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這是一位中二女生到屏東長治國中交流後的反思日記。

六月十六日，我們到屏東長治國中交流，前往途中當地導遊介紹屏東是個鄉郊地方，學生大多原住民子弟，較土氣和不懂世面，請我們不要見笑。到步後我們卻見另一番景象，約三百名學生集合在炎熱的禮堂中，各手拿圓凳，排列整齊，精神奕奕，紀律如軍人。學習樂器只有兩年的初中樂隊演奏，水準卻媲美香港校際音樂比賽冠軍。交流會後，校長親自帶我們參觀校園，校園面積約是培基的十倍，有標準運動場和游泳池，到處是草地，樹上掛滿了香蕉、芒果、荔枝等水果。最令人驚訝的是全校不設校工和園丁，廣闊的校園都由學生打理，更會定時開放給周遭居民使用。身處其中，培基學生頓時感到自己的渺小，更不好意思向對方提及我們有個「通識園」。

翌日到高雄市三信中學拜訪，該校樂隊世界知名，是下月世界管樂年會七隊開幕嘉賓之一。他們的音樂室在地庫，內進前必須脫鞋換上拖鞋，以免弄污地方，內裡過百件樂器排列得像琴行的陳列室，老師一聲令下，過百人的樂隊十分鐘內已在學校中央的大草地排好隊形，無懼三十八度高溫，為我們送上世界級的表演，看得我學生目瞪口呆，難以理解為何對方學習樂器僅兩年卻有如此水準。原來他們每天練習三次，除上課前後，更把握其他同學午睡時練習，成功都是由苦幹而來。我其中一位同學慨嘆：「我們別妄想跟他們比賽，就是跟隨他們練習的能力都沒有！」除了音樂能力，高雄學生勤奮和自律，用餐時不說話，用餐後將所有垃圾和廚餘分類。街上沒有垃圾箱，清道夫一週才打掃一遍，卻不見有一張廢紙。鐵路不設查票員，公車隨意付款，機場到處擺放書刊，封面貼上「看後請放回原處」，警察與市民比例極低，整個城市處處表現出人民高尚的修養。

到台灣前，大部份同學認為台灣跟中國內地差不多，都比香港落後，學生的學術水平也不及香港學生。事實卻相反，他們有新加坡人的整潔和服從，日本人的禮貌和堅毅，在香港學生還拿著新款手機在互聯網上自吹自擂，妄想自己是亞洲第一時，他們早已頭也不回地在跑道上遙遙領先。



「交流前，我認為不用太緊張，反正我們必定比他們優勝；交流後，我才發現自己是一隻不知天高地厚的井底蛙！」

四川依然美麗

任何困難都難不倒英雄的中國人民

「四川依然美麗」，當我看到這個團名時，不禁冒出「老套」二字；再看到去四川當義工，這不是給錢找罪受嗎？我一直都排斥去這個課程，可是事後，我卻發現當初的我實在愚昧，竟然有這種無知的想法。在野外訓練的第一天，由於天氣惡劣，露營活動被逼腰斬，但也令我對此課程改觀。我們當晚的活動改為電影欣賞——《唐山大地震》。電影中的場景非常逼真，一座座大樓在數秒間化為成千上萬的瓦片，安寧的城鎮在一剎那化為上萬人的墓地；母親把渾身是血是孩子抱在懷中，村民合力搬開倒塌的樓宇，冀望在瓦礫中找到生還者……一幕幕深深地烙在我的心裡，令我對這旅程改觀，想更深入地了解地震後的情況。四川的情況並沒有我想像中般糟糕，重建已進行得十分順利。而當回到地震遺址悼念時，我們一行人的心情、甚至呼吸，都變得沉重起來。可是，我們仍然看到一些遊客做出不尊重的姿勢拍照和大聲談笑，實在是令人髮指，他們怎能在這麼悲傷的地方做出如此無禮的事情來？這時，我徹底明白老師所說：「適當的時候，做適當的事情」的真正意思。在遺址的小公園中，寶藍色的單雙杆完整地佇立在倒塌的民房之中，我眼前忽然閃過一個影像：兩個小孩在玩耍時遇到地震，哭著找媽媽。聽起來挺靈異，卻引起我深刻的反思。假若我是那兩個小孩，我的心情會如何？如果我幸運地逃過一

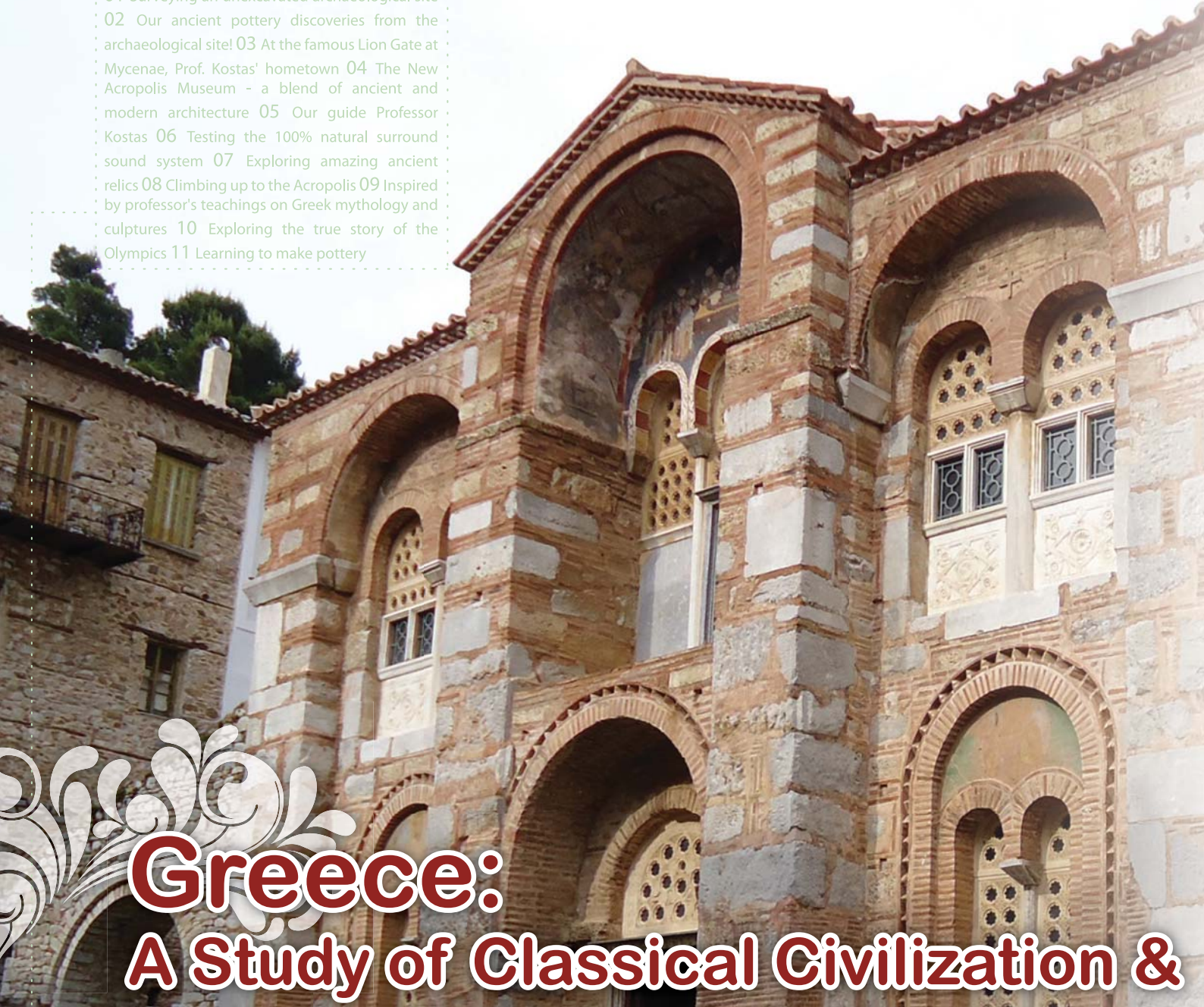
劫，但卻失去家人、朋友，我能堅強地生存下去嗎？

隔天的北川中學交流，更令我領悟到四川人的堅強。學生臉上掛著天真爛漫的笑容，即使從早上六時上課到晚上十時，他們仍然毫不抱怨，為高考能取得好成績而奮鬥。反觀身在香港的我們，擁有的一切都比四川的學生好，可是我們卻沒珍惜，時常抱怨老師講課太無趣、上課時間過份漫長……如果四川學生經歷了生死無常、家人朋友離己而去、面對種種悲痛仍能刻苦上進，身處香港又擁有甚多的我們，又有什麼資格諸多抱怨呢？

