are, but by what you want to be and what you can bring to society. Based on this consistent belief, they treat each other equally. People of different races live peacefully together. Moreover, it also reduces social instability.

traveling is the act of digging them. This immersion trip has brought so much to me that I can hardly list them all. Needless to say, the largest treasure I have dug from this trip is definitely the secret to Canada's as a multi-culturalism, which is inspiring to me.

The world is filled with treasures and



Eugenia, Arlene and two of their host brothers playing with their dearest friend -- Ryker the dog.



It's a myth from Shawnigan Lake School. If you tip the nose of the statue, you will get endless good luck.



United Nations Internet Governance Forum 2016

background: In 2016, two of our F5 students became champion in the IFocus Ambassador Scheme organized by Chinese YMCA of Hong Kong. They won a free trip to attend this world renowned event.

Objectives of the Forum: To foster attention to the technology world ; Digital Inclusion ; Building up the responsibility of young people.

Destination: IGF Village, Guadalajara, Mexico

Period: 4 Dec to 13 Dec 2016 (10 Days)

Participating Students: Zoe Chan 5B, Candace Tsoi 5B

Organizer: Chinese YMCA

Fee: Nil (all expenses fully sponsored by organizer)

Date	Activities	Place/Remarks
4-5/12	Departure from Hong Kong Rest in the hotel	Hampton Inn by Hilton Guadalajara
6/12	First Day Forum Opening Ceremony	IGF Village
7/12	Second Day Joining Workshop:WS160: Social media and youth radicalization in the digital age WS88: Collaboration towards and beyond the Child Online Protection WS84: Youth in IG: Capacity building vs Policy discussion OF 23: Internet development of CHINA	IGF Village
8/12	Third Day Joining Workshop: WS111: Empowering and Educating the Next Billions of Internet Users WS6: Can law enforcement catch bad actors online anymore ? WS138: Solutions for countering online abuse against women WS28: The 'Right to Be Forgotten' and Privatized Adjudication	IGF Village
9/12	Fourth Day Joining Workshop WS225: Hands-on youth-driven Internet initiatives WS66: Children' s rights to privacy, safety & freedom of expression Cont' d: Shaping the Future of Internet Governance - An Open Dialogue Between Pioneers and Young Leaders CLOSING CEREMONY	IGF Village
10/12	Local Tour in Mexico Visiting local night market	Guadalajara
11-13/12	Back to Hong Kong	



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Reflection and learning

ZOE CHAN 5B, CANDACE TSOI 5B

Chances are everywhere. It depends on whether you grab them or not. Last year, we joined and won this competition unexpectedly. Since we were not familiar with the Internet and technology, we felt puzzled before we drafted our proposal. After an extensive and prolonged selection process, we were lucky to

introduce what we did in the competition before we could participate in the forum. This really was a great chance to practice how to present our activities to others in order for them to take it as reference and promote it in their home countries. They were delighted with some souvenirs we had prepared for them, which included a postcard with Hong Kong's trademark on it. During the sharing, not only could we practice our speaking skills, but also we can get acquainted with other cultures. There was a woman from Cuba, who was so excited when she shared her country's culture with us. However, it was quite funny because we did not understand what each other said, as she spoke Spanish and was not very familiar with English. Although we chatted for a long time, we had to guess what each other was saying during the conversation. Fortunately, she knew about and appreciated our project with our topic "Digital Inclusion". We met lots of friends and exchanged Facebook



Posting with a local dancer

be chosen as one of the teams that could go to Mexico and discuss Internet Governance.

The forum involved people from different countries. They went there because they were concerned about the future development of the Internet. This was the first year for the Chinese YMCA to apply for a booth to promote our projects. When somebody who was interested in our project approached, we had to



Speaking at the Youth Open Mic Session



Group selfie before we worked



accounts so that we can keep in touch once the forum comes to an end.

Also, everyone had the freedom to express their views about the Internet. During workshops, we discussed different topics such as human rights, access and diversity, etc. We could raise our hand if we had an opinion. At the beginning, we got cold feet as we needed to speak in front of so many adults and professors. Eventually, we tried to speak out and discuss the problem of cyberbullying in Hong Kong and asked a question at the Youth Open Mic Session, which was the biggest conference for young leaders. Even though it is a world-renowned event for the United Nations, they do respect the perspective of youngsters. It truly was our honour to represent Hong Kong youngsters and express our views about the Internet and Internet governance.

