

# Spkc

Stewards Pooi Kei College Newsletter

**SPECIAL ISSUE**



## **Featured in this issue:**

**LEWOWA Photography Contest: winning products**

**Limited Edition : “Sweet Memories” The Postcard collection**



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Socrates, the classical Greek philosopher stated,

“Tell me, I will forget;  
Show me, I will remember;  
Involve me, I will understand.”

This reflects the importance of experiential learning which includes all of the possible senses; hearing, seeing, feeling, touching, smelling, tasting etc...

The “Learning Without Walls” program is part of Experiential Education in SPKC. We believe that our students will gain insight and grow when they are in challenging exposures.

This year, a variety of activities have been offered to our students for their choice, namely educational trips to Germany and Austria, Japan, Korea, Beijing, Shanghai, Dalian, Yangshou and HuaDung. Service trips

## The Principal's Message

to Singapore and GuangXi. Local training programs like Creative Writing, English Drama, Leadership training, Outward Bound, Caring Musical Service, Gourmet, Video and Audio editing, Film and Video making, Engineering, 3D modeling and animation and so on. The activities have been carefully selected and designed to maximize learning opportunities and to fit in the interests of our students.

From the reflections of the students, we may further understand how this program enriched their life experiences in just a few days. This newsletter is a footprint of their wonderful journey. However, the most important point is that it is not the end, but the beginning of the linking and transferring of their insights and discoveries to their own unique real life situation for application.

Mr. Peter Yuen  
Principal of SPKC

## Editor's note

As our Newsletter team got together to plan for our annual special Learning Without Walls issue, it was obvious that this year would be different than the last; this would be the year of adjustments and undoubtedly, the amount of overseas trips has dropped dramatically. This wasn't so much by choice, but by worldly changes which unfolded before us; the weak economy, certain socio-political situations in different parts of the world, rising traveling costs. All of these factors affected how we planned and executed the whole program.

What was striking is that, with all these external difficulties hovering above our heads, our dedicated staff not only adjusted to the situation, but they've even made the best of it; maintaining a high quality of learning and experiences in the various trips, despite lowered budgets, concerns over safety and rising cost of traveling.

That eye-catching trip to Montreal was canceled due to high costs? No problem at all! We'll take them somewhere closer where they can still learn about other's culture. How about Yanghsou for community service, Huadung to learn about Architecture/culture, and Baise to help teach English to children from the mountainous areas of rural South-western China? I dare say that these are worthy, if not spectacular and

meaningful destinations for our students. The destinations may be closer, but our goal and focus has not been shortened; for our students to not only learn but to experience things first hand, so that one day, they would be the one's leading the next generation into the “Promised land”.

There's a saying, “When life gives you lemons, you make lemonade.” That's just a perfect depiction of how our school has been operating; standing tall, through changes and upheavals. We've shown this time, that, no matter what is happening in the outside world, we must continue to maintain the focus of our goals.

So I suppose, when life gave us less choices, less money, and less of everything involved, we, in turn will do our best and make it into some of the most beautiful and memorable experiences for our students and for us, the teachers as well, as we've always tried to do.

Gerald Li



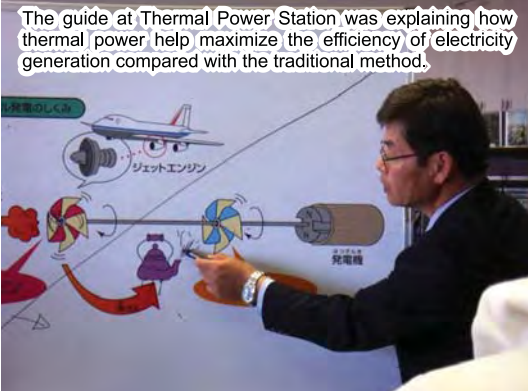


What is so appealing about Japan? It is actually the advanced technology and hi-tech products that they have. We couldn't wait to see their origins. Our programme schedule was quite tight. We have been to a Thermal Power Station, Nissan Motor Co., Wastewater Treatment Plant in Tokyo, etc.

Electricity, water and cars are so commonly seen. We take it for granted to enjoy the benefits of a well-developed system. But when we went into their centre and see the processes, we learnt to appreciate the beauty, preciseness, effort and dedication that scientists and workers have put into them. We experienced earthquake and escaping from fires in the Disaster Prevention Centre of Japan and we were even able to enter the cockpit of a plane in the Museum of Aeronautical Sciences.

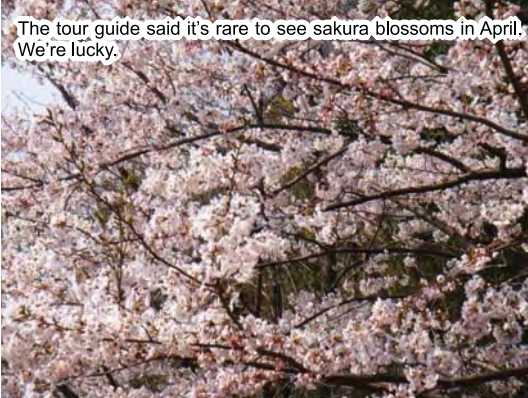
The other main attraction of this tour was shopping and trying local foods. Japan is no doubt a shoppers' paradise too. The only drawback is nobody understands English. They will talk to you in Japanese even after you told them you don't speak Japanese. We had problems getting the products we want, picking shoe sizes and ordering food. Many students say it's the first time in their life that they've had to use their brains so hard in order to be able to communicate with the locals! Yet, nobody complained about that, since this is where we see the pride of Japanese and how much they respect their own culture. This is also the time we show our patience and understanding towards how people in another country live. It felt as if the 7 days went by so quickly. Most of us didn't want to leave on the last day.

Ms. Pinky Ng



The guide at Thermal Power Station was explaining how thermal power help maximize the efficiency of electricity generation compared with the traditional method.

# Study of Advanced Technology and Environmental Practice of Japan



The tour guide said it's rare to see sakura blossoms in April. We're lucky.



Group photos after visiting the Nissan Motor Co., Ltd.



at the Museum Island, Berlin



Posing with a Berlin soldier



Sharing time in Vienna



Crematorium for the victims

On 2nd April 2009, 22 students and 3 teachers from SPKC set foot on the soil of Berlin. This was SPKC's first trip to Central Europe, and also the first history tour to Germany and Austria ever organized by a Hong Kong school! Before the trip, we had no idea what the trip had in store for us, except the chance to have a glimpse of Central Europe. The trip turned out to be much more than what we had imagined.

In the 9-day program, we travelled by coach from the capital of Germany to the capital of Austria, Vienna, stopping at various sites of historical significance. Overwhelmed by the breathtaking scenery and stunning architecture, we were in awe of the long heritage which the German people had lived and preserved. History came to life as we visited places referred to in our IH and Music lessons: Nazi monuments, the Berlin Wall, Holocaust gas chambers, traces left by the greatest composers... Yet these were not 'textbook' history. They seemed so alive, so real in front of our eyes.

We soon discovered that history was not the only thing Germany could offer. Its unique school culture, the people's grave courage to face their past, the cutting-edge technology and pioneering environmental policies all transformed our outlook of what 'Germany' meant. Every evening as we all gathered for a session of sharing, we were amazed by how we had been changed in the way we perceived Europe and its people. Such impact on us had penetrated from our minds to our hearts. As our horizons were opened by what we saw, we also began to change the way we look at Hong Kong and ourselves. Questions were raised and dialogues opened as we discussed how easily in our daily life we could repeat the mistakes made by the Nazis and how much the Chinese people could learn from the Germans.

Time flew and the trip passed by all too quickly. Yet everything we learned and experienced in the trip will be forever a part of us.

Ms. Joanie Yeung

# At the Heart of Europe: THE HISTORY AND CULTURE OF GERMANY & AUSTRIA



Highlights of our Germany/Austria tour:

1. Remains of the Berlin Wall
2. Checkpoint Charlie in former divided Berlin
3. Nazi concentration camp at Mauthausen and other Holocaust memorials
4. Lessons with German students at Carl-von-Ossietzky-Gymnasium
5. Medieval town of Regensburg
6. Museumsinsel (Museum Island)
7. Deutsche Museum of Science and Technology
8. BMW World, Munich
9. The magnificent Neuschwanstein Castle
10. Schoenbrunn Palace, Vienna



Admiring the magnificent Ishtar Gate!



