



Spkc

Stewards Pooi Kei College Newsletter
LEARNING WITHOUT WALLS (LEWOWA)
SPECIAL ISSUE 2013/14



ALSO FEATURING:
LEWOWA
PHOTOGRAPHY
COMPETITION
2013-14



EDITOR'S NOTE

Some things are uncovered only by experience...

Once I was reading the newspaper, an advertisement of a newly-opened restaurant burst into my eyes. 'Some things are uncovered only by experience.' My brain immediately switched into the 'LEWOWA' mode, as if it was ready to tell me some new inspirations.

My mum is a 'fastfooder'. Wherever and whenever I eat with her, she will urge me to finish all the food quickly and leave. Her purpose of entering a restaurant is to complete the task called 'finish the food' as fast as she can and then go. The 'fast' culture in Hong Kong has gradually influenced all our life aspects, even our growth. It is like if we spend more time, or just stick to the normal pace of growth, we will be the losers because we are 'too slow'. Growth is turned into a task to be completed as fast as a 'fastfooder' can. Experience needs to be created and nurtured with time to feel, with space to think, and with one's participation so as to uncover the 'some things'. If it is true, then probably my mum has missed the 'some things' in so many restaurants, which not only mean the dish offered, but also every single detail in the restaurant: ordering routine, decorations, table setting, clanging utensils, dialogues between eaters, waiters' dress code, pace of service and dining, and perhaps 'some things' out of our expectation jump into our life suddenly. Every year, each LEWOWA programme is like a restaurant to provide us various types of food. Rather than just finishing all the food, are we willing to spend time to feel, reserve space to think, and wholeheartedly participate in the whole process to uncover the 'some things'?

In LEWOWA 1314, I explored Sri Lanka with Mr. Karl Suriya, Ms. Joey Chow, 26 senior form students and a group of enthusiastic co-workers. We played with the orphans, served the elderly, studied one's life by the words on the gravestones, squeezed into a 2-hours train, had a slow walk on the railway of a train being washed off to the Indian Ocean 10 years ago from the offshore area..... and eventually, in front of the Indian Ocean, facing to the post-tsunami rebuilt village, we blessed the land with our school hymn and prayers. A Michelin restaurant can recommend the most popular dishes to us, but they can be finished like fast food; the School can arrange various learning activities for students in a LEWOWA programme, but whether they are just 'some activities to be completed' or 'some things to be uncovered' depends on students' self-motivation and curiosity to learning, discovery and life-change. Throughout the programme to Sri Lanka, I was impressed that some students shared the changes of their life view with me after observations and interactions with the locals every day. Bite by bite, I could feel their struggles, the breakthrough of pride and ego, sorrow and regret, and finally, the determination to change. That is the most thankful thing for me to be a teacher – to witness the transformation of a student's life.

Tons of work is lining up for the preparation of LEWOWA every year, but the fruit of LEWOWA every year is so juicy with after taste. I hope that LEWOWA will never be just a 6 to 10-days fast food meal for students, but 'some things' to be uncovered bite by bite. Let's enjoy the 'menu' of our LEWOWA 1314 Restaurant!

