



循道中學  
Methodist College



Cultural Exchanges  
2017-2018



Country	Incoming Trip
Finland	AFS Intercultural Exchange Programme
Malaysia	Malaysia Exchange Programme

Country	Outgoing Trip
New Zealand	New Zealand Leadership Training Programme
UK	Immersion Programme to UK
	UK School Experience Programme
Taiwan	台中生涯規劃及文化體驗交流團
Malaysia	12th WESPA Youth Cup 2017 (Scrabble Tournament)
Cambodia	Voluntary Service Trip to Cambodia
China	Smart City Project Programme 2017-18 Induction Trip to Guangzhou( STEM )
	廣州、佛山藝術文化探索之旅
	株洲姊妹學校特色課程體驗及體育交流考察營
	九龍西學界滬港交流（雙向）夏令營 2018
	Youth Cultural Experience Camp to Beijing 2018 京港澳青少年中華文化體驗營 敦煌、西安歷史文化及藝術探索之旅



# Words from the Principal

*In this age of the internet, education is no longer just the inculcation of knowledge. When information is so readily available, the role of schools and teachers, instead of diminishing, becomes ever more important. Here in Methodist College, we make it our priority to ensure wholesome and whole-person development of our students. One of the ways is to provide rich opportunities for cultural exchange, both by sending our students overseas and by bringing exchange students into our school.*

*Learning cannot be achieved simply by putting students from different cultural backgrounds together. The experience must come together with reflection, without which the experience is just fragmented*

*memories. That is why we insist on publishing this booklet every year, so as to maximize our students' gains from the cultural exchange experience.*

*It is a pleasure reading this booklet every year. I enjoy the diversity it brings: I can feel the youthful excitement of those who proudly share their first visit to the Great Wall, their first contact with real snow etc.; I can feel the warmth of those who have made good friends across national and cultural boundaries; I marvel at some of the deeper analyses and realizations about life and the world from students' reflections. I believe that each and every cross-cultural experience has not only widened our students' horizons, but also made them more mature individuals who come to know themselves as well as the world better.*

*Now, turn the page and journey with our students into the rich world of cultural exchanges!*

**Emily Wong**  
**Principal**



# Cultural Exchanges

## Reaching Out to the World

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## Bringing the World into the College

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## Youth Cultural Experience Camp to Beijing 2018

## 京港澳青少年文化體驗營 2018

Target: Junior Form Students  
 Location: Beijing  
 Date: 16-20 July 2018  
 Organizer: Kowloon Region School Heads Association



Student participants:

Chin Yan Tung (1G)	Wong Man Yiu (1W)
Tam Lap Kiu (1G)	Cheung Kin Yuen (3B)
Wong Morpheus (1R)	Li Wai To (3B)
Ng Cheuk Hin (1R)	Chiu Wai Hang (3G)
Lee Wai Yee Hannah (1W)	Ho Kin Yeung Johnnie (3W)

## Itinerary :

DATE	TIME	ACTIVITIES
16 <sup>th</sup> July	Noon	Arrive at the Beijing International Airport
	Afternoon	Opening ceremony of the cultural experience camp
		Chinese traditional calligraphy writing exchange
	Evening	Visit to Tiananmen Square (天安門廣場)
17 <sup>th</sup> July	Morning	Badminton and table tennis competition
	Afternoon	Badminton and table tennis competition and prize-giving Ceremony
	Evening	Visit to Beijing National Stadium (鳥巢)
	Morning	Visit to Tsinghua University (清華大學)
18 <sup>th</sup> July	Afternoon	Visit to Confucius Temple and The Imperial College Museum (孔廟和國子監博物館)
	Evening	Enjoy the dance performance in the National Centre for the Performing Arts (國家大劇院)
19 <sup>th</sup> July	Morning	Visit the Great Wall (長城)
	Afternoon	Visit to Glass Factory Street (琉璃廠文化街)
	Evening	Visit the Wangfujing Pedestrian Street (王府井步行街)
20 <sup>th</sup> July	Morning	Closing ceremony of the cultural experience camp
	Afternoon	Depart from the Beijing International Airport

# Cultural Exchanges

## Ng Cheuk Hin (1R)

During this trip, I learnt many things and knew more about my friends. My favorite place was the Great Wall, as it is one of the 5A class historical artifacts in China. The Great Wall, built on a 500-meter hill, is in Huairou District, and is centuries old. I needed more than 30 minutes to walk along the Great Wall, and the views were fantastic.

## Lee Wai Yee Hannah (1W)

This was my first time to Beijing. Therefore, I was very excited and happy. On this trip, I could share my table tennis skills with the players of China and other Hong Kong students. Thus, I improved my table tennis skills quite a lot. I made some new friends too. We went to some famous tourist sites in Beijing, such as the Great Wall and Tiananmen Square. I thought the most unforgettable place was the Great Wall. We needed to walk quite far along the Great Wall. I was very tired. I was so proud that I could finally see the Great Wall. I took some beautiful photos too. What a wonderful trip!

## Cheung Kin Yuen (3B)

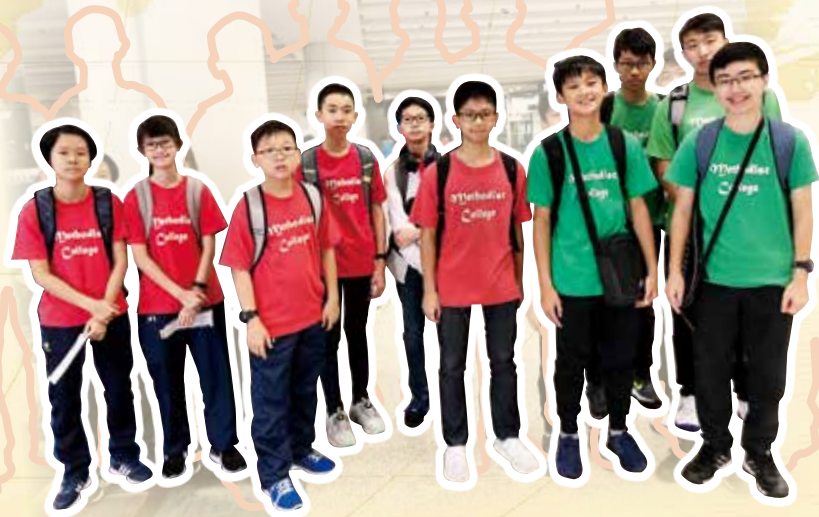
It was my first time to Beijing, I want to say thank you to my school, for allowing me join this programme. I enjoyed this programme very much, because I had a great experience on this 5-days trip. There were many activities during this trip, such as a badminton competition and shopping in the big shopping mall. Although those activities were unforgettable, the most impressive activity was the day visit to the Great Wall. People say, "A man who has not been to the Great Wall is not a real man", so I guess I have been a real man since the day I visited it. It was a hard journey, but I think it is worth going, because the Great Wall is very grand. Everyone should go at least once in his or her lifetime.

### Ho Kin Yeung Johnnie (3W)

One who fails to reach  
the Great Wall is not a hero.  
After this trip, I have become a hero.  
The part I liked most on this Beijing trip  
was going to the Great Wall on the 4th day.  
Although there were many stairs on our way  
to the Great Wall, it was worth visiting. I could  
see for myself the advantages the high wall  
and load road the Great Wall provided  
to the ancient Chinese people, which  
was great to experience.



Chinese traditional calligraphy writing  
exchange





# Cultural Exchanges



Badminton and table tennis competition



Visit to the Beijing National Stadium (鳥巢)



Closing ceremony of the cultural experience camp



Prize-giving Ceremony

# 省外行： 敦煌、西甯歷史文化及藝術探索之旅

**對象：**中一至中五學生

**地點：**甘肅省敦煌、陝西省西安

**舉辦機構：**循道中學

**日期：**2018年6月28日至7月3日（6日）

**負責老師：**陳慶藍老師、馬翠欣老師、謝鳳儀老師、黃詠詩老師

**參加學生：**40人



## 參與學生：

學生姓名	班別	學生姓名	班別
1 林琬旻	中五藍班	21 郭伯彰	中四紅班
2 鄧倚淳	中五藍班	22 劉芷蔚	中四白班
3 趙筱靖	中五青班	23 成思穎	中四白班
4 黃健殷	中五青班	24 潘俊龍	中四白班
5 葉啟志	中五青班	25 莫煒豪	中四白班
6 張雨虹	中五紅班	26 張瑜	中三青班
7 徐潔瑩	中五紅班	27 胡焄嵐	中三白班
8 崔慧妍	中五紅班	28 李牧燕	中二藍班
9 黃倩媚	中五紅班	29 關洛淋	中二藍班
10 洪莉嫻	中五白班	30 張心盈	中二紅班
11 李卉雪	中五白班	31 周煒璉	中二紅班
12 劉羿君	中五白班	32 符詠彤	中二紅班
13 金欣欣	中五白班	33 何天藍	中二紅班
14 陳焯謙	中四青班	34 劉睿晴	中二紅班
15 張駿龍	中四青班	35 王彥文	中二紅班
16 麥正泓	中四青班	36 黃穎琛	中二紅班
17 劉芷浠	中四紅班	37 方凱虹	中一白班
18 麥曉琳	中四紅班	38 馮思敏	中一白班
19 陳玥全	中四紅班	39 林煒暄	中一白班
20 陳羿衡	中四紅班	40 劉詠昕	中一白班

## 學習目的：

1. 認識敦煌和西安的歷史遺存、地貌及保育；
2. 親身體會敦煌莫高窟及西安兵馬俑的藝術文化氣息，以及了解當中蘊含的歷史意義；
3. 認識古代絲綢之路和現今「一帶一路」對經濟發展的影響。



## 行程：

日期	日程	建議學習重點
第一天 (28/6) 中午		由香港乘飛機往西安，再轉機往敦煌
第二天 (29/6) 上午	參訪鳴沙山和月牙泉	透過參訪鳴沙山和月牙泉。讓學員認識其歷史和形成的過程，瞭解古代絲綢之路的自然環境，並體會古人與建莫高窟的困難及所蘊含的文化精神。
	參訪敦煌石窟文物保護研究陳列中心	參訪研究中心，瞭解當地的文物保育工作。
下午	莫高窟	認識洞窟建築和佛教文化，以及瞭解歷代精湛的壁畫和彩塑藝術，體會燦爛的敦煌文明。
	專題講座：古代絲綢之路和現今「一帶一路」的角色	認識古代絲綢之路和現今「一帶一路」的角色，探討國家的經濟發展概況，以及思考香港在國家經濟上所遇到的機遇和挑戰。
傍晚	參訪沙洲夜市	認識敦煌的商業發展和牌坊樓建築，感受敦煌不同的民俗風情和文化。
第三天 (30/6) 上午及下午	參訪雅丹國家地質公園	認識地貌的形成和演變，瞭解古代絲綢之路的自然環境及其限制，體會古人面對的困難與挑戰，以及文化保育的重要。
	玉門關	認識漢唐邊關隘的建築和共用，並瞭解絲綢之路的歷史發展和文化意義。
晚上	參訪陽關遺址及陽關博物館	認識漢唐邊塞關隘的建築和功用，並瞭解絲綢之路的歷史發展和文化意義，以及親身體會大漠的自然風光。
第四天 (1/7) 上午	參訪敦煌博物館	認識古代絲綢之路的歷史。並瞭解敦煌的藝術文化氣息和蘊含的歷史意義，以及當地的文化保育工作。
下午	小組討論及分享	讓學員與其他組員交流學習心得。
晚上		由敦煌乘飛機往西安
第五天 (2/7) 上午	參訪陝西歷史博物館	透過參訪博物館，讓學員認識國家的歷史，並了解展品的藝術文化氣息和蘊含的歷史意義，以及當地的文物保育工作。
下午	參訪秦始皇兵馬俑博物館及文化體驗活動	透過參訪博物館，讓學員認識秦朝的歷史，並了解兵馬俑與銅車馬等的藝術文化氣息和蘊含的歷史意義，以及當地的文物保育工作。
晚上	參訪鼓樓 全體分享會	透過參訪鼓樓，讓學員認識鼓樓的歷史和建築藝術。 讓學員總結及分享是次行程的所得所感，並鞏固所學。
第六天 (3/7) 上午	由西安乘飛機往香港	



