



Photo taken by
 5 Joy CHEUNG Wing Lam
 (Champion, LEWOWA Photography Competition 2012-2013)

School Address: 56 Siu Lek Yuen Road, Shatin Tel No.: 2345 4567 Fax No.: 2635 0100 Email: info@spkc.edu.hk
 Website: <http://www.spkc.edu.hk/publications/index.php?subsection=newsletter>



SPECIAL ISSUE
 LEWOWA
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 Stewards Pooi Kei College Newsletter



Every robot equipped different kinds of sensor



This robot equipped an arm for catching object



This robot can detect the distance between robot and obstacle

LEGO Robotic *and* Computer Game Design

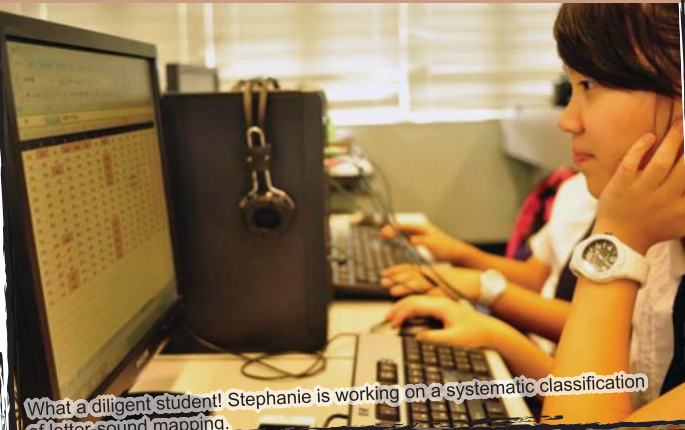
What comes to your mind if someone tells you that LEGO can move or even perform complicated tasks? Many people might think that only kids love to play with LEGO cars and houses. So do !! However, after joining this program, 'LEGO robotic and computer game design', I found that Lego building requires very detailed thinking, high order skill and intelligent design which surely is not only for kids.

This program was divided in two parts, LEGO robotic and computer game design. A powerful and intelligent robot was built from some raw and simple components. However, each component has its different purpose. We first had to learn the function of light, touch, sound or even ultra-sonic sensors in order to put them together to make a real robot! The most important procedure was to design and write computer programs so that the robot could move finally. It was a really thoughtful and challenging task to have designed the best solution to each little task.

2 Love Benji Wong



Students design their own robot



What a diligent student! Stephanie is working on a systematic classification of letter-sound mapping.



The laryngeal cancer patient is talking to Stephanie by using the electro-larynx.



Stephanie Lin (4L) is experimenting with the use of an electronic pen in order to learn English.

"English Phonics" this word seems to be complicated but for me it's a great chance to understand the art and science of speaking!

During this programme, I learnt so many things! For example, there are different kinds of vowels: short vowels, long vowels and diphthongs.

For getting to know the phonology of our own language, we tried to write down the Cantonese characters for a combination of consonants and vowels and there's four levels! For example: m+a=ma , level iv : 媽, level iii : 嗎, level ii : 罵, level i : 麻.

To understand how Speech Science industries work we visited a company which makes interactive books and tablet apps. We had old words to revise and new words to discover. That's a rare chance!

Actually, we all have speech organs that allow us to speak yet in visiting the New Voice club, we met seniors with no larynx due to throat cancer. Some people discriminated against them, but they didn't look down on themselves, they lived bravely and happily. Their spirit encouraged me a lot! Nothing is impossible!

I couldn't believe that learning can be so delightful, it was a great chance for me to improve my ENGLISH. Do you want to find out more? Come and join next time!

2 Joy Lam Yun Ka Kitty



Ray Ng (5F) is trying to speak using the electro-larynx.



This lady had laryngeal cancer. She is talking about how to speak with the voice prosthetic.



Ms Jessica Au Yeung and Mr Stephen Marson receive a souvenir banner for SPKC from the New Voice Club of Hong Kong.

Longing for Accurate Pronunciation -

English Phonics and Phonetics Workshop



Why did I choose this workshop?

The reason that I chose this program this year we learnt about "The rich and the poor" in Integrated Humanities this year. There are also more and more people concerned about the poverty issue in the society. Furthermore, I come from a middle-class family. So, to experience poverty may be good for me.

'Poverty Can Be Appreciated?'

Video Experiential Workshop



What I learnt from this workshop?

This program was fun and meaningful. It has greatly widened my vision and completely changed my views about the poor. In this LEWOWA program, I learnt that the problem of poverty must not be ignored! In Hong Kong, the problem of economic disparity is severe. There are a huge number of rich people whereas there are also a significant number of poor people. This situation should be changed so that the society can keep improving.

Other than learning about the problem of disparity, I've also experienced living among the homeless in Hong Kong, which is something completely new to me.

It gave me an opportunity to get closer to nature. I really enjoyed the fresh air and the natural environment there. It was also an experience of the life of the poor.

I've also learnt to work as a team. In that way, many difficult tasks can be done easily and more efficiently.

This year's workshop also gave me a chance to improve my cinematography skills. I learnt a lot of new cinematography skills, such as lighting and video editing. I really feel that my skills in that area have been greatly enhanced.

3 Faith Ian Jens Cho



無障礙 服侍使團

學生分享：我們的成長

以往我在崇拜時只會被動地以一個觀眾的身份去參與，但經過了這次「無障礙敬拜」，我學會了如何處理學員的突發情緒、如何在崇拜中帶領詩歌，例如：在帶領智障人士進行詩歌敬拜時，所選的詩歌需要簡單易唱、配合容易的動作。此外，我還明白了團隊合作的重要性，在無障礙敬拜時，如果不是大家互相合作，彼此幫忙，活動也不可能進行得那麼順利，所以在照顧智障人士時，團隊合作尤其重要！

總括來說，我認為這次活動十分有意義，正如聖經所教導的「施比受更為有福」，當我們看到他們的笑臉時，我們也十分開心呢！

3Peace劉銘恩

起初，我很害怕接觸智障人士，我覺得他們是無知，是不懂自理的。但到達恩光學校與他們接觸後，我才發現原來他們與我想像中很不同，他們很熱情，單純，活潑和愛笑。在活動中，雖然有學員會發脾氣或做出不雅動作，但老師沒有責罵他們，反而仍會耐心地教導和照顧他們，所以我從那些老師身上，學會了要以耐性和愛心去對待別人、服侍別人。在這個活動後，我立志日後會當義工去幫助有需要的人。假若我再有機會服侍智障人士，我會更主動地去了解和幫助他們。

3 Love王智鈺



- 1) 同學通過那「萬里長城」破冰遊戲，發揮出團結合作的精神，學習到「只要集腋成裘、衆志成城，便能成功」的道理。
- 2) 同學玩「爭鬚仔」遊戲時，玩得非常投入興奮。
- 3) 透過模擬場景和角色扮演，培基同學初步了解到智障人士的特徵：情緒易受波動，往往未能恰當地表達自己的感受和想法。
- 4) 培基同學擔當小老師教導恩光學員選出他們自己喜愛的零食，從而讓他們學懂數學中的分類概念。
- 5) 同學們反「青」選「董」，玩鞦韆時玩得極開心。
- 6) 感官花園中的灑水器令同學樂在其中。
- 7) 導師教導學員吃東西的時候要節制，在吃完後則要多做運動，如恩光學員在同學的帶領下，陶醉在美妙的詩歌之中，大家更一起雀躍地走進「彩虹世界」之中呢！
- 8) 原來智障人士都會做家務的喇！所以，我們不要輕看他們喇！
- 9) 培基學生和恩光學員在老人院盡心盡力地表演話劇！你看，我們多高興！
- 10) 課程中有五個環節是由培基學生帶領全體師生唱詩歌敬拜神，其中一次更是「無障礙互動敬拜」，那些成長經歷實在是十分難得和有意義呢！

我們的目標是... ..