Eye-opening classical heritage



Seeing the victims from the Holocaust



Inside the gas chamber where more than 1000 victims lost their lives



In the German school, I chose to study political science with the grade 13 students. I felt a bit nervous before entering the classroom as they are much older than me. But I was very surprised that the German students didn't discriminate against us. Two students even came and communicated with us actively. They told us what they were doing and asked for our opinions. They just treated us as the students there.

What I learnt from German people is their attitude toward history and mistakes. As we know the German people killed over 6 millions Jewish people during WWII. To the German people, this is the largest mistake they have ever made in history. What would you do if you make a mistake? Most of us would prefer denial. But the German people never tried to deny it, they even built many museums all over Germany to remember this incident and they try to remind their children not to do the same thing in the future. A famous British politician said that the hardest thing in the world is to admit your mistake. So how courageous the German people are! Their attitude towards history is really admirable.

CHAN Ying Kit, S4 Faith

Other than history of Germany and Austria, I learnt something even more valuable about improving myself. Back in the old days, I always thought of myself as independent, responsible, smart, etc. After this trip, I find that the crucial point of being a successful person is not just by thinking about yourself but also to give your best, to work hard and play hard. Life is never easy! I hope that there will be the second or more chance to have a study tour like this again.

Tse Wai Sum, S4 Faith

The most memorable spot I visited in this trip was Mauthausen Concentration Camp. The prisoners were treated harshly. They lacked nutrition because they only had little food everyday, but they had great amount of work to do. They needed to carry stones of about 40kg from the bottom of the mountain to the top through rough stairs and roads. I tried to experience the work that they did, I went through up the stairs once. It was very exhausting for me as the stairs had about 200 steps. How about the prisoners? About 100,000 of them died because of this. The causes of death included the heat, the cold, the shootings, the crematoriums and gas chamber or even thrown down to the bottom of the mountains by the Nazi soldiers. After I visited the camp, I believed that we are very lucky in Hong Kong. We enjoy great living conditions, nice facilities, education and caring families. However, we often tease or bully others unwittingly. We should get along with others peacefully.

CHENG Chin Wang, S3 Joy

In the concentration camp I felt like I could hear the Jews crying and the cold-blooded soldiers laughing. When we went to the incinerator, I saw many national flags and photos of the deceased Jews on the wall. I felt so sorry when I saw these. On the way we left the concentration camp. I reflected deeply about what I saw. Suddenly, I found that I am really fortunate. I can live a life that is safe from persecution. Nowadays, teenagers always complain about many things, we always think that our parents, our school, our teachers are not good as others'. But we never treasure the things we have. We never appreciate the grace God has given to us. From now on, I will try to adopt a different point of view to face my life, my future and use a grateful heart to give thanks for everything.

HAU Kai Men, S4 Faith

# 志願工作及文化交流之旅

## 星加坡



新加坡之父

這一次的新加坡之旅，令我獲益良多，在旅程途中我們到了多處當地著名旅遊景點，當中令我最深刻的是新加坡動物園，因為動物園是開放式的，讓遊客和動物有近距離的接觸，加上園內動物品種繁多，令我對動物興趣更深。在旅程第三至五日，我們先到了尚志中學與當地學生進行交流，最記得那天早上五時就要起床，因為要準時到達學校觀看升旗禮。之後我們進行了半日的觀課，以及先與寄住家庭的學生互相加深認識，為之後兩天的相處作準備。

首先很感謝我的寄住家庭對我的照顧和愛護，他們對我都友善，還帶我到當地人的coffee shop共晉晚餐，令我最驚喜的是當我到達目的地的時候，發現他們所謂的coffee shop就如我們香港的大牌檔呢！雖然只能相處短短的一個晚上，但他們也盡東道主的責任盡力帶領我去了解他們的日常生活情況，和讓我知道新加坡人的文化和歷史。是次的旅程令我對新加坡加深認識和擴闊視野，增廣見聞，我更學會了有技巧地與人相處，更加主動，互相協助，彼此關懷和接納別人的長短處。

羅穎淇，中三恩典班



國家植物公園



學生和當地人做訪問



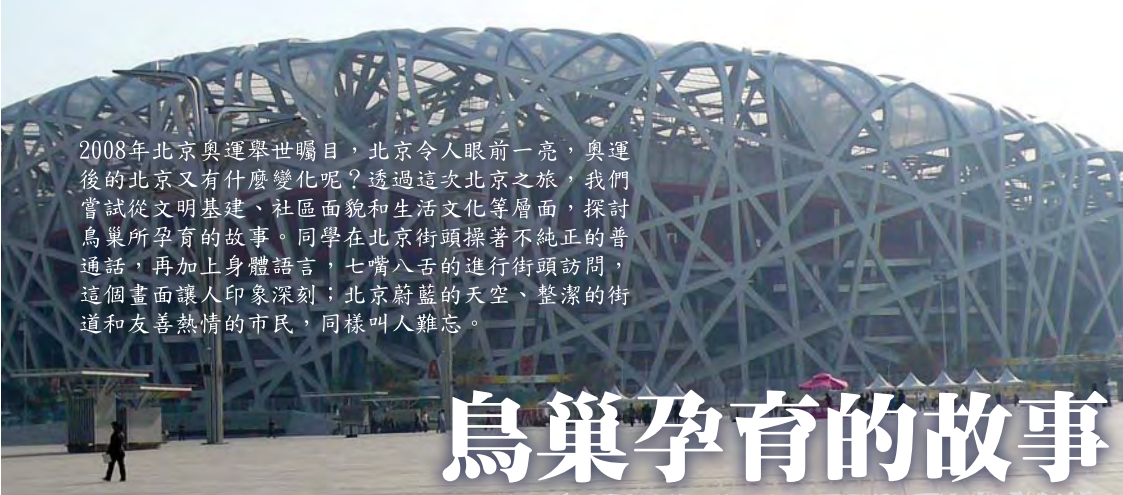
潮式肉骨茶



當地學校老師



魚尾獅



2008年北京奧運舉世矚目，北京令人眼前一亮，奧運後的北京又有什麼變化呢？透過這次北京之旅，我們嘗試從文明基建、社區面貌和生活文化等層面，探討鳥巢所孕育的故事。同學在北京街頭操著不純正的普通話，再加上身體語言，七嘴八舌的進行街頭訪問，這個畫面讓人印象深刻；北京蔚藍的天空、整潔的街道和友善熱情的市民，同樣叫人難忘。

# 鳥巢孕育的故事

I went to the most famous place in Beijing, the Chinese National Stadium, also known as the "Bird's Nest". It was so beautiful, it made me proud of China that they could make such a grand building. The outer face of the Bird's Nest really looks like a bird's nest, I think it's very creative.

In this Beijing program, I learned a lot of useful things, such as interviewing skills, video editing and how to take a nice photo. The most unforgettable part was interviewing the local Beijing people on the streets. At first, I felt very afraid, because I don't know them, they are strangers. After

the first interview, I felt that the people of Beijing are very friendly and kind. They all accepted our request for an interview, even though they might have been eating or holding heavy bags. They were also very talkative, so we got enough information for our project.

At last, there's more that I'd like to share with you all, that this program was not my first choice, but in the end, I really enjoyed it. After I came back to HK, I think that this program is better than my original first choice. It was a truly unforgettable experience.

Revin Lai, S2Joy



這個以北京的現在及對未來的展望為藍本所造的市區模型，充分展示了一個現代化、科技先進的大城市所要具備的條件。當我去到北京市規館展覽館時，我被這個模型深深地吸引著，那些一座座的高樓大廈實在給人一種耳目一新的感覺。試想想一個歷史悠久的城市可以由不受重視，發展成一個可以媲美國際的地方，身為中國人的一份子也感到光榮。我對北京未來的發展還有很大的幻想空間，追求進步才是成功的唯一方法，做得好，下一次就想些更好的。成功的標準很難去量度，不過能讓全世界的人看見中國一日比一日進步，這就是我所期望的。

藍浚傑，中三和平班



This year, I joined the programme called 'An Exploration of Korean Life and Culture'. I chose this programme because I love Korea and it is a wonderful place to visit. After I finished this programme, I realized that I have learned a lot!

