



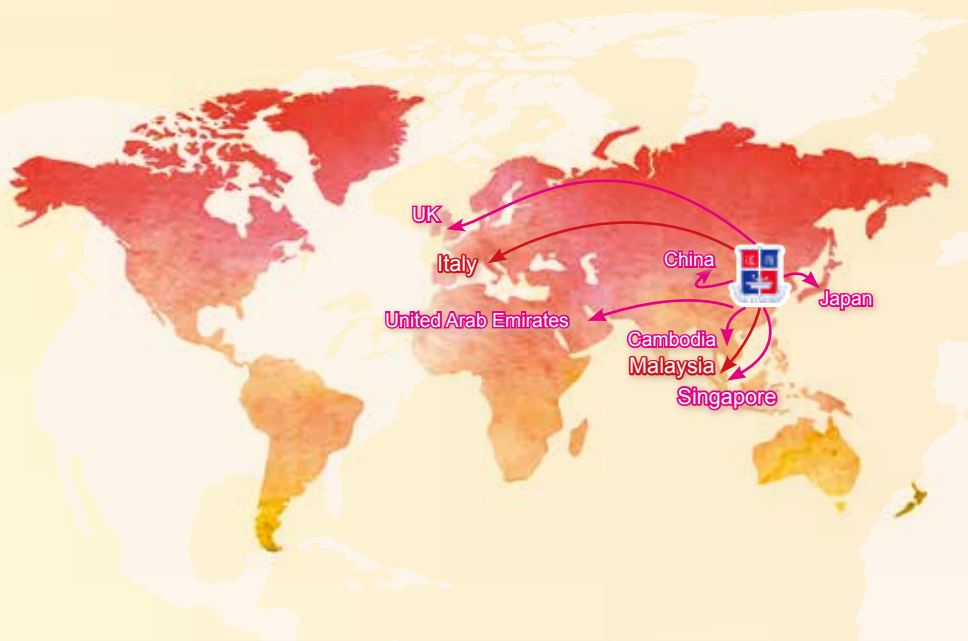
# 循道中學

Methodist College



## Cultural Exchanges 2018-2019





Country	Incoming Trip
Italy	AFS Intercultural Exchange Programme

Country	Outgoing Trip
United Arab Emirates	13th WESPA Youth Cup 2018 (WESPAYC 2018)
UK	Immersion Programme to UK
	UK School Experience Programme
Malaysia	Malaysia Leadership Training Programme
Singapore	Immersion Programme to Singapore
Cambodia	Service Trip to Cambodia
Japan	Tokyo International Choir Competition
China	株洲姊妹學校特色課程體驗及體育交流考察營
	北京、武漢歷史文化及創新科技探索之旅
	四川文學歷史文化考察團
	九龍西學界滬港交流（雙向）夏令營2019

# Words from the Principal

For the past ten years, we have insisted on publishing this booklet which records our students' learning out of the classroom. Indeed the world is big. In reaching out to another culture, no matter through venturing out of Hong Kong, or receiving incoming exchange students, our students' world views are developed and their acceptance of differences enhanced, thereby cultivating a world of harmony, which is ever so important at this period of social unrest in our city.

Reading these articles of reflection and sharing by students has been a pleasure to me. As adults we might have taken some knowledge

about the world for granted. However, such fresh experiences, as seen through the eyes and contemplated through the minds of these young people, remind us that the world is growing and changing, and that our young generation will be there to shape the future. While reading their articles, I could feel with them as if I had been there to witness their growth through such wonderful, life-changing experiences.

So, make yourself a nice drink, sit down comfortably with this booklet in a well-lit spot, and let our students take you to different parts of the world in an exciting and mind-searching journey!

**Emily Wong**  
**Principal**



## Reaching Out to the World

Continent	Country	Programme	Page
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		北京、武漢歷史文化及創新科技探索之旅	P10-14
		株洲姊妹學校特色課程體驗及體育交流考察營	P15-19
	Cambodia	Service Trip to Cambodia	P20-24
	Japan	Tokyo International Choir Competition	P25-30
	Malaysia	Malaysia Leadership Training Programme	P31-36
	Singapore	Immersion Programme to Singapore	P37-41
Europe	UK	Immersion Programme to UK	P42-53
		UK School Experience Programme	P54-62
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## Bringing the World into the College

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Europe	Italy	AFS Intercultural Exchange Programme	P65-72



## 九龍西學界滬港交流（雙向）夏令營2019

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  
 費用：港幣\$1500  
 日期：2019年7月2至7日（6日）  
 主辦機構：九龍西區各界協會  
 負責老師：歐陽力老師  
 參與學生：10人

### 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。



本校師生與上海洋涇中學學生志願者的合影。



上海洋涇中學的學生志願者向本校學生送上紀念品。



本校師生與上海洋涇中學的學生志願者到百樂門欣賞歌舞表演。



本校師生與上海洋涇中學的學生志願者於校舍內留影。



## 行程安排

日期	時間	內容
7月2日 週二 (D1)	上午	乘坐11時10分西九高鐵列車往上海、19時10分到達上海
	下午	沿途觀賞城市風景
	晚上	傍晚抵達上海虹橋火車站
		前往住宿校區用餐
7月3日 週三 (D2)	上午	開營儀式
		拜訪上海市海外聯誼會
	下午	參觀上海科技大學、張江科學城
		參觀浦東展覽館、上海中心、滬港澳學生文化交流分享暨領袖培訓工作坊
7月4日 週四 (D3)	晚上	晚膳
	上午	參觀上海交通大學
	中午	午膳於上海交通大學
	下午	參觀復旦大學
7月5日 週五 (D4)	晚上	觀賞百樂門動感歌舞
	上午	參觀新場古鎮
	中午	午膳於果園新農莊
	下午	南京路步行街自由參觀
7月6日 週六 (D5)	晚上	觀賞浦江夜遊
	上午	參觀洋涇中學校園設施
	下午	遊覽上海迪士尼景區
7月7日 週日 (D6)	上午	閉營儀式、「十年之約」
	中午	歡送午宴於校園餐廳
	下午	乘16時40分飛機往深圳，轉乘旅遊巴士返港。

## 學生感想：

譚永昌 中四白班

不知怎麼說，時間真的過得很快，那天下高鐵，遇見我們組三位洋涇中學「小導遊」張昕然、方奕菲和朱晶靜同學，彷彿只是昨晚發生的事。

首先，我要表揚三位「小導遊」的專業，並感謝他們沿途對我們的照顧。如果沒有他們的協助，我相信這六天的旅程不會如此順利。當下次他們回訪的時候，我一定會以更好的態度接待他們，一盡地主之誼。

回想這趟旅程的第一天，我被推舉為「學生代表」，讓我得以和三位同學有更多的交流。之後數天，我們分別參觀了上海兩間著名大學，包括復旦大學、上海交通大學。這兩間大學實在令我大開眼界，除了有偌大的校園，清靜的學習環境外，參觀過程中，我們有機會聆聽當地大學生的分享，他們的視野及知識，讓我深深體會到上海大學生的水平極高，難怪復旦大學和上海交通大學在國際間亦甚有口碑。

隨著國家「一帶一路」的規劃，粵港澳大灣區的發展，我相信未來的香港學生一定會有更多的機遇。我會以上海的大學生為目標，積極裝備自己，為未來作好準備。

這次交流團實在令我獲益匪淺。此刻，我站在登機閘口，內心期待下一次上海同學的回訪。







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出席開營禮。



本校學生正在品嚐上海地道美食。



本校師生與上海洋涇中學的學生志願者結伴遊覽新場古鎮。



本校師生遊覽上海迪士尼樂園。



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。



## 四川文學歷史文化考察團2019

對象：本校中三至中五學生  
地點：中國四川省成都市、都江堰市、廣漢市、眉山市、峨嵋山市、樂山市  
費用：港幣\$3,288  
日期：2019年4月18日至22日（五日四夜）  
承辦機構：康泰旅行社有限公司  
負責老師：伍尚俊老師、林曉珍老師  
參與學生：20人

### 活動目的：

使同學加深對中國文學及歷史的認識，深度體驗地方文化



本校師生參觀青城山



本校師生參觀杜甫草堂



本校師生參觀武侯祠

## 行程安排

日期	時間	內容
第一天 (18/4)	上午	乘飛機出發前往成都
	下午	參觀武侯祠、錦里古街
	晚上	欣賞川劇變臉
第二天 (19/4)	上午	參觀廣漢三星堆博物館
	下午	參觀杜甫草堂、望江樓公園、升庵桂湖
第三天 (20/4)	上午	參觀都江堰水利工程
	下午	參觀青城山
第四天 (21/4)	上午	參觀峨眉山報國寺、迎賓廣場、摩崖石刻、聖積晚鐘
	下午	參觀樂山大佛、眉山三蘇祠博物館、黃龍溪古鎮
第五天 (22/4)	上午	乘飛機回港





## 學生感想：

## 《竹杖芒鞋輕勝馬——四川文史名勝遊記》

麥曉琳 中五紅班

有謂「讀萬卷書，不如行萬里路」，書本上的知識固然重要，但親身體驗更是不可或缺。這次的四川文化交流之旅融合了文學、歷史、中華文化等元素，讓同學能透過親臨古人故居、名勝古蹟、現代化古街等，了解到書本以外的歷史、親身感受「天府之國」自建城伊始到現代數千年歷史中的發展。

在眾多景點中，令我最為期待及深刻的便是「三蘇祠」，因為當中有我最欣賞的大才子——蘇軾。不論是中文抑或是文學，我們都讀過蘇軾的作品，譬如《前赤壁賦》，他面對失意時的寬容豁達和對名利的恬淡，實在令我由衷佩服：「逝者如斯，而未嘗往也」，「唯江上之清風，與山間之明月……是造物者之無盡藏也，而吾與子之所共適。」既然變與不變只是觀點角度的不同，則事物和人類都是無窮盡的，又何必羨慕江水、明月和天地呢？自然不必為遲暮而悲。這表現了蘇軾豁達的宇宙觀和人生觀，他主張從多角度看問題而不同意把問題絕對化。因此，即便是身處逆境中，他也能保持豁達自在的精神狀態，理性地對待生活。在「三蘇祠」中，不少石碑均是蘇軾親題。作品中更蘊含儒、道的思想。正因如此，蘇軾才能坦然面對現實的殘酷、打擊，活得閒適、不受外物束縛。他讓我明白了眼前的失意終將逝去，不必憂慮，凡事總有轉機。

除此之外，祠中亦收錄了蘇軾創作的食譜。「民以食為天」，飲食不單是一種享受，更是文化的載體。從食譜中可以了解到北宋時代的飲食習慣，從而得知當時人民的生活面貌，是歷史文化中意義重大的組成部分。畢竟，人的生活往往離不開「食」。