最後，老套也要說一句，在這次四川行程中，我真的獲益良多。我學會用感恩的心看待事物，少一點抱怨，多一點為自己將來打算；不要虛度光陰，包括珍惜與家人、朋友相處的機會，包括填上生命中每分每秒的色彩！



01 Surveying an unexcavated archaeological site
 02 Our ancient pottery discoveries from the archaeological site!
 03 At the famous Lion Gate at Mycenae, Prof. Kostas' hometown
 04 The New Acropolis Museum - a blend of ancient and modern architecture
 05 Our guide Professor Kostas
 06 Testing the 100% natural surround sound system
 07 Exploring amazing ancient relics
 08 Climbing up to the Acropolis
 09 Inspired by professor's teachings on Greek mythology and cultures
 10 Exploring the true story of the Olympics
 11 Learning to make pottery



Greece: A Study of Classical Civilization &



01



03



05



02



04



06

Greece is definitely a must-go place for historians and archeologists. It is where numerous ancient ruins and architectures of high cultural value can be found. For the Greek culture is so momentous and unique that it has been imitated or replicated by others around the world for so many years. Greece is clearly the cradle of human civilization, the mother of western culture and heritage.

Besides the glory and magnitude of ancient Greek culture, there is a lot more we can learn from the Greeks. Each civilization has its own pride and glorious times, especially for us the Chinese, being one of the oldest civilizations in human history, we have nothing less than the Greeks to boast about. However, no matter how strong and intelligent a civilization is or was, there is always something for it to learn. And by learning from the others, our civilization evolves and advances. So I have a lot to learn from Greece, not only their architecture or technology, but their wisdom and attitude in life.

Kharis 3P

In museums, each exhibition halls has staff to look after the visitors. Once, tourists want to touch the display glass or take photos with flashlight, the staff will stop them immediately. It shows that the Greek really care about their heritage. Also, in the historical sites, there are lots of security guards too. They will stop the people from touching the relics or crossing the restricted areas. In addition, they have used advanced technology in conserving the Caryatids. The conservators do the delicate work of cleaning the Caryatids with advanced laser to keep the Caryatids clean.

I have a better understanding in archaeology after this meaningful trip. Archaeology is a very professional expertise that requires all-round knowledge in history, religion, humanities and geography. Once you lift the veil of mystery, you can see historic beauty that tells a story of her own. In Greece, I am most impressed by the cultural heritage displayed in the museums and those buried and yet to be found by the great archaeologist.

Cherry 5G

This trip was a tough but extraordinary one. Altogether 36 of us visited one of the oldest civilizations in the world. The country had kept me surprised throughout as we visited the archaeological sites in Athens, Delphi and Mycenae. The Acropolis and temples were astonishingly big and luxurious. The fact that these buildings were built thousands years ago had impressed me so much.

We were very privileged that our guide, Mr. Kostas, was a professor of archaeology from Boston University. He had told us many of his stories as well as the history of old ruins of sanctuary and mythology. He gave us a lot of detailed information about Greece and also learning skills. I can see that he is proud of being descendant of the ancient Greek. We especially enjoyed the last few days of the trip in Mycenaean with him. Prof. Kostas is from Mycenae and he can enter anywhere that is prohibited for tourists, so we can follow him to see whatever he wanted to teach us. On the last day, he led us to the Mycenaean archaeological site and let us use our hands to unearth some ancient relics and pottery in his excavation site. Also, we were allowed to bring them home!

I saw that the people in Greece have a strong sense of belonging that they love their country and had put much effort in heritage preservation. They do not use air conditioner as much as we do in Hong Kong not because they enjoy the breeze but want to contribute in preserving the ancient architecture. In Athens, they use electricity driven tram as major public transport instead of buses so as to reduce polluting gases which do excessive damages on the ancient architectures. How thoughtful they are! I think they will try every endeavour to pass this message onto the next generation.

Ivan Chan 5L and Felix Chui 6F

Ancient Architecture



Melody Chan [4J]

The most unforgettable thing that I had in this trip was going up to the rainforest canopy, over 60 metres high in Brunei's Temburong National Park. This was a rare chance for every student to go on since you may not have the chance on visiting the National Park anymore in the future. I didn't realize that so many of us had the courage to do so.

I am also a Geography student too, this was a really good chance to visit the tropical rainforest and to enhance the knowledge of what I've learnt before on our expedition.

The most enjoyable things

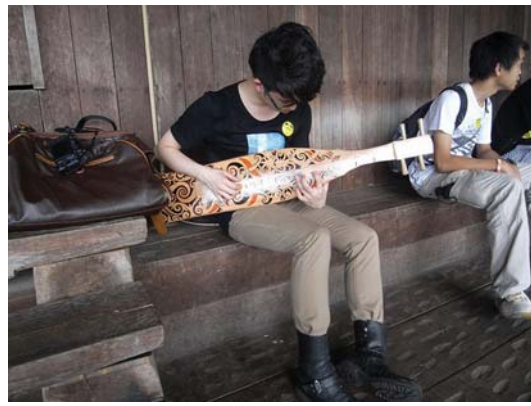
I enjoyed the entire boat ride through the Brunei jungle that we had on this trip too! The boats were driven by the local Iban people. I never thought that boat ride would have such a lot of fun through rapids and pools! The scenery along the riverside was so beautiful and amazing; I was so surprised for I know everything we saw God made for us.

I will never forget what I've seen in this trip and will never try to destroy our environment in the future! I will also remember what the Bidayuh woman said to Mr D when he asked her how to say "Hello" in her language. She said they didn't have a word for it but always said it with a smile instead!



"Malaysia Boleh"





Brunei, Sarawak Cultural Tour

A Visit to the Hidden Treasures of Asia

Rosanna Lam [4G]

The Fan Girls Go To Borneo

Ever wonder why we have such name? Maybe you can't imagine, except just to guess, We played a game with all the students and even teachers on our trip to Brunei and Sarawak. Guess what, we are pop stars!

We had many groups of stars, and the teachers were our managers. We are called FanGirls because we love fanning ourselves in those hot, tropical conditions. Another popular one, was the BannerBoyz who loved to hold our school banner for photos. As we loved this game, we started naming others, just like the four boys who always stayed together, became F4. A group

of boys, who also were together, were the Super Seniors. Just feel how we enjoyed it and get into the spirit!

Meanwhile, we really learned a lot such as improving our English, learning about the culture of Brunei and Sarawak, but the most important one, we developed ATTITUDE. We stayed to the end in every moment of our visit, like in the jungle; we never gave up and walked to the top of the mountain! And EVERYONE did. That's what we really gained from this trip! And now we are all stars!

We may never forget this trip, and the friendship, the love between all of us!