## 學生感想

### 徐潔瑩 中五紅班

在這次西安和敦煌的旅程中，令我印象最深刻的是 6 月 30 日到訪陽關。陽關作為中西交流的門戶，自然是位於中國的邊疆地帶，更可說是沙漠地帶。到訪陽關的那一日之所以令我印象如此深刻，因為我們遇到在香港不會發生的自然現象——沙塵暴。雖然對當地人來說，我們所遇到的沙塵暴只是「小意思」，更有當地人從容地聊天說笑，但對於我們來說，確實難得一見的情景，更讓我們深深地感受到人類的渺小和讚嘆古人的勇氣。在沙塵暴下，細小的沙粒基於  $E=MC^2$ （質能等價）的方程式下，向我們每一寸裸露的肌膚進攻，眼睛、耳朵全是沙，戴上口罩或絲巾，也難免會吃上一兩口。當我們全副裝備出動，依然敵不過小小的沙塵暴時，反思古代的商人卻要帶著笨重的貨物，沙漠涉險；沒有汽車載他們逃離風暴，只有駱駝陪他們「吃沙」。因此當日所遇到的事，讓我不得不敬佩古人的刻苦堅忍。

### 崔慧妍 中五紅班

鳴沙山及月牙泉是我期待參觀的景點。敦煌位於中國近邊陲的地帶，與香港的氣候、地理環境截然不同。由於從未體驗過沙漠的氣候，故此當我一面抵受炙熱的風沙，一面舉步唯艱、步步為營，登上陡峭的鳴沙山頂時，當即令我想到過往歷朝歷代、長途跋涉由長安走到中亞甚至歐洲的商旅、僧人的旅途是多麼的兇險難熬。我站在山頂俯瞰世界一大奇蹟——月牙泉時，也不禁反思西漢的張騫、東漢的班超、唐代的玄奘法師俱不辭勞苦、經歷孤獨而艱難的沙漠旅程，最終成就偉業，敬佩之情油然而生。同時也覺得應刻苦耐勞、勤加磨練，雖不能與古人比肩，也要勇敢打造自己的一片天。



同學們在陝西歷史博物館欣賞出土的文物，讚嘆古代文化。



# Cultural Exchanges



敦煌博物館內再遇石窟雕像(複製)・機不可失！



陽關沙塵暴突襲前奏



秦始皇兵馬俑製造工作坊



同學們正一絲不苟地為敦煌、西安的考察資料作出整理、反思及匯報



莫高窟





鳴沙山



屹立在雅丹地質國家公園（俗稱魔鬼城）中的風蝕岩石——孔雀



大漠中的一彎新月——鳴沙山月牙泉



踏在古人曾經走過的沙漠路上，我們學會了要團結一致，彼此扶持，才可以登上沙漠之巔。



大家都迫不及待投進鳴沙山的懷抱



觀賞獨屬於敦煌的夕陽



參觀了充滿宗教及民族色彩的敦煌博物館，當然要擺出千手觀音的姿勢合影！



# Cultural Exchanges

## Smart City Project Programme 2017-18 Induction trip to Guangzhou (STEM)

**Target:** Smart City Project Programme 2017-18 participants

**Location:** Guangzhou

**Date:** 3<sup>rd</sup> to 4<sup>th</sup> April 2018

**Organizer:** Education Bureau

**Student participants:** Chiu Tin Yan Nicole (1R)

Pan Kit Yee Koie (1R)

Wong Morpheus (1R)

So Ernest Yat Long (1R)

Wong Sze Lok Linus (1R)

Wu Ka Yin Oscar (1B)

Yang Yat Hei Given (1R)



### Itinerary :

Date		Activities
Day 1	Morning	➤ Visit Organic farm, Dong Seng Golden Farm (東昇農業集團)
	Afternoon	➤ Visit Guangzhou Shipyard International Company Limited (廣船國際)
		➤ Visit Guangzhou Nansha No.1 Middle School (廣州市南沙第一中學)
	Evening	➤ Evaluation session with teacher
Day 2	Morning	➤ Visit waste incineration power plant, Guangzhou Environmental Protection Investment Group (廣州環投集團) Visit Redtory (紅磚廠創意文化園區)

## Reflection:

### 1R Given Yang

Through this induction trip, I have learnt a lot about a "smart city". We traveled to Guangzhou for a long time. The first stop was visiting an organic farm. The tour guide introduced it to us in detail. I learnt that this sort of organic farming and the vegetables it produces is limited. This is because the requirement of organic farming is very strict. Another unforgettable experience was seeing the waste incineration power plant. I learnt that waste is a huge problem in the world. However, through incineration, the waste can become water and then generated into electric power for people to use. I have learnt a lot from this trip.

### 1R Nicole Chiu

The first day, we went to the organic farm and visited a middle school. I learnt how an organic farm works. I should cherish food and not waste it anymore. The campus of the local middle school is larger than that in Hong Kong. The facilities are advanced. I tried using a 3D drawing pen with the local students: it was fun! We watched an assembly; the MC students needed to dress formally. I was surprised that the girls in the school needed to keep their hairstyle so short. On the following day, we went to the waste incineration power plant and the Redtory. These activities helped broaden my horizons.



After filtration, the water becomes reusable.



We were very surprised to see the garbage hill. Garbage is vacuumed, so it is not smelly.



Internal operation of the waste incineration power plant



Visit to a waste incineration power plant (Guangzhou Environmental Protection Investment Group)



Visiting an organic farm (Dong Seng Golden Farm)

# Cultural Exchanges

## 1R Linus Wong

I have learnt a lot during this trip. We went to an organic farm, where I learnt about technological organic farming in China. I now know more about the organic vegetables I eat every day. Then, we visited the shipyard company. I learnt about shipbuilding technology. That has broadened my horizons. We visited the local middle school. The campus and facilities are more advanced than ours in Hong Kong. The next day, we visited the waste incineration power plant. I was excited, as I have never seen that amount of rubbish before. The technology used is impressive.



Cultural exchange with local students  
(Nicole Chiu, Koie Pan)



Cultural exchange with local students  
(Morpheus Wong, Given Yang)

## 1R Ernest Wong

I was inspired, when communicating with the local students. I saw the differences in our respective education. I learnt more about the lifestyle, education and culture in Mainland China. The visit to Redtory has given me some idea of the renovation of historical buildings. The Redtory became a new and creative place, from an old and useless one. This trip to Guangzhou was a great learning opportunity for me.



Cultural exchange with  
local students (Linus Wong)



Cultural exchange with local students  
(Oscar Wu, Ernest Wong)



Visit to Guangzhou Nansha  
No.1 Middle School



# 廣州、佛山

## 藝術文化探索之旅

**對象：**本校中一至中四視覺藝術科及優才營學生、美術學會會員。

**地點：**廣州、佛山

**日期：**2017年12月6日至7日(2日)

**主辦機構：**香港特別行政區政府教育局

**負責老師：**李慧儀老師、黃詠詩老師、盧溢豐老師、陳慶藍老師

### 活動目的：

- 認識嶺南地區的藝術特色和廣東當代藝術；
- 了解內地美術教育和文化創意產業的發展；
- 聯絡入讀廣州美術學院的香港學生，了解在內地修讀設計的升學資訊，透過參觀大學校園及認識大學課程，為學生的生涯規劃作出準備。
- 培養同學對視覺藝術的興趣。

### 參與學生：

學生姓名		班別	學生姓名		班別
1	陳澄而	中一藍班	19	張嘉恩	中二白班
2	馮晰昕	中一藍班	20	林雅雯	中二白班
3	錢思彤	中一青班	21	賴穎心	中三藍班
4	胡樂兒	中一青班	22	周卓盈	中三藍班
5	刑愷媚	中一紅班	23	劉嘉楠	中三藍班
6	潘潔儀	中一紅班	24	徐梓恩	中三藍班
7	楊日晞	中一紅班	25	譚芷澄	中三青班
8	區綺旻	中一紅班	26	郭灝恩	中三白班
9	王逸晞	中一紅班	27	梁齡勻	中四藍班
10	陳樂遙	中一白班	28	梁梓穎	中四青班
11	陳御林	中二藍班	29	李卓霖	中四青班
12	關洛淋	中二藍班	30	羅子殷	中四紅班
13	李牧燕	中二藍班	31	黃志豪	中四紅班
14	胡昊禮	中二青班	32	黎昕晴	中四紅班
15	許天藍	中二青班	33	李宗翰	中四紅班
16	符咏彤	中二紅班	34	周卓賢	中四白班
17	周煒璉	中二紅班	35	張淑儀	中四白班
18	黃穎琛	中二紅班	36	何倩菁	中四白班

# Cultural Exchanges

## 行程安排

日期	地點	內容
第一天 (17/4)	早上 佛山南風古灶	認識以傳統柴燒方式燒製陶器。
	下午 廣州紅磚廠創意園	透過參觀由舊工廠活化的紅磚廠創意園，認識廣州藝術文化產業的最新發展。
	早上 廣州美術學院	透過參訪華南地區唯一的高等美術學府及與其學生交流，認識院校提供的課程和設施、學生的學習生活，以及了解內地青年在藝術創作方面的發展空間。
第二天 (18/4)	下午 廣州藝術博物院	透過參觀以嶺南地區書畫作品為主的藝術品，認識中國的書畫藝術，提升評賞書畫藝術的能力。



經驗導賞員黃先生為同學講解。



有五百多年歷史的古窯：  
佛山南風古灶。



傳統手工陶藝讓同學體會  
到工藝美。



到訪紅磚廠創意園。

## 學生感想：

## 中二藍班 李牧燕



這次交流團的目的就是為了認識嶺南地區的藝術特色和廣東當代藝術，使我們藉此機會更加瞭解內地美術教育以及文化創意產業的發展。

我們第一天上午去了佛山南風古灶參觀。佛山石灣陶瓷中外聞名，因為是手工精細，而南風古灶享負勝名的原因是因為古窯始建於 1506 年，制陶歷史已有五百多年，導賞員透露古窯至今在指定時間仍然燒制陶器。古灶傾斜的設計猶如一條巨龍，上面還有很多氣孔，方便燒窯時順應火勢排氣，以控制陶器的顏色。灶尾有一顆四百年歷史以上的榕樹，聽說它是一顆風水樹，能為制陶師傅帶來好運。再往裡走就是一些小店鋪。無意中發現了更有價值的東西：在一條不起眼的小巷裡，有一位老伯，他正在用陶胚製作花瓶，我凝視着老伯慢慢



地移動轉盤，用手細心把陶胚一刀一刀地修飾，看着花瓶擁有修長頸項、對稱身量、高腳圈足，就像是一個身材曼妙多姿、高貴典雅的女士。這一刻令我深深地感受到陶瓷藝術家對傳統陶藝的執着，陶藝師的手藝令我對中國的工藝文化多了一份尊敬。南風古灶就是一塊傳統藝術的瑰寶，耐人尋味。

下午，我們去了紅磚廠創意園。它的前身是一座罐頭廠，現在已搬遷了，不過一些歷史老建築得以保存下來。紅磚廠藝術區吸引了國內外知名的畫廊、設計工作室、藝術展示空間、藝術家工作室等進駐。可以說是藝術的聚集寶地。這類創意工業園，令我想起香港類似的藝術園區，例如中環 PMQ 元創坊，裡面有很多設計工作室和商店，讓從事創業人士有足夠空間進行藝術創作，同時令公眾親身感受公化創意的氣氛。



第二天，我們去了廣州大學城裏的美術學院參觀。學院裡充滿了藝術氛圍。大學城是與建在一座人工島上，聚集了大概十所大學，所以每所大學都是互通的，資源也是共用。良好的學習環境，培養出出色的學生。



# Cultural Exchanges



而最令我喜出望外的是安排了三位在香港畢業然後到廣州美術學院升學的師兄師姐，帶領我們參觀大學校園及講解大學課程，並且了解在內地修讀設計的出路，為我們的生涯規劃作好準備。

最後，我們去了廣州藝術博物館參觀。我們非常幸運，能夠欣賞到鎮館之寶，還有嶺南畫派的名畫，意境高深。從中可以看到前人對藝術的追求。

這次的交流團真的非常令人印象深刻，回味無窮。有人認為現代藝術的發展，讓傳統藝術漸漸被淘汰，但經過這次藝術之旅，我並不認同。我認為傳統與創作兩者是可以共存、相互融合的，因為傳統藝術是文化的土壤，學習傳統是為了創新，只有創新的精神加上傳統的素養，藝術文化便可以承先啟後，大放異彩。