原本以為回程時會為旅途的結束、將回到忙碌疲憊的生活而感到失落，可我沒有。

「歸去、也無風雨也無晴。」



本校師生參觀峨嵋山



## 慶祝中華人民共和國成立70周年暨 「薪火相傳」平台成立10周年： 北京，武漢歷史文化及創新科技探索之旅

對象：中二至中五學生（160名學生，16名隨團教師）

地點：北京、武漢

團費及資助額：每位參加者團費為港幣6370元，參加者須繳付港幣1911元（即30%），餘款由教育局資助。

舉辦機構：教育局

日期：2019年7月6日至7月11日（6日）

負責老師：謝鳳儀老師

參加學生：10人

### 學習目標：

1. 認識北京及武漢的歷史文化及創新科技發展；
2. 了解國家的發展，實地考察國家成立70年以來所取得的成就；
3. 認識北京及武漢的發展優勢，並思考國家發展帶來的機遇和挑戰。



凌晨二時集合，前往天安門廣場觀看升旗儀式



## 行程安排

日期	時間	內容
24/6	下午	出發前簡介會
第一天 (6/7)	上午	香港乘高鐵至武漢
		參觀辛亥革命武昌起義紀念館（紅樓）
	下午	乘船考察長江
第二天 (7/7)	上午	參訪中國鐵路武漢局集團公司高鐵訓練段
		參訪光谷高科技園區及烽火集團
	下午	k-11
第三天 (8/7)	上午	由武漢乘高鐵到北京
	下午	參觀居庸關
第四天 (9/7)	上午	參訪北京航空航天大學
		參訪故宮博物館
	下午	考察商業區——鮮魚口
第五天 (10/7)	上午	參訪清華大學
		參訪國家博物館
	下午	全體分享會
第六天 (11/7)	上午	於天安門廣場觀看升旗儀式
	下午	由北京乘飛機往香港
11/10	下午	成果分享會

### 《白龍與青龍》

成思穎 中五紅班

你可知道，在古老的傳說之中有這麼一個國家，世界的人都驚嘆，她是一條龍——那就是中國。

這個己亥年的夏日，十名同學在完成考試後，開展了一場極具意義的探索之旅，我們去武漢、去北京，去走一走祖國的道路，萬萬想不到，居然有幸一覽龍的英姿。

率先與我們見面的是年輕氣盛的白龍，它朝氣滿滿，整日東奔西跑，雖然移動的速度極快，可在它的帶領之下令人感到心安，甚至能依偎在它身上歇息片刻。它就是白龍高鐵。白龍奔騰起來的速度高達308公里／小時，白龍還沒有飛上天呢，也能讓我們在四小時內跨越了大半個中國。

於是到了武漢，我們當然去了白龍的誕生地——武漢高鐵訓練段。我們探訪了白龍誕生的過程，見到了駕駛白龍的人、指揮白龍的人、照顧白龍的人、建構白龍的人……高鐵的誕生背後是這樣一套森嚴完整的培訓系統，每一根螺絲都至關重要，原來那種安全感是來自如此龐大的系統！白龍之所以能夠令世界驚嘆連連，背後皆是由嚴謹的技術支撐起來，才讓國家的交通技術得以發展，連接國際的軌道。

在武漢停留兩天後，白龍帶我們去到了北京，說是要看看那條更莊嚴肅穆、氣勢磅礴的青龍。青龍是什麼？那就是盤踞在整個中國上的大傢伙——萬里長城。



不到長城非好漢



見證中國歷史的重要里程碑——長城

到達北京的第一天，我們就迫不及待地與青龍見面。一下旅遊巴，只看長城迂迴、蜿蜒地伏在群山之上，那種氣勢在人們讚嘆它的美貌之餘也不禁產生敬畏之心，這是古人的智慧和力量啊。

我們也去爬了這壯大的建築，烈日當空下爬長城的同學個個都大

汗淋漓，陡削的樓梯令我們需要手腳並用才能穩著身子爬上去。那略為滑稽的動作，像極了臣服的姿勢，人的高傲都被掃去，因為在真正的威嚴面前，我們渺小又

卑微。烽火台上得數個破舊的小窗口，涼風就這樣吹拂進來，望出去盡是青綠色的山脈，而青龍就這麼若隱若現的趴在這裡，隨時準備好保家衛國。

難怪有詩人寫：「北國橫亙一青龍，氣壯神州萬里程。千古胡兵屈仰止，萬重血肉築安寧。」這青龍，真真正正是由古人用血汗堆砌起來的啊！

年輕的白龍安全、準確的送我們跨越中國，古老的青龍屹立不移的保護國家內的一切。由古到今，龍就一直與這個神秘大國共生共長，見證一切的興亡盛衰。現在你可知道了嗎？龍從來沒有遠走。請你細心看一看，它就在我們的心中，翩翩飛翔。



講座加深學生對K11在科技領域和藝術創作的了解



K11 藝術村創作展覽留影



參訪故宮博物館



# Cultural Exchanges



親身體驗高鐵模擬駕駛，  
突顯國家高鐵技術



烤鴨是北京美食，  
被譽為天下美味而馳名中外



清華大學講座



居庸關及雲台，  
全國重點文物保護單位



參訪北京航空航天大學



古人的智慧與力量的結晶——萬里長城結合了4萬個勞動人民的血汗。



# 株洲姊妹學校特色課程體驗 及 體育交流考察營

**對 象：**本校羽毛球隊、乒乓球隊及閃避球隊隊員

**日 期：**2019年4月17日——4月21日（5日）

**訓練地點：**株洲市第二中學

**負責老師：**招嘉偉老師及吳芯兒老師

**本校榮獲獎項：**

- 羽毛球友誼賽初中男單冠軍：李君道（中二綠班）

**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、乒乓球和閃避球訓練及友誼賽，互相交流體育文化；
- 了解內地學習及生活文化。

**參加同學：**33人

## 行程安排

日期	時間	內容
17/4 (Day 1) 星期三	下午	姊妹學校師生交流會及校園參觀
	晚上	株洲市第二中學師生歡迎宴及參觀神農城
18/4 (Day 2) 星期四	上午	3D打印及模擬駕駛課程體驗及球隊訓練
	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
	晚上	球隊訓練
19/4 (Day 3) 星期五	上午	球隊訓練
	下午	文化課程體驗、影子課堂及興趣班體驗
	晚上	內地友好家庭晚餐
20/4 (Day 4) 星期六	上午	球隊訓練
	下午	姊妹學校乒乓球、羽毛球及閃避球友誼賽
21/4 (Day 5) 星期日	上午	參觀中車株洲電力機車有限公司及中車株機科技文化展示中心

## 學生感想

一紅班 梁璧鏘      二藍班 胡樂兒      二青班 吳卓軒  
四白班 張 瑜      五紅班 黃詩韻      五白班 陸泳霖

又一年的株洲之旅，畫上了完美的句號。短短五天時間一眨眼便過去了。

由第一天帶著激動興奮的心情踏入二中校園，到最後一天懷著依依不捨的心情離開，這幾天的點滴實在難泯於心。老師們以及同學們熱情的歡迎使我們很快融入其中，沒有第一次那麼拘謹，很快便看到去年認識的同學，他們還很熱情的跟我打招呼，那種熟悉感從心頭湧出，個個臉上皆洋溢著燦爛的笑容。

經過一年的時間，大家又再一次重聚，再一次一起進行交流，彼此之間的關係，變得更加深厚。在運動方面，感覺今年特別充足，伴著汗水和疼痛的訓練，歸屬感不知不覺提升了，加上他們的認真態度也感染了我們，使我們每一次都會盡心盡力去練習。在聯誼賽中，我們已秉著比賽第二，友誼第一盡力完成比賽，知道自己的不足，加以去改進，例如我知道自己的步伐做得不夠穩，比較慌亂。同學們也很有耐心去指導我們或者互相幫忙。

坐在教室裡，無論參加體驗課程，學習禮儀，書法，或到小夥伴教室一起上課，當地的同學總是會以激烈的掌聲歡迎我們，從與他們的交談過程中知道他們的學習模式，每一天過得都很充足。

希望下年可以多一點和他們一起體驗課堂，這次的株洲之行，每天過得都很充足，時間也過得很快，到最後一天很多人都流露出捨之情。很榮幸能夠參與這個計劃，也很感謝株洲的校長、全體師生給予讓我們的關愛，能夠再次踏足這裏，認識新夥伴，並和老夥伴相聚，這些記憶給我們的生命留下了許多優美的符號。

株洲鬱鬱蔥蔥的花草樹木、美麗壯觀的香江、以及每個人的態度，我明白了何謂以綠為美，以水為源，以人為本。

十分感謝株洲二中的各位對我們的熱情款待。



## 株洲市第二中學2019香港姊妹學校循道中學體育課程文化校際交流活動



我校乒乓球隊與株洲二中乒乓球隊的合照



我校羽毛球隊與株洲二中羽毛球隊的合照



友誼賽完結後，我校及二中的大合照。

# Cultural Exchanges



二中的羽毛球隊教練對莫偉豪同學照顧有加。



大家在觀賞中車株機科技文化展示中心的小劇場



閃避球隊同學耐心地教導二中同學閃避球的規則及技巧。



同學的駕駛技術不錯！值得一讚！



學生在體驗株洲二中的模擬駕駛設施及程式



中車株機科技文化展示中心的宏偉建築物





同學在學習中國傳統禮儀，例如不同場合請安的方式。



高中同學在學習禮儀文化後，向老師實踐傳統的鞠躬。



中國傳統文化重要的一環——茶藝



學生在體驗製作陶瓷，製成品還可帶回香港。



同學對於茶藝的熱愛實在是出乎意料！



體驗當地學校的飯堂也是不可缺少的一個環節。



## Voluntary Service Trip to Cambodia 2018 - 2019

Targets:	F1 to F6 students
Destination:	Phnom Penh, Cambodia
Period:	23 April to 27 April 2019 (5 days)
Fee:	\$4,650
Organizer :	Methodist College and Metta Mission Community Ministry
Participating Teachers:	Mr. Lau Chi Chiu, Ms. Tsang Yuet Man
Number of Participating Students:	21

### Reasons for joining the programme:

I hope to be a blessing to others. I had wanted to visit Cambodia before. I'm not that rich, but I donate small amounts of money monthly to some charities to help them. I want to grasp this chance to communicate with and be a blessing to them directly.