Ms Ripple CHAN
Learning Without Walls 2013/2014

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正在等火車，我們將要站著乘搭一個半小時火車呢！



到海瀟重建村落派發物資，村民們蜂擁而置。十年重建，搶奪物資背後，看得出他們真正缺乏的並非衣物用品，而是安全感。

念記斯里蘭卡

培基十載主恩厚載
師生情誼喜耀樂哉
銘記教誨感謝師恩
願作主僕祝福他人

斯里蘭卡受苦之國
天災人禍傷痕處處
孤兒自幼喪失至親
貧苦學童物資短缺
海嘯劫後人心茫然
垂暮老翁寂寞可憐

師生同行二十九人
懷著真摯走入人群
了解探望受苦之民
默默送上關懷慰問

斯里蘭卡百業待興
然而人民仍能單純
樂觀愉快地過日子
反思香港的人與事
好叫新一代年青人
重新思考人生真義

周慧儀老師



走在這條路軌上，每步都感觸：2004年南亞海瀾時，有一列載滿乘客的火車從這裡被沖走到印度洋去，最後在接近印尼的海域找回火車殘骸。



為當地貧苦學生購買拖鞋上學，老闆也很用心為我們安排。



到訪當地郊區的初中，與師生進行教學交流。



當地家庭觀念甚重，而被安置在老人院、久沒家人探望的長者們顯得份外孤單，我們的探望和清潔服事帶給他們點點溫暖和關懷。



這裡的孤兒被未婚媽媽遺棄，但因著天父的愛，他們勇敢堅強地生活下去。



FROM PICTURES TO WORDS - THE



Do we look good in hanbok ...

"안녕하세요 (annyeonghaseyo)!
감사합니다 (gamsahabnida)!"

Reading through the Diary of Korea,
many precious moments sparkled in my
head.

START



Seoul National University!

Chang

This programme equipped us with educational activities that broadened our knowledge in history. The exchange held in Seoul gave us a vision for a better future. We are undoubtedly inspired by the vision. The fellows will always be our driving force and role model.



The invisible Buddha



Professional Ballet Dancers



Look! SPKC spirit to Korea

What we appreciate most about this beautiful place was their effort towards cultural conservation. The government used shopping malls, museums and even streets as platforms for local artists to display their artwork. We believe this is a huge encouragement to the youngsters who define arts as their dream.



Ice cream Waffle



Spicy Rice Cake

Childhood m

In these five days, we could feel the vitality and passion of the beautiful capital in Korea - Seoul. We learnt about their food culture. The experiences we have gained broadened our horizons. Apart from this, our seniors helped us look at our faults and mistakes so discussing diary materials with teachers was incredibly helpful for us. About our seniors. This trip was such a valuable life lesson for us.

3RD TRAVEL JOURNAL OF KOREA



dok Kung

ies.Sightseeing in Changdeokkung cultivated
National Univerisity brought us the global
d by the fellows we met during the exchange.
models to strive hard for univerisity studies.

And,most importantly, the most unforgettable
memory was the NANTA show. NANTA is a
renowned world class show performed by several
groups of skilled Korean drama players. We
loved its creativity and flawless combination with
music and dance. With just a pair of knives, the
performers can play various kind of melodies.
This original show is worth watching twice.



The making of kimchi...



The most important part in palace.



Fried chicken with BBQ sauce

Any interesting stories from the trip?Of course and ordering
fried chicken delivery was one of those since we are used to see
this in Korean drama only, it was such a blessing to have the
opportunity to try it on our own .



emories!



Korean traditional fried rice

out the Koreans' daily habits. Trying out street food , like rice cakes and fried chicken, gave
r Chinese writing skills improved a lot under teachers' guidance. Sometimes,we may over-
morality, Koreans have shown us outstanding values and reminded us to always respect

5 Peace Fion KWONG and 5 Love Natasha SIT



Seoul Tower at Namson.

Gateway to European History, Art & Culture: A Study Tour to Paris



Before we joined this programme, we had in mind the three aims, we first had to gain a better understanding towards the historical and geographical features of Paris. We also aimed to enhance our sense of art appreciation through visiting the magnificent and legendary museums, theatres and landmarks. To experience the French culture in various aspects: food, fashion, city planning, lifestyle and architecture. We must say that, this trip helped us obtain way more than these 3 goals.

We visited a lot of majestic buildings such as the Palace of Versailles, the Louvre and the Eiffel Tower etc. All names which have stunned us only on TV or in movies. Words could not describe how we felt. However, we have also achieved our learning in the unconventional spots such as the Notre Dame and the Paris Sewers Museum.



There were some special places we visited and one of them was Notre Dame. Notre Dame is one of the biggest medieval Catholic cathedrals. We were amazed by its beauty. Moreover, this cathedral showed me how superior religion was during the Dark Ages. Our teachers told us that religion was the life of the medieval people in the lessons, but more than just listening to the teachers in air-conditioned classrooms, we could finally see with our naked eyes this time! Secondly, we learnt to appreciate the architects and the artists of that period. Do you know that they spent their lifetime just constructing and designing a few parts of this enormous cathedral, such loyalty and wholehearted working attitude truly deserves our applause.