Opportunity doesn't knock twice. Jump at a chance if you get one.



Picture with a kind speaker from Cambodia



Trying the ingredient found in tequila



Trying local tacos



Our booth



Our trademark pose during the local tour

Welcoming exchange students into Methodist College

We are fortunate to have had exchange students staying with us for various lengths of time. Mizuho and Olesya, from Japan and Russia respectively, have spent a whole year here at Methodist College. Additionally, we have hosted four Malaysian students from Methodist Boys' School Kuala Lumpur. What a great chance for us to enjoy cultural diversity.

Exchange Programme	AFS Intercultural Exchange Programme (high school)		Malaysia Exchange Programme (by Methodist College)
Nation	Japan	Russia	Malaysia
Period	August 2016– June 2017		29 th November 2016 - 9 th December 2016
Exchange Destination	Hong Kong		
Host school	Methodist College		



On Founders' Day at the school entrance.



With Olesya and my friends in Form 4



We went to a rabbit café in Causeway Bay



The class photo of 4W



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AFS Intercultural Exchange Programme (high school)

Nation	Japan	Russia
Exchange Student	Mizuho Kase	Olesya Mokazhanova
Host Class	4W	3W
Period	August 2016– June 2017	
Host school	Methodist College	

MIZUHO KASE 4W (FROM JAPAN)

The first thing I discovered in Hong Kong was that I could not follow what people were saying in English. I remember that while that happened, I encouraged myself to overcome all hurdles to make obvious headway for my English. My life in Hong Kong started with such determination and many attractive foods.

My school days started 6 days after we arrived in Hong Kong. The opening ceremony of the first term was a very impressive memory for me. Since Japanese anime, culture, foods, and many other things are familiar to students, I was overwhelmed by the reaction of students when they heard they had a Japanese exchange student this year. Actually there are many Japanese language learners in this school and they often gave me a hand. One more thing I remember on that day was that I could sing the school song fluently because I listened to the school song many times on YouTube before I came to school.

At the beginning of this year, I found out

many things about this school. I knew that this school is an English-as-the-Medium-of-Instruction school, but I did not expect that all students are good at speaking, listening, reading and writing English, at least they are much better than my friends in Japan. A calculator was also an interesting discovery. For those students who are used to doing calculations without a calculator, they might think that using a calculator is a cool thing. I could not remember how to use a calculator, since there are so many functions in one calculator. So although I had a calculator, I hesitated to use it. Entering the school campus with outdoor shoes on is one of the things I felt a cultural difference. I am scared to do that in Japan! I found within a short period of time that there is a huge difference between such close countries and I enjoyed it.

Founders' Day in November was the day I had the most fun, compared with any of the other school activity days. I also wrote down a lot about the day in my diary. While I was getting more and more friends at that time, I could talk,



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play and take pictures with so many students. I felt like I was a local student who had a lot of friends.

Sometimes I went out with some schoolmates. I also had many lessons in Form 3, so I had some close friends there. Once I went to Central with friends in 3R. They made a detailed plan for me. It was a heartwarming and fun day.

During those days, I could deepen our friendships more and could know more about Hong Kong. Moreover, I went to Mongkok with my schoolmates to have desserts or go shopping. Now I know many things, such as the cheap clothes and dessert shops in Yau Ma Tei and Mongkok very well.

My classroom was the place where I felt at home. 4W is always full of laughter and talkative students. I was helped by such characters many times, especially in English lessons and recess times. As I mentioned earlier, English was not familiar to me at all.

I faced many English problems, but every time I asked someone to help me with my poor English, they spelled things out and helped me generously. As I began to understand Cantonese, I was having more and more fun with them. They gave me uncountable memories, as my diary is full of memories of 4W. I cannot express enough my feelings of appreciation.