# 九龍西學界滬港交流（雙向） 夏令營 2018

**對 象：**香港中四至中六學生、上海洋涇中學高中學生

**地 點：**中國上海市

**日 期：**2017 年 7 月 1 至 6 日 (6 日)

**主辦機構：**九龍西區各界協會

**負責老師：**吳芯兒老師

**本校榮獲獎項：**

「九龍西學界滬港交流（雙向）夏令營 2018 徵文比賽」優異獎：

林詩敖（中五紅班）



## 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；
- 透過領導面見及會談，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	鄧順桓	中四藍班
2	馬錦濠	中四青班
3	黃友翰	中四紅班
4	錢向榮	中五藍班
5	梁喜兒	中五青班
6	彭若琳	中五青班
7	林詩敖	中五紅班
8	王國豪	中五紅班
9	何慧妍	中五白班
10	弘藝	中五白班

# Cultural Exchanges

## 行程安排

日期	時間	內容
第一天 (1/7)	上午	乘飛機出發前往上海。
	下午	滬港學生分組交流。
	晚上	歡迎晚宴及進行滬港學生互動遊戲。
第二天 (2/7)	上午	開營儀式、拜訪上海市海外聯誼會及參觀上海紐約大學。
	下午	參觀上海中心。
	晚上	滬港學生文化交流分享暨領袖培訓工作坊。
第三天 (3/7)	上午	參觀復旦大學並與滬港工作、留學人士進行交流，了解全國聯招計劃和香港人在上海工作的情況。
	下午	參觀螞蟻创客空間。
	晚上	浦江夜遊。
第四天 (4/7)	上午	參觀浦東展覽館。
	下午	參觀海事大學及新場古鎮。
	晚上	一眾交流團成員於新場古鎮聚餐。
第五天 (5/7)	全日	參觀上海迪士尼。
第六天 (6/7)	上午	結營儀式。
	下午	歡送午宴，乘飛機回港。



## 學生感想：

林詩敖 中五紅班

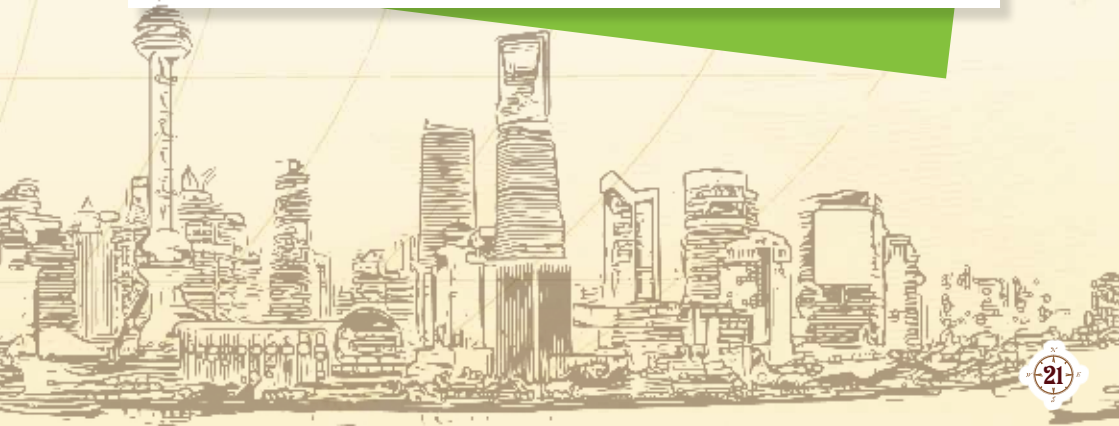
（本篇感言榮獲大會舉辦「九龍西學界滬港交流（雙向）夏令營 2018 徵文比賽」優異獎）

我以前總覺得《鄉愁》到《從你美麗的流域》好像一直都無法走上一個正軌，就好像維多利亞港終究不能觸碰浦江，才發現原來一直都是自己錯了。

說到底，那江水的九曲回腸和港灣的深沉也總歸要奔向同一片汪洋。那些歸屬和脈脈相連在這幾天的行程我發現卻同樣也在呼應著上海和上海中心和香港的天際一百。浦東的展覽館告訴我，中國的音樂能登上「喜馬拉雅」高峰，卻也沒有落下網絡科技也同樣廣泛的香港。從上海迪士尼到香港迪士尼，地點不同卻還有著相似的感覺，是建築還是娛樂，卻發現在種種讓人有跡可循的活動中都悄悄透露著兩地在國際舞台的大展拳腳又互相攜手開幕。

新場的古鎮好像也只有那麼一段路的距離，但我知道滬港在曾經的交流中早已走過了崎嶇，現在的這些路都是引領我們回家或是走向未來的方向。

六天，我漸漸明白，許多的殊途同歸終究不只是一個人的前進，那裡有香港，有上海，有更多值得探索的未知，可他們終將都在祖國的滋潤下，在地底長出更深的根來，無論根多深多遠，都總能牽絆在外地、在雜草叢生的一朵朵花，那是我們的後盾，更是我們的未來。滬港交流有剪不斷的血脈，流不盡的河流貫融。



# Cultural Exchanges

本校師生到訪上海之活動剪影：



本校學生與上海洋涇中學的學生志願者一起協力完成領袖培訓工作坊中的挑戰。



本校師生與上海洋涇中學的學生志願者結伴參觀上海中心。



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。



本校王國豪同學（中五紅班，右七）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活動最後一天，於校舍飯堂合照留念。



本校師生與上海洋涇中學的學生志願者於校舍外留影。



## 上海洋江中學師生回訪香港（八月二十三至二十七日）之活動剪影：

上海洋涇中學學生回訪香港期間（八月二十三至二十七日），本校學生在結營儀式上和歡送晚宴上與會者合照。

本校林詩同教同學（中五紅班）在結營儀式上獲頒徵文比賽優異獎。

上海洋涇中學學生回訪香港期間，本校錢向榮同學、王國豪同學及林詩教同學（中五級，第三排左一、左二及第二排左三）與他們一同參觀立法會。

上海洋涇中學學生回訪香港期間，本校梁喜兒同學、弘藝同學（中五級，第二後排左三、四）一同參與少年警訊訓練營。

上海洋涇中學學生回訪香港期間，本校梁喜兒同學、彭若琳同學、何慧妍同學、弘藝同學（中五級，第一後排左七，第二後排左四、五、六）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，本校馬錦濠同學、黃友翰同學及鄧順桓同學（中四，最後一排左六、七、八）與他們先於理工大學集合，然後一同參觀香港科技大學。



## 株洲姊妹學校特色課程體驗

### 體育交流考察營

對象：本校羽毛球隊及乒乓球隊

日期：2018年3月28日－4月1日（5日）

訓練地點：株洲市第二中學及株洲市建寧實驗中學

負責老師：黎曉怡老師及何嘉寶體育推廣主任

本校榮獲獎項：

- 羽毛球友誼賽初中混雙冠軍：李君道（中一紅班）  
陳樂遙（中一白班）

計劃目的：藉着交流團，讓學生從中學習：

- 了解株洲市的發展；
- 進行羽毛球和乒乓球訓練及進行友誼賽，互相交流體育文化；
- 了解內地學習及生活文化。



### 參加同學：28人

	中文姓名	班別
1	胡樂兒	中一青班
2	陳樂遙	中一白班
3	陳奕妍	中三藍班
4	張瑜	中三青班
5	利尚恩	中三紅班
6	梁藹童	中三紅班
7	胡嫻嵐	中三白班
8	羅茵	中四藍班
9	陸泳霖	中四青班
10	李君道	中一紅班
11	吳卓軒	中一紅班
12	黃煒森	中一紅班
13	林浩揚	中二白班
14	盧安達	中五藍班

	中文姓名	班別
15	曾慶揚	中五藍班
16	錢欣潼	中一青班
17	陳樂弘	中一藍班
18	譚立翹	中一青班
19	林俊賢	中一白班
20	冼承羲	中一白班
21	黃文耀	中一白班
22	麥俊堯	中二白班
23	溫承恩	中二白班
24	魏源祥	中四藍班
25	張駿龍	中四青班
26	王瑋麟	中四青班
27	黃敬生	中四白班
28	梁恩臨	中四紅班

## 行程

時間	內容
28/3 (Day 1) 星期三	<p>(下午) 姊妹學校師生交流會及校園參觀</p> <p>(晚上) 株洲市第二中學師生歡迎宴及參觀神農城</p>
29/3 (Day 2) 星期四	<p>(上午) 乒乓球及羽毛球訓練及影子課堂學科課程體驗</p> <p>(下午) 株洲市實驗學校 (株洲市示範性綜合實踐基地) 特色課程體驗</p> <p>(晚上) 羽毛球乒乓球訓練 (建寧實驗中學體育館)</p>
30/3 (Day 3) 星期五	<p>(上午) 建寧實驗中學《千年國粹·揚華夏文明》(雅集)及影子課堂課程體驗活動</p> <p>(下午) 中二及中三同學於建寧實驗中學觀課及訓練, 及參觀校園設施; 中一、中四及中五參觀株洲市第二中學地理課程實踐基地——株洲市規劃展覽館及參與株洲市第二中學第十八屆科技節暨第一屆科技運動會</p> <p>(晚上) 內地友好家庭晚餐</p>
31/3 (Day 4) 星期六	<p>(上午) 乒乓球及羽毛球訓練</p> <p>(乒乓球隊前往株洲市體育局乒乓球館訓練)</p> <p>(下午) 姊妹學校乒乓球及羽毛球友誼賽</p>
1/4 (Day 5) 星期日	<p>(上午) 參觀中國中車製造廠及長沙比亞迪汽車廠</p>

## 學生感想：

三青班 張瑜 三紅班 利尚思 梁藹童  
三藍班 陳奕妍 三白班 胡焯嵐

俗語云：「讀萬卷書，不如行萬里路。」春暖花開的三月，我們來到了美麗的株洲。在這五天之旅中，我們獲益良多。

首先，我們去了株洲二中，當時心情無法形容，很期待接下來所發生的事。一踏進校門，我露出了吃驚、不可思議的表情。遼闊的地方，到處都有挺拔的大樹和散發淡淡清香的花草，一棟棟美麗又壯觀的教學樓讓人驚歎，與香港不同，校園範圍很廣，裏面不但有宿舍、超級市場、書店，更有一個運動場，如果沒有人帶領，我們一定會迷路呢！

晚上，我們夜遊著名的神農城廣場，威武的神農雕像讓人敬畏，廣場兩側都有一大批市民跳著輕快的舞蹈，場面壯麗無比。在香港，我們的生活都是很忙碌的，所以株洲的生活節奏是我所嚮往的。

接下來幾天，我們都有乒乓球和羽毛球的訓練。訓練場地十分寬廣，我們一個個都練得大汗淋漓，十分盡興。每個人的生活中都會有幾個導師，而我在株洲遇到了人生中的一個——他就是和我搭檔打羽毛球的小夥伴，我很感謝他耐心教導技巧和分享自身經驗。

最讓人難忘的就是在建寧實驗中學的那一天。「活到老，學到老，書海無涯，學無止境。」那天上的古詩詞鑒定課令我印象深刻。中國文化博大精深，偉大的古人寫出一首首優美的詩詞，令後代能欣賞和學習。當天下課後，家長們就開著私家車過來與我們合照，並把我們載回家共進晚餐。抵達後，家長很熱情地招待我們，給我們吃水果，然後就是一頓豐盛的晚餐，我們現在還念念不忘其滋味呢！晚飯後，我們隨即去玩「密室逃脫」，那是我們第一次玩，所以有點緊張，但我們大家一起努力找線索，順利逃脫。最後，伙伴們還給了張瑜及尚思一個驚喜——生日蛋糕！令大家十分感動，非常感謝那位同學的家庭帶給我們既開心又難忘的一個晚上。

最後一天，我們參觀了中國中車製造廠及長沙比亞迪汽車廠，令人大開眼界。國家的進步不是靠一己之力，也不是一朝一夕可以做到，而是靠合作，不斷摸索和日積月累的汲取經驗。因此我們也要努力，日後成為社會的棟樑。