### Itinerary

Date	Activities	Place / Remarks
23/4	Centre activities with children	Children Centre
24/4	Children program	Poverty Village
25/4	Children program	Poverty Village
26/4	Children program + reflection	Poverty Village
27/4	Sightseeing	Mekong River and Phnom Penh Central Market



Performing a mini-drama to kids in the centre



Children paying great attention during the activities





Making handicrafts with local women

## Most impressive moments:

**Wong Hiu Lam 4B**

Many scenes come to my mind. If I were to choose two, washing the children's heads and visiting the Crime museum would be my choice.

Actually, I am extremely afraid of insects, but I ignored all of that fear when I was washing the children's' heads. I know they enjoyed it. :) I felt bad for them, as their heads are always itchy. :( I could see the feeling of gratitude on their faces and feel the joy in their hearts. The head lice that lived on their heads was very disgusting. I could find well over thirty on the heads of some children. Undoubtedly, the Cambodian children hate the head lice and I hate it too.

While I was doing this activity, I suddenly had a headache and

my face showed the pain from that, which was not very friendly. I remember that our teacher told us not to show our feelings as we washed the children's heads. If we showed on our faces that we disliked or were disgusted by the head lice on their heads, the kids would think we disliked them. I could not control the expression on my face and I saw one of the kids looking at me. He looked confused, and although I had no idea what he thought, I felt guilty afterwards. Mr. Lau said, "we hugged them, we need to take the responsibility." We helped them today, but the looks on our faces may stay with them for a long time, so we all put our best face forward.

We visited the Crime Museum on the first day. The museum was very



different from my expectations. I expected that the Crime Museum would be like the Hong Kong history museum, with air-con and full of plastic models. The Crime Museum showed the actual instruments of torture from the past, there was no air-con and it was outdoors. Despite the fact that we were all sweating, we listened to our tour guide seriously. Almond, the local agency leader, said our tour guide used to receive service in the past, and now he served others. In this instance, I can still remember those victim photos, and the expressions in their eyes. I felt like they were glaring at me, and I felt their pain and anger. I felt very sorry for them, and reminded myself that history often repeats itself :( If there are any similarities between Cambodia in the past and China, I am afraid that sinful humans will make the world full

of sadness, tears, trepidation and wars...again. People should learn from history, not bury it.

That night, I was impressed by what Mr. Lau said, "they are poor, but it's their fate, not their fault." All of us are just human, all have sin, and all are selfish. Actually, nobody likes equality, we all want to own more than others do. Rich people want the world to be more unfair, poor people hate to be the ones who are their prey. I am not rich, or capable, but I want to do what I can to make the world equal, and to help the weak. I own a lot, but what work have I done? The poor suffer a lot, but they are just born to be in this situation. I want to share what I have with them, spread the love and blessings. I hate that I am eating happily, while others have nothing to eat. I can eat, but I will not eat happily.



A wonderful moment with the kids at the end of service

## Reflection and Learning:

Wong Hiu Lam 4B

### ***Knowledge of Self***

How I define myself. Indeed, I thought I was useless. In order to be valuable, I want to help others. I felt I could be useful on this trip, but it turns out I sometimes was a burden to the team, and heard that what we did was not actually going to improve their live much; hence, we did not do anything great at all. However, we put a seed of love into their heart; we became a little part of their life. Therefore, I learned that, to make my life meaningful, I am not going to aim to do anything great, mighty or powerful, but instead aim to love and be a blessing to others fervently and steadfastly.

### ***Knowledge of the World***

The gravity of poverty. The world is uneven: a country can be uneven and a region can too. Like Hong Kong, in this little place, some people live in a super uncomfortable, tiny "house", while some people own a lot of property and receive high rent, which forces the cycle of poverty to continue. I discovered that Cambodia is not really an underprivileged

country; I can enjoy myself at a cafe in Phnom Penh. However, if I get on a bus and travel for a few hours, there are children in small villages who have no food to eat, no shoes to wear, no house to live in and no parents to rely on.

### ***Reflection on Life and Personal Goals***

The limitation of humans.

We gave much love towards the local children of Cambodia, but we sometimes failed to love the people around us. We were always less sensitive to love those people we saw daily. On this trip, we aimed to serve others and spread love, but we benefitted from the locals most. Sometimes we hurt each other too. Humans always have sin. We were tired, so we became lazy. When we desired a feeling of affiliation, we bullied people who were different from us. After the trip, I felt disappointed in myself. I did not call out to stop others from doing wrong things, nor dare to say what the right thing was. My new goal is to be determined to do the right thing and be brave to refuse to do the wrong thing.

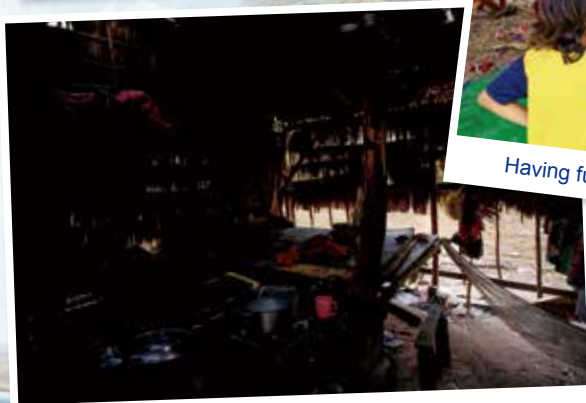




We helped children wash their heads



Having fun with the children in the village



The real living conditions in the villages



We asked children how taking drugs would affect them



## 2nd Tokyo International Choir Competition

Targets:	F.1-6 Choir members
Destination:	Tokyo, Japan
Period:	25 July 2019 – 30 July 2019
Organizer:	Music Department, Methodist College
Participating Teachers:	Miss Ho Wing Fei
Accompanying Staff:	Mr. Guddy Chan (conductor), Ms. Minnie Chau (parent)
Number of Participating Students:	36

### Itinerary

Date	Activities
25/7	<ul style="list-style-type: none"> <li>– Depart from Hong Kong</li> <li>– Practise for the competition</li> </ul>
26/7	<ul style="list-style-type: none"> <li>– Get ready for the final rehearsal and competition</li> <li>– Compete in the Tokyo International Choir Competition (Category A – Children's Choir)</li> <li>– Perform in Kyobashi Edogrand, a shopping mall in Ginza</li> </ul>
27/7	<ul style="list-style-type: none"> <li>– Visit Shinobazu Pond at Ueno Park</li> <li>– Enjoy the competition concert of Category D – Chamber Choir</li> </ul>
28/7	<ul style="list-style-type: none"> <li>– Sightsee around Shinjuku and Daiba</li> <li>– Have musical exchange with another Hong Kong team – Canossa College Choir</li> <li>– Attend Grand Prix Competition &amp; Prize Presentation Ceremony</li> </ul>
29/7	Visit DisneySea
30/7	<ul style="list-style-type: none"> <li>– Sightsee around Asakusa</li> <li>– Visit Yamaha Ginza flagship store</li> <li>– Return to Hong Kong</li> </ul>



Right before the competition – Ms Liu and Ms Lam came help with our makeup and hairstyling!

## Reflection and Learning:

Annie Fu 3R

We, Methodist College Choir, went on a journey to Tokyo, Japan from 25th July to 30th July, to attend the Tokyo International Choir Competition 2019.

This was indeed our first international competition. We were all thrilled when we heard of the news that we were offered a place in the competition! We went through some tough training right after the final exam. The training has helped us build up a more serious attitude towards the competition and remind us that we should always try our best.

Finally the day of embarking on our journey came. We were overwhelmed by the support from teachers and parents at the airport. Once we arrived in Tokyo, we had our last rehearsal in a cozy studio and our conductor, Mr. Guddy Chan, made an abrupt decision - singing the set piece “Asa no Yamanichi” without conducting!

We were shocked but we were all determined to try. Then our big day came. “No regrets”! We stood on the stage singing our first song ‘Cik Cuk Ding Ding” portraying the view from a tram that glides past the most prosperous places in Hong Kong. Then we formed a big semicircle with our hands clutched. With quivering bodies and sweating hands, we sang “Asa no Yamanichi”. Our hearts linked together, looking in each other’s eyes, and silently saying, “I have faith in you “. The harmonious music elated us when we share it with our dearest audiences. We knew they had faith in us.

Although we couldn’t make it to the Grand Prix, we were delighted to get the Silver Prize. Also, at the venue where we watched the livestream of the prize giving ceremony, we made friends with other girls from other international choirs.

Besides attending the competition, we also did some sightseeing around Tokyo. Yet, the best part of the tour was probably the debriefing sessions. It recalled something called “home sweet home”. Listening to each other’s thoughts made me feel like we were one HAPPY FAMILY, backing up one another and sharing laughter together.

We would like to thank Miss Ho, Mr. Guddy Chan, all the part leaders in the choir, pianists, teachers, donors, and all the people who have supported us. Words could never explain our gratitude. This trip not only taught us music, but also the integrity and self-discipline of being a good person. We would also like to thank our teachers Ms. Liu and Ms. Lam, for coming to support us in person in Tokyo. Last

but not least, a big thank you to our dearest alumna Ms. Brigitte Chau, who is now working and actively participating in a choir in Japan. It is our honour to have a chance to meet her in person and watch the high standard performance by her and her team. Like all the other competing teams from all over the world, her team opened our eyes to know what international level is like.

We are all proud of being part of the MC choir. After the Japan tour, we have realised that music is the most powerful language. It is the sound of hope, the sound of peace, the sound we celebrate. We truly treasure the rapport built among everyone in the MC choir. This is definitely one of the most precious and unforgettable memories we had.



Our proud moment on stage!



## 陶雅琳 中四紅班

從報名、錄音參加比賽，到五月舉辦屬於合唱團的第一個音樂會，最後遠赴東京參加比賽，當中種種經歷、得著，都由團員、老師、家長的血淚澆灌而成。一個月的密集式訓練很快便過去，我們每天朝九晚五地練習。雖然身心俱疲，但我依然很享受與大家一起練習的時間。難忘的是我雖抱著「盡力就好」、「平常心」的心態去比賽，但上台前十分鐘我還是緊張得快哭出來。我害怕出錯，害怕在舞台上太繃緊，更怕其他人太緊張。誰知，其他團員竟主動把手放在一起，互相打氣、鼓勵對方，我也從他們身上找到一絲平安。循道中學合唱團曾經興盛過，曾經低落過，但這些都已經不再重要，在未來的日子，我們希望一直燃燒著這團渴望付出、渴求進步的火，由負數到正數，一邊進步，一邊越燒越亮。

## 陸綽昕 中四青班

這次國際賽後，我看到很多其他隊伍的表演，不但聲音清澈明亮，動作更是齊得不可挑剔。這只是一個開始，我相信合唱團的未來會做得更好，把握更多機會參加更多國際比賽。我更希望未來合唱團會有男生加入，成為SATB合唱團，可以演唱更多類型的歌曲。我希望各位師妹能夠帶著對唱歌的熱誠和心中的一團火，令合唱團繼續發光發熱。



Ms Lam, our Chinese teacher, surprised us at the Tokyo airport with a welcome sign!