The most impressive thing to me was the exchange programme with Korean students in a secondary school. Most of the teachers and students spoke Korean and their English was not as good as Hong Kong students. After a short while, we were able to communicate using simple English. I knew that they tried their best and have spent a lot of time to prepare this programme. In addition, their enthusiasm in learning English and their serving heart really touched me emotionally.

We also visited the Third Infiltration Tunnel, I

think this is the most valuable place for me to share with my friends. The tunnel was very wet and long. During the Korean War, soldiers from North Korea used this tunnel to get into South Korea. Why was there a war between North and South Korea? They are from the same country! Why did they have to fight each other? I know that because of the Korean War, many Korean families were separated for a long time. I felt sad and asked 'Why should there be wars?'

This programme was memorable to me, including the Korean culture, food and clothing. I really loved their way of life after this programme. The history of Korea is also very attractive to me and I want to know more and more about Korea!

LAI Chi Ching, Michelle, S3 Peace



An exploration of  
*Korean Life and Culture*

今年視覺藝術科主辦了一個名為「下一站——穿梭北京798藝術區」的課程。課程主要行程前往由上世紀六十年代開始工業廠房演變而來，形成了目前具有相當規模的多元文化的798藝術空間。可能大家未必聽過798藝術區吧？不如看看到訪了798藝術區的學生對這兒有什麼感想吧！

Ms June Tang



798藝術區的原址由當時的東德及蘇聯援助建設而成，屬於德國包豪斯(BAUHAUS)建築風格，藝術家們發現了這片廠區的特殊優勢。他們將閒置的廠房改造，成為今天有名的藝術區。



## 第一、二天

「我們到了北京798藝術區去參觀不同的藝術創作室，裏面的藝術品都是經過創作者的深思熟慮去選擇適合的表現方式，其中有一件藝術品是用了很多不同的銅造小提琴來去推砌一件藝術品，它給我煥然一新的感覺！798藝術區裏到處也洋溢着藝術的氣氛，連展館旁的一棵樹也包裝得好像一件藝術品呢！」容曉欣，中二喜樂班



「這個藝術區，本來是一個工廠，所以面積非常大，現在整個地方已變成許多藝術家的工作坊，你可想像到有多少個工作坊嗎？相信你在那裡幾天，也看不完。參觀過後令我大開眼界，令我知道原來我們身邊有許多東西也可製作成藝術品的。我首次到北京，能夠參觀到這麼多的名勝古蹟，又能學到有關藝術的知識，今次的LEWOWA簡直令我大開眼界。」

陳雪穎，中三喜樂班

# 「下一站——穿梭北京798藝術區」



「在這個課程裏，我們到了不同的工作室看不同藝術家創作的作品，每一個藝術家的作品都有不同的風格，而且看得出他們都是非常用心去創作每件作品，有手工藝、繪畫、雕塑等等，每件作品都非常漂亮。而且工作坊的建築很特別，有用木條、石磚、水管等來建成的，令遊人很容易便能分辨出他們喜愛的工作室。之後，我們更訪問了兩名798藝術家，我最喜歡的藝術家是李大東，因為他的作員充份表達出他自己的願望和夢想。」

黃恩言，中四恩典班



我們參觀了北京市新英才學校。我們還跟一班小五學生上了一堂書法班。



我們參觀了故宮和頤和園，那裏的風景非常漂亮，並進行了寫生。傍晚的時候，我們坐三輪車遊胡同，這是在香港不能體驗的。



我們去了「爬」萬里長城(居庸關)，又名天下第一雄關。長城的石級非常高，這些石級大約有三分之一一個人的高度，走的時候真的很辛苦。之後，我們參觀水立方和鳥巢體育館。它的設計非常漂亮，而且設備很齊全。



早上參觀了天壇。到了中午，我們去了王府井大街，我們在小吃街上吃了很多很美味的小吃。王府井大街到處也可以吃到炸蝎子！你敢試嗎？



# 上海商業遊學之旅

上海是一個充滿活力的地方，金融、物流和製造業等行業也很發達，不少香港人關心它的發展會否取代香港在亞洲的地位。這個學習無疆界課程就帶領中四的同學們到上海認識這個大都會的商業與城市發展。此外，我們亦到了鄰近的蘇州，了解周莊這個明朝的商業重鎮的文化特色。這六天的課程內容很豐富，好像參觀不同的工廠、商業區和博物館等，給了同學一個寶貴的體會，明白當地的實際經濟活動和營商手法，並試用香港的情況作比較。不論是修讀商科或理科的同學，也很投入地參觀和認真地做功課，大大擴闊了自己的眼界。

黃啟璋老師

我想從商，闖出自己一番的事業，而我在這課程中看這商業世界和我想像中的很不同。在上海大眾汽車有限公司參觀，看見別人管理公司井然有序，雖然規模龐大，卻不曾出亂子。我了解到中國商機處處，機會很多。參加這課程後，更加堅定我的志向，我決心要闖出自己一番的事業。我自知雖然胸懷大志未必成事，但沒有志氣的人是沒有可能出人頭地。光說沒用，所以更要加倍努力，面對正要來的會考，才會有出人頭地之日。

謝文海，中四和平班

在今次的遊學課程中，我最深刻的地方是參觀上海寶山鋼鐵有限公司的廠區。我觀察到廠區的規模十分龐大，而鋼鐵製造的技術也十分現代化。我瞭解到更多製鋼和煉鋼的知識，也見識到中國在重工業方面的偉大發展。我發現到上海政府不只是着重在發展現代化的建築，而政府也致力地保護着古舊的歷史建築和把上海發展成一個綠化城市。我覺得香港政府也應多參考上海政府的城市規劃，令香港有一個既全面又健康的城市發展。

馮梓曜，中四和平班

體驗古代水鄉集鎮的生活



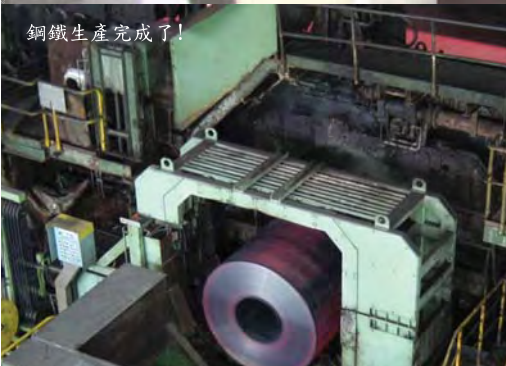
同學們對絲製品很有興趣



參加汽車的現代化生產過程



相片由4 Love 麥穎彤和4 Love 宋國匯提供



鋼鐵生產完成了!



工人正在處理纜絲的工作



上海外灘的夜景

# 大連物流業研究



我們身後就是海呢！



瑞格中學



大連大窑灣貨運港



今年，我參加了大連物流業研究之旅。大連與物流業對我來說都是一個陌生的地方和工作，很開心可以參加這一課程學習物流業。第二天，我們就參觀大窑灣，那裏很大，差不多是香港港口的四倍。雖然她的面積比香港大，但是進出口數量卻比香港少。香港每年平均是二千多萬個貨櫃，但大連平均只有四百多萬個，所以兩地港口是各有特點。下午，我們參觀大連港和一間物流公司。在物流公司，我們與大連物流業協會會長會面。他向我們介紹物流業以及香港與大連的物流業的發展。他也強調大連和香港的物流業是要緊密合作的。

第三天，我們到了大連的瑞格中學進行文流，早上，我們分組跟他們一起上堂，之後我們跟他們一起進行課間操。他們的課間操很有趣，他們會跟着音樂拍子做出不同動作，足足長達十分鐘。食完午飯，我們到他們的音樂室進行交流，還交換了禮物呢！

隨後的三天我們走訪了大連不同的地方，包括金石灘公園、旅順、俄羅斯風情街、虎雖廣場、北大橋、濱海路和星海廣場等。總括來說，我在大連學會了很多，例如物流業、大連文化、歷史等，大連是一個美麗的沿海城市。這次交流的經歷令我畢生難忘！

李庭芳，中三愛班



# 由傳統到現代 華東建築與歷史、文化之旅

濃妝艷抹（夜遊蘇州網師園）



渾然天成（蘇州街景）



借景妙韻（蘇州拙政園）



園林自賞（杭州胡雪岩故居）



小橋。流水。人家（烏鎮）



滿載而歸

竊以為，「滿載而歸」這個詞語，實在不足以形容今年師生四十二人到華東學習建築特色後的感受——眼前風光如斯姣好，且歷史、文化意蘊豐富，區區五天課程如何包羅得下？然而，除了「滿載而歸」外，又豈有其他詞語能夠表達因習有所得而滿足不已的心情？

以下為3 Peace陳培詩同學遊學後感。讀畢全文，我相信你們會領略到華東建築之魅力所在。

蕭春霖老師



斜照西湖（杭州西湖）



雨中新婦（上海外灘）



往前行（上海田子坊石庫門：前身為老上海民居，現改建為藝術購物集散地）

陳培詩，中三和平班



花燈初上（蘇州山塘街）



歷史有憾（上海瑞金賓館：前身為上海英國政府領事館及私邸）

It was my first trip attending the LEWOWA at SPKC. Witnessing what our students could do and share with the unprivileged students or orphans in China, I am inspired and convinced that SPKC is indeed a place to train the stewards or stewardesses of Christ. Our blessed students not only have wisdom but also serving hearts from God. Thanks for the fabulous experiences that my teacher-partners and the students were sharing with me in China.