看見弱小匱乏的人就會動慈心！
看見受苦無助的人就樂於服侍！

我們已成長了... ..

在服侍智障人士時，我仍發現神的恩典，從而心存憐憫、謙卑和知足感恩，還能常常喜樂呢！

升學及就業體驗



同學們在工作的最後一天收到同事們的歡送禮物，拍下照片留下美好的回憶。



同學們嘗試感受當活動助理的工作，在屋邨內擺街站。



倉務助理的工作一點也不容易，但我們亦十分享受每一刻。



在醫院中醫務人員的停車場工作的同學盡力的為車輛清潔。



擔任店務助理的同學嘗試新事物，學習插花。



於工作中同學能夠有機會跟廚師學習

這個課程分為兩個部分，分別是訓練營和工作實習。在訓練營中，我們學習了如何撰寫求職信和履歷表，也獲得了一些升學資訊。此外，我們也參與了一個性格透視測試，從綠色探究型，金色組織型，橙色多謀型和藍色真我型中，分辨出自己屬於哪一類性格，好讓我們更加了解自己，幫助我們在升學時作出合適的選擇。

我們在訓練營中學到最有用的東西應該是有效的溝通技巧。在營中，其中一個模擬活動要求我們向由相反性格的同學扮演的顧主進行面試，讓我們學習跟不同性格的人相處，從他們的觀點出發，減少衝突。

另外一個溝通技巧就是即席演說，俗語的「爆肚」。訓練營中，一個嘉賓一仔仔分享到「爆肚」的重要性，因為職場的老闆其實很重視僱員的創意。而其中一些活動，例如即興說故事，雖然我們玩時可能有壓力，但同時也很有趣和富挑戰性，加上能培養我們的「爆肚」吵架和創意，所以絕對是非常有意義。

在這一學習無疆界的課程中，我們除了可

以進入訓練營學習之外，更有機會去進行為期3-4天的工作實習，有各個不同種類的工作供同學去選擇，例如，社會福利機構的活動助理，售貨員，汽車清潔，文員，議員助理及待應等的工作，這一次的活動給予我們很多嘗試新事物的經驗，由於現在我們的年齡計算，距離將來外出工作還有一段差距，我們還未真正的感受到現今社會中工作的情況，而這次的工作實習讓我們可以親身去經歷一下工作的情況及了解不同行業的運作，亦令我們對工作有更深一層的認識，明白不同行業的要求，更能夠裝備好自己，為將來作準備。

在不同的工作崗位，每一位的同學亦各有不同的體會及反思。現實社會跟我們想像中的亦有不同，比想像中更有競爭性，而各位同學最後亦異口同聲的說一定要學會中文打字，因為一般的工作亦有懂得中文打字的要求。

同學們亦有很多從未經歷過的經驗，例如有同學們於工作實習中嘗試及觀察過正規催眠治療的經歷，亦對心理學有更深的認識，而一些於社會福利的機構亦有很多與人接觸及考驗即時應對的經歷，學會與人交流的技巧

。有些同學更有機會於醫院的花店及果汁店擔任店務助理，協助收銀，製作及售賣果汁等的工作。

每一位的同學完成工作實習後亦會獲得勤工津貼，雖然金錢不算是多，但同學有機會親身真正嘗試在現實的社會中工作，得到的體驗，回憶及知識比金錢更為寶貴。同學們亦與同事建立友誼，相處得十分融洽。

從這一次的實習體驗，同學們亦明白付出努力才能得到成果的道理。用心用力賺取金錢是一點也不容易，每一分錢亦包括著汗水。

經歷過這次工作實習，大家獲得的不只是以汗水及時間換取的金錢，而是一份份回憶及知識，這一次的經歷，相信每一位同學亦不會忘記。

5 Peace 陳樂謙
5 Faith 關可頤





中文大學體驗大學數學課



我們用數學方法找出
纜車旅程的總長



測量學校製成學校模型



使用量度知識造蛋糕

Our programme started on the 28th of June. On that morning, we went to New Town Plaza to buy ingredients to make Tiramisu. On this day, I learnt the mathematical concept of "Rounding up". "Rounding up" is very useful in our daily lives, it can help us to ensure whether we have enough money. Sadly, the money given to our group was not enough to buy all the materials, so we had to share with other groups.

In the afternoon, we started making Tiramisu. I learned how to use the measuring tools like teaspoon, soup spoon and different measuring cups, which are very important in cooking because we need to use the right amount of ingredients for our Tiramisu.

By 1 Grace Christie Au

We visited the Chinese University of Hong Kong on day 3 and listened to a talk called "Introduction to game theory". Game theory uses mathematical methods to analyze dilemmas. It is different than board games, sport games or games of luck. Although it is hard to understand, I believe it is useful for us in the future.

In the afternoon, we had a campus tour. There were many study halls and libraries for different departments. I think the tour was really interesting and the tour guide was nice and helpful as he came back to be our guide even though it was his holiday.

By 1 Faith Suki Chiang

On day 5, we went to Ocean Part. First, we measured the distance between the two cable-car stations. Then, we went to count the number of Jellyfish inside a big fish tank. At last, Mr. Cheung gave us some time to go on the amusement rides at Ocean Park.

In this program, I've learnt a new method to count large number of data and I learnt how to measure the distance between two cable-car stations. The most important thing that I learnt is teamwork, because we couldn't have finished all the tasks if we didn't work together.

1 Grace Tiffany Wong

Experience Mathematics in Ocean Park



海洋公園數學之旅



The most luxurious skyscraper and the home of the unfed are just one block away. What can we do about this social problem?

We are Flying

(In-depth Cultural Study, the Poverty Myth, and Servant Leadership Journey)



What can you buy with a 5 dollar budget? Come shop here for next Christmas!



We heard about people picking cans and boxes but we had no idea how difficult and tiring it is; the smell, the hot sun and the feeling of humiliation.

This program is the most meaningful program I've joined. I learn to cherish everything I have. By interviewing residents in Sham Shui Po and Tin Shui Wai, I found that we are very lucky and blessed. I took living in a private apartment, owning a vehicle and eating out for granted. Now, I realize that there are many people dwelling in subdivided units, doing hard labour but barely have enough income for food.

Also, the program gives me motivation to study. I learn the meaning perseverance from the poor. They never think of giving up. Often, we moan about little obstacles we have. Given more resources, I should be able to do better than her.

Finally, I now understand attitude makes real changes. We had limited budget for our meals and travelling. We also had to pick up cans and paper boxes for sale. In order to save more, we ordered ONE cup of cold soy milk (\$5) and we shared it among SEVEN group members. In the past, we did not think soy milk is special or delicious. But we felt very happy and grateful while sharing the soy milk, and we all agreed that is the tastiest drink ever. No one remembered the hardship after the small sip of soy milk. We cannot change the environment, but we can choose our perspective. Everything will be better when we deal with it optimistically.