株洲之旅真的令人難忘。我們不僅認識了一群熱情的小夥伴，無論在學習或運動上都跟他們分享與交流，獲益良多；還參觀了很多地方，吃了很多美食，回味無窮。株洲交流，真不枉此行。





羽毛球友誼賽

株洲二中校園內大合照



中四隊員們跟蕭老師合照



在建寧實驗中學跟其他隊員合照



在株洲二中跟新朋友合照



株洲市示範性綜合實踐基地特色課程體驗



同學，不可用槍指著隊友的頭部！



課堂參與



乒乓球隊於株洲市體育局乒乓球館訓練



乒乓球隊隊長及其伙伴們

# Cultural Exchanges

## Voluntary Service Trip to Cambodia

**Targets:** F1 to F5 students  
**Destination:** Phnom Penh,  
Cambodia  
**Period:** 28 March to 1 April 2018 (5 days)



### Participating Students:

Name	Class
Au Yee Man	1R
To Wing Ki	2B
Chan Ming Wai	3B
Li Wai To	3B
Ng Kai On	3B
Lee Yat Ho	3G
Lam Wing Kwan	4B
Li Lai Sheung	4B
Cheng Kei Yin	4B
Yu Yuet	4G
Wong Chi Ho	4R
Wong Yau Hon	4R
Chan Ho Wing	5B
Chen Xi Yi	5B
Lau Sze Nga	5B
Leung Chik Ting	5B
Wong Pui Yan	5B
Chan Chi Wing Abbie	5G
Pang Yeuk Lam	5G
Yuen Wing Lam Sally	5R

**Organizer:**

**Methodist College (assisted by Metta Mission and Community Ministry)**

**Trip nature:**

**Voluntary work**

**Teachers in charge: Mr. Lau Chi Chiu, Ms. Lam Hiu Chun**

## Itinerary:

Date	Activities
	Departure from Hong Kong
28/3	Visit Security Prison 21
	Prepare for activities in children's center
29/3	Organize activities in children's center
	Distribute daily necessities to poor families in Sannang Village
30 - 31/3	Help children in the village wash their heads and remove head lice
	Organize games for children in the village
	Have dinner with children in the children's center
	Participate in the sharing and reflecting session
1/4	Visit local market in Phnom Penh
	Return to Hong Kong



# Cultural Exchanges

## Li Lai Sheung 4B

This was my first time to join a volunteer trip. To be honest, I did not expect a lot before the service, but it turned out that it was a unique and valuable experience for me.

I remember that I was shocked by the warm and kind smiles from the Cambodian kids, the first time we met. They even cuddled up to us. The day after, we had prepared some activities, which were some mini games and game booths. It was wonderful that they were having so much fun. In addition, we helped them to wash their heads and remove the head lice. Maybe you will think that it is disgusting. Honestly, I thought so when I first heard that we were going to do that. However, I enjoyed it when we were washing their heads. Not only because we all worked with enthusiasm, but also because I knew that it would be something worthwhile for the children.

After this trip, I realized that we can always do something to help others. As the old saying goes, 'Do not think any virtue trivial, and so neglect it.' Helping one person might not change the whole world, but it could change the world for one person.



A picture with the children of the center

At the children's center



Students providing head lice removal service in the village



Playing games with children in the village



Visiting the poor families in the village

### Lam Wing Kwan 4B

During Easter, on a devotional path towards God, twenty of us started our voluntary service and spread the spiritual gospel to the children of Phnom Penh, which is the capital of Cambodia.

We began our journey by visiting the Crime Museum. By learning about and fully grasping the dark history of Cambodia, we had an in-depth understanding of the needy that we were going to serve at that time. After one day of settling in, we started our voluntary services at the service centre of Metta Mission & Community Ministry.

We were involved in various aspects of voluntary services, which were all children-centered, including visiting slums and organising activities for the children there. Fortunately, they enjoyed playing with us very much.

What does God mean to you? I believe that most of us still do not have an answer for this. However, children from Cambodia place God at the highest position in their hearts and love Him first. They share their difficulties with God and ask Him to lead them towards combating any obstacles. We never thought that they would have such an uncompromising belief in God, despite how much they have suffered. Without the help offered by different people, the Cambodian voluntary services trip would not come to fruition. I would like to express my deepest thanks to the ministers and translator of Metta Mission & Community Ministry. Moreover, I would like to thank Mr. Lau for organising the trip and Ms. Lam for taking care of us. Hope to meet those children again next year!

## 12<sup>th</sup> WESPA Youth Cup 2017 (Scrabble Tournament)

Destination:	Kuala Lumpur, Malaysia
Competition date:	24-30 Nov 2017
Participating students:	Ma Tsz Chun Calvin (5B), Po Chun Wo, Brian (4B) Wong Tsz Yu, Julian (1R):
Organizer:	World English Language Scrabble Players Association
Venue:	Kuala Lumpur
Results:	Brian Po – Most Improved Player



### Background

The WESPA Youth Cup is a team-based individual event held by The World English Language Scrabble Players Association (WESPA). Top under-18 players around the world are selected by their own national association to compete in the tournament for 24 games in 3 days in November 2017. A total of 176 youth Scrabblers joined this annual youth event. Our students Ma Tsz Chun Calvin (S4), Po Chun Wo (S3) and Wong Tsz Yu, Julian (1R) were selected to represent Hong Kong in this tournament.

### Reflection

#### Julian Wong 1R

Joining the international competition in Malaysia, I got valuable experience that went beyond medals and prizes. The opening speech, delivered by the tournament director, Martin Teo, was an inspiring one. He told us that having fun and being honest were far more important than winning.

Apart from that, in those three days, I met top-notch players from all around the world. Though we were keen competitors to each other, they were friendly to us and displayed great sportsmanship even when they lost to us. As the saying goes, 'The more you experience, the more you learn how to improve'. I really look forward to the next WYSC where I can reach new heights.





# 台中生涯規劃及文化體驗交流團

**對象：**本校中四至中五學生

**地點：**台灣台中市

**主辦機構：**循道中學

**負責老師：**張文卿老師、黃詠詩老師



## 活動目的：

- 考察台灣不同大學，了解當地一些著名及多元化的課程
- 透過在台校友的分享，讓同學能體驗台中的大學生活及日常生活情況
- 加深對台灣升學的認識，及多元發展的可能
- 探索當地節期、特產製作及創意工業的文化發展

## 參與學生：

學生姓名	班別	學生姓名	班別
1 周佩憫	中四青班	13 梁喜兒	中五青班
2 羅樂慈	中四青班	14 黃健殷	中五青班
3 譚斯元	中四青班	15 邱越朗	中五青班
4 周樂茵	中四紅班	16 何慧妍	中五紅班
5 鄺凱欣	中四紅班	17 洪莉嫻	中五白班
6 黎昕晴	中四紅班	18 金欣欣	中五白班
7 張淑儀	中四白班	19 劉羿君	中五白班
8 賀芷忻	中五青班	20 黃尹琳	中五白班
9 林穎雯	中五青班	21 劉華熙	中五白班
10 林穎怡	中五青班	22 李卓豪	中五白班
11 劉卓恩	中五青班	23 鄉文杰	中五白班
12 劉蕙芯	中五青班		

## 行程安排：

日期	時間	內容
第一天 (28/3)	下午	參觀台中文化創意產業園區
	晚上	一中夜市
	上午	考察及體驗：國立台灣體育大學 與校友林芷寧分享交流
第二天 (29/3)	下午	考察及體驗：東海大學——農畜系 探訪校內牧場及品嚐牧場產物
	晚上	分享會
第三天 (30/3)	上午	考察及體驗：國立暨南國際大學 與校友黃家揚分享交流
	下午	考察及體驗：逢甲大學
	晚上	逢甲夜市 分享會
第四天 (31/3)	上午	文化體驗：太陽餅 DIY
	下午	文化考察及體驗：鹿港民俗文物館及鹿港老街
	晚上	文化考察及體驗：宮原眼科古蹟活化
第六天 (1/4)	上午	探訪彩虹眷村、高美濕地



28/3 大家精神抖擻，穿著自家製的團衣一起由香港出發到台中。

## 學生感想：

林穎雯 中五青班

在這五天的交流中，我參觀了四所當地大學，分別為臺中國立體育大學、東海大學、暨南大學及逢甲大學。這四所大學各有不同的特色，例如臺中國立體育大學是一所主修體育的大學。她們為學生提供頂尖優質的體育培訓，而且師資優良，任教的老師都是臺灣頂尖的運動員或國家級體育教練。這所大學的課程多元化，有專門提供體育培訓的，有教學生如何銷售運動產品的，亦有體育護理等。由此可見，臺灣的大學不僅着重學生的學業成績，亦十分着重培養學生的職業技能。假如大家對體育方面發展有興趣，到台灣留學也是一個不錯的選擇。



甫到台中。我們便去到台中文化創意產業園區考察。



與國立暨南國際大學老師及校友黃家揚合照。

洪莉嫻 中五白班

這次參觀台中的四所大學中，暨南大學令我大開眼界。那裏雲集了來自不同國家的學生，有香港、澳門、馬來西亞、新加坡等等。透過海外聯合招生處的介紹，我對台灣的升學途徑、收生要求、招生方法等有更深入的了解。另外，大學教職員及在台師兄的分享，亦讓我知悉僑生在台就讀大學擁有很多福利和獎學金。



在臺中國立體育大學感受當地的讀書氣氛。



# Cultural Exchanges

## 鄉文杰 中五白班

東海大學是一所面積非常大的私立大學，校園面積廣達 135 公頃，被譽為台中最美麗校園。校園內的綠化工作也十分徹底，綠影處處，環境十分舒適，是一個很好的學習環境。校內有不同的建築物，糅合中、西文化元素，漂亮獨特。例如東海大學的地標——路義思教堂，它是著名美國華裔建築師貝聿銘及著名台灣建築師陳其寬之作。另外，令人驚訝的是，校內竟容納了一個農場及以自家製生產的奶品加工廠，讓就讀農畜牧業的學生能在學校實踐所學。



在校友指導下，學生嘗試運用不同的體育儀器。



國立暨南國際大學的大草地。



同學們在彩虹眷村的留影。

以上照片是在東海大學中拍的，身後的建築物是台中著名的路思義教堂。



宮原眼科古蹟活化。



到鹿港民族文物館參觀，透過很多真實擺設去了解當地文化。



同學們一起製作心型太陽餅。



到逢甲大學參訪，巧遇校內的國際美食節。



# Cultural Exchanges

## Immersion Programme to UK

### Immersion Programme to UK

Targets:	Senior Form
Destination:	Woodhouse Grove School, Bradford, UK
Period:	24 June to 6 July (13 days)
Participating students:	Nicole Yu 4B   Esther Wong 4B Batsy Choy 4G   Vincent Wong 4W
Organizer:	Methodist College
Fee:	Fully sponsored by Miss Helena Sito Education Fund



### Itinerary

Date	Activities	Place/Remarks
24/6	Departure from Hong Kong Rest in the boarding houses (Miller House and Broadwell House)	Hong Kong, Amsterdam, UK (Woodhouse Grove School)
25/6	Outing with Mr Simon Vernon to Leeds	Leeds
26-29/6	Normal lesson day with year 12 After-lesson activities: strolling near the school, trying a local cafe, Costa	Woodhouse Grove School
* 27/6	Half lesson day UCAS higher education exhibition	University of East London
30/6	Prize Day Outing to Leeds with Dr. Hollingworth, Mrs. Hollingworth and their daughter, Lucy (Leeds Central Library, Leeds City Market, Leeds Corn Exchange)	Woodhouse Grove School Leeds
1/7	Own excursion in Leeds	Leeds
2-5/7	Normal school day with year 12	Woodhouse Grove School
6/7	Departure from UK	UK



## Reflection and Learning

### 4B Esther Wong



Me and one of the teachers  
at Miller House

At midnight on 23 July, with an anxious but excited heart, I flew from Hong Kong to the Bradford Yorkshire Leeds Airport.

For me, it still feels like yesterday; I can still hear the leaves rustling above me as I sat under a tree, watching people come and go on the grassy field.