Support from friends and family before we departed from the Hong Kong Airport

陳思琪 中三班班



We received our Silver Prize from one of the adjudicators

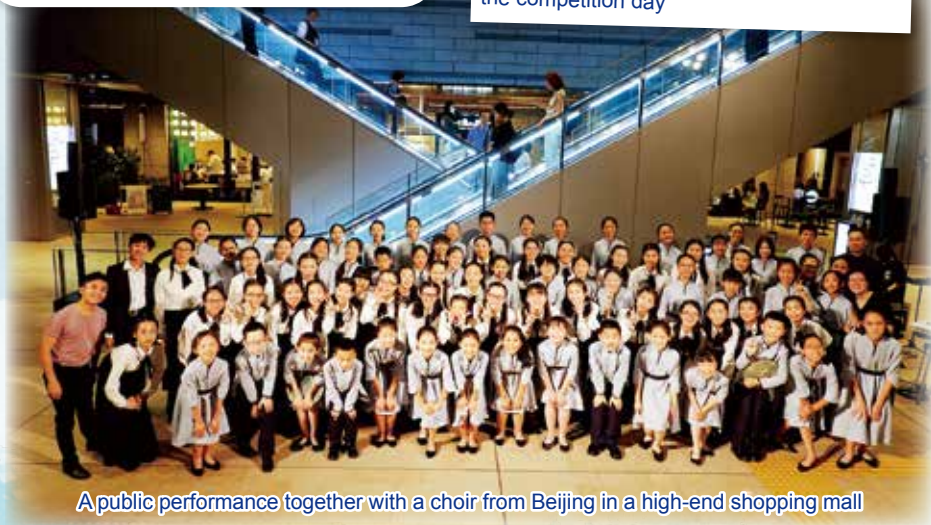
在宣布比賽結果的那一天，我雖然只能夠觀看直播而不能夠去現場感受那種氣氛，但得到獎項那一刻的喜悅我們都感同身受。當司儀宣布我們的成績時，有人尖叫，有人歡呼，有人感動得流淚。我覺得這一個畫面十分難忘。頒獎禮完了，我們跟一隊來自日本的合唱團交流。沒想到在一個觀看直播的地方我們能夠認識到新朋友！他們十分熱情，令我們也都放下矜持，熱情對待他們。那一刻我體會到交朋友原來這麼容易。

曾至婷 中三紅班

感謝上帝給我唱歌這個恩賜，讓我可以接觸音樂，繼而知道有合唱團這個地方，可以將音樂的信息和我們的歌聲傳遞開去。上帝一直保守我們，在挫折中給予我們希望，在歡喜的時候提醒我們要感恩。我亦感恩有機會和大家共同創造了這段歷史，在以後MC Choir的路途，希望可以透過參加不同比賽，與其他合唱團有交流的機會，學習其他學校的練習方法、合唱團文化等，繼而自我改善，擴闊自己的眼界，不做井底之蛙，止於至善！



Our alumna Brigitte came to support us on the competition day



A public performance together with a choir from Beijing in a high-end shopping mall



# Cultural Exchanges



Our last sightseeing spot before heading back to Hong Kong



We exchanged souvenirs with the girls from Canossa College – hopefully we will meet again in Hong Kong



A great day out in DisneySea!



We made a lot of new friends – these are the girls of a Japanese choir



We enjoyed every meal in Japan!

## Malaysia Overseas Leadership Training Programme

Target:	F.1-5 students
Destination:	Malaysia –Kuala Lumpur, Penang
Period:	16-25 April, 2019 (10 Days and 9 Nights)
Fee:	\$9700
Organizer:	Methodist College (ECA Committee)
Participating Teachers:	Miss Lee Wai Sze, Mr. Choi Ka Hung
Number of Participating students:	32
Themes:	1.Harmony in a multi-religious society 2. Cultural customs and lifestyles 3.Conservation and revitalization of urban architecture 4.Life and education of the youth

### Programme Objectives:

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



Visit to Methodist Boys School





## Itinerary

Date	Activities	Learning focus
Day 1 16 April (Tue.)	– Hong Kong to Kuala Lumpur	– Cultural customs and lifestyles
Day 2 17 April (Wed.)	– Methodist Boys School Visit: Attend classes, games and interaction with local students – Sunway City	– Life and education of the youth – Conservation and revitalization of urban architecture
Day 3 18 April (Thurs.)	– Wesley Methodist School: Attend Easter Service, classes, games – Ball games with Methodist Boys School	– Harmony in a multireligious society – Life and education of the youth
Day 4 19 April (Fri.)	– UTAR The Conversational Malay & Cultural Immersion Program	– Cultural customs and lifestyles
Day 5 20 April (Sat.)	City Orientation: – National Museum Malaysia – KLCC Park and Bukit Bintang Pedestrian Walkway	– Cultural customs and lifestyles
Day 6 21 April (Sun.)	– Church service visit at SIBKL. – Flight to Penang	– Harmony in a multireligious society
Day 7 22 April (Mon.)	– Exploration of Georgetown	– Conservation and revitalization of urban architecture
Day 8 23 April (Tue.)	– Penang: Self Exploration	– Experience different aspects of Malaysia
Day 9 24 April (Wed.)	– Penang: Self Exploration	– Experience different aspects of Malaysia
Day 10 25 April (Thurs.)	– Penang to Hong Kong via Kuala Lumpur	

Sandy Ho 1R, Alison Leung 3R,  
Sunny Liu 5B and Wayne Tam 4W

From 16-25 April 2019, we went to Malaysia with our friends and teachers on the Overseas Leadership Training Programme. We hoped to develop stronger leadership skills, make some new friends and try something that we had never done before. We definitely achieved all of these goals during this journey of ten days and nine nights.

Our trip to Sunway City was impressive. Sunway City has transformed from a derelict land mine area to a flourishing district of condominiums, office towers, hotels, resorts, a hospital, a

university, etc. One of our study themes was, "How Urban Planning and Revitalization Enhances Economic Growth". In Sunway City, we directly witnessed how the brilliant minds behind the project worked to transform it.

Regarding teen education, we went to two schools to have lessons with them. In Methodist Boys' School, as soon as we stepped onto their campus, a burst of fresh air made us feel the simplicity of their school. They did not deliberately decorate their campus. They let outsiders feel amazed by its natural appearance. We noticed



Visit to Universiti Tunku Abdul Rahman  
Overseas Leadership Training Program  
Malaysia 2018-2019





Helping out a club with local students at Wesley Methodist School

that there were always students playing ball games on the field. The second school was Wesley Methodist School, where we had one-on-one lesson shadowing with their students, attending different lessons in various forms. It was obvious that their learning was not only the textual knowledge in books, but they also focused on a holistic education, as we do at our school.

We thought the time spent in the Universiti Tunku Abdul Rahman (UTAR) was the most unforgettable. They taught us how to speak Malay, let us wear the Malaysian-style clothes of their country, try to do their traditional arts and make the delicious Malay food with our hands. In addition, they taught us how to do the dances of different tribes. For this activity, they separated us into two dance groups, Indian and

Malay, respectively. We all enjoyed dancing together.

The experience of going to Sidang Injil Borneo Kuala Lumpur (SIBKL) was also valuable. SIBKL was a church in Kuala Lumpur. There are big differences between the churches of Malaysia and Hong Kong. The KL church had music and dance performances, video appreciation and games, and appetizing food and desserts. It felt like a concert! We interviewed a young female volunteer who worked there; she was nice and enthusiastic. She answered our questions patiently, so that we could totally feel their love about Malaysia and passion for God!

We visited the Putra Mosque, which was a unique experience. It was a solemn place and the girls needed to wear an abaya, even though it was a very hot day. We

needed to take off our shoes before we went inside the mosque and it was quite special inside. We were very lucky to have had a chance to learn about another religion while we were there.

On our first free day in Penang, we went to Goh Thiew Chik Hainanese Chicken Rice restaurant to have brunch. After brunch, we went to the Penang Time Tunnel, which is a local history museum. We found that some aspects of Malaysia and Hong Kong's histories were similar. There were other terrific attractions, including a 3D Mural Art exhibit, and the Fluorescence Inverted Rooms. We had so much fun, taking funny and interesting photos at these places! Then, we went to Georgetown Heritage Chocolate for a chocolate drink. We ordered the amazing signature chocolate drink served in a 1000mL-beaker.

It was fantastic! We also visited the Tech Dome Penang, Dance Oki, Dino Gym and Jelly Bump. All of them brought us a fun and wondrous time. At night, we went to 'The TOP' and had a nice night view of the whole city. We sat on the glass bridge and took many pictures. That night was one of the most unforgettable moments in Malaysia.

On the second free day, we went to have breakfast at Toh Soon Café, which served a famous dish of charcoal toast with a half-boiled egg. After breakfast, we went to the Legacy Spa to have a 'foot reflexology and neck and shoulder massage' treatment. It was very relaxing and we all enjoyed it. Then, we went to the cinema to see Avengers: Endgame! It was the first day that the movie was released in Asia. We were extremely happy,





as we were watching our favourite movie with our friends. What a great day!

We were glad that we joined this programme to Malaysia. We learnt about the characteristics of the country and its unique cultures. The programme really broadened our horizons; we were delighted to have had the experience. We also learnt more about Malaysia's three largest cultures: Malay, Indian and Chinese. In addition to the places that we were familiar with, there were places with different traditional cultures, dining, lifestyle and history.

Regarding the life of teenagers, we went to visit two schools and felt that their school rules were stricter than ours. For example, their students could not use their phones, but we can use our phone to order our lunch. In addition, Malaysian students could not eat inside their classrooms. Reflecting on abiding by the regulations and

discipline, Malaysian students were not going to violate the rules, not because they were scared of the consequences, but because they all are aware that the rules may help them to cope in the future.

Hongkongers often think Malaysia is a country lagging behind in technology and education, but no, it is not, definitely not. They are now catching up, and may surpass us in the future. When returning to Hong Kong, we realized that Hong Kong people should never be comfortable with the status quo; we must keep up with the times, otherwise we will fall behind.

Finally, we would like to express our gratitude to our principal, Ms. Emily Wong, for providing sponsorship to our programme. We would also like to give thanks to Miss Grace Lee, Mr. Kenneth Choi and all our fellow participants on this trip. They truly made it a special and exciting experience.