Discovering the Metropolitan City in Asia--- A Fun Cultural Expedition to Singapore

In this year's Learning Without Walls, I joined a program to Singapore. We have visited many famous places in this five days program such as The Merlion, Esplanade - Theatres on the Bay, NeWater Processing Centre, Marine Barrage, The Universal Studio etc. The most impressive places that I have visited are The Universal Studio and The Singapore Science Museum. Although the area of The Universal Studio was quite small, those decorations in each region were special, while the Science Museum was more interesting than what I expected

because it consisted of many unique and amazing models, such as the real human skeleton. Also, I discovered that Singaporeans are more environmental friendly than Hong Kong people. That's why we can see plants everywhere in Singapore. In addition, Singaporeans treasure their natural resources especially water because it was a place that lack of water before. However, the water supply of Singapore had already become self-sufficiency nowadays. All in all, I felt enjoyable and I've learnt something in this program.
5 Peace Kimmy Choi

For LEWOWA, I have been to Singapore for 5 days and I have learnt a lot of things this year. Although during the tour, I have encountered some uncomfortable experience, I also feel happy that I am able to learn something in this trip. For example, I have been to the New Water Centre of Singapore and learn that how the water is supplied in the city. I can also apply what I have learnt in L.S, especially the difference between Hong Kong and Singapore and their Sustainable Development. This 5-day tour was a very good time for us to learn outside classroom. Last but not least, this learning without wall programs is my last year program in Pooi Kei College. It does really allow me to have a valuable memory and experience after I leave school next year.
5 Peace Choi Ka Chun Jennifer





To discover the miracles of the metropolitan city in Asia: Singapore, its sustainable development should not be ignored. Our first stop to “the Marina Barrage” provides us a good opportunity to know about the water supply system and how it alleviates flooding in low lying areas of the city. Another visit to “the New Water Centre” equips us the knowledge in new technology and water reuse in Singapore. We learn much about the sustainability of Singapore.

Racial and religious harmony is regarded as a crucial part of Singapore’s success and played a part in building a Singaporean identity. We can see Singapore by a boat trip along “Clarke quay” and visit the “Merlion”. In other learning days, we are able to visit “Little India” and “Chinatown” in order to understand different races and cultures of Singapore. The visit to National University of Singapore also gives us a valuable experience to explore its initiatives in education, research and expertise. This is an interesting way for us to compare and contrast the education system between Singapore and Hong Kong as well. Besides, the variety of food representing different ethnicities is a symbol of its multiculturalism. We can try out different cuisine at the local food centre during this tour. Being Hong Kong’s keen competitor, Singapore has promoted itself as an attractive tourism hub. We have an amazing and impressive journey in “Universal Studios” which is the second Universal Studios theme park to open in Asia. On top of that, we have watched a multimedia show located on Sentosa Island-Songs of the Sea. The tour to Night Safari, the world’s first dedicated night zoo, also enables us to observe various nocturnal animals from different parts of the world.

All these must-see attractions not only broaden our horizons, but also enrich our experience and knowledge about the development of Singapore from multiple perspectives. This is the best way to learn without walls through this fun cultural expedition to Singapore!

Study tour in Sabah



Crossover of races and cultures grew into a blossom of love and peace.

This trip to Sabah was far more than a learning experience or an exchange trip. People in Sabah had shown their hospitality to us and which we returned with our love and care given by our heavenly father.

In this fruitful trip, there were some highlighted activities that's worth sharing. In the exchange between Stewards Pooi Kei College and Almacrest International College, we shared about our living styles and our school life. Hilariously, one of our students appreciated the beauty of a student in Sabah. Unexpectedly that student understood Chinese and was so embarrassed. Other than this interlude, the students in Sabah taught us their traditional dances while at the same time we taught them our nursery rhymes. The performance was wonderful.

Other meaningful activities in the trip were the experience of

living in the host family. For two days we stayed and lived with the villagers, we also joined their activities. For two days we stayed away from the haste of urban life and tasted the simple life style the villagers have.

On the fifth day of our journey, we visited an orphanage in Sabah. We sang and played with the orphans. One of the groups performed magic and another group played "London Bridge is Falling Down" with them. When we saw the orphans smiled with delight, we all understood the moral of "giving is more rewarding than receiving"

Other than all these meaningful experiences, we also visited the Lokkawi Wildlife Park, KK Adventure Park and Kinabalu, which means "God Mountain" in Malay. To conclude, this journey was a remarkable learning experience that we got to know more about Sabah, and at the same time, we got to know more about ourselves.

Rachel & Alex



1

No pain, no gain. The villagers in the Kota Kinabalu taught us what it is. We visited a village in Kota Kinabalu which mainly produces natural rubber and wheat as their main income. This village is like an isolated kingdom surrounded by a forest and the draw-bridge is the only way to get in. We planned to spend a night there and see how it feels. We split into groups and stayed at different houses. Some are rich but some are poor, it is known that the houses have neither hot shower nor air conditioner, but we could still overcome this challenge, smiles on our face tell us we are not brought up in clover. We returned with numerous mosquito bites but we have to say that, it feels good.

On that night, we tried the traditional Kota Kinabalu cuisine, there was a dish containing insects, which I've seen in "Man vs. Wild", it contains rich protein, would you try it? Not me. Well, there is a hall in the village and they will have all meetings and parties over there, as well as our welcome and farewell ceremony. Every time they played the traditional instruments, it is a bell like the cover of a cooking pan, very interesting indeed. Everyone who has been to Sabah must know about the traditional Sabah dance, people in Sabah are very pleased to teach you, this is how I feel. Certainly, the villagers have taught us the dance as well. It is like a bird flying in the sky.

We enjoyed the time in the village and the villagers are very nice. Hope we can spread this enthusiasm to all of our students in SPKC.

Of course, there are some excitements; we went to KK Adventure Park. One of the activities is called flying fox. This is one of the most popular activity and the longest flying fox in Sabah. Flyers collect their climbing harness and helmet and proceed to the base of the 40 foot tower. The flyer launches himself into space. Speed increases as the flyer descends, the giant mango tree looms ever larger until death seems certain. Mercifully, the braking system kicks in and the rider swings harmlessly to a halt.

The second activity is wall climbing. The climbing tower reaches 30 feet above the park and has three climbing faces of varying difficulties. Climbers are up in the air with their tired arms. But they will never give up, giving their every breath to climb, until finally they succeed.

The third activity is the high ropes course, balancing on a tiny rope twenty feet in the air with no visible safety line is most unnerving. It takes a strong nerve and much encouragement from friends below to take on the challenge.

Apart from the KK Adventure Park, we went for rafting. This exciting adrenaline rushing tour took us down to waves that goes as high as six feet. Whilst rushing down this wild and untamed part of the Padas River we experienced totally untouched nature.

Heywood Siu (5G)

- (1) Students cooperated their team members in the rafting game.
- (2) An unforgettable exchange experience in a college.
- (3) A dance performance of the villagers.
- (4) We are leaving the village.
- (5) We played joyfully with the children in an orphanage.
- (6) Though encountering challenges, we enjoyed all the high-event activities.
- (7) It's a good chance to enjoy the nature.