5 Peace Chu Ho Yin Kevin



Cheers!

志願成真體驗 - 少年律師和全能小記者

「少年律師和全能小記者」課程的首兩天行程，我們參觀了明報報社，以了解報社的運作和記者的工作。首次參觀報社的我們，感覺很新鮮和大開眼界。我們更把學到的採訪技巧學以致用，到星光大道採訪，再把採訪內容整理成文稿。

最後三天，我們參觀了終審庭，到九龍城法院大樓聽審，感受法庭莊嚴的氣氛。何大狀更跟我們對話，鼓勵我們勤奮讀書。回到班課，我們參加模擬法庭工作坊，學習如何處理案件。這五天的經歷給了我們美好的時光。

2 Love黃悅研



我們專業地採訪外地遊客



我們參觀明報集團



我們和何大律師對話，了解大律師的工作



同學了解記者的工作



我們參觀終審庭



Students learning to set up their tents.



Our students working as salespersons.



Orienteering----the composition of speed and accuracy.



Rowing the rubber dinghy from Wan Chai to Tap Mun.



Students pumping the rubber dinghy.



"Hey! We can sell these for a good price."

Angel Teens

Nowadays, youngsters are often described as "Kong Kids". Many are spoiled and lack basic daily life skills. In this programme, our kids experienced the hardship of the being one of the under-privileged; to earn their own living and to take care of themselves. For example, they had to collect waste paper and old cardboard for selling to fund their own dinner. During the first half of the camp, our kids learnt the importance of "esteem" and the importance of respecting others. In the second part of camp, through the completion of different tasks such as wild camping, rowing, they learnt to cooperate with their teammates as well as the importance of consulting the opinions of others. Experiencing all the joy and tears, our kids now have a better understanding of life and growth.

Mr. Terrence Kwok

A.S.K. PRO 領袖培訓計劃

我最難忘的經歷是農務訓練日，那天要體驗農夫的生活，教練一聲令下：「大家去斬兩支竹下來！」。收到這個指令，我便找一支最粗壯的竹，急不及待拿起工具便衝過去。誰知過了一會，我感受到左腳有點痛，低頭一看，只見有無數不速之客(小蟻)衝著我的鞋子而來，繼而攻擊我的雙腳。我當然不會坐以待斃，即時用最大的力氣去踢走牠們，此時我才發現，原來我踏著的正是牠們的巢穴呢！哈哈！原來不速之客是自己才對。

2 Love 吳崇熙



斬竹原來也得需要技巧。



你看！這是我們辛苦得來的收穫。



經過一天的辛勞，大家對一頓簡單的農舍午餐也很享受。



一雙筷子原來得來不易。



很开心可以認識到那麼多新同學



活動彩排

雙人同步手部按摩

高空活動



金牌司儀

輕鬆一刻



扮演傷殘人士

回顧起五天中所做過的事，我有很深刻的體會和得著。我了解到堅毅不屈、永不放棄的力量是無比巨大的，即使遇到困難和挑戰，只要有著一顆堅定不移的心，都能跨過。另外，鼓起勇氣接觸新事物亦是一個我學習到的態度；不要害怕第一次的失敗，因「失敗乃成功之母」。再者，與組員一起團結合作、發揮各人所長，相信再大的難關也可越過。最後，我當然在課程中學學習到一個僕人領袖應具備的素質，希望將來我亦能學以致用、以無私的心服務他人！

5 Faith WU Lap Hei, Jerry

僕人領袖訓練

Be a Singer-songwriter Course - Elementary

In this programme, I enjoyed the experience of being a singer the most. Our vocal coaches used a song (不要驚動愛情) by Sammi Cheng to teach us how to sing. We recorded a song in a real recording studio and filmed a music video. It was like being a professional singer. It was quite tiring on the day of recording, when our group had to repeatedly record the same line of music over and over again. But I enjoyed it a lot as all group members sang in unity. Overall, I had a lot of fun in this programme!

2 Love CHENG Ting Hin, Timmy

I have learned a lot about composing, writing lyrics and singing in this programme. The most interesting part for me was singing. We learned singing through a lot of activities and laughter. If you want to get higher marks in your music exam, you should join this programme next year!

2 Joy FUNG Hoi Tung, Panny

For me, writing lyrics was the most difficult part. The lyrics must fit the melody and we cannot change the melody to fit the lyrics. At the same time, we need to express the story we want to tell through the lyrics. I enjoyed singing the most because I am a choir member and I love singing.

1 Joy CHUNG Hau Ching, Belle



It's a fun and interesting experience!



Singing Contest



Recording music and MV at a Recording Studio



Students playing the music they have written



Ruby singing Call Me Maybe



Students learning the techniques of singing



Tutor instructing students to compose music



We were playing Diabolo



Visit Bethanie



Dancing Performance



Playing with children



Enjoy the show of Hong Kong Cultural Centre

On the first day, we did some ice breaking with dancing and juggling. After that, I was put into the juggling group.

On the second day, we went to Wu Kai Sha for the training camp. We practice very hard to make our part of the show perfect. On one of the days, I nearly practiced for 10 hours!!! I was exhausted!

On the fourth day, we rehearsed twice in the morning. Then we visited Bethanie, where we saw many historical art pieces. It was amazing! We also visit the Hong Kong Academic of Performing Arts.

On the fifth day, we enjoyed a show at the Hong Kong Cultural centre after our rehearsals.

On the last day, we do our performance and said goodbye to our tutors.

It was an unforgettable experience. I will miss the tutors very much!

1 Love LEUNG Pak Chin

Caring Performing Art School



向夢想奔跑



夢想飛人豬



夢想剪影



夢之廚神



不可能任務II - A4紙劈斷筷子



不可能任務I - 一張A4紙圍著一組人



不可能任務III - 飛越電網陣

擁抱生命。模擬人生

在今年的「學習無疆界」，我參加了一個名為「擁抱生命·模擬人生」的課程，這是一個以夢想為主題的四日三夜宿營。這幾天我獲益良多，當中最大的得着是透過不同的遊戲和工作坊令我更加了解自己的性格，知道了自己是那一類型的人，這有助提升我往後的生活素質。而令我最深刻的情景，當然就是大家在一張卡片上寫下自己的夢想的那一幕，因為看見大家

都很認真並想清楚才下筆，這種「高度專注」的情景在平日的課堂實在不容易看到，若能把這種態度帶進課堂想必能大大提升學業成績。經過這次的宿營，我不但比前更了解自己，同時也啟發我是時候為自己的將來——夢想作好準備了。各位，一起為自己的夢想奮鬥吧！

4 Joy甄諾言

This program was based on the content of Physics, Chemistry and Biology. It was so much fun as we could experience a lot unexpectedly. We did experiments in a university; we checked the water quality of our school's water fountains; we saw hundreds of birds; we found an odourless landfill centre; we made colourful giant bubbles; we designed and made our inventions; we were

scared by bee stings; we heard a historical ghost story; we were close to squirrels, spiders and many other creatures; we learnt about the adaptation of living organisms in the mangroves, and many more. These unforgettable moments were all valuable experiences. Thank God for giving us wonderful Nature and the great fun in science.