Look at the picture taken from an orphanage, it is no doubt we students and teachers of SPKC can be the stewards or stewardesses of Christ in the community.

Ms Karis Kam



Praise be to the God for giving us a fantastic 6-day Exchange Programme to visit Nanning(南寧) and Baise(百色) in Guangxi Province(廣西省). We also visited Baise 7th Middle School(BS7) for two days. Before our departure, we had a total of seven preparatory sessions, in which students worked in groups to plan and practise English workshops and group games for BS7 students. It was really challenging, but they all performed really well with their greatest of efforts! What's more, teachers and students in BS7 showed us unforgettable hospitality. I hope we can have similar programmes with our great students and the Fountainhead Association soon.

Mr Edward Chiu

## School Walkathon Vanguard: School life in Baise 7th Middle School



They discover that they gain a lot of grace from Him;  
they discover that some people in the world are experiencing a very different life;  
they understand the world's needs;  
they respond to the needs by serving wholeheartedly.  
My students, let's thank God for giving us an unforgettable LEWOWA.

Ms Rippee Chan



# STEWARDS POOI KEI COLLEGE

## LEWOWA POSTCARD COLLECTION 2009

POSTCARD COLLECTION 1

INSERT POSTCARD HERE

POSTCARD COLLECTION 4

INSERT POSTCARD HERE

POSTCARD COLLECTION 2

INSERT POSTCARD HERE

POSTCARD COLLECTION 3

INSERT POSTCARD HERE





同學在細心教導龍城小學的小朋友用蠟筆繪畫圖畫，他們對蠟筆感到十分好奇。

同學在探訪婆婆簡陋的石屋時，對婆婆表示關切之情。

呂老師正帶領龍城小學的小朋友和來自大城市的培基書院學生一同作熱身遊戲，彼此認識。

# 陽朔五天文化考察團

在今年的學習無疆界，我參加了為期五天的陽朔文化交流團，這次旅程令我學到很多在日常課堂沒辦法學到的東西。

在這五天，我到過漓江、象鼻山等等景點，那裏如詩如畫的美景令我嘆為觀止。我亦在寄住家庭度過了三個晚上，更在陽朔中學那裏進行交流，令我深入了解到當地的風土人情。而我印象最深刻的就是到農村小學服務的一個下午，二十八個小學生精靈活潑，十分討人喜歡，我更從他們身上學到了很多寶貴的東西。

記得那天，當我們到達「龍城小學」後，我嚇然發現那裏的設備很簡陋，桌椅也都是爛掉的，學生們都是赤腳的走來走去，他們的衣服都是破爛的，不少孩子的臉更是充滿污垢，但他們天真的笑臉卻常掛於臉上，令大家大惑不解。我們首先和那裡二十八個小孩進行初步交流，如參觀校舍，從校長的講話了解該小學的歷史，然後我們便跟他們玩遊戲。在整個過程中，我體會到小孩子那顆天真無邪的心，可以抵消一切客觀環境給他們帶來的負面影響。即使我們跟他們的學習環境有天淵之別，但心靈的富有比起他們卻有所不及。

這次的探訪令我最大感觸的，就是我們給小學生們送禮物時的情境。我想不到平時對我們而言平平無奇的鉛筆、橡皮，在他們心中卻是無價寶。他們給我的感覺是十分容易滿足，並不像我們城市人那樣對那些奢華生活無止境追求的。

有人說平凡是福，但我認為：知足，可能真的也是一種幸福。「施比受更有福」，不斷追求那些無窮無盡的物質享受，只會令人的內心越來越空虛。既然如此，為何我們不多做善事，幫助身邊有需要的人？可能你那些用來買手提包、名牌衣服的金錢，已經可以幫助到無數生活在貧苦生活之中的人一天三餐的所需了。這次旅程彷彿讓我長大了，比從前更關注生活在貧窮線下的人，十分有意義啊！

黃奕婷，中二喜樂班



4



1. 來自大城市的同學與在小鄉村成長的小朋友一起來張大合照。
2. 同學都很留心地聽取龍地小學老師對校舍的分享介紹。
3. 同學在細心教導小朋友摺紙，他們都很專注地聽取同學的講解。
4. 奕婷(左方)正細心教導地小朋友摺紙。



2



3



# 「港」東「港」西 香港歷史及創意寫作體驗

歷史和寫作，這兩種看似關係不大的事情，怎樣透過這六天的體驗，融匯在一起，帶給同學們獨特的經歷？

歷史和寫作，這兩種看似沉悶死板的事情，怎樣透過同學們的實際參與，令他們克服對兩者的恐懼？

這六天，我們透過實地考察、趣味寫作、作家講座等活動，一方面將本港近百年的歷史，向這一代的青年人展現出來，另一方面鼓勵他們創作，融合歷史元素，寫出其心目中的故事。我們更特別邀得青年作家鄒文律蒞臨，向同學們分享寫作經驗，鼓勵他們創作。同學之中，

還有些是他的小書迷呢！

對部分同學來說，走訪博物館、歷史地標、新界圍村，支耗體力，可能是件苦差，而這一代的青年人，對寫作亦未必都有濃厚興趣，但是經歷這次旅程之後，他們所學到和體驗到的，不會比其他任何的課程遜色。即使旅程終結後，他們不一定立即會有一百八十度的轉變，但是只要能在他們心中埋下這一顆種子，這一點點的體會，很可能就會在他日的某一天，在他們的學習生涯中，開花結果。

我是如此深信著的。

何頌冕老師

## 學生作品





# ENGLISH DRAMA CAMP



SPKC has great creative talent and the LEWOWA English Drama Programme held at Tseung Kwan O YMCA Recreation Camp highlighted the emerging dramatic ability of many of our students. For the duration of the 5 day programme it was a total English-speaking experience from breakfast until bed-time and it showed clearly that our students can speak confidently and communicate at a high level. For the teachers [ Ms Wong, Mr Li and Mr Derbyshire] and the 31 students the most interesting part of the programme was to learn more about each other and to see that we all have gifts and talents to share.



I think Drama is a very interesting activity. Drama can make you speak from your heart, just like singing. Drama gives you space to relax and there are no simple right or wrong answers. Drama is your heart, you can share yourself and your ideas with others. Not every school has drama lessons but at the Camp I thought "This is now or never! Right here , right now we have a chance. Why don't we do our best ? Let's have fun. All for one, one for all !"

Regena Chan, S1 Grace

Working with other students from different forms is a skill I have to use when I grow up. Then I will have to find a job and work with people of different ages. For the 'Interviewing-Tourists' activity on the Peak we were divided into groups with students from different forms and we learnt interview skills and how to be brave. If not, you can't be a good interviewer!



Isaac Sham , S1 Hope

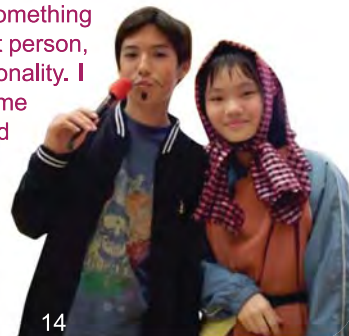
At the Camp, we were only allowed to speak in English and it was the first time for me to speak English for such a long time. After these 5 days my English-speaking skills improved and I also learnt to speak strongly and to use facial expressions...and I develop new friendships.