## Singapore Summer Immersion Programme to ACS(Independent) and Methodist Girls' School 2018-2019

Target:	Junior Forms
Destination:	Singapore
Period:	14/7-21/7
Host School:	ACS Independent School Methodist Girls' School
Participating Students:	10
Fee:	2 Fully sponsored by Ms Helena Sito Fund(Heidi Lau 3R, Winky Ngai 2W). 8 self-financed.
Organizer:	Methodist College



Having Arts and Crafts lessons in MGS



Our favorite hang out spot on campus



Enjoying the Racial Harmony Day performance in MGS





## Itinerary

Date	Time	Activities	Place / Remarks
Day 1 (14/7) Sun	Morning	– Departure from Hong Kong	– Hong Kong International Airport
Day 2 (15/7) Mon	Morning	– Chapel	– ACS Independent School
		– Meet our buddies	
		– Symposium (About Globalization)	
Day 3 (16/7) Tue	Afternoon (till 14:30)	– Have lessons with the local students	– ACS Independent School (Boys and 2 Girls) – MGS (5 Girls)
	Afternoon (After 14:30)	– Free Time	
	Evening	– Have Dinner outside	– ACS Independent Boarding School Dorms
		– Self-study	
	Morning &Afternoon (14:30)	– Have lessons with local students	– ACS Independents School (Boys) – MGS(Girls)
	Afternoon (After 14:30)	– Free Time	
Day 4 (17/7) Wed	Evening	– Self-study	– ACS Independent Boarding School Dorms
	Morning & Afternoon (14:30)	– Have lessons with local students	– ACS Independent School (Boys and 2 Girls) – MGS (5 Girls)
	Afternoon (till 17:15)	– Join Girl Guides Activity	– MGS(Girls)
	Afternoon (After 14:30)	– Free time	
Day 5 (18/7) Thur	Morning & Afternoon (till 12:30)	– Have lessons with the locals	– ACS Independent School – MGS
	Afternoon	– Going to the Elderly Centre	– Singapore Democratic Party (Girls)
	Evening	– Bicentennial Experience	– Fort Canning Arts Centre
Day 6 (19/7) Fri	Morning	– Celebrate Racial Harmony Day (Performance)	– MGS
		– Arts and Crafts Lesson	
		– Lesson with Locals	
Day 7 (20/7) Sat	Afternoon	– Watch Musical	– MGS
	Morning	– Tour with twinning schools	– Little India – China Town
	Afternoon	– Free time	
Day 8 (21/7)	Morning	– Go to a shopping mall	– JEWEL
	Afternoon	– Departure from Singapore	– Singapore Airport

## Reflections

## Singapore as a Multicultural City



Singapore is a multicultural city that consists of a lot of different people from different countries. People there also speak multiple languages, such as Mandarin, English, and Malay. Some even speak Cantonese, which makes communication a lot easier. Moreover, they all live in harmony to respect each other and treat each other as equals.

There is a festival called Racial Harmony Day. On this day, students wear their traditional outfits of their nationality to school. They also get to watch traditional performances and try out snacks from other nationalities. It is very lucky of us to be able to join this wonderful festival, because we could see performances from India, Taiwan and even Korea.

**Heidi Lau 3R**

I also got the opportunity to visit Little India and Chinatown. Little India is a place filled with Indian culture. You can find a lot of their traditional perfumes, food and so on. Even the streets are filled with the scent of their perfume. Chinatown is filled with reasonably priced souvenirs and a lot of street food. The street foods are delicious and interesting, which I really enjoyed.

Even though I might not accept some of their traditional cultures, I learn to respect all of them. In order to live in harmony with other nationalities and unite together as one, we should understand that we are not as different as we think we are. All nationalities are unique, and world peace is within our reach if we all put our little differences aside.





## Education in Singapore

Winky Ngai 2W

Schools in Singapore start their lesson at 7:20. Compared to Hong Kong, it is very early. They end their lessons at 2-3 o'clock. They have two breaks every day, including their lunchtime. However, their timetable is different every day. If they have extra- curricular activities, they may stay after school. Students in MGS are very proficient in English. Although their mother tongue is English, they do not speak with a British accent or an American accent. Instead, they have a Singaporean accent, so it is hard for me to listen to or sometimes understand.

Students participate actively in their lessons. They have readers in the English lesson, the same as Methodist College. In my class of 20 students, they were reading *Romeo and Juliet*. Their books were full of notes. In the Chinese lesson, they bravely spoke a lot of Mandarin. Although Chinese is not their mother tongue, they still actively answered the teacher's questions.

What surprised me is that they can choose to learn different languages instead of Chinese, like Tamil. They danced an Indian dance during the Tamil lesson. They are not shy doing that, so I think they are very confident.

In terms of e-learning, every pupil in MGS has a Chrome Book in the type of a laptop, which they use every lesson. In terms of using technology to learn, they are very advanced.

As for their daily routine, they have assembly every morning, in which they sing their national and school anthem as well as pray. Besides, MGS uses advanced, fingerprint technology, instead of using a student card to take their attendance.

Overall, the experience widened my horizons of learning in a completely different setting, with a brand new curricula and study environment.



Taking a picture with the Korean students



Taking a picture in Little India



Visiting "Little India" with our MGS buddies



Visiting the elderly center



ACS campus

## Core Purpose



To nurture ACSians to be catalysts for change with Godly values and robust character, equipped and willing to serve and lead in the family, nation and global community.



Taking a picture with the principal of ACS(2nd row, far left)





## Immersion Programme to UK 2019

Targets: Senior Form

Destination: Woodhouse Grove School

Period: 22 April to 4 May(13 days)

Participating Students: Karina Lee 4B

Charisse Lo 4B

Marco Ng 4B

Joseph Leng 5W

Organiser: Methodist College

Fee: Fully sponsored by the Miss Helena Sito Education Fund

### School Timetable

7:30	Wake up
7:45	Breakfast
8:35- 13:05	Going to school Having lessons
13:05	Lunch
16:05	End of school Going back to our room
17:45	Dinner time
18:30	Prep time
20:00	Sports time
21:15	Shower time
22:30	Lights out

## Itinerary

Date	Activities	Place / Remarks
22-23/4	Departure from Hong Kong Arrived to Woodhouse Grove School Have a walk to the nearby supermarket Having a Boarding House Meeting	Hong Kong Amsterdam UK--Woodhouse Grove School (Millar House and Broadway House) Sainsbury
24/4	First Day of School (Having Sports lesson with the local students)	WGS
25/4	Second Day of School	WGS
26/4	Third Day of School After school activities: GYM	WGS
27/4	Meeting with Dr.Hollingworth and Mrs. Hollingworth (visiting museums, strolling around Derby)	Derby
28/4	Visiting the city center Go shopping in the Trinity Leeds Sightseeing the City Square Having tasty cuisine with local student in Leeds	Leeds
29/4	Fourth Day of School After school activities: Table Tennis	WGS
30/4	Fifth Day of School After school activities: Squash	WGS
1/5	Sixth Day of School Outing to Leeds with Mr. Vernon in the third lesson period Go shopping and sightseeing in Leeds After school activities: Pool games	WGS Leeds
2/5	Seventh School Day Having dinner outside the school	WGS
3-4/5	Departure from the UK	UK--WGS Amsterdam Hong Kong





## Reflection

Karina Lee 4B

Time zoomed by, it has already been a month since our return. I studied at Woodhouse Grove School for ten days during the Easter holiday. I was completely satisfied with the whole journey.

I felt extremely nervous before my trip, as it was my first time to be an exchange student in an unfamiliar place. I worried about how to communicate with the local students and adapt to a brand new environment. Luckily, the students and teachers are kind-hearted. They helped us whenever we encountered difficulties in school. As for my expectations, I expected to explore the differences of the school life between Hong Kong and the UK and immerse myself within a completely English environment.

To be frank, before the visit, I truly believed that foreign schools give students much more freedom at and around school, with less rules, when compared with Hong Kong's schools. Yet, that is a

misconception. Woodhouse Grove School is a highly disciplined school where students behave really well. Students are not permitted to use their mobile phones during lessons and a meal times. Not allowing students to use their own mobile phones in the dining hall aims to encourage students to have more face to face interaction with each other. I can't agree more with this rule. Besides, all students are required to wear electronic wristbands prior to their entrance to every school building. This rule can help students build the responsibility of being a conscientious student.

I took Economics, Geography, History and Business Studies during my stay. My favourite subject is History. I enjoyed the History lessons, even though they are totally different from ours. Teachers encouraged students to carry out self-study prior to each lesson. I also appreciated the



Form period, the last day of school :(

teaching method of the school. The History teacher assigned students to be the “teachers”, to teach one particular chapter in front of the whole class. The next day, they prepared meticulous notes for their fellow students. I wonder how productive and assiduous they were. This teaching method accelerates both the “teachers” and students’ absorption of knowledge and enhances the interactions between students and teachers. The lessons are less dull.

Apart from the regular lessons, my favourite lesson is the Games lesson, which is actually the P.E. lesson. Yet it is distinct from ours. Students can choose either outdoor or indoor sports. I chose badminton. I took the initiative to play with the local students coming from China and Japan. They are excellent players. I had a joyous time.

I have to mention that the boarding house - Miller House - is an extraordinary place. There are three common rooms and two laundry rooms in total. Students can buy ingredients and be the chefs. They can also gather in the common room to relax. After the prep time, we had leisure time to experience different activities such as pool, fitness, squash, table tennis, etc. We tried most of them. It was an incredible time.

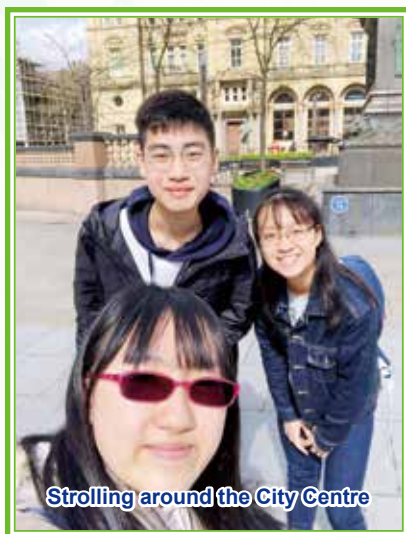
Living in the dormitory was a brand new experience for me. Students can definitely build up a good sleep

habit. The housekeeper ordered us to go to sleep at 10:00 pm and wake up at 7:30 am sharp. As such, I was able to get sufficient sleep throughout the trip and never fell asleep during lessons.

Through this immersion programme, my horizons are greatly widened. I can experience the amazing school life of the UK. This is really a once in lifetime experience and helps pave the way for my future study.