EXPLORATION OF SCIENCE IN HONG KONG



Keep blowing! Make the greatest bubble on earth.



Do we look like professional chemists?



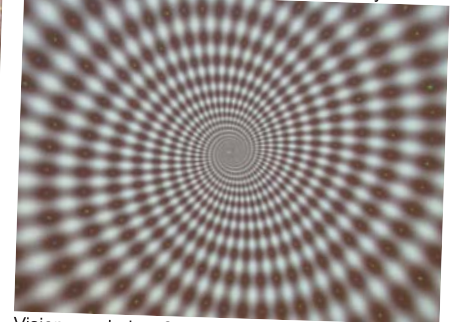
Look! What bird is that? (At Mai Po)



How can we make use of the hangers? Any idea?



Let's see if my racing car can run faster than yours. (Outside the Physics Lab of HKPU)



Vision psychology? Dizzy, dizzy, at Hong Kong Polytechnic University.



Row, row, row your boat!



We are from Program 16



I believe I can fly!



Fishes, fishes, where are you.



Come to my new home!

UNLEASH YOUR POTENTIAL - DISCIPLINE TRAINING 2012-13

There were many games for me to know my group mates in program 16 "Unleash Your Potential Discipline Training". I enjoyed the chatting time, cooking time and wild camping with them. I learned teamwork, communication, problem-solving and self management skills through various tasks. Yet, I could never imagine that cooking could be that exhausting as we cooked for 2 hours in a super hot and full of mosquitoes campsite.

The worst was that we hiked but could not take bath until..... the next day, thank God that the coaches eventually arranged canoeing and snorkelling activities. They also treated us a big meal of "Dim Sum" at the end of the camping. The food was much better than what we cooked. Yummy!

2 Love Chan Chi Ching

因為H7N9禽流感的緣故，我們的課程由北京移師到本地舉行。雖然大失所望並感到蠻掃興，但當我們完成這課程後，卻感到獲益良多。
五天的行程中，我們需要在迪士尼樂園和海洋公園完成一連串艱困的數學任務，例如量度城堡高度，估算美國小鎮大街的人流，利用平板電腦製作酒店房的平面圖等，而這些活動都需要組裏分工合作和團結努力去完成。最初，我們五人都互不熟悉，但因經歷了這

個課程後都熟絡了不少，變得有講有笑，一起完成任務。所以我學到了團隊合作和默契的重要性。我也學到要在艱難的任務中動動腦筋，從不同的角度分析及思考，所以我們必需有隨機應變和解決困難的能力。
而到訪中文大學行程中，我們有幸聽到教授及一些大學生哥哥姐姐的分享。我在他們的分享中學到了認真和上進的做事的態度，不要原地踏地，努力不斷的挑戰自己。

在秘密花園中傾數



出發迪士尼樂園前，先在樂園酒店來個大合照。



有幸出席中文大學關於博弈論的演講，並即場應用其理論來爭取大合照的最佳位置。



量度纜車與纜車的距離？Easy！



讓我倆計算玩具兵團跳傘的速度。



有了平板電腦後，不用再自製傾斜計來量度仰角了。



如要拯救睡公主，要先量度城堡的高度。

A Walk-through the Past: Visits to Hong Kong Tertiary Institutions

In this academic year, we joined a program which was going to Xian. Unfortunately, because of the H7N9 disease, this program was cancelled. Thus we joined another program travelling around universities in Hong Kong. To our surprise, the program was not as boring as we thought. Different universities have their own style and history. Mr. Leung is one of the alumni of HKU. Mr. Leung said there were a lot of interesting stories in HKU. One interesting story he told us was about a student from the medical department who met a girl at night and found out that she was a ghost only afterwards.

The most enjoyable moment of this trip is having meals in the universities. Ms. So highly recommended the chicken rice with honey sauce (蜜汁雞排飯) of NA canteen in CU. We also tried the fresh and tasty lemon pie (檸檬批) under the blazing sun.

After the trip, we knew more about universities in Hong Kong. We experienced the dormitory life in CU and IEd. It was really fun and memorable. Hope we all can study there after a few years.

3 Peace TSANG Cheuk Fai

3 Peace LO Cheuk Yin

3 Faith CHEONG Tsz Yi



door(someone)said if you walk past this door, you can't graduate



This is the main hall in hong kong university



The Hong Kong Polytechnic University



The Hong Kong Institute of Education



The photo which took in University Of Science And Technology



Amazing view of Taipei city



The million street

An Awakening Dragon in Asia (II): EXPERIENCING ECONOMIC DEVELOPMENT IN TAIWAN



Have you even been to Taiwan? I believe most of us have heard about the famous places in Taiwan, such as, the night markets and TAIPEI 101. In these five days, we went to many monuments and historical sites to learn about the history and culture of Taiwan. We can also apply the knowledge of BAFS while visiting different companies, for example, Eslite. We can also apply economics concepts such as market structure, consumer surplus to analyze different production and consumption behavior. Throughout the journey, we travelled from north to south in Taiwan. We could observe the changes of development and types of production in the country, from primary production to tertiary production.

The most memorable thing for our group was visiting the "Ten drum village" where we had a great experience playing Ten Drum. We also watched a drum show on 4 screens about a Chinese tradition story., I could feel their passion and spirit in their drumming when they performed, which encouraged me to do things better in my life.

In addition, National Palace Museum impressed us because of the magnificent architecture. Also it stored many historical relics which were from ancient China. We can also understand the history of the Civil War. The information in the exhibition was very difficult to understand. However the museum provides media such as, movies, games and magnifying glasses etc, so we can have a better understanding about the relics.

To sum up, on this trip, we can learn knowledge not taught inside school. We came across many difficulties and we build up our team spirit and friendship.

We hope that we can join this program again.

4 Grace Au Yuen Yau Charlene



Learning to play drums at the Ten Drum Cultural Village



We are making our own pineapple pie!



Experiencing picking and cleaning spring onion like a farmer!



Prosperous night market in Taiwan

“We feel thankful as all of us enjoyed this trip so much! Many of us have been to Taiwan before. However, when we listened to the explanations and stories told by the tour guide, we found that Taiwan was a place full of special characteristics!”

“In these few days, we tried many new things such as making pineapple cake, and spring onion pancake. Those experiences let us know more about Taiwan’s economic activities. We have also tasted a lot of delicious Taiwan local snacks. We felt very warm while shopping as the Taiwanese were so sincere with friendly smiles on their faces.”

“The most unforgettable thing was the night we stayed in Shangri-la Leisure Farm. We played with traditional gyroscopes and fireworks. It was our first time to experience these.”

“We have learnt the culture, economic development and history of Taiwan. We almost went across all the cities in Taiwan. We have broadened our horizons and there are a lot of unforgettable memories.”



Feng Chia University (逢甲大學)



Travelling by steam trains in Ten Drum culture village (十鼓文化村)



Group Photo before departure



Sending sky lantern (天燈) in Shihfen (十分)



Photo with “Unique” rocks in Yehli Geopark (野柳地質公園)



Feeding little goats at a farm



Delicious snacks at the Night Market



Washing spring onions

An Awakening Dragon in Asia (II): EXPERIENCING ECONOMIC DEVELOPMENT IN TAIWAN



Riding bicycle in "Chihsheng"



Getting ready for our Lewowal



Group 2 (the first time riding on the back of a truck)



One of our trainers in the trip is a local Taiwanese.