Jackie Hu, S2 Peace



Overall the most exciting thing for me was to produce and act in a new drama. From developing ideas, to making the props and costumes and putting it all together on stage, we did it all by ourselves. My character was a rich house-owner. At first it was just a small role and I didn't have much to do or say, so I decided to add something to it; I turned it into a completely different person, someone with an almost feminine personality. I made myself a red rose, put on some necklaces and make-up. I concentrated so much on the character that I couldn't stop kissing the rose !

Heywood Siu, S3 Peace



We learnt a skill called improvisation, talking without a script, just randomly acting out thoughts from your mind. Then we learned miming[ acting without speaking or props ] This is a skill I liked the most. And we also learned voice projection, facial and emotion expression, story creation and role play. At night we had a lot of fun, talking about all the boys' things, something we can never do on normal school days. That's the best part about camping!

Franco Lee, S4 Grace

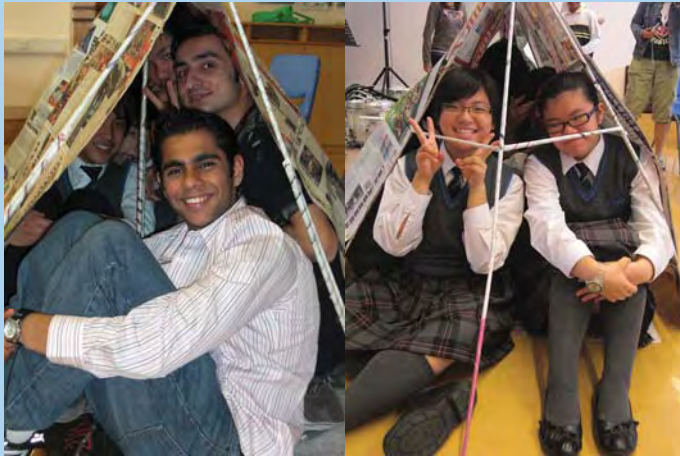




# Broadening Horizons: Minorities in Hong Kong

Co-organized with Hong Kong Christian Services

擴張你的眼界！  
認識香港的少數族裔



SPKC students are very fortunate because their families and school prepare so much for them. Sometimes we may forget how lucky we are. During the 7-days LEWOWA program, we jumped out of our own comfort zone to step into the South Asian community in Hong Kong. We walked into their communities in Kwun Tong, Tsim Tsa Tsui, Shum Shui Po and Cheung Sha Wan and experienced their religious practice, cultures and food. We even visited some of their homes. We were moved to respect their cultural differences and reach out our hands to serve them in the near future.

- Ms. Queenie Tong

Prayer of Jabez  
"Oh, that YOU would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain."  
(1 Chronicles 4:10, The Bible)

雅比斯的禱告  
「甚願你賜福與我，擴張我的境界，常與我同在，保佑我不遭患難，不受艱苦。」 [代上 4:10]

After the whole program, I have a strong desire to help them. I totally respect how they treat their religion seriously. As a Christian, I realize the first thing I need to do is to really reflect upon my faith in Jesus Christ. And then, put myself into the shoes of the South Asian people.

- Lai Chi Ching, S4 Faith

I had an unforgettable LEWOWA! I could feel the difficulties of the South Asian people in Hong Kong. In fact, we should take care of them. Their biggest problem is language. The South Asian people do not know how to speak Cantonese.

- Lee Pui Kwan, S2 Love

Over these seven days, I learnt many things about the South Asians. I know how to speak Hindi, that's a kind of Nepali language. I know how to cook Nepali dumplings. I learnt how to be patient to work with my team!

- Wong Man Hei, S1 Love

In this programme, I learnt about their religious practice by going into their temples and graveyards. I promise I will talk with them without fear and approach them actively when I see them on the streets.

- Chan Tsz Yan, S3 Peace

In this programme, I have totally changed my mind. I want to know more about them and try my best to help them to improve their living conditions.

- Kathy Kong, S4 Love

Although we are Christians, we need to show respect towards their practices.

- Lam Tze Kei, S4 Love

Students were having fun with Henna, a kind of Indian hand painting.



Students learnt to make Nepal dumplings.



Everyone couldn't wait to taste the delicious Indian food.



We were having lunch at the Sikh temple.



An adventurous day-camp at Breakthrough.



If you would like to become a volunteer this summer to serve the South Asians in HK, please contact Ms. Tong ASAP!

# Rainbow Touch 2009

## 整全領袖訓練之旅

「各位團友注意！本旅程提供非一般遊歷體驗：沒有豪華旅遊巴，沒有五星級酒店，沒有侍應大廚，沒有領隊導遊……團費包括：三十公斤背囊(自負)、高準確性地圖及指南針(自助)、豐富味美湯餸飯(自煮)和擋風防雨營帳(自建)。」



以上所述全是Rainbow Touch 2009的精彩內容。本課程旨在透過歷奇為本輔導，協同學員培養自我管理能力和學習面對困難、建立團隊精神及提昇自信心。雖然過程非常艱辛，但同學們都能堅忍不拔，行出課程的口號「體驗外在旅程，經歷內在挑戰」。不如我們看看其中兩位同學的體會：

「這次“Rainbow Touch”旅程雖然艱苦重重，但這些經歷都令我獲益良多。從團隊遊戲中，我認識了很多朋友和學會了團體合作。在五晝四夜的露營裏，我學會了煮食和看地圖。還有，我們行山時辛苦得差點兒放棄，幸好大家都表現出堅毅的精神，隊員間互相勉勵，終於成功通過挑戰。經過這次旅程，我的自信心和自理能力增強了很多，現在做甚麼事情也不會再害怕了！」



郭汶蔚，中一喜樂班



「這次學習無疆界課程，我參加了“Rainbow Touch”（整全領袖訓練之旅）。回想這八天，我真是學會了很多在書本上學不到的東西。還記得課程第一天，我和組員都不相熟，但經歷過很多大大小小的事情後，大家都變得互相關心；我們一同玩遊戲(如：閃避球)、並肩行山(北潭涌→萬宜水庫；元朗→荃灣→沙田)、合力挑戰繩網陣……最後，我體會到『儘管多麼辛苦，只要自己肯踏出第一步，就可能成功！』」

洪貴謙，中一望班





就算手中只有一點，願獻主成千億祝福

# 愛心音樂劇團



小丑扭汽球

「年青應該起勁，行動莫停，唯求能默默用盡每一天……」這是「愛心音樂劇團」的團歌，也是一班成員希望在學習無疆界課程中學習到的。

在七天的課程中，透過參觀、訓練和音樂劇欣賞，「愛心音樂劇團」的團員對表演藝術的認識多了；透過訓練營，團員間的友誼增進了，默契也慢慢的開始建立起來。

在這七天裡，各團員都有著一個共同的目標，就是要準備一個最好的表演，在課程的最後一天，送給匡智粉嶺綜合復康中心的智障人士，為他們送上祝福。

要做好表演，不是說那麼簡單，團員要付出的真的很多。

在團員當中，沒有一個曾接受話劇訓練，對於他們而言，最大的挑戰，就是要突破自己。他們不單要接受訓練，更重要的，是他們要經歷許多內心的掙扎。不過，因著清晰明確的目標，他們都十盡力。

為了演好自己的角色，他們每天都要參加嚴格的練排。音樂組要努力練習好自己要演奏的樂曲；話劇組要突破自我，以誇張的形式表達一個簡單的情節；雜耍組更要從零開始，學習扯鈴、轉碟的基本功夫，進而練習

各樣的花式。

經過六天的學習，在最後一天，所有團員都化身成小丑，懷著興奮的心情，去到匡智粉嶺綜合復康中心，要把關懷與愛、歡樂與祝福，帶給每一位院友。表演前，大家都很怕自己會失手，不過，在真正的表演中，他們發揮出超水準。每位院友都十分享受他們的表演，並大叫精彩。

表演過後，復康中心的院友對同學們所表演的雜耍和演奏的樂器都十分感興趣。所有團員都毫不吝嗇，各按所長，把他們在「愛心音樂劇團」中學習到的，包括扯鈴、轉碟、演奏敲擊樂……都「傳授」給院友們，還有小丑扭汽球送給他們呢。

這次的課程十分有意思，在頭幾天，同學先學習一些課堂以外的知識和技能，如演戲、扯鈴、轉碟等；在最後一天，他們把先前所學的全都活用在服侍智障人士中。雖然只有短短的六天，所學習到的也很有限，但只要我們樂意拿出天父賜給我們的一點點恩賜，主必要把這恩賜化成千億的祝福，就像這個課程一樣，把關懷與愛、歡樂與祝福在當天帶到了每位智障人士的心理。

轉碟真功夫

「傳授」扯鈴秘笈

琴聲送暖



你看我們多漂亮!