Studying in a completely English environment is beneficial to my English skills. Through daily communication with the teachers and students, my listening and speaking is greatly improved.

I realize discipline is highly important, no matter in the schools of Hong Kong or the U.K. Before



Strolling around the City Centre





Having lunch with local student Harry, a former student of MC

the trip, I guessed that students in the U.K. have much more freedom than Hong Kong. My two-week study in the U.K. has totally changed my belief. Having good discipline is crucial to the development of the students in school and in our future society.

“He that travels far knows much.” Being an explorer and delving into different parts of the world is like completing a complicated puzzle one by one. When it is completed, you will feel great satisfaction, as you have a new perspective on handling your work. It is also a

good way to enhance our all-round ability. We should seize every opportunity to strive for what we want.

“Comfort is your biggest trap and coming out of comfort zone is your biggest challenge.” I hope that everyone can pluck up your courage and broaden your horizons by joining different exchange programmes. Last but not least, I am grateful to our principal, Ms. Wong, for giving me such a worthwhile chance to be an “explorer”.



Playing badminton during Games Lesson



One of the history teachers, Mr. Keegan



We had Media Studies lessons in a group discussion table setting.

## Charisse Lo 4B

Time flies, I can hardly believe that I have stayed in the Woodhouse Grove School for two weeks. It was definitely one of the most remarkable and worthwhile trips in my whole life. It felt like only yesterday that I had just arrived at the school. I felt really anxious and apprehensive on the first day, as that day was a public holiday and other students had not come back to school yet. Luckily, the teachers were kind-hearted and so friendly that they took care of our needs and always asked about how we were adapting.



We are doing our "prep time".

For me, there were lots of new things and tasks for me to experience during my stay. The most surprising one must be the "prep time". It was a time period which started after dinner and lasted for half an hour. Boarders could do homework, revision and projects in the library or in their own room. It was surely beneficial and helpful for students to develop a habit of revising the knowledge they had learnt in class on the same day. Also, one of the funniest and most interesting things was a fire alarm practice at 4:15 a.m. We had to get up after we were in a deep sleep inside a warm and snug bed. I ran as fast as a flash, since I hoped to end the practice as soon as possible. However, I forgot that the temperature outside was only 4°C. I was just wearing a short-sleeved T-shirt and thin, sporty leggings as my pajamas, with a pair of flip-flops on my feet. I was





freezing and shivering like a leaf in the bitter and frigid space outside the dorm.

Apart from the intriguing dormitory life, I was glad and thrilled to have lessons with the year 12 students and able to take the subjects I wanted. I took Psychology, Media Studies, Business Studies and History. I tried some new and special subjects that I could never have in Hong Kong. I felt content to have Media Studies lessons, because we had group discussions with the local students about the Cultivation Theory through our daily uses of various media, such as social media, TV, news, internet, etc. I found that we could easily absorb the violence of the topics we watched, even though we did not mean to. For instance, from the TV news reports about wars or nuclear weapons. Apart from Media Studies lessons, I had a clear insight into the path of Psychology. It was very hard for me to catch up, as I had no foundation in it. Fortunately, the teacher,



We met Hana, who is a Korean student, on the first day.

Ms. Fisher was really patient and gentle, and she always gave me extra help. Also, my classmates were really kind and helpful when I met difficulties in doing the handouts and worksheets. After the Psychology lessons, I have a heartfelt and profound reflection: Psychology is a subject about daily observations and applying the theorems in different experiments and tests. One small action may deeply affect others' lives or even give negative impacts on others. As an old saying goes, "look before you leap". We should always consider our actions, thoughts and words clearly before we act them out.



We were excited about going to Derby.

One of the most wonderful memories was having a day out to Leeds with Harry, who was a former Methodist College student and is now studying in Woodhouse Grove School. We went strolling and taking pictures in the Leeds City Square, which is a paved area north of Leeds railway station. We also spotted some mounted police riding horses to carry out their duties. We even went sightseeing and did some shopping inside the iconic hotspots, the Trinity Leeds and the Victoria Leeds. They are renowned shopping malls, which combined the uniqueness of modern and antique styles. Moreover, we had traditional British meal- fish and chips, a mouth-watering and appetizing dish that I really recommend others to try



**We visited the WGS headmaster, Mr. Lockwood.**



**We enjoyed a great time with our boarding teacher, Miss Filtress.**

as it was so worth it. We spent an amazing and radiant day with Harry in Leeds.

Overall, I really had a great time in the U.K. and I want to show my token of gratitude to our principal, Ms. Emily Wong and other teachers for giving me such an excellent opportunity to experience the beauty and uniqueness of England. In addition, I have to be thankful for the generous hospitality of the Woodhouse Grove School, for taking good care of us. Last, thank you to all the students and teachers, for giving help and guidelines when I had challenges.



**A day in Leeds.**





Marco Ng 4B

Like many of my schoolmates, I will be taking the DSE in two years' time. Therefore, one of the questions I often ask myself is: if I get satisfactory results in the DSE, should I enter a local university or go for one abroad? If I enroll in a local university, there won't be many adaptations required of me, in my way of life. However, since I have been living and attending schools in Hong Kong for so many years, I certainly want to study abroad, to see what it is like living and studying outside Hong Kong. This immersion programme to Woodhouse Grove School (WGS) in the United Kingdom happened at just the right time, to give me some insights.

Many years ago, people used to say the phrase: culture shock. It means that when we go from our home city to another place or country, we often face challenges because we will certainly come across customs and practices which are quite different from those back home. However, nowadays it is relatively easy for us to visit other places and I am sure many of our schoolmates have been to places outside Hong Kong. Therefore, there isn't much talk of "culture shock" now. Instead, we hear "the world is global village" more often. In this immersion programme, I did not have any problems in staying and learning



Broadwell houseparent, Mr. Whittam and I

with the British classmates. Indeed, it was a valuable opportunity for me to learn how they use the (English) language in their everyday life. I am sure the most effective way to learn a foreign language is: be there!

I must admit that the food in the dining hall of WGS wasn't exactly "Mama's cooking". But then, we eat to live, and not live to eat. We would have to get use to the local food. For me, this was not a problem. Furthermore, the teaching and learning atmosphere, the interaction between the teachers and the students in WGS were most worthy of appreciation. After all, a school should be judged by the quality of education it provides. Another observation I had was that even though there had been much talk lately about Britain leaving the European Community, the teachers

and students I met did not say much about Brexit. They too were probably quite concerned about the coming A-Level Examinations. Just like us, they also had to do past papers for the preparation. Therefore, the pressures from schoolwork and examinations do not solely exist in Hong Kong schools.

The most valuable thing I learned from this programme is to be independent. I have to solve my own problems and make decisions. This is what learning and growing up are about. I am glad and grateful to have had this opportunity to get a glimpse of school life in the U.K. There is no doubt that I will never ever forget it.



Karina and I with our U.K. classmates



Karina and I with our Economics and Business teacher, Mrs. Spencer



Enjoying our last dinner in the U.K.



We gave our school's 60th Anniversary souvenirs to Dr. Hollingworth and his wife Mrs. Hollingworth





## Joseph Leung 5W

I was told that the life in foreign countries is very pleasant. This thought pushed me to give this immersion program a go. The two-week learning experience in Woodhouse Groove School has definitely lived up to my expectations, and I have enjoyed all aspects of it, from all the arrangements by the schools to the kindness of the local people. Let's ride in a time machine and experience my unique journey in England now!

The most important part of the program is certainly the British-style school life. I think the mode of having lessons there is similar to Hong Kong's, which is sometimes exam-oriented. However, there are no compulsory subjects and the school lets students pursue their own interests. Year 12 students can study whatever they want. They have to pick four subjects among a variety of choices. Given such great freedom, I picked four subjects in four different domains, which are Media Studies, Biology,

Art and Business Studies.

I enjoyed all the subjects I chose very much. First, Business Studies is a hot subject there. Many students picked that and it is like a combination of Economics and BAFS. Students usually jot notes on their MacBook and Mrs. Spencer is a very nice teacher. She really took good care of us and shared lots of things with us. In the Art lesson, everyone focused on finishing their masterpieces. All of their stunning artwork amazed me. They were all bringing out their "A" game, because the students were going to submit their works for their A-level examinations. I wish all of them can get a wonderful grade. Biology was my second favorite subject there, because all of the students and teachers were considerate to me, especially the boys. I did two experiments while I was there: one was using a quadrat sample to study grassland ecology, and another was studying the digestion of lipids. Due to the limitation of land in Hong Kong and so on, I have never been able to do these realistic experiments before, so this was an excellent opportunity for me to work this out and learn about it in a more comprehensive way.

At last, it is time to talk about my favorite lesson - Media Studies. It



**I drew a picture of the British police in my art lesson**



**William really took great care of me in the Biology lesson**



Doing an experiment in the Biology laboratory



Playing table tennis with local students

gave us proper interaction with the students there. Since social media and propaganda are the topics that we usually met up to discuss in class, we had many ideas and examples, on top of the theory that Miss Maclean taught. Miss Maclean led the group discussion very well. We can share our thoughts freely. The communication between us has made me and Charisse know more about the local students, building a great bond among all media studies' students. This lesson became a great motivation for me, since I desired to have the media studies lesson every day.

At the weekend, after an hour train trip, we four went to Derby, with the aim of visiting Dr. Hollingsworth and Mrs. Hollingsworth. At our first meeting, their charming smiles delighted us. After we introduced ourselves, they took us to have

lunch. We talked a lot about our experience there, and they have shared their teaching history and love story in HK. We all enjoyed the conversation very much. Later on, they took us walking around Derby and were excellent tour guides for us. From that experience, we know a lot about that town, like the art history and infrastructures there. They made us have an unforgettable day in Derby.

The day after, it was our pleasure to have a local student there, Harry, be our tour guide to Leeds. We went shopping, watched a movie, and we tried the renowned dish of England— fish and chips, which was mouthwateringly delicious. We enjoyed a great leisure day, out in Leeds.

Finally yet importantly, let me quote the Hypodermic theory that I learned from my media studies lesson—what you see, what you assume will affect you. The wonderful and educational life there was definitely my assumption before the trip. So now, this article has been what you have seen, and it has presented a good image of studying overseas to you. I hope you all can have an overseas learning experience, and jump out of your comfort zone to achieve it on your own. It will reinforce you, not only in knowledge, but also in social skills and your own abilities.

Thank you our principal Ms. Wong, for giving us this opportunity, and all the teachers involved who helped us to experience the excellent school life in the U.K.