2



3



4



5



11

6



7

身為炎黃子孫，若要你選一個最能代表中國古文明光輝的城市，你會選哪一個？

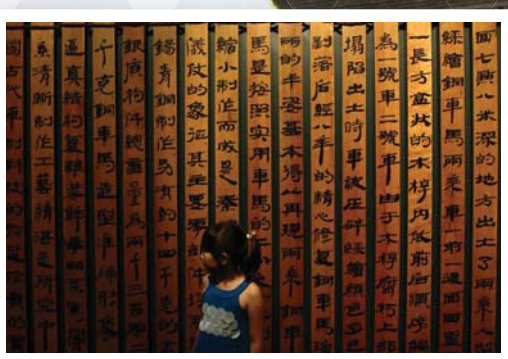
六月盛夏，三十多位培基同學乘著「學習無疆界」計劃的翅膀，飛到西安，親身體驗這個古代名城的氣魄。

西安與羅馬、開羅、雅典並列世界四大古都，自周朝起已有十多個朝代在此建都立國，最著名的包括秦、漢和唐朝。故此，西安可說是古蹟處處，難怪導遊也打趣說：「在西安，你隨意找一塊地亂挖，也可能因找到古代珍寶而發財」。

到步後，我們最期待的相信非秦始皇兵馬俑莫屬。考古學家至今共開發了三個兵馬俑坑，每個坑上均蓋了足球場般宏大的博物館供市民參觀。當日雖然遊人極多，卻掩蓋不了兵馬俑的宏偉氣勢。每個俑兵都造得既高大又威武，有的半跪作馬弓手；有的則站立睥睨前方，視敵如無物。看見數以百計的俑兵豎立面前，就可想像當年秦始皇是何等權傾天下、霸氣沖天！

我們參觀的，還有其他古蹟如漢陽陵（漢景帝的陪葬坑）、華清池（唐朝楊貴妃的沐浴池）、大雁塔（唐朝高僧玄奘清修之地）等等，每個都能叫同學發思古之幽情，讚嘆前人的品味與智慧。

今次行程的一個重點，是結連古今，憑藉觀賞遺蹟，對照思考現代中國。晚上討論時，同學對國家的文物保育方法和政策有不少意見：一方面，先人的高超成就就是毋庸置疑的，然而，我們這一代又有否好好保護古蹟？我們對此應投放多少資源？如何平衡開發古蹟和現代建設的需要？這些問題，不是我們花兩三個晚上就能得到結論，但卻大大開闊了同學的思維與眼界。通識學習、國民教育，盡在這個西安之旅全面展現！



古今

西安



Next Station

SHUTTLING TO BEIJING 798 ART SPACE



A QUICK STOP IN BEIJING

1

2

1. 798藝術區

2. 798入面的火車

3. 我們寫生的地點

Beijing, she appears to have been marked as a political hub, however, a Art Zone underneath as well. 798 Art Zone, a breeding ground of local artists and a world famous spot. Frankly speaking, through the sharing from the artist, Gao Feng 高峰 and exhibition planner, Li jing 黎靜 as well as the visiting to artists' studios, this trip did increase my knowledge of the Art world.

7. 我們這團男生做出kawaii 的表情...Mr ho 的表情好 "chok"

8. 我們親手造的面譜



4. 這是故宮博物院的北門，又名神武門，面對著景山公園。

9. 這是我們是次旅程英俊又可愛的領隊 (Joe 左)

5. 文昌院的入口

My stay in Beijing was excellent. Well, my rating of excellence does not include 5-star hotel or spa or business class flight. My excellent rating is based on the communication between peers, traveling around that hustle and bustle of city. The 5-day program ran successfully with the effort of our tour guides, support from our teachers and cooperation from each fellow schoolmate, last but not least the blessing from our God.

Beijing is a great place. I certainly will be there again

Yiu Angela Po Ching
6 Joy(29)



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黃埔青少年軍校 七天遊學團



得到傑出學員獎的 學員的心聲:

剛開始軍訓時，真的有些不習慣。不習慣那裏的生活模式，更不習慣每天消耗大量的體能在軍營中，有喜也有悲、有歡笑也有眼淚。生病的、健康的在互相支持、互相鼓勵，堅毅不屈地繼續走下去。每天艱辛的拳術訓練、步操、體能集訓，使我們學到的不只是服從教官的命令，更是訓練我們的自理能力、獨立以及自身的毅力、忍耐力和集中力。

在各種活動中，我們更能體會到做事必須要合作才能做好，有如我們的軍歌一樣，「團結就是力量」。經歷過種種艱苦的訓練，我們學會了很多，也明白了很多。希望各位學員也與我們一樣，將學會的，運用於日常生活中以及將這回憶長留心。

1. 每一天的指定活動就是列隊與操練，看到我們眼中的一團火嗎？
2. 我們在做甚麼？我們在雨中握拳宣誓，要努力學習，報答國家。
3. 哪管是飛機砲彈，男孩子一點都不怕！

4. 知道我們從香港來訓練，當地人參觀博物館時對我們很感興趣，詢問了我們的感受與體驗！感覺很像當了大明星！
5. 完成了整個課程。我們帶走了成長了的自己和我一起的回憶。
6. 艱苦不是口說的容易，所以要咬緊牙關過每一個關卡！



Day 1~3

1) What have you learnt about Maths from Day 1 to 2 Measuring in Disneyland and Day 3 Castle Model Making?

I learnt a lot of things about scale to make a Castle Model such as I never think about using scale by a picture instead of measuring each of the towers one by one to get the height of all tower and to make a model.

2) Please suggest one type of job that would apply this / these knowledge.

I think architects may apply this knowledge.

3) How would they apply this / these knowledge in their job?

I think when they need to create a building or other things they need to use a scale to draw a draft and use that to design the building, because if the architect does not use scales to draw the draft, the building won't happen.

Experience Mathematics in Disneyland

From S3-Love YU Hoi Ying

Day 5

1) Think of an experience of yours or an example where you can make use of the idea project to get an estimated value of something; and write down briefly what you have to do to obtain that.

Last time when I had an IH project, our group had a lot of surveys to ask people, and after they did it, we had to collect all the surveys and summarize their comments. However there are a lot of comments and data, and we had to estimate and make some graphs, so this is one of my experience.



Day 4

1) Besides cooks and housewives, suggest one type of career that would apply either one of this knowledge.

I think pharmacists may apply this knowledge.

2) How would they apply the knowledge?

I think pharmacists needs to measure or estimate the components of medicine in their jobs, because if the component is wrong, it can kill person or get worse, so I think to measure and estimate is important to pharmacist.



INTERCULTURAL EDUCATION PROGRAM

Our students participated in 5 day workshop, named Intercultural Education program, based in Chinese University of Hong Kong. There, through interactive learning, they were given the opportunity to interact with engage people international guests from a broad range of nationalities, to learn and practice presentation skills, to nurture critical thinking and creativity, to consider their future university lives and explore world issues such as Fair Trade.

The following are our students' comments after certain activities:

Cultural sharing session

I have learnt about the cultural difference between Hong Kong and other countries, as well as how to communicate with foreigners in English. It is really fun to talk with other people in different country!

Fair Trade simulation

The repeating jobs in peeling coffee beans are hard and not promising. We didn't get what we deserve and thus we risk starvation, being illiterate and unhealthy. This activity really let us understand what is about the third world countries which is not as rich as Hong Kong.

World Café

The world café help me to learn how to express ourselves is not the most important way to communicate. Not only speaking is included, but also listening and learning in the conversation. I enjoy group discussion, and this section helps building our group's morale. It make us aware of the globalization issues, like mainland people coming to Hong Kong is a disaster or Hong Kong people is too materialistic compared to other countries.

Africa issues

It was an amazing and fascinating experience with Bruno and Allen (guests from Africa)! I really enjoyed dancing or playing drums with them. To many people African is just a place with wars, but I felt Africa is a place that is full of passion and love. I am really eager to help those people in Africa since they are very helpless.

There is one sentence to summarize the whole program: "It is useful and better than formal study at school."

Winnie & Simon



1. Dalen from 5 Peace was dancing followed with the rhythm of African Drum Djembe.
2. Students worked as farmers peeling coffee beans in Fair Trade Simulation.
3. Students got ready for their "paper-tank" racing competition.
4. Freddy, person in charge of ICE was measuring the height of marshmallow tower made by spaghetti.
5. Group photo with all foreigners from various countries, e.g. England, Japan, France, Peru and Nigeria etc
6. Guest from England was sharing culture issues with our students.