Lastly, my life in this school was not possible without the principal, Ms Emily Wong : Thank you for having me in this school. I had many wonderful experiences, friends and unforgettable memories here. To the teachers, sorry for annoying you because of my English, but I was encouraged by you and I could try many things, such as my orchestra playing experience, the outing with Form 5 students, helping at reception on Founders' Day and performing during English Time. To the students, thank you for welcoming me warmly. All lessons and club activities were so much fun. It is unbelievable to think that I will not have lessons with you anymore and I will miss the lessons in this school, for sure. I wish you all the best and see you next time in Hong Kong or Japan!



Reflections From Classmates

GICHELE KWOK 4W



Mizuho loved going to Disneyland so much that she even had a platinum year pass!

Everyone likes to meet new friends, and so do I! Starting from F.1, I've always craved having an exchange student in my class and thought it would be so much fun. Year after year, my wish finally came true in Form 4! The year spent with the exchange student from Japan, Mizuho Kase, was definitely spectacular and memorable.

On the first school day, when Mizuho joined my class, I thought she was so adorable because she immediately waved at me and greeted me with a big smile when she saw me. I instantly fell in love with this passionate girl! So, I started talking to her and invited her for lunch and we have become good friends since then.

During the school year of Form 4, she joined every moment of our class, including Sports Day, School Picnic, inter-class competitions, and of course, our daily lessons. She's the brightest and the most positive person I have ever met. Everyone in the same class as Mizuho loved her, as she always brought joy to us every single day with

her lovely smile and cute laugh.

Not only is Mizuho a friendly girl to talk with, she is also a fun girl to hang out with. I invited her out every time I spend time with my friends. While we were hanging out, Mizuho was always the one to think of a topic to chit-chat about and our conversation never ends! What's more, she was always so energetic to participate in all sorts of activities that we planned. So the fun between us went on forever!

One of the best memories which is stuck in my mind is definitely her birthday celebration with us. I remember that on that normal school day, not many people knew about her birthday. And those who remembered, including me, prepared a little surprise for her and pretended that we had forgotten about her birthday. She seemed so upset! At lunch time, we brought her a birthday



It was time to say goodbye at the airport!



Mizuho enjoyed her farewell party and of course, the tasty pizzas!

cake in the classroom and sang the birthday song for her! We even prepared gifts for her and her face was full of joy and happiness.

One year of spending time with Mizuho seems to be a long period of time. But sadly, we always have to say goodbye to our loved ones, which is the circle of life. Becoming best friends with Mizuho will make it especially hard to say goodbye at the time she has to leave. She might be leaving us to go back to her hometown, but having her with us



We took billions of photos with the pink wall in Shek O

was a treasurable experience and she will always remain a very best friend of mine in the entire world!



Time flies, Muzuho has been at our school for about a year. I still remember the first day she came to Methodist College, wearing our school uniform, sitting in the classroom. It's hard to believe that she will soon be back to Japan.

Looking back, I really enjoyed the time with Muzuho. In September, we went to a classmate's home to make a dessert. That Oreo cheesecake really tasted good! And we tried to say some

Japanese-mixed-with- Mandarin tongue twisters. It was fun to hear Muzuho saying Mandarin tongue twisters.

After the stressful exams, we made a plan to go to Stanley. The views in Stanley are different from those in Kowloon. It healed our soul. Muzuho met a lot of Japanese tourists there. She got crazy busy with that!

In April, I took her to a Taiwanese-style café in the factory district at Kwun Tong. She loved that kind of coziness and decorations. And we highly recommend the sesame cheesecake. It tasted fabulous!

With about a month left, Muzuho will soon be back to Japan. Still, we left a lot of things undone: I will wait till the day I see her again to do them. Bye my dear friend, Muzuho.



decorations were also unforgettable.

I also want to thank my friends from other classes or forms. The girls from 3R showed me new places in Hong Kong, It was so interesting to discover new places with them. We also had a lot of fun together when they tried to teach me some Cantonese while they asked me to teach them some Russian. It is wonderful when you have local friends whom you can ask about everything.

Besides, I often hang out with the other exchange student Mizuho. Kelly Wu from form 4W invited us to Disneyland with her and it was the first time I had gone to Hong Kong Disneyland. Her invitation was so warm and I felt comfortable to be in my childhood again when I saw the Sleeping Beauty castle that you always see in Disney movies.