In a majestic church, there comes a mysterious staircase.
Where does it lead us to?

05

A splendid painting in a pompous museum.

Don't overlook the street arts and performance in Paris, they definitely play a role in its culture.



Have you ever wondered what you will see during the River Seine cruise?



Cheers for 10th Anniversary of SPKC! Hip hip hurray!

We all pointed to a place, what was actually happening there

Greetings from Paris - Happy 10th Anniversary of SPKC!



School exchange with a college in Paris



School exchange with a college in Paris

We also visited the Paris Sewers Museum. Although some of us felt nauseous walking in the foul-smelling sewer, it gave us a new dimension to the understanding of the city planning of Paris, which means not only understanding Paris by observing its outward design but also viewing it from underground. Just like what Victor Hugo wrote in his novel *Les Misérables*, "Paris has another Paris under herself, a Paris of sewers." We have learnt that successful city planning isn't just about how splendid her outward design is, but it's also about effective wastes' disputes. The sewer system really plays a key part in Paris.

We have left our footsteps in all the well-known or remote scenic sites, every footprint brought us a lot of memories. We learnt to be independent and self-relying. We learnt and adapted to French culture; its food, its education system and the attitude of people there. We must say that the trip showed us many different angles of Paris, no matter positive or negative, we love them all!!

Discovering Dubai

Throughout this program, I think I have learned more about the Islamic culture!

Before the LEWOWA, the image of an Islamic nation for most of us was simply where terrorists are originated, or many poor people are begging for food, which is awfully unilateral and negative. However, I think most of us have changed our views as we have learned about the positive side of Islam and what Muslims believe in. We have learnt about the story of Islam, as well as what the clothing of the people means, etc.

For me, going to a (surprisingly not cram-full) gold market at downtown Dubai was one of the most interesting events. Unlike in other nations, gold is able to flow freely throughout and people treat gold as a tool of trading. However, what happened is that in front of one of the tourist shops in one of the alleyways, a shopkeeper used a "special method" to sell me a set of thawb. He put it on me and invited me to enter the shop. My friends took photos of me wearing those clothes, and I eventually bought the set of clothing as my own souvenir of the trip (for a hefty unreasonable price, but I still think it is worth the price.)

For unforgettable memories, it must be the afternoon we spent at the desert. We spent over an hour enjoying the stimulating ride of sand-slashing in the middle of the desert. Then, we enjoyed the beautiful ruby sunset whilst we took hundreds of photographs and enjoyed the fine sand that you would never be able to find in Hong Kong (It also took us a long time to wash off our slippers!) When the night fell upon us, we enjoyed a buffet dinner in the middle of the desert in a desert camp while we enjoyed the performance by a local as well as amusing light show on stage.

5 Peace Christian Chung



Wearing a set of "thawb"



Sunset inside the desert camp where we had our dinner



"Water Taxi" at Dubai Creek



A mosque in the Emirate of Sharjah



Night of Dubai take from Burj Khalifa

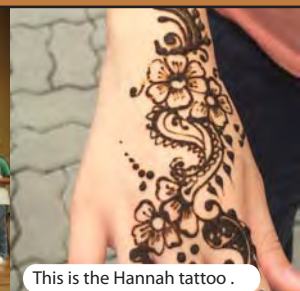
Singaporean Orchestra and Band Exchange Programme



The second night we had a boat visit in the River of Singapore.



This is the place where we performed. There are over 200 seats for audience.



This is the Hannah tattoo.



The girl in the photo is Jerlyn. She was buddy on that day. She is 15-year-old member of the choir.

The Korean food in the photo was the lunch we ate in Dunman High School's canteen.

This is the first time I travelled without my parents with my violin. We visited two different schools in Singapore. One of them was Dunman High School, another was Hwa Chong Institution, and both of them are very big like a maze. The first day we went to Hwa Chong Institution, we performed a mini drama with some music to introduce Hong Kong. After we performed, we joined their orchestra and played a song named "Those Years(那些年)". After that, the orchestra members showed us to look around their school.