Career planning and Experience



Working Experience:
District Council Members Office assistance



Working Experience :
Camp site assistance in Breakthrough



Mock Interview



Career visit : Hotel Nikko Hong Kong

1st day: Activity at school to know ourselves.

On the first day of the programme, we went back to school and had some activities to help us discover ourselves. First, we watched a part of the movie "A Bug's Life". Through the movie, our teachers wanted to let us to know that each of us have a special ability to face different situations.

Secondly, we also played some games to let us know about our personalities and interests. We also made our Ryan doll which represent ourselves.

2nd to 4th day: camping in Lady MacLehose Holiday Village.

On the first day of our camp, we had our first activity—camp orienteering. It was fun and it did help build our team as the varied tasks needed our group to cooperate with each other. In the evening of the first day, we need to write a letter to ourselves about our goal and to find our Ryan doll without using our eyes. This two activities help us to know what should be our goal and our strengths.

On the second day, we had some exercises and then a game. The game helped us to learn how to set goals and how to actually achieve it.

In the afternoon, we went to visit Nikko hotel where we learnt much about different departments, how they work and what they do. Finally in the evening, we learnt how to write our resume and

application letter, which are being used in the interview on the coming day.

On the third day, we started the interview right after breakfast. The interview made me nervous but it was a very good experience I never had before. Our interview result was announced later and we left the camp at noon.

5th to 7th day: Field work at Kowloon City Baptist Church Neighbourhood Elderly Centre.

I was having the practice with three more boys at the centre. Our duties are mainly helping those staff by making gifts for children and elderly, and also imputing some documents, making phone calls and help centre members to login when entering the centre for their meeting. Also, we helped them to distribute and collect lunch for the elderly, prepare chairs for meeting and be helpers when they went out to have performance for other elderly and children.

8th day: review of the programme at school.

This was the last day of the programme, our team leaders made a video for us to review the whole programme. They took many pictures and video during the activities at school and in the camp. The video is meaningful to us because it refreshes our memories and brings us more information for our jobs as each of us has different experience during our field work.

We also wrote our feelings to others in our own group, and our feeling of the whole programme. That became a board which contained all our memories.

Feelings:

This is absolutely a very good experience and the best programme I have ever joined in the Learning Without Wall Programme. The programme is fun while it did teach us many things as the leaders led us through meaningful activities. Games were fun and at the same time you can learn the meaning behind it.

Not only students were playing in the camp but also teachers too. This made us closer to each other so that we can enjoy the programme very much. Leaders and teachers were very informative that they really gives many advise on how to prepare for the letters and interview. We can learn things that we are going to face in the coming future and this programme let us have a better preparation before it comes.

I enjoyed the programme very much not only because the games were fun. The programme gave us time to think of our career which I did not spend much time on. It helped me to prepare it earlier and the programme let me know how important career planning is. If I could, I would like to join the same programme again and try to learn more from it.

By Flora NG, S6 Faith

擁抱人生 × 模擬人生

五日四夜的「擁抱人生、生涯規劃」活動是為了幫助同學尋找屬於自己的夢想，挑選自己的人生去向，還有了解自己的長處和短處。好讓各位同學比以前更加珍惜自己的人生，讓自己的人生變得不平凡和有意義。再者，讓學生訂立自己的生涯目標和計劃，改變他們的人生觀。



Nothing is impossible

最大得著

我最大得著是在認清性格這個環節，我知道自己是外向情感直覺型，這跟我之前認為自己的性格類型有少出入，所以我決定深入了解到底自己是什麼類型的人，這對我將來十分有幫助。

(3Faith 曾憲諾)

我最大的得著是認識了一群新朋友，亦跟我本來的朋友更加友好，加深了彼此的了解。這些朋友都在我情緒低落時給了我安慰和鼓勵，讓我很有安全感。

(4Love 劉恒行)

我認識了一班好朋友，無論讀中三或中四。另外，在活動中，我找到了夢想和未來的去向，而且從MBTI活動中，找出了自己的性格和特徵。

(4Love 黃舒亭)



最深刻的情景

我覺得這個課程給我深刻的是營火會(燭光晚會)，因為我們可以聽大家的心聲，更可以互相支持對方，而且又可以和自己組員更加認識。我會努力尋找夢想。

(3FAITH 鄧嘉榮)

我覺得一齊叫出夢想的一刻印象最深，要分享出來已經要好大勇氣，更何況在那麼多人前叫，真的要很多人支持和鼓勵。發現叫出來後會很爽。

(4JOY 鄭文謙)

我覺得最深刻的是自己創造一幅屬於自己的夢想畫。從不同的報章雜誌中找出自己想要的圖片剪貼或贈畫在白紙上表達自己的夢想。我發現夢想的存在似有又沒有，自己要捉住呀！

(4JOY 陳紹科)



感想

我是在次lewowa中認識了自己，不論是我的優點還是缺點。在營中更不時有一些具挑戰性的遊戲，不同性格的人更可以運用到自己性格的特點來解決問題，經過一段思考後互相了解對方的想法再加以結合來完成挑戰。在遊戲後我更可以找到一個步向夢想的道路。

(3JOY 張嘉瑤)

在參與此宿營前我從未有想到自己的夢想，經過各樣的活動我開始思考自己的未來。雖然對想做的職業未有頭緒，但是我已找到一個自己想過的生活。

(4Grace 李栢陞)



3D 領袖訓練計劃

我們的團訓：
不可叫人小看你年輕，總要在言語、行為、愛心、信心、清潔上，都作信徒的榜樣。
[提前 4:12]

本年度的領袖訓練計劃是由救世軍教育及發展中心及天使家庭中心合辦的計劃。目的是培養初中同學成為有高尚品格的領袖。藉著不同形式的歷奇訓練及工作坊讓同學：

- 1) 更認識自己的長處及短處，從而學習突破自己的限制
- 2) 學習與別人合作
- 3) 分配及處理不同的工作。



第一天，我們參加了歷奇活動，例如令我深刻印象的泰山繩遊戲，泰山繩遊戲是要把自己用繩子送到對面，起初對我們來說是十分容易的，但是接著，導師把距離拉得遠了，難度便高了，所以我們便分工合作。有的是要在對面接著過來的同學，有的是要扶著同學過對面。就這樣，我們17個同學便順利地完成了這個難關。我看到不同同學團結做一樣東西時互相幫助的臉孔，原來有團隊精神是多麼重要！

第二天，我們認識了領袖的形象和情緒的管理。導師問了我們：你的理想領袖是怎樣的？我想：一個有成就的領袖，一定會有夢想，有信念，有一顆可以飛翔的自由的心。世上有很多成功的領袖，都是先做人，後做事。另外，一個好的領袖是要對事情負責任，因為這樣的領袖才是一個有能力的領袖。

譚芊蕾 (1 Faith)



第五天的活動的在學校進行，這天的活動只是聽短講和玩遊戲。首先是“搜到拿來”，大家傳接球，不過要在六秒內，我們有16人，大家想了很久才可以快一點，結果我們都不成功。然後是“看看畫畫”，每組四人，每次輪流出去，然後畫出導師要我們畫的，最快猜中的組就獲得一分。當然過程中是不可以說話的。之後是有“有效的溝通技巧”的短講，說明了顯性和隱性的溝通，好像明喻和暗喻。最後是“解決問題小技巧”的短講，其中令我深刻就是“多說，多想，多聽”，我覺得挺有意思。

魏安琪 (2 Joy)