## UK School Experience Programme

Target:	Junior Forms
Destination:	Colwyn Bay, Wales, United Kingdom
Period:	25th January 2019-11th February 2019
Host School:	Rydal Penrhos School
Participating teacher:	Ms. Sammi Ng
Participating students:	30 students from Form 1-5
Fee:	The Ms.Helena Sito Education Fund fully sponsored 4 students(Melody Chen 2R, Matthew Lam 2R, Angie Wong 3R, Ken Wong 3G). Others were self-financed.
Organizer:	Methodist College



It is the last chapter of our wonderful journey and also a new chapter of our fruitful life.....

Last day at the Manchester Airport

## Itinerary

Date	Activities
25 <sup>th</sup> January 2019(FRI)	Depart from Hong Kong
26 <sup>th</sup> January 2019(SAT)	Arrive in England Flight to Manchester Sightseeing in Manchester Visit Manchester United Stadium Arrive at host school(Rydal Penrhos School) in Wales
27 <sup>th</sup> January 2019(SUN)	Sightseeing around Colwyn Bay Visit Colwyn Bay Shopping in Bayview shopping centre
28 <sup>th</sup> January 2019(MON)	First school day Meet our buddies and class teachers Play 'Five', a game which is played with just our hands and gloves
29 <sup>th</sup> January 2019(TUE)	Second school day
30 <sup>th</sup> January 2019(WED)	Third school day Walk around the beach Watch movies
31 <sup>st</sup> January 2019(THU)	Fourth school day Comedy Night
1 <sup>st</sup> February 2019(FRI)	Fifth school day Have a Drama lesson
2 <sup>nd</sup> February 2019(SAT)	Trip to Chester Visit Chester Cathedral Have fish and chips for lunch
3 <sup>rd</sup> February 2019(SUN)	Have brunch on Sunday Shopping in supermarket in Bayview Play snooker
4 <sup>th</sup> February 2019(MON)	Sixth school day Play hockey



# Cultural Exchanges



5<sup>th</sup> February 2019(TUE)

Seventh school day  
Have Spanish and French lessons  
Have Chinese food for lunch

6<sup>th</sup> February 2019(WED)

Eighth school day  
Go hiking  
Play field orientation

7<sup>th</sup> February 2019(THU)

Ninth school day

8<sup>th</sup> February 2019(FRI)

Last school day  
Farewell to our friends and buddies  
Have a farewell party in our boarding house

9<sup>th</sup> February 2019(SAT)

Sightseeing in Liverpool  
Visit Liverpool Stadium

10<sup>th</sup> February 2019(SUN)

Depart from Wales

11<sup>th</sup> February 2019(MON)

Arrive in Hong Kong



## Reflection on Education and learning in Britain

Melody Chen 2R

We are always eager to experience a different style of learning, whether in Hong Kong or other countries. Rydal Penrhos School is immersed with a strong learning atmosphere. Students there all react actively to the teachers during lessons.

There was one thing which impressed me the most. We did climbing and nature hiking during the orienteering period, which were both eye-opening experiences! We went to Penmaen Llechwedd for hiking. We needed to explore using a map by ourselves, in order to reach the destination. We can't learn such practical knowledge and practise orienteering from textbooks, as usual. We must explore it outside the classroom, in nature. This is why children in the UK can apply their knowledge in real life, instead of just being an exam machine.

Moreover, about the education system there, they adopt small class teaching. It really upgrades the quality of teaching. Teachers can really take care of every student and answer any questions from him or her.

Lastly, there were French and Spanish classes, which I appreciated the most. Language is a good way to know more about the culture of other countries.



Taking a French lesson.



Melody with her classmates during orienteering period on Penmaenmawr. Llechwedd



Whole class playing giant Jenga during game period





## Reflection on life and personal goal

Matthew Lam 2R

"We humans have lost the wisdom of genuinely resting and relaxing. We worry too much. We don't allow our bodies to heal, and we don't allow our minds and hearts to heal." I pretty much agree with this quote. In Hong Kong, we have so much work to do, we sometimes even forget why we are actually doing it. Is it to make our life better? On the contrary, the UK is vastly different. It is a relaxing place where people enjoy life. Let me tell you about some of my experiences.

After the day of hard work, there were enrichment classes. Unlike Hong Kong, students there joined the classes because of their interests, like my friend Kosi, who joined French class after lessons. During the lesson, we talked about French, chatted in French, and we had a lot of fun. They seemed not to worry about other things and paid attention in the classes. I knew all of this from their laughter and

smiles. I hope one day I can be a carefree man and enjoy my life.

In the UK, the weather was actually quite rainy, but you would seldom see people bring their umbrella. Instead, they liked to jump in the puddles and have fun with others who do not care about getting cold!

It was so relaxing in the UK. Hongkongers, take note!



Wear your gloves, it's 'Five' time!



Matthew with his French and Spanish teacher, from whom he learned a lot from her.



Matthew having a drama lesson with his friends.

## Reflection on Learning in UK

Kenneth Wong 3G

For my whole life, so far, I have been studying in Hong Kong. Now, for the first time ever, I am studying in a place where English is their main language, which has been an interesting experience.

Most subjects I study in Hong Kong, such as English, Mathematics, PE, etc. are also subjects studied in the UK. However, Physics, Chemistry and Biology are compulsory subjects in the UK, because they think that everything around us is related to science and we should all develop an interest in the wonders surrounding us.

Studying English in the UK is quite different from Hong Kong. While they teach fundamental things like grammar in Hong Kong, students in the UK have to read literature from as far back as medieval English. It was quite a challenge for me, since I am illiterate when it comes to old-style English. But I did learn a thing or two nonetheless.

Unlike Hong Kong, where there are only a few subjects to choose from in Form 4, there are many 'exotic' subjects that students can choose to study in the UK. For instance, my friend Aiden studies Business, Geography, French and DT, while another friend of mine studies Home Economics and German. As for me, I have learnt a bit of French during my 2-week stay, which might come in handy in the future.

There are other compulsory subjects, like Religious Studies and PSHE(Personal, Social and Humanities Education), in which you discuss philosophical questions and social problems in our society. I also played hockey in P.E., a game in which I scored twice. Not bad, considering it was my first time playing and the hockey team captain was constantly trying to interrupt my shots. I had a great time nonetheless.

The people there are really conversational and kind. I met a gang of friends in the school who accompanied me wherever I went and taught me a lot about British culture, while I taught them some Cantonese slang. They are definitely some of the nicest people I have ever known. We ate, studied, joked and worked out together. It was a shame that I had to leave after my 2-week stay. The teachers were also gracious. They seldom ever yelled at anyone and they enjoyed having conversations with students. I had a great time



The usually crowded corridor of the main building





**The boarding school where Ken spent his 2 weeks stay, Hathaway**



**The cafeteria of Rydal Penhros school**


talking about culture with our Religious Studies teacher.

Studying in the UK is very different from studying in Hong Kong. Both have their own unique features, but I think I prefer studying in the UK than in Hong Kong. This 2- week stay in the UK has changed my

thinking that studying overseas is unsuitable for me. In fact, studying overseas is better for my future. I would definitely recommend studying overseas to anyone who does not enjoy the education system in Hong Kong, because I had a great time, and I am sure you would too.



**The East wing of Rydal Penhros School.**



Stunning view captured  
from the outside of the  
dormitory

## British Dormitory Life

Angie Wong 3R

My first impression of the British dormitory life is that the learning environment is not only comfortable and relaxing, but also structured and self-motivating. In short, it is very different from Hong Kong. Honestly, I have always wondered about what it would be like if I were to live in a dormitory. I was thrilled that I got a chance to experience the British dormitory life and to interact with British teachers and students even just for two weeks!

The life in the dormitory turned out to be more fruitful and efficient than I thought. Our weekday

schedule was well structured and planned by the school. Every day, after dinner, we would have our “prep” time, which means time for “preparation”. It enabled us to finish the incomplete school tasks and get ready for tomorrow’s studies. After the “prep” time, we would have a “social time” to meet up with our new friends. It was a golden chance to interact with new friends from different countries with different cultures. Sometimes, we were advised to have exercises to relax ourselves in the school gymnasium too. Besides, living





in a school dormitory, we were required to follow a lot of rules and regulations, with no exemption for exchange students. For instance, in order to make sure students in the dorm have enough sleep, we were required to go to sleep at specific time, which was called “lights out time”. During this “lights out time”, our housemistress, Fiona, would come in to collect our phones, with the aim at ensuring we had a “true” rest. We would get it back the next morning. Hence, I have learned how to have a structured and planned student life, which really

benefits me to work in an efficient, effective and discipline manner now, and in the future.

Additionally, I have also learned that whatever we do, we must consider others’ feelings and respect others’ cultures. I shared a room with four other girls. It is really essential to consider others. For example, we did our best to make sure our actions avoided disturbing others in the same room.

To sum up, it was a remarkable learning journey and memorable experience for me.



**My best friend, Emily, who dreams of becoming an outstanding detective**



**My housemistress, Fiona**



**My squad in the U.K. - I miss them very much !**

## 13th WESPA Youth Cup 2018 (WESPAYC 2018)

Destination:	Dubai, United Arab Emirates
Competition date:	11-17 Dec 2018
Participating students:	PO Chun Wo, Brian (5B), LAW Long Yin Thomson (2G) WONG Tsz Yu, Julian (2R), SO Ernest Yat Long (2R)
Organizer:	World English Language Scrabble Players Association
Venue:	Dubai
Results:	Brian PO– Overall 6th place Thomson LAW - Overall 9th place, Under-16 2ndrunner-up

### 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 December 2018. A total of 116 youth Scrabblers joined this annual youth event. Our students Po Chun Wo (5B) , Law Long Yin Thomson(2G) , So Ernest Yat Long & Wong Tsz Yu, Julian (2R) were selected as the Hong Kong representatives in this tournament.







## Reflection

### Thomson Law 2R

It was my pleasure to represent Hong Kong in participating in the WESPA Youth Cup - the largest international Scrabble tournament for youth of the whole year in Dubai. Joining the once-a-year event was a dream for every youth scrabbler with a valuable chance to explore and to learn from various players around the world. Apart from playing scrabble, the trip also taught me the way one treats others and to take care of oneself.

During the tournament, I faced quite a number of top players from different continents. They were the top youth Scrabble players in their own countries. Although we were opponents to each other, we showed respect no matter how the game went. Ram Naresh, an Indonesian Athlete once wrote, 'Your efforts were not made in vain. The greater your effort is, the sweeter your reward is. Hard

work paid off in the end.' With encouragement from Douglas, our team coach, and my teammates, I managed to win all the last three games closely and finally finished the ninth among all over 110 players. Because of this, I was honoured to be invited to the Government House to meet up with the CE Carrie Lam and other officials as well as some outstanding students and athletes around the territory.