On the second day, we went to Dunman High School. Every one of us had a buddy and we attended a lesson with him or her. My buddy was Jerlyn who is 15 years old. She was so nice and helpful and a member of the choir. After the English literature lesson, we went to the canteen to have lunch together. Their canteen has 16 stalls, with Japanese food, Chinese food, Korean food and so on. The most memorable part was the choir's performance. They put on make up and didn't wear shoes to perform. They sang and danced at the same time. Although they sang and danced at the same time, they could also sing very well. Jerlyn told me that they practiced twice a week and each practice lasted around three hours.

In these three days, I had learned different cultures in Singapore, such as why the married Indian women are fat and so on. Also, I had learned how to be independent. In these three days, my parents couldn't take care of me, and I couldn't ask them for help. I tried to check-in, pack up my luggage and so on by myself. Moreover, I had learned "Practice Makes Perfect" from the two schools' orchestras and choirs. I think that I should practice my violin and piano more. I also made a lot of new friends, such as Jerlyn. I think this experience was very precious. I enjoyed this music exchange very much.

"The Wonders Of Malaysia" LEWOWA 13|4-27 Visit to Sabah

"John, I miss you so much. John is handsome, my boy" said Sammie back in the hotel after our visit to All Saints School in Kota Kinabalu.

On the third day of our programme we visited this Anglican school, one of the oldest in Sabah, one hundred and ten years old with a long, proud history. There was a welcome meeting in the Conference Room with the Principal Madam Tiong, Deputies and Prefects, then we all split up to attend various classes. Along with Christy we participated in a Science lesson in 3C one of the 'naughtiest' classes we were told. However we found the lesson fun and the students very lively interactive with the teacher. We exchanged contacts with our new friends Facebook, Instagram, WhatsApp and found the students friendly and passionate with lots of smiles to greet us as we toured the campus later. We kept shaking hands, taking 'selfies' and were amazed to find out some students could speak five languages!

Hakka, Hokkien, Putongua, Malay, English. After the lessons we gave presentations in the Conference Room. Their prefects told us about All Saints and our different groups presented aspects of Hong Kong such as History, Our School, Food, Fashion, Teenage Life and all presenters did SPKC proud. They even presented us with gifts and a beautiful signed card now in English Zone. Our new friends later in the week came to join us on Tanjung Aru Beach where we played games, went running on the sand and watched the beautiful sunset. We had great fun and discovered we had lots in common. Some students even came to see us on our last day as we did some final shopping in Suria Sabah and there were tears even from our boys! All in all, the visit was the highlight of our trip and it was a privilege to get to know friends from a different country and culture. The memories we built up will never be forgotten and I am sure I will visit them again soon. Terima Kasih All Saints!



Our students were separated into groups and tried to have some lessons with the local students.



We can tell everyone felt enjoyable after the lesson from their smile.



Student helpers of All Saints' School introduced themselves to all of us one by one.



參觀HYUNDAI 車廠前，大家先跟製成品合照。



參觀梨花女子大學前，先拍照留念。



師生一同穿上韓服拍照留念。



同學嘗試製作泡菜。

Seoul Business Technology & Cultural Journey



韓式美食，大家每次也吃得津津有味。

時光飛逝，我們的學習無疆界課程完滿結束。在這短暫的五天裡，我們經歷了各種事情，令我們由一盤散沙、不願意合作的團隊，變得團結互助。

我們到達韓國後便到訪水原華城。烈日當空，我們沿著古城的小徑一直走，欣賞附近景色，又在城牆上高唱校歌。眾人在城牆上靠在一起，盡情高歌，那時，一份前所未有的感動湧上心頭。

第二天，我們參觀現代汽車廠，不禁驚歎車廠全自動化生產，大部份工序以機械代替人力，平均只需五十多秒便能生產一部汽車。之後，我們參觀特愛麗3D美術館，在這裏我們置身不同情境，融入藝術作品之中。這玩味十足的照相方式重新詮釋我們對藝術的看法，同時亦加深我們之間的友誼，透過鏡頭一一紀錄我們的表情、姿勢及友情。