Drinking water from the river.



Group 3 (in the church of Liouguei Christian Orphanage)



Group 1 (in Taroko National Park)



Waiting for the train.



We performed two songs for the orphans.



Tasting the peanuts harvested by the farmers.

Leadership, time management, financial planning and communication skills are what we learnt from this programme. Facing and overcoming difficulties could help us to become more independent and mature.

During the trip, we went to Taroko National Park. Everyone was amazed by the spectacular landscape and views. We were thankful to our God for his great creation. Although we walked for a long time in the park, through the long journey, we strengthened our perseverance.

When we visited the charcoal factory in Fenglin, we made DIY charcoals of our own designs and learnt more about charcoal in general. We even tried charcoal ice-cream and had the chance to have a ride on a truck by squeezing ten people in the back of it.

When we went to the 'Town of Wheat', Chihshang, and had the chance to stroll on the beautiful wheat farmlands. We visited the wheat factory and saw some of the farming tools. From this experience, we realized that being a farmer is not an easy job at all. So we

should learn not to waste food from now on.

At Liouguei, we went to the orphanage. Initially, we expected the orphans to be upset and lonely. After spending the day at the orphanage, we found that the orphans led very happy lives just like us. Although they are lacking in many ways, they can still achieve many accomplishments in different areas. They are good role models for us to learn from.

After this trip, we had better self-discipline. We became

tougher and more optimistic when facing challenges. This trip also broadened our horizon by allowing us to explore the many faces of Taiwan. All in all, we became more passionate in life, better decision makers and have enhanced our sense of responsibility. We are more motivated to help others and share with others.

A Real Life-traveler in Taiwan



在學習無疆界，我參加了《敢踩感動-感動台灣》之旅。參加這個活動的原因是因為我很喜愛踩單車，而且想到台中埔里、日月潭，踩單車感受一下當地的文化。埔里的紙教堂、造紙龍手創館都令我大開眼界。再者，台灣人的環保意識很強，如何將垃圾作分類，很值得我學習。

經過這次學習無疆界到台灣踩單車，我學會如何與隊友相處、溝通，還學會要忍耐和包容別人的不足。最重要的是明白到機會是留給有準備的人。

3 Joy 區凱琳

敢踩感動 感動台灣 2013



七月二日，我們終於出發去台中，這一天我們只需要在台中四周逛逛；話雖如此，但是我們由尋找到誠品書店的路，以至到跨越一條馬路，也相當不容易，台灣的路真是既危險、又複雜；此外，我們還發現在台灣，想扔件垃圾.....很難，因為台灣人都很環保，會把垃圾帶回家分類回收，所以在街上連一個垃圾桶也沒有，他們在環保這方面真的很值得我們學習。

在之後的三天，我們都是住民宿的，每天的早餐都是由民宿提供的，他們做的早餐很美味，看得出他們對做每一件事，甚至造每一塊麩包都很認真。

我們在馬路旁踏著單車，向著目的地出發的日子，正正就是考驗著各組的團結精神的時機。其間，雖然有些同學因忍受不了自己的情緒，而發脾氣，但在導師的指導下，我們學懂了如何體諒、包容。

3 Faith 盧瀚林

4 Peace 何頌恩



第二本韓國遊記

一直以來，我對韓國的印象都是‘購物’和‘美食’，沒想到這一次我發現了韓國的另外一面，韓國原來有美麗的自然景色和濃厚的本土文化特色。

在這個課程中，我們走進了韓國的濟州島和首都城市首爾，兩個差別很大的地方。當中的體驗也很不同！濟州島風光秀麗，氣候溫暖。島上「風多，石頭多，女人多」，由於濟州島是由火山爆發而形成，使島上有很多獨特的岩石奇觀，我們觀賞了龍頭岩，將軍石和城山日出峰等，都是非常有名的岩石奇觀。另外，因為濟州島的地理位置，南望便是太平洋，由海上吹送過來的風清勁涼快。

而首爾跟濟州是截然不同的大城市

。那裡除了有林林總總的購物商場，亦有不少歷史建築物。我們參觀了漢城大學，那是韓國第一的大學。我們跟那裡的學生交流，她們跟我們分享她們的大學生活和韓國人的文化，使我們上了寶貴的一課。

另外，韓國人也十分著重環保，他們不僅把垃圾分類，更在鬧市中興建綠化公園和河道，以減慢全球暖化。

經過這個旅程之後，不但增加了我對韓國的認識，開闊了我的眼界，更令我學會了和不同的人溝通，認識了許多新朋友，而且我的中文也進步了不少。我認為我們應該學習韓國人的環保精神，民族團結和文化保育，這樣我們才會進步。

4 Grace 許蔚瑩



我們跟漢城大學的學生交流。



我們在學習做泡芙。



濟州的龍頭岩



首爾的景福宮。



我們互送紀念品。



我們一同品嚐韓國特色火鍋。



Rock climbing activity



Making maltose crackers for the children



At the beach



Visit a village of Sabah

Every day was a blank new page to discover the keys to team-building; every moment was a step closer to the success of becoming a leader.

When I was scrolling down the list of LEWOWA programmes offered this year, something caught my eye. "Sabah Adventure – Team-building and Leadership" Don't be mistaken, the words "Team-building and Leadership" were not what jumped at me; it was, instead, "Sabah". Sabah seemed like the perfect getaway paradise for a summer holiday, right? Little did I know, the actual activities and aims of this LEWOWA are far from what I expected.

I never really understood how important team-building was until I went on this programme. I especially remember the activities at KK Adventure Park and Sabah Tea Garden. Those moments were one of the few times in my life which I really

felt so hopeless and everything seemed impossible to achieve. However, I remembered how my teammates were genuinely supporting me all the way, and it was through that which I was able to find strength to complete the tasks. Knowing that you have an entire team behind you supporting you in all that you do is what matters; it is basically what team-building is all about. The support from your team is, as I have learnt, the biggest motivator, encouragement and source of energy when you feel desperate or hopeless, or simply when you carry out duties or issue orders in daily routines.

Being on this LEWOWA programme, I learned even more about the meaning of the word "leader". With obstacle courses, I learned encouragements to subordinates cannot be neglected from a leader. As organizer of events at the Children's Home and at the Cultural Afternoon, I

learned flexibility and creativity at organization and effective ways of communication. During daily routines, I learned that a leader should always be aware of his actions as his subordinates would often look to him as the role model. As a group-mate, I learned being a leader would also mean being the one who serves, the one who puts others in front of himself. As a teammate, I learned never to belittle or despise anyone in the team for his weaknesses but admire him for his strengths. And most importantly, as a participant in this programme, I learned to jump out of my comfort zone and to learn and accept those around me.