After this year I can say that I have grown up. Hong Kong has made me strong and confident. It was so hard for me at the beginning, as my English was poor. But now my English is better. This year I opened my mind, learned a



I am enjoying a day out with some 3R girls

For me, the exchange year went so fast and now I only have one more month left, so I want to share with you my amazing year in Hong Kong!

My first day in HK was very busy. I had mixed feelings, but I was happy. It was the first time I had seen so many skyscrapers in one place and the first people who helped me to adapt were my classmates.

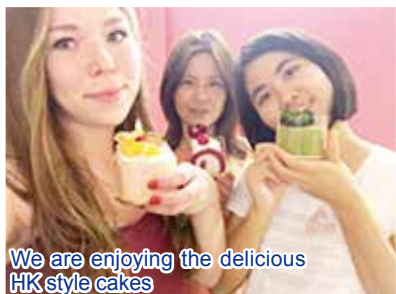
The first day at Methodist College was the most special day of this exchange, as everything was new for me, such as the school system, clubs and societies, school uniform and school rules. It was so interesting to learn how people study and live in another country. From the very beginning I had a goal to understand and try to become a Hong Kong citizen.

I want to thank my classmates for their warm welcome and support throughout the whole year. We didn't go out all together very often, but I still remember how we had a great time at Ocean Park: it was just an amazing experience! About Sports Day, I think it was the most exciting day during this school year, when everyone supported each other and shouted the cheers. The



I had a great time on Sports Day





We are enjoying the delicious HK style cakes

new language and made new friends from different countries. It's so difficult to understand how people actually live in a particular country if you're only there for a few weeks, you will never know what is hiding under the shell, but I succeeded! I will miss the Hong Kong food, as my host family always showed me new dishes and it was an awesome feeling to try something new. Chinese New Year is another time that also gave me a lot of emotions, especially the red packets! I also went to the flowers market, and ate mooncakes with my family during the Mid-Autumn Festival. I'm sure I'll remember those experiences for my whole life!

I want to say thank you to Krystal Leung from 3W and her nice family for hosting me this year.

This year was the most exciting and amazing year in my life, and I'm so happy that I have spent this year with you guys. I'm very grateful.

Finally I want to thank Ms Wong, our principal, and the teachers. You have been so nice to me.

Thank you, Methodist College, for hosting me and giving me this amazing experience.



My host mom, host sister and me during the Chinese New Year



It was wonderful to see so many gorgeous flowers

Reflections From Classmates

JENNY KWOK 5B



If you ask me what I will never forget during my Form 5 secondary school life, making friends with an exchange student is definitely one of them!

Although we are not in the same class, the P.E. lesson was the only time we met with each other, I cherish every second with her.

I remember the time when I first met her, both of us were so shy that we dared not talk with each other. Out of my expectation, Olesya took the first step to say "hi" to me. From then on, we both talked about everything and opened our hearts to each other. Thank you for being an attentive listener!

Meeting Olesya has allowed me to widen my horizons, since our customs, traditions, native language and social atmospheres are different. Everything

that she introduced to me was fresh and interesting. Therefore, I had so much fun whenever I chatted with her. Thank you for being my Russian tour guide!

Time flies, it just seems like just yesterday that she walked into my life. During these wonderful days, I have gained a lot that I won't ever get from books but only by valuable experience. For me, meeting Olesya is the best thing that happened to me in my whole life.

I would like to thank her for becoming my close friend. I will never forget your smile, your laugh. Some people said that all good things must come to an end. However, I believe that our precious friendship will last forever. True friends are never apart, maybe in distance but never in heart. Bye, Olesya! Keep in touch!



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It is just so hard for me to believe that it has been 10 months since I have met Olesya, this bubbly and loving blonde from Russia. Time really flies and it just seems like yesterday when I first said 'hi' in our very first Geography lesson together. During these precious days, not only did I learn a lot from her, but also for me, she played a crucial role in my life.

I remember the time when I first met her, she was so timid and seemed 'cool', which put me off a bit, as I was afraid to talk to her. Out of the blue, we became so close that we had many precious and golden memories together. At first, communication seemed to be a huge barrier, although we shared the same language, which is English. We had completely different accents and sometimes we may misunderstand each other's thoughts. But luckily, as we spent more time together, the barrier was broken and it no longer bothered us. My life had changed quite a lot when she showed up in my life and became friends with me.