第三天，我們參觀梨花女子大學，與當地學生交流，亦叫我們難忘。我們訪問了當地的女大學生，

她有別於本港學生，在接受訪問時不會畏首畏尾，回答落落大方，而且她亦主動向我們介紹她們的學校。我們十分欣賞她那自信和友善，我們不禁盼望有一天亦能像她如此。往後我們分別前往IT體驗館及景福宮參觀，古今兩者文化的差異讓我們充份感受到朝鮮民族文化上的變遷，由古時仿照中式的建築，以至現在的高端家居設備，均令人讚嘆不已。

最後的行程是前往仁川的海上之旅，我們一行人浩浩蕩蕩踏進輪船，享受船上的風光秀麗，海鷗成群在藍天飛舞著，我們閒聊之間，清涼的海風伴隨著過去幾天的回憶吹拂，不經不覺，本次旅程已經接近尾聲。

短短五天的韓國之旅轉眼即逝，我們的課外學習亦暫告一段落，然而這不會是一個終結，反是一個嶄新的開始。事實上，不只學習無疆界課程能擴闊我們的眼界，只要我們願意細心觀察，多了解發掘，每一次旅遊也可成為寶貴的學習經歷。

5 Love 韓皓欣



學習無疆界

電波少年流浪記

這次流浪讓我體驗了很多有趣又難忘的事情，是個不一樣的旅程。

旅程當中，我們要在有限的金錢內計劃好接著數天的膳食、交通等費用，這訓練了我們的計劃能力以及溝通能力，因我們要與組員討論每天的行程以及衡量金錢的運用。另一方面，由於受到金錢、時間以及環境的限制，許多時候也需要以自己雙腿作為交通工具，每次也步行接近半小時，遠的地點甚至步行一個小時以上。鍛煉了我們的體能及耐力，因為臺灣的天氣十分炎熱，加上我們一直在太陽下行走，真的汗流浹背，衣服都濕透了。相信在香港你也不會走這麼多的路。但在走路的過程中，可以讓我們更感受到大自然的氣息，更加留意身邊的事物，而且礁溪、宜蘭等地方較有鄉鎮風味，讓我們可以放下城市的急速步調，欣賞四周大自然的景色。

記得我們從北埔步行到七星潭的那段路，確實是漫長和辛苦。但當我們到達七星潭，親眼看到那麼廣闊無際的太平洋時，一身汗水也是值得的。看著海洋，一切煩惱都隨著風，隨著海浪遠去，令人流連忘返。靠著我們雙腳走到的是乘車所難以感受的。而且，在旅程中我們到了不同的漁港看到漁民買賣的情況，感受漁市的熱鬧，還學到了一些臺語稱呼魚類的方法。另一方面，制作琉璃珠時，婦女們十分認真與耐心解說及教導我們制作技巧。這群婦女都是從傷痛的過去中重新振作，我十分佩服他們的勇氣和自強不息的精神。

這次旅程有很多與當地人交談的機會，在這個過程中，讓我們更加了解臺灣人的生活、文化、社會等等，繼而反思自己及人類全體的生活及行為，還有這個旅程讓我感受到臺灣人的熱情與助人的心。很多時候我們向他們問路時，他們總會熱心幫助我們，不論為我們畫地圖，甚至放下手邊工作親自帶我們走，令我們十分感動。所以要衷心感謝所有曾經幫助我們的臺灣人。而且，我十分高興有育璋sir擔任我們的導師，一直伴著我們走過整個旅程，並分享了很多臺灣的文化歷史背景，讓我們增廣見聞。另外，可以與一群有趣又惹笑的同伴們經歷這趟旅程，要感謝他們為這個旅程增加更多趣味與歡笑。

這是我中學生涯中最後一個『學習無疆界』，十分慶幸可以參與電波少年流浪記，讓我經歷更多，學習更多，感受更多，思考更多，真的捨不得這個臺灣流浪之旅。這一站是終點？還是另一個起點？我相信下一個旅程快要開始了！

中五愛班 許書華





兵馬俑有「千人千面」之譽，每一個兵俑的樣貌各有不同



大家興奮地走進秦兵馬俑博物館



同學們正準備一睹華清池的真貌



同學們正努力地製作自己的兵馬俑



看！百分百自家造的兵馬俑！

A Cultural and Historical Fieldwork to Ancient Cities 學習無疆界2013-2014 中國古都文化歷史考察遊記

A Cultural and Historical Fieldwork to Ancient Cities
In this 5-Day-trip, we travelled across two provinces in China, Henan and Shaanxi. We visited many historical attractions.