Apart from the tournament, I have also spent some time on visiting this famous place in the Middle East. Apart from the newly built and modern skyscrapers and stylish tourism spots, I paid a visit with my teammates to explore the city in the Dubai Museum, as well as some heritage spots.

I'm looking forward to achieving a higher ranking in the next youth cup.



# Welcoming exchange students into Methodist College

*We are fortunate to have had exchange students staying with us for various lengths of time. Oriele, from Italy has spent a whole year here at Methodist College. What a great chance for us to enjoy cultural diversity.*

Exchange Programme	AFS Intercultural Exchange Programme (high school)
Nation	Italy
Period	August 2018– June 2019
Exchange Destination	Hong Kong
Host school	Methodist College





## AFS Intercultural Exchange Programme (high school)

Nation:	Italy
Exchange Student:	Oriele
Host Class:	4B
Period:	August 2018– June 2019
Host school:	Methodist College

### A LIFE IN A YEAR

ORIELE CAVAZZONI

Ten months. Ten unforgettable months. Ten months in which I had one of the most beautiful experiences I could have ever imagined. Now, writing this article, sitting in a chair in the library, all seems far away, almost like a trick of my imagination. To remind myself that all the adventures were real, there is my Hong Kong family, teachers, companions, and friends. Realizing that in less than thirty days I will have to leave them is shocking. This year brought me extraordinary memories, and whenever the melancholy of returning to Italy comes over me, I remember that my companions from MCKLN, my family, and my friends will always be with me in my heart. But now I think it's time to tell you how I got to this point

... I, Oriele Cavazzoni, an Italian girl aged 16 (almost 17), embarked on this journey exactly 280 days ago when, for the first time in my life, I touched Asian soil, after having just landed at Hong Kong airport. I didn't know what was waiting for me at that time, and I could have never imagined that it would be so unforgettable. I like comparing this exchange year to a journey. Every journey has a destination, whether it's known or not, and even if I don't know mine yet, I know that the vehicle on which I'm chasing it is made up of different parts. These parts are my host family, my friends, Methodist College staff, students, and many others who gave me constant support during these ten months.

## MY SECOND FAMILY!

Like Laura, the AFS student before me, I lived with a local family in Tai Kok Tsui, an area that now I know better than my own Italian home! My second family - my host dad, my host mum and my two little brothers, aged 6 and 10 and their domestic helper - live in what has become my second home. My parents are fantastic people. Although they work a lot, they always found the time to let me do activities and make me visit new places. The two people I care about most are my little brothers, Oscar and Ostin, who, although

they are 'pests', have made my daily life a succession of laughter and happiness. When I spent time with my family, they always proposed new activities, introduced new traditions and tested new restaurant kitchens. For example, once in early September, we all went together, accompanied by my two host grandmothers, to the Big Buddha. It was the first major tourist attraction I visited in Hong Kong, and the emotions of that day are well impressed upon my memory. Despite that rainy day, I remember very well the breathtaking view that







you could see from the cabin of the Ngong Ping 360: on the right, the sea as far as the eye can see and a bridge that seemed to get lost in the distance, on the left, the green mountains and the majestic Big Buddha statue . A wonderful show! This was just one of the many places that they took me to visit.

Another key part of my experience was METHODIST COLLEGE! I remember perfectly the first day of school. It was a hot, humid day, with the climate typical of the first days of September in Hong Kong. As soon as I crossed the threshold of the main door of the school, I immediately felt observed by more than one pair of eyes. Fortunately, my English and support teacher in MCKLN, Mr. Wong, saved me. He took me to a room where I met my first three friends in MC: Alisha, who was a precious help, Scarlet, a sweet girl and Stephanie, a crazy girl. After making their acquaintance, we went to my class, 4B, and once the class and the class teacher met me, I sat at my desk for the first time. One thing that immediately surprised me was the fact that I was in a class composed of students born in 2003. In Italy, I usually dislike younger boys and girls, but here I found myself getting along well with them. Probably because

Hong Kong teenagers are more mature, given that from an early age they are educated rigorously in academics, as well as in sports and music. For me, coming here was like rediscovering study. Not that I didn't study or put effort in learning in Italy, but in Hong Kong, the efforts and commitment that the school requires is at an all new level. Not only do kids start learning at a younger age, but the method is much more schematic and progress in the program is much more rapid. As for the subjects, I found myself adapting very well, and I immediately loved two electives: Geography and History. During this school year, I decided not to take part in any club or society intentionally, because I wanted to spend more time discovering the wonders of this city. Nevertheless, the school has given me so much in terms of new friends, caring teachers and special events (Open Day, Sports Day, Games Day at a primary school). One of the best moments was Sports Day. During these two days, I perceived something that I think we miss in Italian schools: the spirit of unity and collaboration. Because during these two days of sports activities, everyone supported each other. Whoever competed, competed for those who cheered and those who

cheered, cheered for those who competed. Harmony and joy were a beautiful thing. In addition, the rivalry between the various houses made it more fun. One thing that made me very happy was the fact that not only did I create bonds with my classmates, but also with people from my same year, such as Kelly Chan (4R) and Vanyisa Lee (4W) as well as Junior form students, like Annie Fu (3R). In addition to being my schoolmates, many of them have also become my friends and I visited the city with them and had a lot of fun. Like the time we took the ferry with Alisha, Karina, Winki and Vanyisa and went to Central, where we took a ride on the Observation Wheel. That day was my first outing with local friends and I must say that it will remain one of the best memories I have of Hong Kong.

Obviously, my friends during these ten months were not just my schoolmates, but also my fellow exchange students who accompanied me on this trip and with whom I laughed in moments of joy and cried in moments of sadness. I think that because we were strangers to the local culture and felt the same emotions, we managed to build strong bonds, so we can say that we crossed half the world just to come together. My



**My class, 4B, with our class teachers Ms. Wong Wing Sze and Ms. Li Hoi Sai**

group of close friends consisted of girls from Austria, Hungary, Germany, Finland, Italy and Spain. Thanks to AFS, we had the opportunity to go to China, where we visited four cities in four days (Guangzhou, Shengzhen, Dongguan and Zhongshan). There I was able to experience traditional Chinese culture and I could better understand some aspects of the modern one. These months will always remain in my life memories, so I must thank my host family, my friends, my classmates, my teachers, my principal Ms. Wong, and above all, AFS. Thanks for everything! I hope to see you all soon! Wish you all the best!



# Cultural Exchanges



Janice , my 4B classmate and me at the Christmas Ball.



Winki Cheung , me , Karina Lee and Alisha Wong during my first Sports' Day.



Me , my host mum and my two host brothers at the Wishing Tree



Christmas party with my Finnish friend , my family (Host Dada, Host Mum and 2 host brothers ) and their friends.



## Reflection From Classmate

Karina Lee 4B

"Hi!" On the first day of school, we smiled and looked at each other awkwardly. Even though we were having lunch together, dead air surrounded the table. We lowered our heads and focused on our food. The atmosphere was really strange. I wanted to share some of the interesting things about Hong Kong, but I did not get any chances until the Sports Days.

On the Sports Days, I observed another side of Oriele – dynamic and enthusiastic- very different from school. She took the initiative to learn our form's slogans in Cantonese and tried to meet students from other classes. At the beginning, Oriele

gave me an impression that she was aloof, but I was wrong. She loves to share her experiences of her first two months in HK, her friends in AFS, her two adorable brothers in her host family, and more. As we had more conversations, we became closer and developed a warm rapport.

Apart from our regular conversations, we debated on academic studies, especially History and Geography, as we both study these subjects. She has a very wide scope of knowledge in History and Geography. Oriele always shares her insights during our lessons and inspires us. She is proactive and intelligent.



Celebrating Oriele's birthday



We hung out a couple of times outside school as well. Laughter was everywhere. We celebrated the Mid-Autumn festival together, playing with the glow sticks. We rode on the Observation Wheel in Central, appreciating the gorgeous night view of Hong Kong. We also went to the AIA Carnival after the first exam, trying different and exciting game booths and rides. She also brought her friend Venla, who came from Finland. We had a lot of fun together.



**Me and Oriele on the school's Open Day**

When I realize that Oirele is going to leave soon, all the memories with her flood my mind. At the beginning, we were unfamiliar with each other. Now, we are good friends. Whether we speak spiteful words to each other, we don't mind. This kind of friendship is as precious as a pearl, which I doubtlessly cherish.

forget the moments when we hung out together and chitchatted, both during the holidays and around school. Thank you, Oriele, for giving me such a memorable Form 4 year. I will definitely miss the good old days with you. You promised to return for my graduation ceremony, and I look forward to seeing you.

Time has zoomed by. Ten months slipped away in a flash. I will never



**The last day of school!!!**



# All Trips at a Glance (2018-19)

*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
13th WESPA Youth Cup 2018 (WESPAYC 2018)	11/12 – 17/12 (7 days)	4 students from S2 & 5	Dubai, United Arab Emirates	World English Language Scrabble Players Association
UK School Experience Programme*	26/1 – 11/2 (17 days)	30 students of S1-5	Rydal Penrhos School, Wales, UK	Methodist College
Malaysia Leadership Training Programme*	16/4 – 25/4 (10 days)	32 students of S1-5	Kuala Lumpur, Penang, Malaysia	Methodist College
株洲姊妹學校特色課程體驗及體育交流考察營*	17/4 – 21/4 (5 days)	33 students of S1-5	Zhuzhou, China	Methodist College
四川文學歷史文化考察團*	18/4 – 22/4 (5 days)	20 students of S3-5	Sichuan, China	Methodist College
Service Trip to Cambodia*	23/4 – 27/4 (5 days)	21 students of S1-6	Phnom Penh, Cambodia	Methodist College
Immersion Programme to UK	23/4 – 3/5 (11 days)	4 students of S4 & 5	Woodhouse Grove School, Bradford, UK	Methodist College
九龍西學界滬港交流（雙向）夏令營 2019*	2/7 - 7/7 (6 days)	10 students of S4	Shanghai, China	九龍西區各界協會
北京、武漢歷史文化及創新科技探索之旅*	6/7 – 11/7 (6 days)	10 students of S5	Wuhan, Beijing, China	Education Bureau
Immersion Programme to Singapore*	14/7 – 21/7 (8 days)	10 students of S1-3	ACS(Independent) and Methodist Girls' School, Singapore	Methodist College
Tokyo International Choir Competition*	25/7 – 30/7 (6 days)	36 students of S1-6	Tokyo, Japan	Methodist College

**\* Trips escorted by our teachers**



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