The Girl's dorm, Miller House, faces the green field. From the window of our room, you could watch cricket games or observe how the shadows change as time ticked by. In the evening, there is a "Prep time" for boarders, which is done in their own rooms. During Prep, boarders do their homework or projects, and revise what they have learned that day. When work is finished, board games or television is always available for them in the corridor or common room.

A typical day of a Year 12 boarder includes 10 lesson timeslots, with three recesses, house assembly or cathedral, and lunch in between. During breaks, most Year

12 students would go to the Sixth Form Centre to rest, or socialize.

I took Biology, Chemistry, and Arts during my stay. Since the students had just finished their exams when we arrived, the first few days focused on the exam papers' revision. Then, the teachers started teaching new topics almost immediately.

Some of you may have the impression of the lessons being boring, but let me reassure you, they are nothing of the sort.

Biology classes were the ones I enjoyed most during this trip. The teacher was warm-hearted and wise. I did three experiments over the course of my stay, two involving statistics and one a lamb's heart. The teacher brought out gummy bears to use for estimating population and strawberries for practising the t-test. For me, it wouldn't have been such a wonderful time at Woodhouse Grove School without my Biology teacher and classmates.

Both the Biology and Chemistry lessons took place in their own respective laboratories (aside from the field trips). For Arts, there is a separate building for those classes. The building houses three studios: two on the ground floor and one upstairs. Students' work was truly remarkable, and on display across the campus; whether inside the Davy building,

# Cultural Exchanges

the Miller House, or the Art Studios... they seemed to be everywhere.

After a day of hard work at school, students could go to the local supermarket that is not too far from the school, or the coffee shop along the way. Students there really enjoyed shopping too. Boarders are allowed to leave for Leeds or their home during weekends. You have to tell the House Staff, so that they can give you authorization and know you are heading out. Other than asking for permission, there is an attendance booklet near the door, where you have to sign your name

and the time you are out of the house, to increase the efficiency of emergency evacuation at the house, if there is one. Better safe than sorry, right?

All in all, I had a great time in the UK because of the people around me, and I want to express my gratitude to them. Thank you to Methodist College, for accepting me into the programme. Thank you for your generous hospitality, Woodhouse Grove School. In addition, thank you to all students and staff I have met, for helping me out whenever I was stuck.



Some of the amazing artwork displayed around school



Studying statistics in my Biology lesson



An interesting experiment in the Biology lesson – the gummy bear experiment

## 4G Batsy Choy

Time flies, I cannot believe that I have studied in Hong Kong for over ten years. Throughout the years, I have figured out some distinctive characteristics of Hong Kong's education system. Through this immersion programme, and with my experience studying in England, I have discovered that there are actually many differences in the education of both places.

In Hong Kong, excluding the core subjects, I am studying Geography, Economics, and Japanese. It was nice of the Woodhouse Grove School to arrange similar subjects for me to study throughout my stay. Since the school does not offer Japanese, I studied Business instead.

During the second day of our stay, I felt shocked when I received my timetable. I had nine teachers teaching me Geography, Economics, Business Studies, and Mathematics. Curious, I asked my classmates about that arrangement. They explained that it is because different teachers are teaching different aspects of the subjects. I did not understand what that meant at the time, but soon, I figured it out.

Take Economics as an example: the subject is divided into two fields, Microeconomics and Macroeconomics. As a result, there are two teachers teaching me Economics. This is different from Hong Kong, since we only have one teacher for each subject. I felt puzzled by the reason behind it, but I think maybe students' learning can be increased if they learn in different areas

at the same time. For the first few days of the lesson, I found it hard to catch up, as I am only studying Microeconomics in Hong Kong now. As time passed, I could gradually follow the pace. However, I found it hard to follow my Geography lessons, as the things that I was learning were very new to me. In Hong Kong, I learned about the way and the reason for the change in industrial locations, including the causes and effects and the way to combat famine, climate change, etc. Whereas in England, they learn about the physical, coastal, river and glacial landscapes in the United Kingdom. It was hard, but I did try my best to catch up.

The instructional materials used in England were different from Hong Kong too. In Hong Kong, we usually use textbooks and notes given by teachers. In addition, we may jot down things that the textbook does not cover in our notes. However, teachers seldom use books to teach in England. They usually use PowerPoints to teach, while most students will type the important points on their



Me, Nicole and our Economics and Business teacher Ms. Spencer.



# Cultural Exchanges



Mr. Vernon took us to shop around Leeds.

laptops. Furthermore, the school actually promotes e-learning, so teachers will upload all PowerPoints, worksheets, the work to be done, etc. on Firefly, which is an intranet similar to our e-Class. I think this is great for students who usually miss their lessons because of competitions or sickness, as they may come in handy before tests and exams.

I remember that I was stunned when asked to write a twenty-mark essay on urban development, using quantitative and qualitative statements during the first Geography lesson in England. The students started writing the essay at great speed while I was still figuring what quantitative and qualitative statements are. I did think of asking the classmate sitting next to me, but I gave up, as he has to deal with his own essay. As time passed, I felt more panicked, as I had to hand in the essay by the end

of the lesson. Luckily, when I looked up, a poster on the classroom wall had the words, "Keep calm to search the Net, if you don't know the answer". I was dumbfounded: students can use their phones in the lessons! I should have thought to search the topic on the Net. With the help of my phone, I started to write. After the long writing marathon, I successfully finished my work within the lesson and was the first one to hand in the work. The teacher smiled at me and said, "Nice try." I actually felt touched, as the teacher looked cool when I first saw her and I felt quite scared. Her words made me melt with relief. From that, I learned that when we come across any difficulties, the first thing to do is keep ourselves calm, then eventually we can find a way to deal with it.

I would like to express my deepest gratitude to the principals and all teachers for giving us this golden opportunity to experience learning in the United Kingdom, especially Mr. Vernon of Woodhouse Groove School, who took good care of us throughout the whole trip. I hope that I can experience more moments like this through different programmes in the future.



Mr. Vernon visited Hong Kong before we went on this immersion programme! Together with the students who went there last year, we took him on a tour around Tsim Sha Tsui.



We four presented our school's 60<sup>th</sup> Anniversary souvenirs to Mr. Lockwood, the headmaster of WGS. He loved the bears very much.

## 4B Nicole Yu

"Safe flight", "Hope to see you again"..... These are the words I heard from the students and teachers on the last day of the trip. To be frank, I was a little bit astonished about their kindness, because we had only stayed for two weeks and we hardly knew each other well. At the very beginning, I was quite perturbed about whether or not I could adapt to the new environment. Luckily, in light of the congeniality of students and the hospitality of teachers, things went very well.

I had lessons with year 12 students on weekdays. Although they were busy with their own classwork, they asked us whether we were able to catch up with the lessons and they even explained some things to us. They would help us find our classroom or even brought us there when we were confused by the different buildings on the campus. Although we did not have any buddies assigned to us, the students of the school were excellent ambassadors. Teachers there were also tremendously friendly towards us. Since they worried that we might have trouble adapting to the new teaching methods, they further explained and gave more guidelines in order for us to complete the work.

Apart from the school campus, we also had a great time in the boarding house. During the "prep time", students would need to complete their homework and research, and so did I. In fact, the

workload was less heavy than that in Hong Kong. Thus, after the "prep time", the boarders and I went down to the grass fields to play games, for instance, handball and football. Once, we went rock climbing with the boarders. There are different routes to climb, with several levels of difficulty. For freshmen like me, I chose the easiest one at first and then the harder ones to challenge myself. We gained lots of fun from rock-climbing. During the World Cup, we gathered in the common room and watched the matches all together, especially those in which England played. We cheered for winning and we sighed for losing, but we all appreciated the incandescent performance of football players, no matter which countries they came from.

On one particular weekend, it was delightful that we had a chance to meet Dr. Hollingworth, the former English teacher of our school, and his family in Leeds. He brought us to a café in a museum, built in the traditional British architectural style and embellished with



We met Dr. Hollingworth and his family – his wife Mrs. Hollingworth and his daughter Lucy.



# Cultural Exchanges

antique ornaments. Dr. Hollingworth shared with us his amazing teaching career in Methodist College, ranging from his experience teaching students who were older than him, to things that perturbed him about school picnic days. Not only did he share his experience, he also talked about the differences he discovered between Hong Kong and British education systems. Besides, he also told us about how he met Mrs. Hollingworth, which is such a romantic story! Although we failed to complete our assigned task, it was

an enjoyable and joyful conversation. Dr. Hollingworth's congeniality and zealousness made us less nervous during the meeting. He also indicated that he would like to visit Hong Kong once again, if he had an opportunity. After the 'interview', the Hollingworths took us on a walking tour around Leeds, with stops at the Kirkgate Market and the Leeds Corn Exchange. We spent a terrific afternoon there!

In a nutshell, the experience in England was the most unforgettable memory in my life.



Fun time with the girls staying in the dormitory



Interview with Dr. Hollingworth



Dr. Hollingworth is looking forward to celebrating the school's 60<sup>th</sup> Anniversary with us!





#### 4W Vincent Wong

Times flies. I cannot believe we have stayed in Woodhouse Grove School for two weeks. I was a bit anxious and nervous when I first arrived at the school, as I was new to the environment, and we did not have any buddies arranged for us. I was afraid that I could not adapt to the new environment. Luckily, with the teachers and students' encouragement, things went well. Teachers there were so friendly and worried we might have trouble adapting to the new teaching methods, so they explained things in detail and gave more guidelines for us to complete the work.

Woodhouse Grove School is located near the Leeds and Bradford airport. It takes about ten minutes to get from the airport to the school. The view of the school is amazing and the air is fresh in

the United Kingdom. Woodhouse Grove School has a very massive campus, with different facilities to allow students to have activities and sports. There are separate buildings for different subjects. Like Methodist College, Woodhouse Grove School promotes an all-rounded education, not only focusing on academic results only but also on sports or other extra-curricular activities. On normal school days or even holidays, students play rugby or football on their massive football pitch. Playing rugby doesn't suit me, so I didn't join the matches. However, I did rest on the grass of the field, enjoying the breathtaking view of Woodhouse Grove School's football pitch while watching the students play rugby.

I was especially impressed with their passion in doing sports. In addition, the

# Cultural Exchanges

school is big enough to hold concerts. The day before we left England, we went to listen to a concert, and were surprised to meet a former student of Methodist College, now studying there.

While I was in the U.K., it was the 2018 Russia World Cup. All the students rushed back to the boarding house to watch the World Cup; the students all supported the England team and celebrated whenever it won. Besides watching the World Cup on TV, the boarding house also

offered different kinds of entertainment for students and international boarders, such as table tennis, pool etc. However, the PlayStation was still the boys' favorite in the boarding house; even the teacher in charge of the boarding house played Fornite with the students.

This U.K. Immersion programme was a trip of a lifetime, and an experience that I will never ever forget.



We met a surprise friend at the concert: the boy in the middle is a former student of Methodist College!