The most remarkable part of the trip must be the Emperor QinShiHuang Mausoleum Site Museum (秦始皇陵博物院). We were stunned by the scope of the Mausoleum and there are still many places that haven't been discovered by the archaeologists. Each face of the terracotta were created separately and all of them are different. We were all amazed by the enormous site and the detailed work by the emperor Qin and the ancient citizens.

We also visited other valuable historical attractions, such as Longmen Grottoes (龍門石窟), Huaqing Pool (華清池) and Daming Palace National Heritage Park (大明宮遺址公園). However, many of them were damaged by historical events and some were damaged due to inadequate protection. We felt unfortunate whenever we heard about these.

Through this trip, we understood the importance of heritage and it is an important tool for people nowadays to know more about the ancient times. We have learnt a lot from this trip and the magnificent architectures created by our Chinese ancestors.

5 Peace SUEN Ming Suet Michelle

中國歷史，在一般香港的學生心目中，只是書本上的知識。可是，在這次學習無疆界西安之旅，我親身接觸到古代的遺跡和文物，認識到活生生的中國歷史！

在第一天，我們參觀了漢陽陵博物館，這是漢景帝的陵墓。博物館內展示了帝后的陪葬品，走在當中，好像回到了漢朝，感受到漢朝的宏偉和氣息。此外，我們到了回民文化風情街，看到了很多當地回民的美食和手工藝精品，我們有好些人買了不少紀念品呢！

翌日，我們到了最期待的秦始皇兵馬俑博物館。兵馬俑的樣貌每一個也不一樣，故有「千人千面」之稱，他們唯一共同之處便是單眼皮。我那時慨歎：兩千多年前的人竟然可以製作這麼精細、巧妙的人像，真是厲害，簡直是中國人的驕傲！當日我們還參與製作兵馬俑，讓我們一嘗陶俑製作的樂趣。下午，我們到了華清池，看著各式各樣唐代的溫泉水池遺跡，遙想當年帝王的奢華生活。之後，我們再到了西安古城牆，遠眺整個西安城的景色，好不漂亮。