第三，四天就是我們戶外露營的大日子。第三天我們首先在西貢出發，來到灣仔南營地。然後我們把營紮好，換上泳衣並穿上救生衣，為下海作出準備。我們走到碼頭邊，首先導師叫我們在一些淺水的地方下海試水。當我們上回陸地，導師就要求我們在兩層樓高即7米至8米的高度跳下去。當我跌進海中，雖然只是兩、三秒的時間，但我覺得好像已沉了十多秒才能浮上水面來，感覺雖然很奇怪卻有一個好像重生的生命。可是過了這一跳，這種高度跳下海十分爽快，好像被迷住了，之後幾次都要跑跳下海，這個經歷真是十分難忘。由於在第四天不停地下雨，所以我們要在全身濕透的情況下煮和吃早餐，雖然這是一個很特別的經歷，但是我們卻要放棄我們本來應有的精彩水上活動，十分可惜。但禍不單行，差不多所有人的物件都被雨水淋濕了。當雨勢不斷增加，我們只好急速地乘坐「大飛」然後再轉乘旅遊車回到學校，提早結束行程。

關世恆 (2 Faith)



第六日和第七日去了救世軍長洲白普理的宿營，一到達我們就到房間整理，然後開始活動。第一個活動「同心竹」這個活動要每位組員隻手要捉著那枝竹竹和要保護竹上的氣球然後走過險峻的山崖和森林，考組員之間互相合作和默契。到了深夜我要黑夜獨行，總共有兩個任務：

(一) 獨自一個進入一間荒廢了的舊屋尋找盒裏的波子任務

(二) 獨自走一條黑漆漆的山路約走五至十分鐘。

這個活動考組員自己的膽量，希望組員自己可以拿出勇氣。到了第七日我們吃過早餐就開始活動我被編排玩巨人樓梯，這個活動考驗兩個組員之間的合作性。共有四級樓梯，我與另一個組員一起玩，但因為的組員太害怕，所以我們只上到第二級，我有點後悔為什麼沒有再上多兩級。我應該給更多鼓勵給我的組員，現在我明白到鼓勵是十分重要的。

姜楚雯 (1 Faith)

志願成真體驗 少年律師和全能小記者

通過這次學習無疆界的課程，我體驗了記者及律師的工作，而且學會很多新知識，整個學習過程都充滿樂趣。

在課程的第一天，我們到柴灣的明報集團參觀，了解報章的採訪、編輯、印刷及發行的過程，並學會基本的採訪和寫作技巧。第二天，我們到山頂進行採訪實習，之後作出報告，訪問中途還下大雨呢！接著大家去了大埔進行水質測量，認識濕地環境及生物，明白採訪時宜注意搜集第一手資料的重要性。第三天我們便去了元朗屏山文物徑，採訪文物古蹟，回校更自行製作報紙，發揮我們的創意。

第四天我們去了中國銀行的觀景層，並進入終審庭和聖約翰座堂感受莊嚴氣氛，而且學會公孫龍子的辯證法，學習用不同角度思考問題。第五天去了地方審裁署聽審，留意法庭的禮儀和程序，感受那裡的氣氛，並和何景文大律師對話。之後參觀了赤柱懲教署博物館，還到赤柱軍人墳場思考「無法可依，武力又能否解決問題？」我相信武力只會製造更多問題。第六天，我們進行模擬法庭，代表控方和辯方的同學展開了一場激烈的辯論，之後參觀了基本法圖書館和高等法院的律師及證人休息區，最後去了香港證券交易所便完成整個旅程。

總括來說，這次學習無疆界令我獲益良多，而且加深了我對記者及律師工作的認識和興趣，希望下一年度的學習無疆界也能好像今年般學到那麼多東西！

2 Grace 許書華

1. DAY1 參觀明報集團 — 在編輯部辛勤工作的記者
2. DAY2 參觀大埔滘自然護理區 — 即場測量水質
3. DAY4 參觀終審法院
4. DAY5 參觀懲教博物館 — 認識犯法的後果和代價



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愛心音樂學院

參加「愛心音樂學院」的學生在為期七天的課程內，會接受演技、舞蹈和雜技表演的訓練，目的是以音樂劇的形式服侍「匡智會」的智障人士，從中，學生不但能夠訓練技藝，提升自信，也能培養他們對演藝的興趣以及學懂服事他人。以下是其中一位參加者的感想。

我很開心可以參加這個課程。

對我來說，要面對陌生的導師和同學是個很大的挑戰，但我在其中獲得的益處是出乎我意料之外的。

這幾天，導師跟我和同學們玩了很多有趣的破冰遊戲和進行了不同的訓練，增強了我的自信，也打破了我和同學之間冰冷的隔膜。

令我最難忘的便是到匡智會表演那天。從小，我就很怕接觸智障人士。但這次的探訪，讓我知道其實他們是很可愛和單純的，使我學會欣賞和接納他們。

這個星期是我今年過得最有意義的一週，也是最令我感到快樂的一週。從智障人士身上，我學會待人要真誠、學懂了感恩和愛惜自己，因為他們的智力比常人低，仍堅持做好每件事，所以我要努力，不可放棄自己！

1 Peace 麥以琳



海陸運 大作戰

在這個「海陸運大作戰」課程中，我們充分體驗到軍人的刻苦生活和了解到領袖應具備的素質。這個訓練計劃分為兩個主要部分，分別是「基甸野外歷奇軍訓營」及「乘風航海上歷奇訓練」。在這四天的旅程確是讓我畢生難忘，自己需要以隊長的身份帶領著組員去解決不同的問題和挑戰。在訓練課程的首二天，我們到了基甸中心在鹽田仔開辦的軍事學校進行地獄式特訓。在烈日當空下，我們完成了步操、野外煮食、紮營等多項任務，這些艱辛的工作實是讓我們這群「九十後」畢生難忘！另外，我們更要在凌晨四時出發遠足，一大群學員在時晴時雨的天氣下登山真是極為困難！但在山上看到色彩斑斕的「雨後彩虹」時，大家都能體會到付出和忍耐定會帶來回報。雖然這幾天的軍事訓練極為艱辛，但這正好鍛鍊我們的獨立能力、忍耐力和意志力。在完成艱苦的陸上訓練後，我們到了乘風航去體驗船員的海上生活。首先，我們在船上進行了多項極具挑戰性的歷奇活動，如耐河橋、船頭採青、環迴穿洞、飛越龍門等，以訓練我們的團隊精神以及合作性。另外，有一些活動更能鍛鍊我們的信心及勇氣，如跳海、空中飛人和棄船逃生等。在船上的兩天生活中，我最難忘的是要帶領著組員去準備一頓四十人份量的晚餐。雖然大家的下廚經驗不多，但總算能在有限的材料及時間下，完成一頓令人滿意的晚餐。今年的「學習無疆界課程」實在令我們獲益良多！除了親身體驗到軍人的刻苦生活外，自己更在不同的歷奇活動中，報起勇氣去衝破信心的界限，完成種種「不可能的任務」！在日後的學習或工作，凡事只要肯付出和忍耐定會帶來回報！

朱子謙 (3 Joy)



哈哈！這是我們的團體照呀~

不說不知道~ 原來智障人士玩雜技比我更了不起呢！
(妒忌 /3\)

你看！同學們在進行精采的舞蹈表演呀！



同學們之間冰冷的隔膜快要被刺激的遊戲打破了！



Ma-ni ma-ni -hom!
魔術表演進行中~



One Globe, One Village



I am . This year, I have joined a local LEWOWA programme called "One Globe, One Village", which I think is the best LEWOWA programme in my junior school life. After joining this programme, I have changed my idea of the rich and poor of the world.

(I have never tried to be the poor since I have joined this programme in Crossroad.) On the second day of the programme, we had a simulation in which we needed to make paper bags to make a living. I expected it to be an easy job, but when I sold our bags, the shopkeeper would tear the bags when they thought our bags were made badly. Besides, sometimes when we had not enough money for paying the cost of food and rent, the shopkeeper would give us money if we obeyed to their order, such as, dancing in front of them, doing massage for them, etc. I did it because it was just a game and it was the easiest way to earn money. But I know in reality, it must be 10 times harder than what I have experienced. David James, the leader of Crossroads, told us that, sometimes in poor countries, poor people will sell their body for the sake of money. They do not care about AIDs, they do not care about dignity, what they only care is their family.