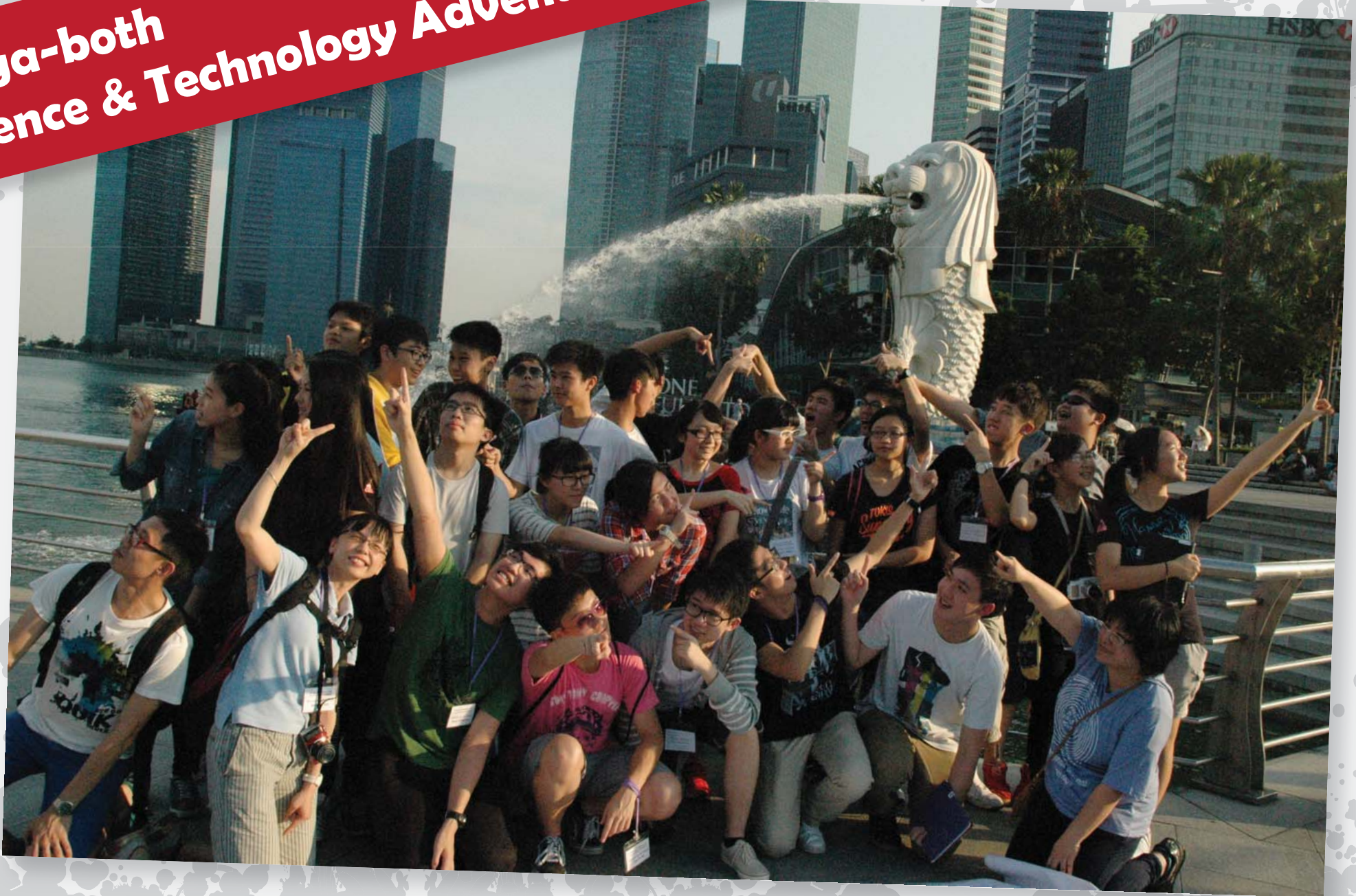
You could say I had mistaken the purposes and objectives of this LEWOWA in the beginning, but I was more than happy to be wrong.

4 Love Tse Hiu Ching, Sarah

Sabah Adventure

- Team-building and Leadership Training

Singa-both Science & Technology Adventure



OH! Where are you all looking at when taking photos?



Cheers! A great smile before playing iFly.

This LEWOWA is a journey to visit the most advanced technology of environmental protection and doing various of experiments in Singapore. I enjoyed listening to interesting stories about our tour guide Sam. I can know more about the policies of Singapore.

Apart from knowing the culture of Singapore, we've also experiences Sciences ourselves by joining iFly, which it was an indoor skydiving sports. When I first try this sport, I felt a bit nervous since I fear that I may not be able to fly up high. However, with the help of the coach, I'm able to feel like flying in the sky when I'm skydiving while watching at the night view of Singapore, which was a memorable experience for me. This adventure helps me to know more about Singapore.

4 Joy Alma Fong



This trip let us know more about the technology development of Singapore. I am very impressed by the "NEWater", as it can turn sewage into clean water again, and we even tried it. Science and technology can help the problem of shortage of water in Singapore.

Sleeping in the "Underwater World" is just amazing! Have you ever thought of sleeping with thousands of fish? Here is the chance! We could sleep in the aquarium for one night. When we just opened our eyes, we could see hundreds of fish swimming above us. It was like living in the sea! We also learnt a lot of knowledge about the marine creatures. The visit to the Singapore Zoo, also gave us insights about land creatures and how they live. A wonderful experience for all of us!

4 Joy Sarah Hui



Schoolmates taking photo with your tour guide Sam.



Stand still and let's take a photo! Smile~



"Cheers!"



The funny face of the manta ray, which resembles the Chinese character "囍"

叛謀追擊

揭開韓國軍事與經濟之謎



We are exploring the inside of a submarine!

起初我只知道一場韓戰，令韓國分成南、北兩邊，從此大家有各自的領導人，經濟、軍事、政治都互不相干，這次的學習無疆界令我知道了更多南韓的文化。經過五天的遊覽，令我知多了南北韓之間的一點點。

戰爭、打仗……經常都能聽得見，不時更有些電影會以戰爭作主題，但當我在軍艦博物館，能親身登上艦艇和北韓間諜級潛艇，真的令人十分讚嘆。不親自看一次，登上一次，都不能感受到那些時候的情況。一步一步，走進

軍艦，所見的一事一物，都會令你覺得當時的生活有多艱苦！原來，在那時候南韓的科技都已經很厲害！這一天的參觀就好像為是次的遊學揭開了面紗一樣——叛謀追擊：揭開韓國軍事與經濟之謎。

除軍事之外，我們這次有機會觀看韓國的Drawing Show，我知道韓國亦有不少的藝術表演，令我覺得韓國都頗支持藝術發展，不會抹殺他們表演的機會，更給他們一個穩定的表演地方，讓他們一展所長。

還有令我有深刻印象的是可以親自「落手落腳」製作泡菜。因為韓國家庭，每家每戶都必定有泡菜在家，無論早、午、晚三餐，桌上都一定會擺放一些泡菜，所以能夠去學習這韓國特色食品，我覺得是一件難得學習當地文化的機會。此外，我們更可以穿著韓國民族服裝，這些機會真的很難得，因為即使在具有歷史文化的北京和西安，你也未必有機會可試穿一下當地的舊服裝呢！

5 Love 馬皓妍



The ROK Armed Forces Serving the People

今年的學習無疆界活動我到了韓國學習。雖這次旅程只有短短五天，但當中仍有不少難忘的經歷。頭兩天的旅程我們主要是留在雪嶽山上。我們到了雪嶽山國立公園觀光，又到了正東津火車站和軍艦博物館參觀，縱使我們的行程皆以觀光為主，但山上風景怡人，讓人心曠神怡。在接下來的三天，我們回到了首爾市。這三天的旅程，讓我深深體驗到韓國的傳統文化。在泡菜學校裡我們親自制作泡菜，並可品嚐各式的泡菜，又可以穿上韓服拍照留念。另外，參觀景福宮、成均館大學、南山公園等，讓我對韓國的歷史有更深的了解。最後，當然便是大家期待已久的明洞之旅。明洞的街道十分熱鬧，人頭湧湧的，而大部份的商鋪都是售賣化妝品、韓流明星物品等，非常吸引。這次的旅程很愉快，大家不但能滿載而歸，亦學了不少韓語。而當中最深刻的事情莫過於認識了同團的攝影師哥哥，因為他是我第一位認識的韓國人呢！

5 Love朱恩善



成均館大學文化交流

South Korea achieved prosperity like Hong Kong in the recent years. Through this five days visitation, I have learnt a lot from the military and environmental development in Korea.