Me and my newly met friend



The common room in the boys' dormitory – the students' favourite place – where we enjoyed the World Cup and playing different video games

# UK School Experience Programme



Targets:	Junior Forms	
Destination:	Colwyn Bay, Wales, United Kingdom	
Period:	17 <sup>th</sup> February 2018 - 3 <sup>rd</sup> March 2018	
Host School:	Rydal Penrhos School	
Participating Students:	Kelly Chan 1G	Karis Ng 1R
	Isaac Chung 2R	Jessie Luk 3W
	Queenie Qian 1G	Yeung Cheuk Hei 1R
	Yu Chun Leung 1R	Lam Hoi Ning 1W
	Ngai Wing Yan 1W	Au Lok Yiu 3R
	Chan Ching Yeung 3R	
Fee:	4 students were fully sponsored by Miss Helena sito Education Fund. Others were self-paying.	
Organizer:	Methodist College	



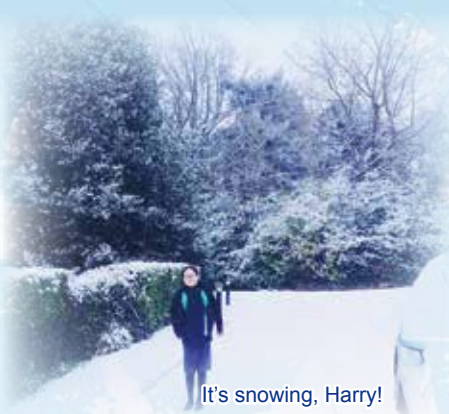


# Cultural Exchanges

## Itinerary

Date	Activities	
17 <sup>th</sup> Feb 2018 (SAT)	-Depart from Hong Kong -Flight to Manchester -Sightseeing in Manchester and Chester -Manchester United Stadium - Chester Cathedral - Shopping in Trafford Centre -Arrive in host school (Rydal Penrhos School) in Wales	
18 <sup>th</sup> Feb 2018 (SUN)	Sightseeing around Colwyn Bay -Welsh Mountain Zoo -Cowlyn Bay Beach	
19 <sup>th</sup> Feb 2018 (MON)	First School Day -Meet our buddies	
20 <sup>th</sup> Feb 2018 (TUE)	Second School Day	
21 <sup>st</sup> Feb 2018 (WED)	Third School Day	
	Kelly, Karis & Jessie	Make soap in boarding house.
22 <sup>nd</sup> Feb 2018 (THU)	Fourth School Day	
23 <sup>rd</sup> Feb 2018 (FRI)	Fifth School Day	
	Kelly, Karis & Jessie	Make a mug in boarding house.
	Isaac	Play golf at Kinmel Park Golf Club
24 <sup>th</sup> Feb 2018 (SAT)	Trip to Seal Cove Shopping and sightseeing at Llandudno	
25 <sup>th</sup> Feb 2018 (SUN)	Joining school weekend activity programme -Splashworld, Southport Water Park Trip	
26 <sup>th</sup> Feb 2018 (MON)	Sixth School Day	
27 <sup>th</sup> Feb 2018 (TUE)	Seventh School Day	
28 <sup>th</sup> Feb 2018 (WED)	Eighth School Day	
1 <sup>st</sup> Mar 2018 (THU)	Ninth School Day	
2 <sup>nd</sup> Mar 2018 (FRI)	Last School Day -Farewell to our new friends	
	Kelly, Karis, Jessie & Isaac	Glan Aber (Dormitory)
3 <sup>rd</sup> Mar 2018 (SAT)	Depart from Manchester Flight to Hong Kong	
4 <sup>th</sup> Mar 2018 (SUN)	Back to Hong Kong	

## Karis Ng 1B



It's snowing, Harry!

The education system and the learning resources there were totally out of my expectation. Moreover, it is totally different from Hong Kong, which opened up my mind a lot.

In terms of teaching tools, there were all sorts of them, including Promethean software, an Epsom teacher's projector, and even a Smartboard. They are convenient and advantageous to the teacher during the lesson.

On the other hand, the education system in Britain is vastly different, when

compared with Hong Kong. The Hong Kong education system pushes students to get higher results in the HKDSE by having a large number of different sorts of weekly tests and quizzes. Many Hong Kong students may feel stressed and need a social worker's guidance. In contrast, Britain's education system is more relaxed. There is less homework and often designing something, such as a poster, is given as homework, since more emphasis is placed on creativity and teamwork in Britain. Moreover, they do not have a tremendous amount of tests and quizzes. In terms of studying, students there do not have as much pressure as Hong Kong students do.

I was quite shocked and surprised about their education system. I wish I could study there, since the education system is more relaxed than it is in Hong Kong.



We are having lunch! We enjoyed the yummy food!



My friendly and helpful French teachers



Best friends in school — on the left is Charlotte and the other is Alys. I miss them a lot!



A picture with my Mathematics teacher - Let's say 'Cheese!'



Going up a hill to see the adorable seals during windy weather

# Cultural Exchanges



Arriving at the Manchester airport



This is our girls' dormitory.  
It looks like a castle.



This is our school football court. I took this photo when the snow had covered it.

## Kelly Chan 1G

How students learn English in Britain is quite similar to our methods in Hong Kong. However, they have something that is a bit different.

British students often have Drama lessons at school. In the drama lessons, they can learn some new words and will present the words, through acting. Before their role-play, they need to learn the meaning of the words. Otherwise, they cannot demonstrate their knowledge in their performance. After the drama, students learn a few more words that are new and will try to perform a different character's role.

Similar to our school, they have English lessons every day. During English lessons, they learn the same topics as what we have in the Language Arts

lessons, such as the type of the poem, or poetic devices. And they will always do some reading exercise during the lessons.

They will learn some phrases and expressions to describe a place. On weekends, they may watch some shows in a theatre about the reader (story), as we do in Hong Kong. Through reading books, they improve their speaking techniques. Also, they may design a poster together, so as to learn more about the background of the story they are reading.

Students there enjoy having English lessons. It is because they can learn English through chatting with the teacher and having fun in every drama lesson.



My French and Spanish teacher, who taught me lots of new words



My wonderful Mathematics teacher



What a snowy day!



## Jessie Luk 3W



**I miss my best friend in the U.K. very much!**

The learning and lifestyle in Wales versus ours in Hong Kong is very different, which has made me reflect a lot about my life and personal goals.

The lifestyle in a boarding house is very different from living at home. Some restrictions that we needed to follow in the boarding house would not apply in our homes. For instance, students there usually have an earlier 'lights out' time, at around 10:15 pm. At that time, our phones were collected and the Wi-Fi was cut until the next morning to make sure that we had had an adequate rest. Besides, we had preparation or 'prep' time every weekday after school at 20:00 pm, in which we did our homework. After that, we would have some activities to relax ourselves before 'lights out'. Lastly, we only had three bathrooms to share among everyone, so we needed to be considerate by taking showers faster and leaving surfaces clean and dry in order to

let others have a clean environment.

These restrictions made me learn to have a better daily routine. A regular daily routine helped me to learn and work more effectively. Moreover, I learnt to be more considerate of others. We should always think of others and not be so selfish and self-centred.

After experiencing life in Rydal Penrhos School, I set up some personal goals. My goals are to have a regular daily routine and try to learn a new language. I found out that I did my work more effectively in Rydal Penrhos because of a regular schedule. Most of the students there study more than one language at school, so I think that it would be a good idea to study one more language.



**My buddy and I taking photos outside the boarding house**



**It was fun having a drama lesson with my new friends.**



**How magnificent the church behind me is!**



**It was one of the best activities after lessons- playing in the snow!**



**We enjoyed having our games lessons very much!**



My new friends, from different countries

## Isaac Chung 2R

Many people yearn to study in the U.K. Hong Kong is an extremely busy, crowded city. We citizens are rushing all the time. On the other hand, Britain is a relaxing, unhurried country.

Britain is very international. There are people from different races and cultures, especially in the big cities. Because of that, they eat food from all cultures, just like us in Hong Kong. However, British people with Christian-based traditions often have fried fish and it is their tradition to have a roast dinner on Fridays and Saturdays.

I met some unique classmates, whose family home surprised me. Their living

room had two sofas facing each other, so that the family can gather round together to read books after supper! I would say it's a cozy lifestyle. Family gatherings are one of the most important activities throughout the week! I realized that I should spend some more time with my family, to bring the family closer together.

As it rained quite a bit when we were there, I discovered some noteworthy British Culture! They will not always get an umbrella if there is rain. They will just get a cap or some other kind of hat and get to their car, or indoor destination as soon as possible. That is why you may see some Westerner's



My buddy Aidan, who looked after me during my 2 weeks' stay

Playing "Fives", a local sports game, similar to Squash





Got hit during a snowball fight



We all received a Wales International jacket



Playing mahjong with boarders and new friends

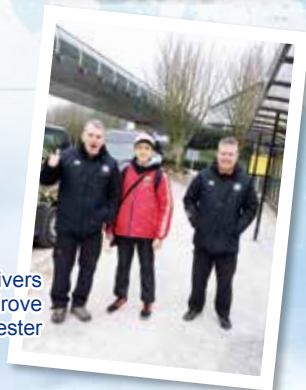
"bravery" when it is raining in Hong Kong, as it is part of their culture. How strange! They won't mind if they catch a cold?!

Another most unusual cultural difference is how much the British were into football. On a match day, you will not see anyone on the street, as most are at home, watching the football! Even while students were having lessons, the teacher could suddenly scream out the result and celebrate, if he/she is a big fan of the winner! If you're that kind of person (a big football fan), Britain is a paradise. Actually, there are many traditional, popular sporting events, and you definitely do not want to miss the hockey fixtures. It's part of their life!



My best friend, who dreams of becoming a scientist

The two safest drivers in the U.K., who drove us around Manchester and to school





## Overseas Leadership Training Program to New Zealand

Target	F.1-5 students
Destination	New Zealand -Paihia, Auckland, Rotorua
Period	8-20 February , 2018 (13 Days and 12 nights)
Fee	HKD \$23,500
Organizer	Methodist College (ECA Committee)
Participating Teacher	Miss Lee Wai Sze , Mr Choi Ka Hung
Number of Participating students	24
Themes	Maori's Culture
	Food Culture
	The natural environment(Volcano, geology)
	The history of New Zealand (foundation, institutions, festivals, traditional customs etc.)
	Application of renewable energy
	Youth life culture

### Programme Objectives:

1. To enhance students' creative ability, problem solving skills as well as communication skills and to maximize their leadership potential
2. To develop students' critical thinking through understanding and comparing the academic and cultural landscapes of Hong Kong and New Zealand
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	1G	CHOW HEI TING CHRISTY	13	3W	CHAN TSZ LING
2	1R	LAM HIU NAM JOLIE	14	3W	CHEUNG ZHEN QIAO CHLOE
3	1R	XING HOI MEI	15	3W	CHOW PO YEE
4	1R	LI ENOCH KWAN TO	16	3W	CHIU SUNG HIM
5	1R	WONG MORPHEUS	17	4G	LEUNG JOSEPH
6	2R	LEUNG WING SZE	18	4G	MAK CHING WANG
7	2W	LEUNG YUEN CHONG	19	4W	LAU CHEE HEI
8	2W	YEUNG YAN KI	20	5B	WONG TAK CHING
9	3B	MARK TSZ CHUN	21	5G	WONG CHI HIN
10	3G	TAM WING CHEONG	22	5G	WONG HO KAN
11	3R	CHAN HO WING JANICE	23	5R	LAI WAI YI
12	3R	CHEU WINK KI WINKY	24	5R	LEE NATALIE LOK TSZ



Taking photos with a statue

# Cultural Exchanges

## Itinerary

Date	Activities	Learning Focus
8/2 Thurs.	-Hong Kong to Sydney	
9/2 Fri. Sydney→ Auckland	-Meeting with Alumni (Sydney) -Dinner at Carl's Jr.	-Food culture
10/2 Sat. Paihia	-Hole in the Rock Cruise Tour (Bay of Islands)	-The natural environment(Volcano, geology)
11/2 Sun. Paihia	-Cape Reinga day trip (Puketi Kauri Forest, Cape Reinga, Ninety Mile Beach)	-The natural environment(Volcano, geology)
12/2 Mon Paihia, Auckland	-Waitangi Treaty Grounds -Dinner at Sky Tower Auckland	-Application of renewable energy
13/2 Tues. Auckland	-Free day (Cornwall Park, Mission Bay, Kelly Tarlton's Sea Life Aquarium, Auckland Zoo, Westfield Newmarket)	-Team Work
14/2 Wed. Auckland	-Amazing Race (Auckland Town Hall, Auckland Fish Market, Auckland War Memorial Museum) -Ice cream shop visit -Dinner with local youth	-Experience different aspects of New Zealand -Team Work
15/2Thurs. Auckland	-Massey University -Ahuroa School (Country school) -Rugby game	-Youth life culture -New Zealand's school education
16/2 Fri. Auckland, Rotorua	-Mount Eden -Hobbiton Movie Set	-The natural environment(Volcano, geology)
17/2 Sat. Rotorua	-Te Puia Geothermal Park -Tamaki Maori Village	-New Zealand geology -Maori's Culture -The history of New Zealand
18/2 Sun. Rotorua	-Rotorua Methodist Church -Agrodome Farm -Dinner at Valentine Buffet	-Experience different aspects of New Zealand
19/2 Mon. Rotorua, Auckland	-Skyline and Luge -Shopping at Sylvia Park	-Youth life culture
20/2 Tues.	-Auckland to Sydney -Sydney to Hong Kong	



## Reflection

### Melanie Xing 1B

In New Zealand, we encountered different experiences and situations. Sometimes, we were serious and sometimes we were relaxed. For instance, we all were serious during the preparation of the setting for the interviews, shooting it, and the briefings at night. But we all were more relaxed and enjoyed our time during the recreation time, like visiting different places and playing different kinds of games, etc.