On the fourth day, we joined two simulations. They were Blind X-perience and AIDs simulation. For the first one, we followed a blind person to explore in a dark room. We could see nothing inside the room just like what blind people do in their ordinary life. We used a cane to ensure the safety of the road in front of us, we used our hands to figure out the things in front of us and we used our senses to feel our surrounding. We all felt bad after the experience because we could do fewer things when comparing to what we can do in our ordinary life. As a matter of fact, there are tons of blind people in Africa because of infection from contaminated drinking water. Even though they are blind, they still need to do things like what we did on the second day (paper bag simulation) for supporting their life. I suddenly realize that, I am just nothing in the world and I have no rights to ask for anything because there are many people who really need help.

After joining this programme, I knew that the problem of poverty cannot be solved if the world does not change. There are many powerful people affecting the world, like people exercising unfair trading, etc. if the world does not change, the problem will go on and will never stop. This problem will push our world into a bigger crisis called "Food Shortage" which is induced by strong countries like China, India, and Singapore. It is because they grow a lot of food for themselves only.

To change the world, I will dig into the problem of poverty and study the relationships between different countries, so as to improve the living standard of the world. I hope what I have learnt in this programme can help me to change the world.

Bertrand Chan 3 Love



Focus Photography - Creative Art of Vision

My Voyage Down the LEWOWA Week

Before my journey in the "PHOTO ME – Creative Photography Workshop", my idea of taking a photo is only "a press on the button"; "clueless" would be the perfect word to describe how much I knew of the complicity of a camera and its pictures at first.

I had immensely enjoyed everything that we have done during the week, from sitting in the classroom learning useful techniques and skills, to mastering the camera in Central, from capturing precious shots to pasting them on my very own visual diary.

In the past, I would think of photography as a hobby for amateurs and a job for professionals. Little did it occur to me that photography could be a way of communication, a medium I could express myself with. After a week under the constant atmosphere of photography, I realize that there is so much more to the word "photography".

In summary, I would say that I was really blessed to be able to participate in this amazing photography course. And many thanks to Miss Tung and Miss Shek, and the three instructors from LUMENIVSUM, I have returned home with much more knowledge and enthusiasm for photography.



今年是我第三年參與學習無疆界了，這年我參加了「做個科學家」(Be a scientist)這個課程。這個課程跟我以前參加的不同。往年，我參加的課程多是遊玩性較大的，多是去參觀一些景點、玩玩小遊戲等等，但這次的「做個科學家」就不同了。這個課程的每一個部份都要經過細心的思考和策劃才能進行的。



在這個課程中，我最深刻的部份是遊東坪州。當天的天氣十分熱，我們在烈日當空下在石灘上走了數個小時。起初的時候真的感到十分辛苦，但其後走到了海邊和較高的沉積岩上，空氣比較清爽，我們便覺得舒服了一點。當日我們在東坪州一邊走，一邊看石頭。有沉積岩、花崗岩、火成岩等等不同的岩石，令我上了寶貴的一課。不過，這也只是其次，最重要的是我從中明白到原來一個科學家需要很多的觀察技巧，要從生活中不斷觀察微小的事情，從小事中作出研究，這是十分重要的。



就以我們的科學探究(Scientific investigation)為例。首先，我們先要從難度、興趣、安全性和物資的價錢這四大方面中取得平衡，再決定我們的題目。最後，我們決定做一個關於降落傘的科學探究，目的是要找出降落傘的數量如何影響降落的速度。決定了題目後，就要從書本、網上等渠道找出一些背景資料以便假設實驗的結果。經過反覆的思考和實驗，我們便作出詳細的分析，繼而寫出我們的結論。這個科學探究我們合共用了三、四天才能完成，所以說這個課程的每一個部份都要經過細心的策劃才能進行的。



在這個課程中，我都一如既往認識了不少朋友，但不同的是，往年只會認識到同級的同学，但今次我更認識了一些中一和中二的同學。我原本以為跟中一和中二的同學會較難溝通，不過這次我跟同組的三位組員都成了很好的朋友。

在起初的時候，我估計這個課程會比較沉悶，畢竟我原本最想參加的課程不是這個，但參加這個課程後，我認為我也有一些新的體會，這是跟我所預計的不同。這課程比我想像中更有趣、更特別。總括而言，我很喜歡這個課程，特別是跟組員，同房同學的相處時間，以及做科學探究的時候。如果有機會的話，我希望對科學的各個範疇有更多的認識，更深層次地去研究科學。

3 Love郭俊浩

做個科學家

I liked this learning without walls program, because it was interesting and I learnt a lot of things in the program. In this program, I designed an interactive computer game. When I finished the game, I let my friends to test the game that I have designed. They said that it was creative and the game was very entertaining. I felt very happy and satisfied. In the group of building LEGO, I learned how to cooperate with my group mates to make a robot by using computer programming and building LEGO. I enjoyed it very much, we contributed different ideas and I found that cooperation can do things more efficiently and quickly.

AU Yu Yin Sylvia (1J-02)



LEGO Robotic and Computer Game Design

In these LEWOWA, I have learnt two things. First, the cooperation and communication between groupmates. In the LEGO robotics, we cooperated together and worked out the model. The communication between groupmates were also very important since good communication could finish the work faster. Second, we shouldn't give up when facing the problems. During the computer game design and LEGO robotic, I also faced a lot of problems. For instance, the programs didn't work while testing the robot, the wheels of the robot didn't balance which caused it to not walk smoothly. However, because of the good cooperation and communication between us, we overcame those problems finally.

LIN Wing Hin (2G-24)



I joined the programme "Be a Singer- Songwriter" this year. It lasted for eight days. For the first five days, we stayed at school for composing. And for the last three days, we visited Tang's Performing Arts Music Centre to record our songs.

In this programme, I learned a lot of things. Communication between group members was very important. Once communication is blocked, the whole group collapses. Also, it was important to trust the band. If you got lost, they could guide you through. It was really a very valuable experience to learn from the amazing tutors. They were great and professional and they tried their best to teach us. Sometimes we might do something wrong, but they still taught us with patience. So, a big "Thank You" to them.

Chui Lok Yan Loraine (4 Grace)



1. Different instruments in harmony
2. Making beats with fingers
3. Percussion : leading the whole band
4. An experienced instructor
5. Twin musicians?
6. Minor changes are possible
7. Singing their own song



Let me ask you a question: How well do you know about the music industry? Is it just about the singer's ability? Is it related to some other things like the melody or the lyrics? The answer is found in this programme: Be a Singer-Songwriter.

For most people, they might just plug in their headphones or turn on their stereos and listen to a song. But neither they nor I know the process behind making a single beat from scratch. I have now got this chance to compose and perform our own song. It was a wonderful experience because I have never done such things before.

Our tutor, Mr. Eddie Tang, is a very experienced producer. In the first lesson we learnt about different jobs in the music industry. Besides singers, there are producers, who monitor and coordinate the song's production, and sometimes modify the song; composers who write a song's melody and lyric writers who write lyrics for the melody. Apart from these things, we need to know some music theories before we start to write our songs.

The second day was about singing techniques and song formats. I realized that the difference between yelling and singing at a high pitch is significantly different. So it means that singing is not a simple thing to learn. Also, choosing a proper song format can make your song more memorable in the audience's mind.

Then, it came to the most challenging part of the programme: We had to write our songs. This was not easy because we had to coordinate together and modify our songs, but it was also an exciting experience because our songs were almost complete.

The most exciting part came when we got to perform and record our songs, when Mr. Tang got to modify our songs to make it more presentable. It was really enjoyable.

When we all finished our recording. Mr. Tang's crew showed us how to modify, or what they called mixing. Mixing is the process that eliminates any "noises" that will spoil the whole song.