In The War Memorial of Korea, it displayed models of equipment from the army, navy and the air force which had been used in the past few decades. It also showed the military development of Korea from 1950 to

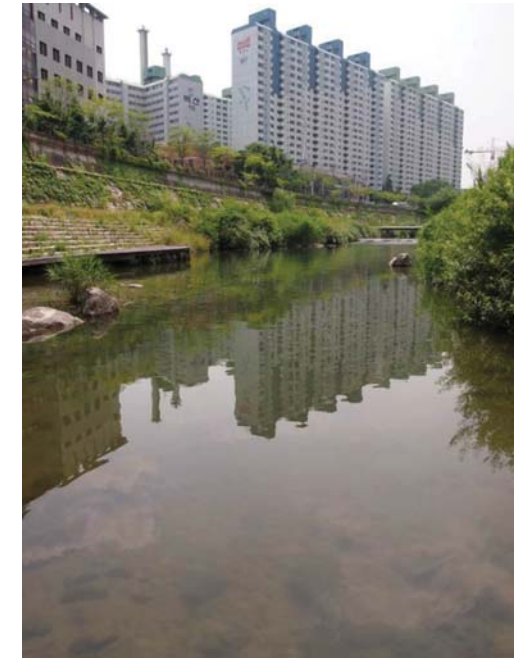
1990, from post-war reconstruction to the enhancement of the defense posture, which exposed the improvement in technology of Korea.

I was also impressed by the world's largest landfill in Seoul. The SUDOKWON Landfill Site Management Corporation is building ecological parks by sanitary landfill in order to enhance the environmental quality. It allows the neighboring places to be the best environmental attraction in

the world. The green environment is comfortable and suitable for everyone. I wish Hong Kong could also build ones like these if possible!

Overall, South Korea showed impressive work in military and environmental development. It is definitely a meaningful place for travelling, learning and having exchanges.

5 Love Chan Ka Ying, Vanessa



This is the Cheonggyecheon at Seoul.

The Order of a Spy:

DISCOVERING THE CHAMBER OF SECRETS OF SOUTH KOREA



•The Drawing Show.



•Blessings were written all over the black tiles.



•We are lying on the railway.

Love Switzerland, Love Nature

5 Peace Lee Ka wing



Day 1(28/6):

Hong Kong ~> Zurich

Today, I felt very excited, but at the same time, afraid as I need to take a thirteen hour flight. It was very exhausting, I tried to sleep on the plane but it was a bit difficult, because I don't sleep well on the plane.

Day 2(29/6):

Zurich ~> Rhine Falls ~> Schaffhausen ~> Saint Gallen(Appenzell cheese factory) ~> Chur

Finally, we arrived in Zurich Airport. The first place that we went to see was the Rhine Falls. It was fantastic, really beautiful, I went and bought my first souvenir there. After seeing the Rhine Falls, we went to the Schaffhausen, it was a very big area, the bus stop there are very special, and there were many

churches, we enjoyed walking there. The next place we visited is the Saint Gallen(Appenzell Cheese factory), the cheese factory is very huge, there were many different kinds of cheese, however, the taste of the cheese was a bit strange, and it smelled very strong. The last place we visited was the

Stamp Country. It was a small country, but it was very meaningful! We could see many stamps on the floor, it was very special. And there was a post office and it was for the visitors to send their postcards. And this was my first time to send a postcard, very meaningful!!!

Day 3(30/6):

Chur ~> Vaduz City Tour ~> St. Moritz City Tour ~> Chur

First, we went to the Vaduz, the views were great! I couldn't forget the views even now. The sky was blue and the air was fresh, the beautiful snowy mountain was in front of me, I was left breathless! We walked near the sea and we could feel the wind and the amazing views!!! After that, we went to St.Moritz. It was a very lovely city. Teachers provide a lot of free time for us to take photos and shop there.

Day 4(1/7):

Chur ~> "Glacier Express" ~> Brig

Today, we went on a train with many windows, it was the Glacier Express, this train is for the visitors to see the views of the snow mountain. After leaving the train, we arrived in Brig. In Brig, there were a garden and there were a quartet fort.

Day 5(2/7):

Ri ederalp ~> Morel-Ri ederalp Cable car ~> Geneva

We went to the Ri ederalp by the Morel-Ri ederalp Cable car. The views there are extremely beautiful! I love it and I didn't want to leave. After that, we went to Geneva to see the United Nations headquarter buildings and the English Garden and also the Red Cross headquarters buildings. Very meaningful and nice to be there.

Day 6(3/7)

Geneva ~> Lucerne(Mount Pilatus)

Today, we went to see the Trummelbach Falls and go to the Mount Pilatus, I felt a bit disappointed about this because after we went to the Mount Pilatus, the weather is extremely bad and we couldn't see the views on the mountain. At last, we went down by the cable car with sad feelings. However, we played with snow on the Mount Pilatus, we play snowballs throwing it at each others, it was quite fun. After we went up to the Mount Pilatus, we went to Lucerne.



Day 7(4/7):

Lucerne ~> Zurich

This was the last day we stayed Switzerland. Sad emotions came... First, we went to the Chapel Bridge and we had much free time to take photos there or buy souvenirs. Then, we went to see the Lion Monument, we heard the story behind it and I felt that this Lion Monument was very meaningful. The next place we went is the chocolate factory, it was a famous chocolate factory and we can see the process of making the chocolates, and we also bought a lot of chocolates. The

most famous chocolate in this chocolate factory is the Banana favor chocolate and the white chocolate with hazelnut cream, really SCRUMPTIOUS!!! After we visited to the chocolate factory, we went to eat our last dinner in Switzerland. And the last place we went in this trip is the Zurich Airport... The most surprised thing is that Linda came to the airport and we met Linda in Switzerland ;)

Day 8(5/7)

Zurich ~> Hong Kong

Reflection:
I think this year's LEWOWA was most memorable, although this trip is quite expensive, I enjoyed it a lot. We can see many beautiful views there and we can take many photos there. On this trip I learnt a lot, about the world, recycling, and the history of many historical buildings.
I hope that I can go to Switzerland again~ Switzerland, wait for me~~

Cultural Exchange in *Singapore*

My LEWOWA program of this year was the Cultural Exchange In Singapore. I went to Singapore for five days and visited quite a lot of places. For example, Little India, the URA, China Town, Ethnic Quarters, Yakult Factory, National Museum, Gardens By The Bay, Merlion Park, Marina Barrage, Newwater and two local universities. Through visiting the above places, I learnt many things and it's a really special experience.