演出花絮



## Green Extreme — Outdoor Adventure Based Learning



### DAY 1

On the first day of the program "Green Extreme", we went to Mui Wo to go canyon climbing. Although it was a bit slippery, we did very well in the end. We built up our friendship through helping each other when others were in-need. There is an old-saying which taught us that, "When a friend in-need, is a friend in-deed." This sentence was showing to be the fact during our camp. After that, we had our lunch near the beach, followed by kayaking and beach games.

### DAY 2

We continued on our learning trip in Cheung Chau on the second day. We divided into eight groups and we all made our group names. We started our Great Race at around 12:15p.m. The Great Race is where we need to follow the stations on the map that we were given and complete all missions or tasks to gain marks. We all tried our best to run to the stations but at last we failed. Due to limited time, we couldn't finish all stations within 2 hours. At last, we lost, but we had improved something, that is our friendship!

### DAY 3

We went to a beach that was near Sai Kung and we arrived there by boat on the third day. It was amazing that the wind was comfortable enough to prevent sweating. We had snorkeling and island hike on that day. When we walked up to the highest point of the island, the wind almost swept us up. In that moment, I felt that the God is the greatest since he created this amazing world.

In the afternoon, we visited the fish farm. We received bad news; the fish farm was dying due to many artificial problems, such as, how we polluted the water in different ways. Now, the fish farm is facing death within a few years. Do we have responsibility to protect our tradition? This is a 'civic responsibility', that the people in Hong Kong, and in the whole world have this responsibility to balance the environment in our world. We need to balance the quality of water; we need to balance the pollution of any kinds of materials, and that is part of the 'civic responsibility'.

LAM Yan Kiu, S4 Grace

### DAY 4 & 5

On Day Four, I did an activity called bouldering. It was quite hard because some of the rocks were too small and some were too big. Although this activity was challenging, my teammates and I helped each other to overcome those difficulties. After bouldering, we went camping, which was a lot of fun because it was the first time I went camping. I made dinner for others that night. Through these experiences, I feel that I could take care of myself.

On Day Five, I helped to clean the beach. I thought I was responsible and I had to help protect the environment.

Over these few days, I did some dangerous things. It felt adventurous and I learnt a lot of skills which were quite practical. I enjoyed this trip very much. It was an unforgettable experience for me.

FONG Kei Him, S1 Hope

Snorkeling



Fish Farm Visit



Canyoning



Bouldering



Beach Cleaning





# Multiple Intelligences Training Program (MIT)

## Day 1

I hope that I can learn more about fashion and mass media in the English course and I want to learn more about dancing as well.  
Cathy Chan, S1 Love

I felt so good in the handicraft lesson. At the beginning, I found it challenging. However, I found it easier later and I could make a pair of small flip-flops at the end.  
Christy Wong, S4 Peace

The dance lesson is interesting. The tutor is so great and it is quite fun in the lesson. The dance we are learning is Jazz. The steps of Jazz are so beautiful. I think I start to like dancing more. I am looking forward to the coming lessons.  
SVincent Wong, S4 Peace



Day 1

## Day 2

I was really tired when I was making a cake because I needed to stand for a long time but I enjoyed the course very much!  
Gloria Tang, S2 Joy

Today is one of the unforgettable days because it is the first time for me to make such a delicious cake successfully! I think the cake I made looks fabulous.  
Stephanie Tse, S4 Peace

Accepting the ideas of others is important and I think I am making improvement in this area. In the English lesson, there were a few tasks in which I needed to cooperate with my group members. Their ideas were totally different from mine but I accepted them and tried to come up with an idea that all of us liked.  
Kenniss Chung, S4 Faith



Day 2



Day 3

## Day 3

I would like to thank my group members for cooperating with me and always respect my suggestions.  
Julie Ma, S4 Joy

I think I am good at helping my group members to design a new uniform in the English lesson. I have a lot of fun in this lesson.  
Niki Wong, S1 Hope

Juggling is difficult. Although I do not really like juggling, I learnt something from the lesson today. I learnt that if we want to be successful, we have to practise more. "Practice makes perfect!"  
Angel Hong, S1 Peace



Day 4



Day 5

## Day 4

今天的跳舞導師說我們不太主動，叫我們珍惜時間學習。我覺得她說得對，所以在明天的舞蹈課內，我會嘗試做得更好，我會更加努力的。  
葉姻伶，中一愛班

今天的戲劇課使我獲益良多。起初，我以為老師只是教導我們演出普通的話劇，但原來老師是不斷透過不同的活動讓我們分享和表達自己的感覺，我學會了要積極地發表自己的心聲。  
楊思思，中三信班

我今天學到要對每件事情都要認真和主動，要盡量將我們的潛能發揮出來。例如在今天的英文課裡，雖然我的組別不能在比賽中勝出，但因為我們在過程裡也很認真和主動，所以我們也覺得非常開心。  
林彥君，中一和平班

## Day 5 & 6

我對這個課程越來越感到興趣，在課堂裡也越來越投入。我跟組員們從陌生到熟絡，而我在討論時就由害羞變得踴躍。我真的非常感謝課程裡的所有導師，我在這個課程裡獲益良多呢！  
梁卉彤，中三愛班

在第五和第六天裡，我覺得我的舞步漸漸地進步了。那時候的我很期待表演的來臨，所以我一直也十分努力地練習，希望可以表現得最好。最後，我們的跳舞表演也非常順利，我真的十分開心呢！  
趙芷晴，中一愛班

在英文課裡，最初我很怕跟老師和同學用英文交談，因為我怕我的英文說得不靈光。但是其後我發現原來當我不介意自己的英文是否說得準確的時候，我卻能在課堂裡學到更多。最後，我經常問老師問題，從中學會了一些較特別的詞語。  
李鄺樺，中四信班

大家都在認真學習餐桌禮儀



學習製作麵包



大家一起來做美味的奶皇飽吧！



## 飲食之旅

今年，已是我在會考前最後一年參加「學習無疆界」，所以我非常珍惜這個外出學習的機會。我參加了一個很特別的課程——「飲食之旅」。在這幾天裏，我們加深對飲食文化認識，學習一些飲食禮儀。

在這個課程裏，我們學習西式餐桌禮儀。雖然我之前沒有學過餐桌禮儀，但也聽過不少人說過應該要怎樣做，不應該怎樣做。之後，我們又嘗試做一些中式點心，原來做一種食物出來是需要很多材料的。我們平時吃的食物，其實背後花了很多時間及經過很多程序才能做出來。

在這次活動前，我沒想過我們會以採訪的形式來認識飲食文化，而我認為這種方式非常特別。這一次令我懂得怎樣做訪問，而從訪問中得知一些市民的口味，以及老闆經營多年的心得。

其間我們訪問了不同飲食的老闆或師傅，大部分老闆都是把父母的事業保留下去而繼續經營，而大部分師傅都是因為自己的興趣而從事飲食行業的。我認為他們做的傳統食品都應該保留下去，因為這些食品是我們的文化的一部分，非常值得保留，而且味道不錯。

整個課程只有兩位中四同學參與，而我就是其中一位幸運兒，也是這次學習無疆界裏年紀最大的同學。我需要擔當一個頗重要的角色，就是要當組長，協助老師，帶領全組同學一起參與活動，保護組員的安全。而我更從其中一名導師身上學到作組長的不是要求組員凡事服從，也要聽取組員不同的意見。這樣除了可以增加組內的互動性，更可令組員感覺到自己沒有被忽視，從而建立組員之間的關係。

在這幾天裏，大家從互不認識到互相合作，再到無所不談。我除了從課程中學到一定的知識外，更學到人與人之間相處之道，使我獲益良多。

周君陽 中四和平班



經過這次的課程，我明白了(Self)自我、(people)人事、事工(task)和“3D”的意思。(self)自我=認識自己，(people)人事=自己，(task)事工=合作。我也在這個課程認識了很多不同年級的朋友。