I will never forget the day when we went to Disneyland together. That day was filled with pure joy and happiness. Not only did this little visit bring me back to one of my old time favourites, but

also during this trip, I got the golden opportunity to spend time with my besties and enjoy the wonderful experience together.

Olesya and I also share the same hobby, which is photography. Every time we hung out together, we would always have fun ideas on how to get the perfect angle for a golden Instagram photo. We explored different parts of the school campus, as well as Hong Kong. During the holidays, we could experience the vitality of Hong Kong and also the typical lives of Hong Kong teens.

It was a rare chance for me, since I've barely had any chance to introduce HK to my foreign friends by experiencing different things together. Not only was our friendship further strengthened, but also it provided the golden opportunity for me to immerse myself in the fruitfulness of Hong Kong culture.

My heart was broken into pieces when the day of her leaving drew near. Although we have known each other for only 10 months, I feel like she's one of my old besties, as during this year we have had countless conversations that are always filled with joy and silly things.

Although all good things must come to an end, may fortune always be with you every day. I am going to miss you so much and I hope the friendship between us can last forever. Thank you Olesya, for being one of my besties.



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

Name of student From Malaysia	Chan Jun Wing Jason	Looi Roc Inn	NG JIE XIN	Kok Hou Lim
Host Family MC student	Wong Yau Hon, Derek	Yep Siu Kei, Andrew	Leung Hon Cheung, Anson	Ng Ho Kit, Simon
Host Class	3W	3W	5B	5B
Period	29 th November 2016 – 9 th December 2016			
Host School	Methodist College			

Background Information

Four boys from the Methodist Boys' Secondary School Kuala Lumpur (MBSSKL) spent two weeks with us from 28th November 2016 – 9th December 2016. They studied in our College and stayed in the homes of our student 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.



Sharing of exchange students from Malaysia



A picture together with our buddies.

'Seeing is Believing'. By joining the Student Exchange Program between MBSSKL and MCHK, I have gained a lot of new experiences.

First of all, I would like to thank my school principal, Mr. Wong Chee Kheon and my parents for giving me a once in a life time opportunity to participate in this Student Exchange Program. This program was scheduled for 11 days, from 29th November to 9th December.

On the 28th November, which is the day we arrived in Hong Kong, Mr. Siu was at the Hong Kong International Airport (HKIA) to welcome us and lead us to MCHK. After that, Mr. Siu and the school Principal, Ms. Wong briefed us about the program and brought us around the school so that we had a chance to familiarise ourselves with the school. I met my student host after the briefing, who is Anson Leung Hon Cheung from class 5B. Mr. Siu also assigned two students from my class (3W) to be my buddies. Their names are Yip Siu Kei and Wong Yau Hon. On the day I met my host's family, I was quite nervous as I did not know Anson and his family's culture very well and

was afraid that I would be impolite. Fortunately, my host's family treated me like one of their friends. I was relieved.

The first day of our programme was Picnic Day! Each class went to different places to have their picnic. I went to Ma On Shan Country Park for our picnic. I did not bring any food for the picnic, but the students there were generous enough to share their food with me. I made a lot of new friends there. I enjoyed spending time with the students from all four classes, as they were very kind and friendly.

Their academic program was different from what we have in Malaysia and I actually do prefer theirs. They have 4 classes per form, labelled R,W,B,G and were divided according to their strengths and weaknesses in certain subjects like English and Chinese. This may help students improve in the subjects that they do not do very well in.

One of the most memorable days for me was on the 4th of December (Sunday) which was the day we went for Ocean Park. Ten of us gathered and departed to Ocean Park at 10am. Around 7pm, we left Ocean Park to go to Lang Ham, Mong Kok to take photos. We were on the bus for at least 30 minutes



Taking a picture with the other Jasons (Jason Chan, Jason Ng and Jason Lau)

before reaching our destination, as the bus needed to go through 15 stations before our destination. The place was great and it was a busy street at night.