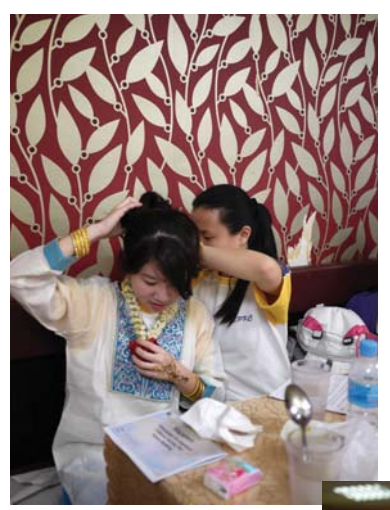
In these 5 days of LEWOWA, I learnt a lot of things, not just the history, culture and other knowledge teachers expected us to learn, but something deeper... Much deeper. I learnt that we need to love and respect each other, although sometimes we may have different opinions, personalities and nationalities. If everyone love, trust and respect each other, the world can be a better place and everyone can live in harmony. Also, nature is fascinating; curiosity is the guide to a whole new world you've never seen.

2 Love Melody Wong Yuet Tung

It was the first time I went overseas with my classmates and teachers. I was excited but still I missed my parents. I was lucky to have my best friend to come with me, she was Melody. The reason I chose this program is because I love the environment in Singapore, but I didn't know about the culture there. When we first arrived in Singapore, we went to the Little Indian. We had about HKD\$180 to buy the clothes and accessories. Basically it was not enough, so we had to bargain.

My favorite place in Singapore was the Merlion and Gardens by the Bay. These are things we do not have in Hong Kong. There were many tourists there, and the night view was fabulous! There were also many museums, in this way we could learn more about Singapore's culture.

2 Love Emilia Lau



上帝的七堂課

我在這次學習無疆界活動中了解到人與人相處要坦誠的道理。這7天的流浪旅程中，除了遊覽景點外，最多的就是數之不盡的組員交流。最讓我印象深刻是組員會毫無保留地分享他們的生命故事，即使故事中有不少觸及他們的傷痛回憶，他們也會樂意分享，使我們在旅程中感情增進不少。人與人的交流並不需要千言萬語，只要是出自真心、毫不保留，片言隻字已經可以令人對

你的遭遇感同身受。我們幾個同學從互不相識到成為無所不談的好友，絕非長時間的磨練或是偶然，而是付出真心交流的結果。從這旅程中，我明白到人際關係並不需要包裝或取悅他人，而是做回自己，用真心去經營已經足夠。只要抱著將心比己的態度，你必定能在茫茫人海找到生命中的知音人。

5 Love黃逸朗



於景福宮前留影



火車站留倩影



於韓國戰爭紀念館前留影



型!



流浪之休憩站 —— 咖啡店



A warm welcome given by the principal, Mr. Loh, teachers and students of SMK Tebobon

The highlight of this trip was the visit to a local high school SMK Tebobon. This school has around 2300 students. Senior students study in the morning (7:30-12:30) while the Seniors study in the afternoon (1:00-5:30). When we arrived, the Principal, Mr. Loh, gave us a warm welcome and the dance team performed a traditional Malay dance. After the opening ceremony, we went to their classrooms to participate in their daily lessons. All of us made new friends and exchanged our Facebook and phone numbers. We made a new friend, Rachel, who is a pretty Malay-Chinese girl. Many boys had a crush on her! Also, Rachel showed up at the airport on the last day to say goodbye.

On this trip, we got to see many different wildlife animals. In the Lok

Kawi Wildlife Park, we got to see monkeys, elephants, sun bears and deer. We also went to the Orangutan Rehabilitation Sanctuary at Rasa Ria.

We learnt a lot of information about all the animals and the environment from the local tour guide which enriched our knowledge.

The day we had most fun was actually the last day, we had a beach party in the rain! During this party, our friendship strengthened. We played around, throwing mud and sand and splashing water. Also, we had a chance to talk during this time, making it the best evening we have ever had!

4 Hope Heidy Lo
5 Faith Cindy Lam

The Wonders of Malaysia -
The Wonders of Malaysia -
**Cultures,
Environment,
Society**



The presentation is about to begin, students please be seated!



The fresh watermelon juice is so DELICIOUS!



Oh~the food look so YUMMY! Give me more!!

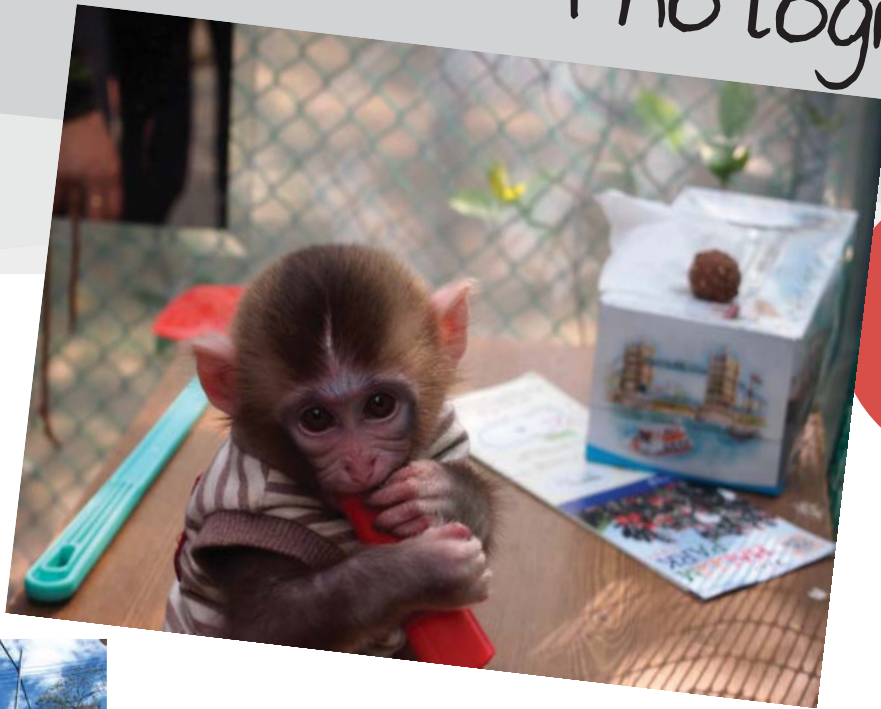


Mr. Derbyshire: What a wonderful souvenir!



The English lesson in SMK Tebobon is interactive and fun

LEWOWA Photography Competition 2013



Merit
2 Joy
CHEUK Hiu Ying



3



4

Merit
2 Grace
SIU Pui Yan



1



2

- 1) 4 Grace LAI Tai Chun
- 2) 5 Grace LIU Wai Yu
- 3) 5 Joy CHEUNG Wing Lam
- 4) 4 Joy LEUNG Ting Ting
- 5) 5 Peace WONG Ching Fung
- 6) 5 Love KONG Yin Ting



5



6

Merit, 3 Faith MAN Chi Lok



Merit, 5 Peace TANG Yat Yin

LEWOWA Photography Competition 2013

1st Runner Up
4 Grace LAI Tai Chun



2nd Runner Up
3 Faith TSE Mo Chun