林炯翀，中一望班



在長洲，我玩了幾個最具代表性的活動：「黑夜同行」和「同心竹」。

在「黑夜同行」中，大家一起走一段路，然後突然要自己黑夜獨行。一開始走的時候十分害怕，但當我想一想，其實還有神陪著我走……

而在「同心竹」活動中，我發覺原來溝通是十分重要的，當前面跟後面沒有共識的時候，便會很容易出錯（我還在這次活動中被植物弄傷了）。

陸信生，中二和平班



這年的「學習無疆界」，我參加了「3D 領袖培訓計劃」。這個計劃的目的是「突破框框、擴闊自我、與人連結、共闖成長、明日之星」。老師利用 power-point 說出何謂「情緒」，情緒有喜怒哀樂，會受身邊的人和事產生情緒波動。其後通過戲劇角色扮演，表達

不同的情緒，從中明白個人情緒管理的重要。我在遊戲過程中，學懂了人與人之間如何彼此了解和認識，還有團隊合作及互助互信的精神。要成為一位出色的領袖須要具備組織、決斷和堅定的信念等等。

李翠然，中一望班



## 3D 領袖培訓計劃

# Video Editing and Audio Mixing Programme

This year, I joined a programme called "Video editing and audio mixing course", which was organized by VTC PEAK. During the seven day course, I learnt some basic techniques of video editing and how to insert special effects in the video. The course required us to record a video and edit it. After that, we had to publish it on YouTube.

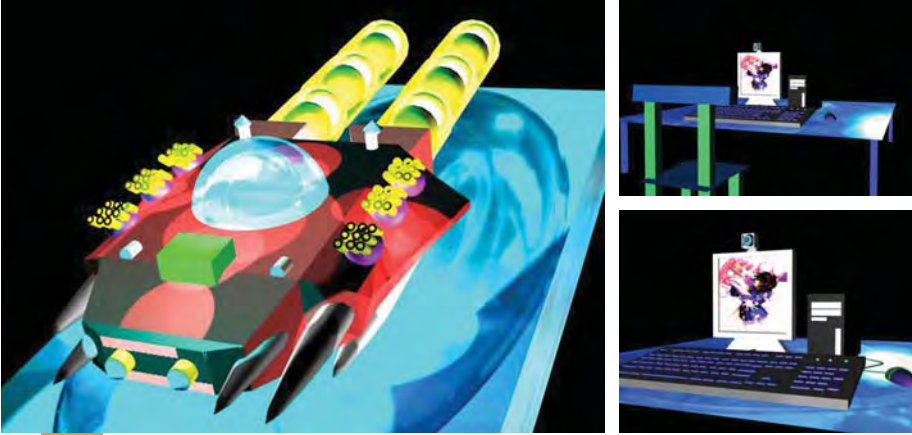
Our video talks about a girl, Caressa, who loves to tell lies. One day, a new student, Jessica who joins Caressa's class. Caressa lies to Jessica that she knows the physics' exam's questions by asking a ghost. Jessica believes her and they ask the ghost. However, Jessica ends up not knowing how to do the physics' exam. At last, she realises

that she was being taken in by Caressa.

In the end, we finished editing our videos and published them on YouTube. When I first saw my video being shown on YouTube, I felt a great sense of satisfaction. I was really proud of myself because I knew nothing about video editing before that, but I was able to edit a video and have it posted it on YouTube. I understand that editing a video couldn't be done by an individual. Without the help from my group mates and Miss Lau, I wouldn't finish the task by myself. Therefore, I would like to thank them for their patience and help.

Fong Ka Hei, S4 Joy





My name is Ho Shing Fun, Franklin from S.1 Grace. This year, I joined the 3D Modeling and Animation programme. Before the programme, I thought it was going to be very boring. However, after finishing this programme, I changed my mind! I made more friends and learned more skills about computers and the 3DsMAX computer program.

On my first day to learn 3DsMAX, our teacher Mr. Jackie Kwong taught us how to make a spaceship in this lesson. It was very funny! First, we needed to make the main part of the spaceship - the body. Then, we could make the generator and missiles. Finally, we needed to paste them together; our own beautiful spaceship has been produced.

On the second day, Mr. Kwong gave us an exercise - making a model of a public transport. I like buses so I made my own bus. It

was very interesting although I needed to use more time to add details to the bus. On the next day, our teacher taught us how to use the camera for 3DsMAX. These cameras could be used to make films, and so I made a film with my spaceship. The film described how my spaceship was in a war. Mr. Kwong also praised me for the good job!

At the end of this LEWOWA programme, I felt very tired because I needed to gaze at the computer monitor for seven hours everyday. But I also felt very satisfied! In this programme, I met my teacher Mr. Jackie Kwong. He is very kind, friendly and helpful. He also taught me many things about 3DsMAX. In the end, I thought this programme was interesting, funny and exciting. For next year's LEWOWA, I will recommend my friends to join this programme.

# 3D Modeling and Animation

## DAY 1

Today, I joined the Learning-Without-Walls programme, Discovering the World of Engineering. On the first day, I learned some things like the NXT programme, a small Lego car and a windmill with my group mates Otto and Bryan.

For the NXT programme, we inputted some orders to the computer and downloaded them to the NXT robot by USB. Then we removed the USB and pushed the orange button, so that the NXT robot moved correctly following the orders.

Next, we made a small car with a lot of Lego pieces which we can push by hand.

We also made a capacitor with Lego for storing power and putting on an elastic band with it. Then we put the small car, the capacitor and the elastic band together. Then, it became a "Full Speed Ahead Car". Our groups Lego car could run more than 5 seconds with 4.5 bricks!

After lunchtime, we made a free moving wheel with Lego and when I pulled the hook and the wheel moved.



Freewheeling(Using LEGO Mechanics Sets)



Sweeper (Using LEGO Mechanics Sets)



Making electric wheeling car



Field visit-Department of Engineering, Tsing Yi, VE on Aircraft Engineering

Learning Multiple Sensor Control- Remote Control Car



Learning Ultrasonic Sensor - Robotic Snake

*This is my first time joining the Learning-Without-Walls programme and I liked day 1, and 3 very much. I felt very happy to explore the engineering world. Moreover, I can also learn to communicate and co-operate with other group mates, solving problems with positive thinking, saving energy and exploring renewable energy etc. So I loved it very much.*

# Discovering the World of Engineering

*The following is an selection from the diary of Paris Yu Hoi Ying; a S.1 student who joined the "Discovering the World of Engineering".*

## DAY 3

Today is the third of April. I have learned a lot of different things with my group mates, such as the NXT programme for parking and we had made a spinning top and a Ferris wheel.

The photo which is on the right was our spinning top and it could run for over one minute. However, it could not run very well when it fell into the hole.

For the NXT programme, we had learned how to use the computer to set up the programme to park the NXT car in the correct direction and places.

After the NXT programme, we had lunch and it was delicious.

Next, we went to visit the Liberal Studies Park to see the three solar energy lights, a big Solar Panels, a lot of wind power equipment, some organic plants; they are quite interesting.

# Outward Bound 5-Day Youth Adventure Course



This year is my first year to join the 'Learning Without Walls' programme. I wrote 'Outward bound' as my first choice, because I wanted to try some activities that I've never try before.

First, let me write about my happiness and unhappiness through the journey. I think the happiest activity was canoeing. Co-operation and communication is very important between the partners in this event. We must understand each other well and be in tune with each other, for example, when we decided which direction we were going to and have to keep our rowing rate. Rowing in the sea, I felt relaxed and free. I loved the sea breeze blowing on my face and the waves beating on my canoe gently. We could control our canoe very well, so we reached our goal very soon. My least favorite event was hiking which we did for almost two days. It was extremely exhausting! Some parts of the route are very rough and on a deep slope. I really wanted to give-up in the middle hike, but I was glad that I could insist to finish this event finally. On the night of camping, I didn't sleep well, the tent was so small for four people. It was too early for me to sleep as well, since it was only half past eight, too.

I will never forget the day that we had to sing in front of people at the Sai Kung Pier. We got to sing

because we need the money for paid the bus fare to go back to the Outward Bound Station, so we ought to earn the money by getting applause from the listeners! I thought we would be too shy to sing among the people.