During the program, we did a lot of things. Apart from shooting a video, taking photos and interviewing, we also visited some museums and natural environments.

I think the most unforgettable theme of the six themes was the Maori theme. Throughout the different visits, I discovered many special characteristics of New Zealand. The Maori dance made a very profound impression on me.

During the program, I had a lot of "first time" experiences, such as sliding on the sand, walking in the mud, driving down a very steep hill, etc.

Although I made a lot of careless mistakes, I think I learnt a lot of meaningful lessons. The most unforgettable thing in New Zealand was visiting a country school there. The students there were all polite. They eagerly said, "hello" to us. We all had a good communication with the students there. I also have learnt the skills of playing rugby. We all enjoyed ourselves.



# Cultural Exchanges



## Janice Chan 3B

New Zealand! We are coming!

Firstly, I remember that I had attended a few preparation camps and workshops and one outing before going to New Zealand. In those training sessions, I learned how to prepare the working model and to socialize with new groupmates. We gained experience and made improvements every time we attended those workshops. These workshops prepared us to have a proper and serious learning attitude and mood towards the Overseas Leadership Training program.

Secondly, during the trip, there were lots of sudden occurrences. These incidents made us more flexible. I remember on the last day, while in transit to Sydney, we planned to interview an alumna living in Australia when a flight attendant rushed up to us and told us our flight needed to leave five hours ahead of schedule. The teachers needed to notify the alumna and we needed to inform our parents. We also needed to dash

to the plane in twenty minutes! That totally destroyed our farewell plan, but the whole team arrived in Hong Kong successfully. This made me learn to be flexible in facing sudden changes.

The most memorable thing in New Zealand was the free day. Our group wanted to give a special surprise to our instructor and take him to a place he wanted to go, which was the aquarium. However, we had not prepared the route and details, so we hurriedly discussed all of the details the night before the adventure. We divided our work well and worked efficiently. In the end, we successfully visited all the places that we had arranged to see and did not make any big mistakes. We also gave him a delightful day, which touched him. After that day, our closeness increased.



Doing the team task



**Duncan Mak 4G**

Twenty four of us worked as a team. We all knew that everyone had their strengths and weaknesses. Not all of us were good at cooking. That was the reason why everyone had different positions. People who were good at cooking were our chefs. People who were not good at cooking would help tidy up. On day two, the preparation time and clean up time after dinner were two hours each. On day six, we reduced the time into three hours in total. Many people, like the hostels' managers and local tour guides, praised our efficiency in cleaning the kitchen. I think everyone paid their effort to receive these praises and to have improvements. A true team member would not just focus on their own work. They would always take care of those who were weak. We tried not to stick to our own position. We would help the other team members when they needed it. We all helped out. This was our first step to becoming a leader.

Having a great time watching a Maori performance

**Cooking the chicken**

New Zealand is one of the youngest countries in the world, but we can still find lots of eye-catching culture in this country. The most unique is the Maori culture. Maoris are the indigenous people in New Zealand. They arrived in New Zealand 900 years ago. They have their own language and culture. Their culture affects life in New Zealand even today. Also, the Maori language is one of their school subjects. They are trying to preserve the Maori culture with their youngsters and tourists. New Zealand is an example of the combination of traditional and modern cultures. I have a question in my mind: will our Hong Kong youngsters know how to speak Cantonese 30 years from now? Will our schools teach Cantonese in the future? Could Hong Kong do the same thing? That is still an unanswered question.



Cooking the chicken



Practicing a Maori dance



Having a great time watching a Maori performance



## Welcoming exchange students into Methodist College

We are fortunate to have had exchange students staying with us for various lengths of time. Laura Kaakkolahti, from Finland has 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	Laura Kaakkolahti	Malaysia
Period	August 2017– June 2018	4 <sup>th</sup> December 2017 – 18 <sup>th</sup> December 2017
Exchange Destination	Hong Kong	
Host school	Methodist College	

## AFS Intercultural Exchange Programme (high school)

Nation	Finland
Exchange Student	Laura Kaakkolahti
Host Class	4B
Period	August 2017– June 2018
Host school	Methodist College

### Laura Kaakkolahti (from Finland)



My name is Laura Kaakkolahti, and I am from Finland. I have been studying at Methodist College for nine months, as a change from the Finnish education system. I would now like to talk about my experiences here in Hong Kong, and all the stuff I have learned.

First, I would like to talk about when I first arrived, and how I settled down into my new life. There was an Orientation Camp, organized by AFS, which all AFS students attended, for three days. The instructors at the camp taught all of us about Hong Kong, in terms of its culture and traditions, and what we should and should not do while staying here. Then, we had our first taste of Chinese food, and learned how to

use chopsticks. Then, of course, we met with our host families. I met my host family quite late, arriving at their home at around eight pm. For dinner, we had hot pot; it was my first time seeing and tasting this kind of dish, and I really enjoyed it. It also took me a few weeks to adapt to the much smaller living space in Hong Kong.

Now, I would like to talk about my school life. I joined the Archery and Taekwondo sports teams, which I was very excited about, because they both were teams that I always wanted to join. In Finland, sports teams such as these are either too far away, too popular and crowded, or too expensive, so I really enjoyed being on these teams. I was also very grateful to participate in the annual Sports Day. We have a Sports Day at my school in Finland, but we do not use a House system to divide the teams. It is more of an individual sporting event. I loved the atmosphere, when we supported the other classmates, shouting slogans and cheering. I even learned to say a few words in Chinese! When my house, Orange, won the Best Overall prize, we were so excited and happy. On the

# Cultural Exchanges

Form Four Picnic Day, we went to Shek O beach on Hong Kong Island. I really enjoyed it, because I had the chance to get closer to my classmates, to learn more about them and bond with them, taking funny photos. I also went to Tsim Sha Tsui with my classmates, where we met up with my friend from the US. She is also an AFS student, like me. My classmates took us on the Star Ferry across Victoria Harbour for the first time: it was such an amazing view, seeing both Kowloon side and Hong Kong Island! We also went to Mongkok, to try all of the tasty street food. My classmates very kindly showed me around and introduced me to the shops where I could buy clothing at a reasonable price. The streets in Mongkok do not have access for cars at a certain time of day, so we took some great photos on the street, which will help me to remember those times forever!

Next, I would like to mention my two host families. They were each different in their own way. My first family lives in Tai Kok Chui, on the west side of Kowloon. I had a host mom and dad, and two little brothers, who were five and nine years old. Since they had young children who were very energetic and lively, I did not have much peace and quiet, or time for myself, but they were all very kind to me. My second family only consisted of my host mom and dad, because their daughter was studying at university in Prague. In my first host family, both parents worked very hard, so I only had the chance to talk with my host mom at the weekends. The boys'



Having yummy food in Mongkok with my friends from 4B

grandmother would come over sometimes during the week and they had a domestic helper, so the house never felt empty. In my second family, my host mom is a homemaker, so she always stayed at home. I talked to her a lot, because I saw her very often. My host dad was always working, so I did not see him very much. In my first family, I spent a lot of time with my little host brother Oscar, who is nine. We went to many places together; we went to Ocean Park at least ten times, I lost count, in my nine months' stay. We both really enjoyed that place, and it was the first time for me to see pandas up close. I always wanted to see them - they were super cute! We also saw the sharks and jellyfish, which I had not seen before. Of course, we also went on the rollercoasters and other rides at Ocean Park. We went on the cable car, which I had also never tried before coming to Hong Kong.

I was also very lucky to take a trip to Korea for a week in Seoul during the Easter holidays, with my first host family. It was fun, visiting all the famous sightseeing places. I also went to Macau, after school, with my friends from AFS, including a guy from France, a girl from Austria and my best friend from America, as well as my two Chinese friends. We saw the St.



Paul's ruins, Fisherman's Wharf and Tai Pa village. We walked around inside the casinos, but of course, we could not play anything there. We also went to Senado Square; it was a fun, one-day trip. I also had the opportunity to participate in the dragon dance in May. We had classes, but we joined the actual dragon dance on the street, during the Tin Hau Festival in Yuen Long. Since we were the only team that consisted of foreigners, people took many photos. In addition, I took kung fu lessons. It is quite hard to learn, but once you get the hang of it, it is easy. My AFS friends and I had a dinner, in which all the girls wore a red cheongsam, which is a traditional, straight, close-fitting dress, worn by Chinese women. We ate in a dim sum restaurant and had 'yum cha', which means 'drink tea'. I have also done a lot of hiking in Hong Kong, for example, Lion's Rock or in the Sai Kung Country Park. My best friend, Shannon, does a lot of hiking, so I always went with her. On One trip, we actually were attacked by a few monkeys! Everyone warned us not to bring food, and we did not, but the people around us did. The monkeys surrounded us and one actually climbed up my back. I was mortified, but it is a fun story: when I am older and have my own children, I can say, "Hey, when I was your age, I was in Hong Kong, and I got attacked by monkeys!"

One thing I really appreciate about this experience is how many people I have met, not only from all over the world, but also the local people. The AFS

students and I spent a lot of time together, sightseeing, etc. I have never had the chance to learn about another country's culture. This year, in addition to Hong Kong, I have learnt about Italy, France, America, Spain, Japan, Germany, and Russia, to name a few. I have really enjoyed meeting my classmates at Methodist College, as well as students from other local schools. I am really going to miss them all. I am sure that I will come back to Hong Kong someday, so I can meet up with all my friends here again. I have had a wonderful time in Hong Kong: everyone who has been a part of this amazing experience, thank you, but I would especially like to thank the principal, Miss Emily Wong, for giving me the chance to come to an amazing school. Thank you to all the teachers for their support. Thank you to all my classmates, for giving me such a fun time while studying here. Thank you!



With my classmates from 4B and our Class Teachers Mr. Chong and Ms. Kwok

## Reflections From Classmates

**Lisa Li 4B**

When our class teacher asked me to be Laura's buddy, I hesitated because it was hard for me to speak English in daily conversation. But ultimately I said yes. At that time, I couldn't imagine that it could be such a special academic year, because of Laura.

Laura is a delightful girl from Finland. Talking with her, I always felt joyful because of her emotions and body language. She was always dedicated to learning Cantonese. Bringing along her notebook, she studied at recess, or during free lessons, and even after lunch. Once Laura showed me her Chinese handwriting, which is legible and well written. Sometimes, she would write short passages to express her feelings and thoughts. I immensely appreciate her hard work. As the old saying goes, no pain no gain. I understand this truth from Laura's story.

We had great times together having lunch, trying local cuisines and walking

along some awesome streets, such as the Ladies' Market and Temple Street. Laura is always willing to try new things. We brought her to eat Pot Rice, which is a Hong Kong traditional dish. One cuisine we ordered was Stir-fried Water Convulvulus with Preserved Bean curd. Although she did not like the smell of fermented tofu and we told her it might not taste good to her, she was still willing to taste it. I felt grateful, bringing her to eat traditional cuisines.

When Laura's last day in Hong Kong came, we all saw her off at the airport. We had our last dinner together. It was the most precious meal I have had in this academic year. I still want to cherish the time with Laura and remember every moment. Thank you so much, Laura. We will meet again someday.



We bid farewell to Laura at the airport





Laura won a medal at Sports Day

#### Arlene Lam 4B

‘People come and go.’ This has been one of my mottos since I faced the first farewell with my primary school best friend. Everyone is just a passer-by in your life journey. They come for a reason, and soon, they leave unobtrusively with ripple effects in the hearts of those who miss them.

At first, I did not expect that I would feel that emotional about Laura’s parting. Although I was her buddy in this school, since Laura is comparatively grimmer than most of my local friends and due to our packed learning schedule, I honestly did not communicate with her a lot. Besides, I felt I did not know her well and that there was a barrier between us. At first, neither of us was willing to try to open the door.

On the day of Laura’s departure, from the time she said she had checked in and boarded the airplane; those

memories with her suddenly gave my mind a jolt. Every moment that I had spent with her suddenly became a movie trailer. Those moments of having lunch together, taking the star ferry, going to Mong Kok and eating claypot rice, etc. The scenes were fleeting, flashing and jumping on my mind, causing enormous impact and rippling my heart as well.