9th December (Friday) was the last day of the student exchange program. Most of our friends attended the short farewell that was organised for us. Around 2pm, 4 of us went to check-in and entered the departure hall to wait for our flight (OD 606) which was at 3:15pm, to Kuala Lumpur. Our plane OD 606 was forced to return back to HKIA after only 30 minutes, due to some technical difficulties. We flew back to HKIA for an additional safety

inspection and some repairs. After 3 hours of repairs, the flight took off and continued smoothly, arrives at Kuala Lumpur International Airport (KLIA) safely.

Having an opportunity to be an exchange student in Methodist College has definitely opened my eyes to many new things. I will never forget the fun we have had during those days and I hope that our friendships will last forever. Lastly, I would like to thank my host- family, teachers, classmates and buddies for their guidance and tolerance throughout my stay. I do look forward to the day we meet again!



One of the pictures we took in Lang Ham, Mong Kok.



My host, Anson Leung Hon Cheung, and his sister (left)



Ocean Park was fun !



Reflections from Host Students and Buddies

WONG YAU HON, DEREK 3W

As a host family, I found that it was a valuable experience. My exchange buddy was gentle and smart. At the very beginning, I worried whether or not he could adapt to the new environment because the places to live are small in Hong Kong. After a few days, he could get along well with the lifestyle in Hong Kong and my anxiety slowly disappeared. This experience was definitely an unforgettable one for me. I learned so much about how to build relationships



with others and host new friends from a different cultural background.

YEP SIU KEI, ANDREW 3W

It's so valuable for me to make friends overseas, even though we live in different cultures with distinct languages. This short but meaningful experience had brought much for me, which I will surely enshrine in my life. During this short period, we

discussed the differences between our schools, cultures, and even public exam systems! Also, this program widened my international horizon and gave me chances to practice my English Oral.

We spent time to know each other through different activities in leisure time, such as tea time after school, and went to theme park for a whole day. It was so exciting that we could discover another strange country in such an unusual way. Although we got only 2 weeks to be together, we've built up a strong friendship and we still keep on communicating right now.



A Group Photo At The Hong Kong International Airport

ALL TRIPS AT A GLANCE 2016-17

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
United Nations Internet Governance Forum 2016	4/12 – 13/12 (10 days)	2 students of S5	IGF Village, Guadalajara, Mexico	Chinese YMCA
UK School Experience Programme*	25/1 – 4/2 (11 days)	29 students of S2-S6	Rydal Penrhos School, Wales UK	Methodist College, Vivo Education
East Asian Scrabble Championship	1/4 – 2/4 (2 days)	1 student of S3 & 1 student of S4	Hiroshima, Japan	HKSPA and JASPA
Immersion Programme to Canada with Shawnigan Lake Secondary School*	6/4 – 20/4 (14 days)	1 student of S1 & 2 students of S1 & 1 student of S3	Shawnigan Lake School, Shawnigan Lake, B.C. Canada	Methodist College
Canada Leadership Training Programme*	10/4 – 23/4 (14 days)	24 students of S1-5	Vancouver, Victoria, Banff, Canada	Methodist College
首爾環保科技及生涯計劃交流團 *	17/4 – 21/4 (5 days)	29 students of S3-5	Seoul, South Korea	Methodist College
Immersion Programme to UK	20/6 – 5/7 (16 days)	4 students of S4	Woodhouse Grove School, Bradford, UK	Methodist College
Taiwan Music and Cultural Exchange Programme*	30/6 – 4/7 (5 days)	36 students (choir and orchestra members)	Taipei, Taiwan	Methodist College
九龍西學界滬港交流夏令營 2017*	5/7 – 10/7 (6 days)	10 students of S4-5	Shanghai, China	九龍西各界協會
港澳青少年中華文化體驗營 *	17/7 – 21/7 (5 days)	7 students of S1-3	Beijing, China	北京市政協港澳臺僑委員會主辦； 九龍地域校長聯會協辦
善德關愛科研青年發展計劃 第3屆中國航天之旅 2017	23/7 – 30/7 (8 days)	1 student of S4	Beijing, Xian, China	香港善德基金會、 香港科技協進會

* Trips escorted by our teachers



**We are here to nurture :
Modest, Caring and Knowledgeable
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