The most exciting part was jumping into the sea. I am not scared about jumping into the sea because I know how to swim. The only matter I was worried about was the water temperature, it was absolutely cool. After I jumped the first time, I wanted to jump one more time. The feeling was excellent.

The most useful activity, was making the float. We learnt how to tie the bamboo and the buckets tightly by using the method of "Macramé technique" so that the float would be safe when we sat on it. It really exerted our teams' effort and spirit.

Finally, I would like to talk about my opinion of these five days. After Outward Bound, I met more friends from the other classes. Also, I am glad that all of my teammates were really good. I think we did follow the theme of our school from this year, which is "Responsibility and Harmony". After all this, I feel that I changed, at least by a little bit; I'm braver, and not so shy and willing to express myself.

Karen Li, S1 Joy

# Professional Training Course on Film and Video Making

A group photo taken with a famous Hong Kong actress Sit Ka Yin (薛家燕).



The students are editing their video.



A scene taken in the studio



Another scene taken in a 'police station'



Group discussion time.



## Students' Reflection

This year our programme is "Professional Training Course on Film and Video Making". The students were asked to make videos at school and also in a studio. All of them had to be the actors, actresses, directors as well as the film editors. Through joining this programme, they learnt the techniques in videotaping and casting, for example, videotaping the scene from different angles or tracks, voice over (V.O.) casting as well as film editing.

This is a brand new experience to most of the students because making a film is completely novel to them. What is more important is, on top of the practical skills on video making, they are more mature in dealing with problems – they had vivid discussions throughout the whole learning process; and they learnt to admit when they are wrong.

Ms. Rachel Li

In this programme, we went to the Infinito Education Studio of Hong Kong, which is the most impressive thing. There are many useful film making facilities, for example, a hospital, a police station and MTR station. All these are particularly designed for film making.

I am very glad that in one of the days, we saw a famous Hong Kong director, Lee Lik Chi. When he was acting, he concentrated very hard. He did not care what was happening around him, in contrast, he was very conscious about what he was doing. He taught me that we should be serious on our work.

I also learnt how to communicate with others. When we were making the video, we shared our opinions, so we had more choices to choose from. Therefore, we had a better final product.

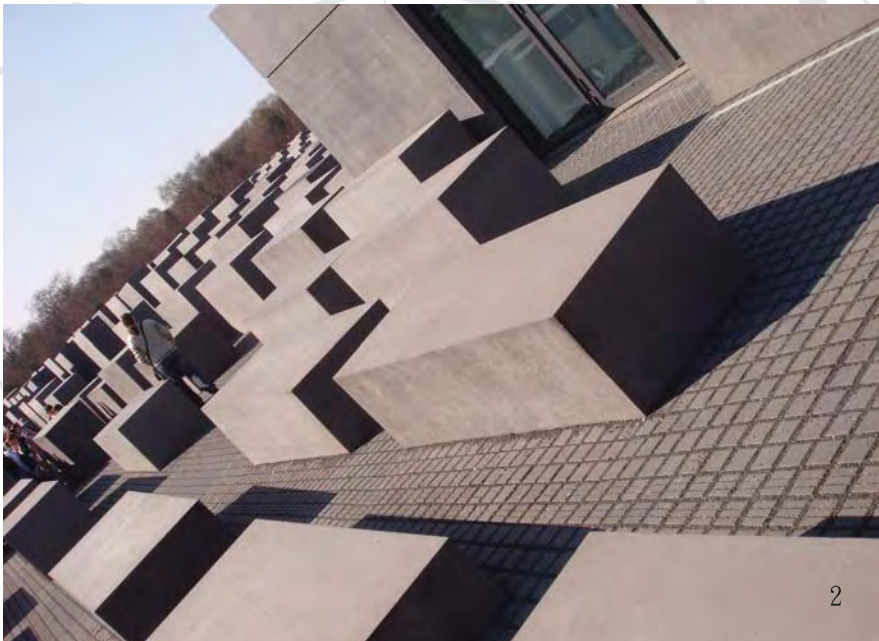
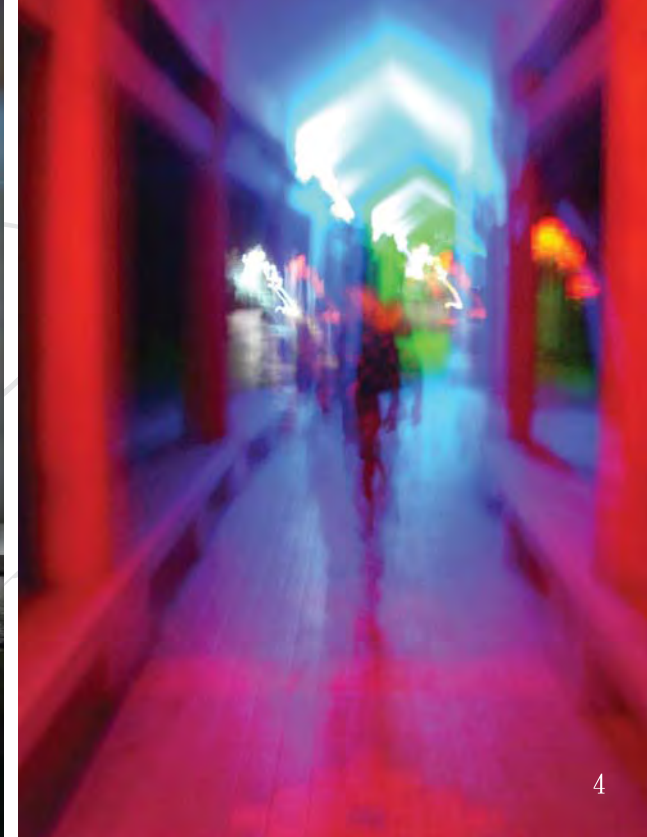
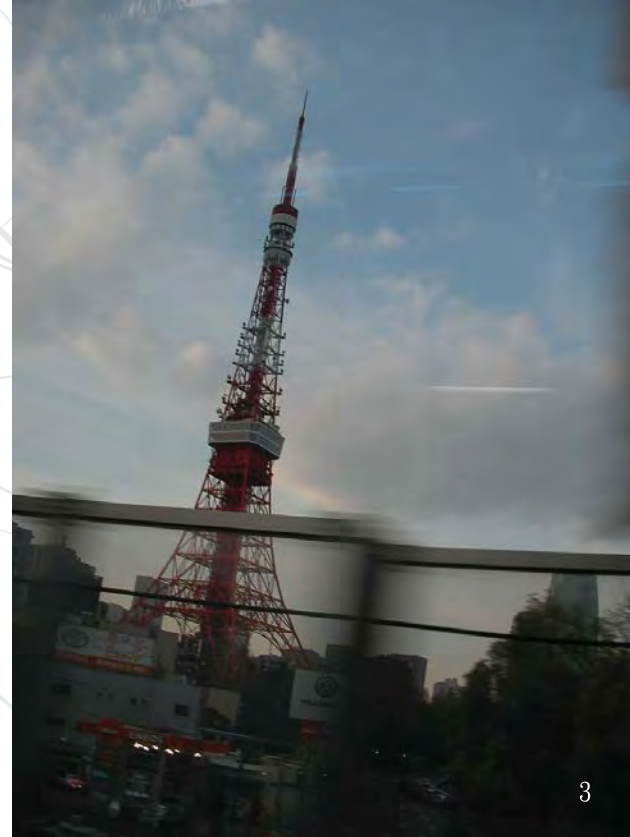
Finally, I learnt if we do something wrong, we need to face it and apologize.

I learnt many things from this program and I really hope that I can apply what I have learnt in my daily life.

Wu Bowie, S2 Peace

# LEWOWA PHOTOGRAPHY CONTEST

# MERIT AWARD



- 1) Lam Ho Chung Justin, S3 Grace
- 2) See Charlton Mitchell, S4 Faith
- 3) Lee Hayley Shing Hei, S3 Joy
- 4) Lai Long Sze, S4 Joy

# LEWOWA PHOTOGRAPHY CONTEST

# WINNING PRODUCTS



**CHAMPION**

Chung Cheuk Sum, S4 Joy



**2<sup>nd</sup> RUNNER-UP**

Li Yin Yee, S3 Joy



**1<sup>st</sup> RUNNER-UP**

Cheng Chun Leung Michael, S3 Love