At that time, I suddenly realised that Laura actually opened her door to me. The problem was, I did not recognise it.

I used to put a stereotype of cool and grim characteristics on Finnish people, as Finland is as frozen as Elsa’s castle, until I met Laura. Laura is a peculiarly active student from Finland. She loves making jokes with all her friends and being CRAZY with us when we hang out. In addition, she is passionate about pop music, especially K-pop music.



# Cultural Exchanges

Apart from all of those examples, Laura is, in my eyes, courageous and staunch. Unprecedentedly, there was only one exchange student in our school this year when there used to be two. Laura needed to face and adapt to a brand-new environment by herself. She went through all of that and used her own strength to tackle all the struggles she had to face, without thinking of giving up. Moreover, Laura is an affectionate girl too. I remember once I failed one of my electives and pulled a long face during the lunchtime. She comforted me with kind words and told me not to give up on the path I chose. Laura is the one who taught me strength and to believe in the things you truly love. I have learnt mountains of fruitful lessons from her.

Time really flies; I can't believe that the day of farewell has come. I still

remember how fascinating her blinking, crystal blue eyes were when she came to 4B. She once said that she would come back to Hong Kong and choose to study at the University of Hong Kong. Hope to have a reunion with her very soon and grab more time to deepen our transnational friendship.



Laura and me



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

Name of student from Malaysia	Yap Chung Yeen	Chew ZhiXuan	Ku Jekai	Dallas Yap Ehin
Host Family MC student	Chiu Tsz Ching 1G	Yu Ching Yin 2G	Thatcher Wong 5B	Wang Ngai Mandy 5W
Buddies in MC	Chiu Tsz Ching 1G Tang Ka Ho 1G	Lee Chun Yiu 3W Ng Ho Yin 3W	Thatcher Wong 5B Andy Leung 5B	Wang Ngai Mandy 5W Vincent Chu 5W
Host Class	1G	3W	5B	5W
Period	4 <sup>th</sup> December 2017 – 18 <sup>th</sup> December 2017			
Host School	Methodist College			

### Background Information

Four boys from the Methodist Boys' Secondary School Kuala Lumpur (MBSSKL) accompanied by Mr Bonap Yap, the Chairperson of the PTA of the school, spent two weeks with us from the 4<sup>th</sup> to 18<sup>th</sup> December, 2017. They studied at our College and stayed with our students' 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.



The Malaysian students with Ms. Wong

## Reflection of Exchange Students from Malaysia

### An Inspiring Trip to Hong Kong

**Dallas Yap**

After my wonderful trip in Hong Kong, I have learnt a lot of things about it. I have learnt about some aspects of their culture, lifestyle and so on. I have also improved my Cantonese, by communicating more with them. This was my third time to visit Hong Kong. The first time I visited was in January 2012. The second was in October 2016. This was also the third time that I travelled to a foreign nation. This trip has broadened my horizons as well.

This program was scheduled for 14 days, from the 4th to the 18th of December. When we arrived in Hong Kong International Airport (HKIA), Ms. Sammi was at the arrival hall to welcome us and took us to the school by taxi. After that, Ms. Sammi, the school principal Ms. Emily Wong and the program coordinator Ms. Alison Wong, took us to the lecture hall, to brief us

about the program and to take a tour around the school. After the briefing, I met my host, Wang Ngai, along with my class buddy, Vincent, who were both from 5W.

I have learnt about the different ways of life and cultures of the Hong Kong people. My first few days were not comfortable for me, as I was not used to the lifestyle here. But as days went by, I started to get used to it. As it was winter, it was cold, but it was not really too cold for me. The Cantonese slangs of the people of Hong Kong and the Chinese people of Malaysia are slightly different, which I noticed when I communicated with and listened more to my new friends in Hong Kong. The Hong Kong people usually wear sandals when they are in their house, to avoid dirtying the floor: those sandals should not be worn outside the house.



The school's name is Methodist College, in short, MCKLN or MC. The school Principal is Ms.Emily Wong. The school has a very different educational system, compared to ours. Their curriculum is more demanding, with a higher standard than ours. The school has five houses represented by different colors: Green, Red, Orange, Blue and Yellow. They are all categorized under different forms. The students are loving, kind, helpful and friendly as well. I was in class 5W. I made a lot of new friends and I still keep in contact with some of them.

My class buddies were Vincent Chu and Wang Ngai. They took good care of me when I was in class and they helped me when I didn't understand something during lesson time. Both are seventeen years old. Vincent also took me to buy things on the last Sunday before I flew home and he also introduced a few places to me. Wang Ngai wasn't just my class buddy but she was also my host. She lives in Pat Heung, which is very far from the school. She has an elder sister and an elder brother, both of whom are currently working. Both of her parents are retired. The entire family took good care of me for the whole duration of my time in Hong Kong. I played Table Tennis every Tuesday and Thursday during the two weeks. The host family is very caring, loving and kind. I visited a few places like Tsim Sha Tsui, Mong Kok and Ocean Park. These places were very nice and exciting.

Although Hong Kong's currency is lower than that of Malaysia, the food there is still much more expensive than the food in Malaysia. Before boarding, we went for a meal. Not long after, one of my friends called me and said we needed to go back to the boarding gate immediately, because our boarding gate had changed. We quickly asked the waiter to pack up the food. We managed to get back fast. Our flight was delayed for a while on the taxiway. Nonetheless, our flight took off and we had a smooth journey back, although we encountered some turbulence when entering Malaysian airspace. Finally, the airplane landed safely at Kuala Lumpur International Airport 2 (KLIA2).

I will never forget the fun that we had during those days in Hong Kong and I hope that our friendships will last forever. I want to thank my school principal, Mr. Brandon Ravi and the principal of Methodist College, Ms. Emily Wong, for giving me a chance to enjoy and experience such a priceless, wonderful, joyful and tremendous program. It has been a golden opportunity for me to take part in this program. If I have a chance to participate in this Students Exchange Program again, I will definitely do so.

Dallas at the  
waterfront in  
Hong Kong



# Cultural Exchanges

## An Eye-opening Experience

**Ku Jekai**

Hello to my friends and teachers in Hong Kong! Hope you all are doing well. First and foremost, I would like to thank my school MBSSKL and MCKLN for organizing this marvellous exchange programme.

Hong Kong is renowned as the Pearl of the Orient. As I landed at the airport, I was very excited but deep down a little nervous because I didn't know what would happen during the next two weeks. In fact, it was the first time that I left my motherland for this long trip all by myself.

I followed my hosting buddy Thatcher back to his home. We live in Whampoa Garden which is only a 10-minute MTR distance from school. Public transports in Hong Kong is extremely convenient and foreigner- friendly. The signboard included multiple languages for local and people around the world. Though the transportation fee might be a little costly, you can basically travel all around Hong Kong with just public transportation. It

is possible to live without owning a car in Hong Kong which is good for the environment.

This is an exchange programme for educational but more of a cultural experience to me. I found that Hong Kong people are very surprised when they found out we can speak Cantonese and Mandarin fluently. Actually I can't speak Cantonese very well, but well I guess we overcame the barrier when we did attempt to communicate. I still managed to communicate with my classmates though most of the time because of mispronunciation, it just turned out to be a really funny situation.

I am delighted that I got to meet friends from overseas and truly understand the local culture by living with them.



On a visit to movie appreciation  
in Festival Walk



A farewell picture with 3W





5B holding a farewell party for Jekai

### Reflection For Being a Buddy of a Malaysian Exchange Student

## A Memorable Experience

**Ng Ho Yin Marco 3W**

This was my first time to be a buddy of an exchange student. This is a valuable and memorable experience in my secondary school life. One day, when Miss Alison Wong asked me to be the buddy of Chew ZhiXuan, a Malaysian boy, I was very excited about that because I could have a chance to make friends with someone from another country.

Both of us seldom talked to each other when we first met at the welcoming party. However, after having more communication in the following days, we became more familiar. We kept chit-chatting during recess. We talked about different things, such as hobbies, the educational systems of Hong Kong

and Malaysia, daily school life etc. I also accompanied him to try different Hong Kong cuisines during lunch time. He enjoyed the food very much and said that Hong Kong is really a "Food Paradise". Although he only stayed in our school for 2 weeks, I had a great time with him. It has been my pleasure to be a buddy of ZhiXuan. We will keep in touch with each other after he went back to Malaysia. We are just like best friends.



Having fun during  
Cookery lesson!



## A Unique Exchange Experience

### Wong Tak Ching Thatcher 5B

Once again, I got the golden opportunity to broaden my horizons. In early December 2017, a group of Malaysian students came to our school for an exchange. This was a great chance to meet new friends and have a better understanding of Malaysian culture. For the first time, I was a buddy and the host family of Ku Jekai.

First, I could see the cultural differences between Hong Kong and Malaysia. Take food culture as an example: Ku enjoyed trying egg waffles and curry fish balls. Moreover, based on the Malaysian's reactions, I could really see that the pace of Hong Kong is indeed too fast.

Apart from differences in culture, Ku also experienced school life. He attended the same classes as me, and my class gave him a warm welcome. Quickly, Ku was well taken care of by my classmates, and he enjoyed the lessons in our school. Moreover, we brought Ku to the Mini Concert, organized by the school, so Ku could know about the musical environment of the school. My classmates were also very friendly to him. I could see Ku had enjoyed his experience at Methodist College.

Not only did Ku experience school life, but we also brought him to see many sights. For example, we joined the PTA picnic to Sai Kung and we had a trip to The Peak for a splendid glimpse of Victoria Harbour. He was amazed to see the lights like pearls, to making Hong Kong shine under the moon.

To top it off, Methodist College has provided me with a platform to make new friends and to experience different cultures from around the world. Through introducing the scenic spots, I could know more about Hong Kong. Grab your chance to be a buddy or a host family in the future, to have a brand new experience that you will never forget.



Jekai with Thatcher and his host family



Having a relaxing time in Ocean Park



Chew ZhiXuan with his buddies to Ocean Park

A precious time of exchange, between Mr. Bob Yap, the chairperson of the MBSSKL (far left) and Mr. Wong, the chairperson of our PTA (far right)

# All Trips at a Glance 2017-18

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
12th WESPA Youth Cup 2017 (Scrabble Tournament)	24-30/11 (7 days)	3 students of S1-5	Kuala Lumpur, Malaysia	WESPA
廣州、佛山藝術文化探索之旅 *	6/12 – 7/12 (2days)	36 students of S1-5	Guangzhou, Foshan, China	Methodist College
New Zealand Leadership Training Programme*	8/2 – 20/2 (13 days)	24 students of S1-5	New Zealand	Methodist College
UK School Experience Programme	17/2 – 4/3 (16 days)	11 students of S1-3	Rydal Penrhos School, Wales, UK	Methodist College
Voluntary Service Trip to Cambodia*	28/3 – 1/4 (5 days)	20 students of S1-5	Cambodia	Methodist College
台中生涯規劃及文化體驗交流團 *	28/3 – 1/4 (5 days)	23 student of S1-5	Taizhong, Taiwan	Methodist College
株洲姊妹學校特色課程體驗及體育交流考察營 *	28/3 – 1/4 (5 days)	28 students of S1-5	Zhuzhou, China	Methodist College
Smart City Project Programme 2017-18 Induction Trip to Guangzhou( STEM ) *	3/4 – 4/4 (2 days)	7 students of S1	Guangzhou, China	Education Bureau
Immersion programme to UK	24/6 – 6/7 (13 days)	4 students of S4	Woodhouse Grove School, Bradford, UK	Methodist College
敦煌、西安歷史文化及藝術探索之旅 *	28/6 – 3/7 (6 days)	40 students of S2-5	Dunhuang, Xian, China	Methodist College
九龍西學界滬港交流(雙向)夏令營 2018 *	1/7 – 6/7 (6 days)	10 students of S4-5	Shanghai, China	九龍西各界協會
Youth Cultural Experience Camp to Beijing 2018 京港澳青少年中華文化體驗營 *	16/7 – 20/7 (5 days)	10 students of S1-3	Beijing, China	北京市政協港澳台僑和外事委員會及九龍地域校長聯會

\* Trips escorted by our teachers

# GREEN LAND



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