It was really fun to create our own songs and have them recorded as sound tracks. We will treasure our songs because they are produced by our hard work and nothing can be comparable to them.

Lee Chi Tou Ryan (5 Peace)

Be a Singer-Songwriter

香港文化之旅

今年學習無疆界，我參加了香港文化之旅。最初以為文化是比較沉悶的主題，但經過幾天的活動讓我對文化有另一種看法。這次的文化之旅帶我們進入了一條時光隧道，回到了舊的香港。在三天的外出日子裏，我們到訪了灣仔，南丫島和粉嶺。在這三個地方裏，我們分別體驗了香港的歷史和飲食文化，漁民生活和寮屋區的生活情況。

第一站我們去到了香港人熟悉的灣仔，參加了導賞團環遊整個灣仔。經過領隊邊走邊向我們講解有關的歷史和故事，我發覺自己其實對土生土長的香港根本都不太認識。而且，看見四周圍的建築物都隨著時代變遷

而改變，與以前相比分別很大，很多地方都變得太城市化。我們又學習弄茶糕這傳統小食，又聽導師向我們談及飲食文化的演變。我明白到很多文化、傳統習俗、舊式建築這些具有歷史價值事物都會漸漸消失，所以我們應該好好珍惜和保留。

第二站我們坐船到美麗的南丫島，原來南丫島的風景是那麼優美，空氣是那麼清新，環境是那麼舒服。我們去到其中一個漁棚去體驗漁夫們的日常生活，我發覺他們與魚兒們就像親人一樣一起生活。我們到漁棚也學習了很多有關漁夫的文化，又有跟海水生物接觸，感覺很特別。我們嘗試了起大網、打水椿、無勾釣魚等這些捕魚或養魚所用的方法。我體會到漁夫的辛勞和這些經驗有可能會慢慢失傳，又從中看到文化的重要。

第三站我們到粉嶺的寮屋區進行探訪，也是我在整個旅程中體會最多和最深刻的一天。到達寮屋區才發現寮屋是一個比我想像中更骯髒和更危險的地方。在寮屋居住的人大部分都是老人家，因為他們沒有足夠的錢，只能在住這兒。他們真的很可憐，因為寮屋是非常危險的，特別在下雨天，有可能會水浸，還有那裏地面不平便很容易發生意外。我們每組都探訪了一位居民，從中了解到他們的日常生活和他們對自己的居住環境的看法。儘管環境多麼惡劣，但我深深感受到人間有情那種相親相愛的感覺。居民之間的感情非常深厚就像親人一樣，他們其中生活一大樂事就是與村民談天，他們又會常常互相幫助，他們之間的愛是錢都買不到的。這次的體驗令我反省到自己是幸福和幸運，我們應該知足常樂，不要經常要求那麼多，因為我們要知道世界上有很多比我們更慘的人。

在這幾天裏，不但了解更多自己本土文化和接觸到一些新事物，還認識到一些新朋友。在小組活動中，我們要建立彼此的信任和有良好的時間管理才能完成每項任務。希望在這次文化之旅所學會的東西能終生受用，要好好保留。

1. 灣仔



2. 南丫島



3. 粉嶺



課程的第一天早上，我與其他同學互不認識；然而，經過一些團隊建立的活動後，我們彼此有了初步的認識，但並不深入。

第三天，到了通識團玩繩網。縱使任務困難，但我們都盡力完成。之後，我們乘車到宿營地點。那裡的原間又新又漂亮，十分舒服，比起前一天睡課室的地板好多了，不過睡課室還是挺特別的。我和同學們都變成了好朋友。

第四天，是宿營的最後一天，行程相當短，感覺很趕。

第五天，我們回到學校勞手籌備第六天的義工服務。透過不斷的溝通，我發現大家都懂得主動提出意見和體諒別人。可見大家的確成長了不少。

第六天，我們到了一間長者中心表演，與他們一起玩游戏和唱歌。長者們都十分慈祥和好客，還很欣賞我們的節目呢！

第七天是整個課程的最後一天。我們須站在一條約四米高的木柱上立志。我立志要主動幫助別人，細心觀察別人的需要，關心別人。解散時，我們依依不捨地道別。

1 Faith 1 嘔吐

經過多天的訓練，我們都希望能夠成為一個服務人群的領袖，因為領袖是帶領人民和服侍人民的，正如耶穌服侍門徒一樣。希望大家能成為一個出色的領袖！

整全領袖訓練之旅



第二天，原定是行山往露營的地點，但因為雷暴驟生而改為在學校宿一夜。我們漸漸熟絡起來，並且懂得分工合作來，達成目標。



起舞於想像與歷史之間

小說創作與本土古蹟欣賞之旅

4 Grace 伍倚心

老實說，當初我並不是以「起舞於想像與歷史之間——小說創作與本土古蹟欣賞之旅」為我戶外學習的首選，因此我初時沒有帶著興奮期待的心情去參與這課程。

第一天，我們的目的地是新界東和新界西。雖然我住在新界東，但我從未到過大埔香港鐵路博物館和回歸紀念塔。博物館中有幾輛車卡，安坐在其中，彷彿回到過去，車卡在現今火車的襯托下顯得格外古老，亦空顯出其歷史意義和觀賞價值。紀念塔湮沒於公園叢林之中，顯得大隱隱於世。我們穿過公園後，便看見以木和鐵製的紀念塔，此塔紀念香港主權移交，別具歷史意義。在新界西，我們到屏山文物徑和三棟屋博物館參觀，兩個景點都展示著古人的生活點滴及智慧，為今人重現了舊時的足跡。

第二天，我們到九龍西和赤柱參觀。我們先到李鄭屋古墓、宋王臺、九龍城寨公園，這些地方都有濃厚的歷史氣氛，雖然很少遊客會特地到訪，但它們曾在香港歷史中扮演重要的角色！希望香港政府能向旅客加強宣傳這些歷史遺址，讓旅客從更多角度體驗、欣賞香港，為本港旅遊業注入新元素。緊接下來，我們到赤柱參觀懲教博物館和差利樓。由於我未曾看過館內所展出的展品，所以這次參觀讓我對香港懲教署的認識大大提升。只要細心觀察，遊人便可得出「展品顯示人類文明的進步和演化；從殘暴到人道」這結論。另外，差利樓則是一個給活化的歷史建築，內裏有

西式餐廳，配合美利樓西方的建築特色，構成一個成功的活化例子。

第三天，我們先到大嶼山，遊覽東涌古炮台及徐王古廟，之後到半山區的醫學博物館、摩囉街與都多利街，這些地方都記載了香港的歷史和文化。尤其是醫學博物館，內裏展出許多開埠時期的醫療物品，令我眼界大開。

完成三天的參觀後，我們於第四天匯報遊歷所見，並由第四天起上小說創作課。

在小說創作課上，黃燕萍老師以多齣電影和文人佳作帶出「寫作源於生活」的概念，黃老師更以輕鬆有趣的手法向我們介紹古今的文人，如：金庸、張愛玲等；前者筆下的女性全取自愛人的特徵，後者借筆墨渲泄她對父親的仇恨，同時把母親的影子投射於角色中……這都與「寫作源於生活」的概念不謀而合，亦提醒我每當寫作缺乏靈感時，要多留意身邊的事物，盼望從中獲得啟發。

從「起舞於想像與歷史之間——小說創作與本土古蹟欣賞之旅」這課程中，我不但對香港的歷史文化有更深入的了解，我的演說技巧以及寫作技巧亦有所進步。回顧今日香港，不少人只看到金融活動熾爛的一面，而忽略了香港珍貴的歷史文化；參與這次課程後，令我從另一角度認識香港鮮為人知的一面。這次機會是難求的，我會牢記這次所學的知識。





Student's
Photo Sharing