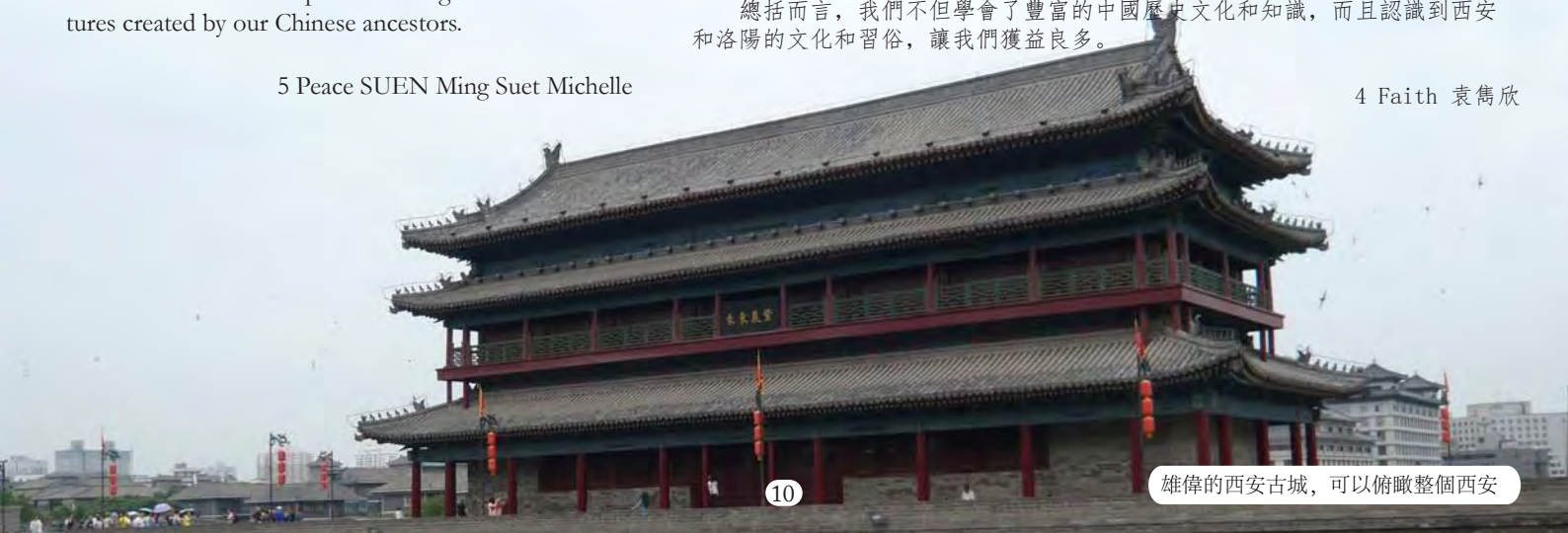
在第三天的時候，我們到了著名的唐代大明宮遺址，它的規模龐大，從模型可見宮裡的建築和裝飾非常華麗和細緻。可是，這偉大的大明宮被毀於戰火之中，讓我好不甘心。當天下午，我們乘坐中國人的驕傲——高鐵——離開西安，到洛陽繼續我們的歷史旅程。

第四天的行程是參觀龍門石窟，石像的雕刻巧奪天工，可媲美歐洲文藝復興時期的雕刻。之後我們參觀少林寺，欣賞他們的武術表演，如硬氣功、鐵頭功等等，從中我領悟了一個道理，就是「練功的真諦在於練心而不是練武」。

最後一天，我們到了鄭州的書城，但它不像香港的大型書店，有著華麗的裝修、乾淨的書本、整齊的排列，內地書城的優勢在於書價便宜，這讓我們體會到當地人民的生活，讓我們學會知足和珍惜。之後我們到了河南省博物館參觀，看到很多歷史工藝品和出土文物，大開眼界。

總括而言，我們不但學會了豐富的中國歷史文化和知識，而且認識到西安和洛陽的文化和習俗，讓我們獲益良多。

4 Faith 袁雋欣



雄偉的西安古城，可以俯瞰整個西安

Amazing Malaysia Cultural Tour

During the seven-day visit in Malaysia, my knowledge about this tropical country in southeast Asia has increased by a lot. Other than increasing my understanding about the culture and natural environment of Malaysia, I understood more about different ethnic groups during the trip too. Due to this reason, this trip has broadened my horizon and benefited me a lot.

First of all, I've learnt that Malaysia was influenced by many different civilizations. This caused Malaysia to become a multinational country. During the trip in the National Museum of Malaysia, I learnt that Malaysia was affected by the civilization of China, India and Arabia in ancient times. After that, Malaysia was further influenced by colonial powers like Portugal and Holland, and even became a colony of Britain in the 19th and 20th century. Therefore, by this trip, I was able to learn that Malaysia was influenced or ruled by different nations, which finally led to different cultures and ethnic groups to emerge in this nation.



Fort Cornwallis



Melaka River Cruise



Singapore City Gallery





Other than Malays, which was the majority among all ethnic groups, I found that actually Indians and Arabians had a great influence to this country too. During the trip, I discovered that Islam influenced Malaysia a lot. We observed that Malaysia had a lot of Muslims and there were even a lot of Muslim temples called mosques. The Muslims in Malaysia strictly obey traditional rules of Islam like the tradition of Ramadan, which forbids Muslims to eat during daytime for a period of an entire month. In this journey, other than observing Muslims in Malaysia, I learnt that Islam is actually the national religion of Malaysia too. All these proved that Malaysia was influenced by the civilization of India and Arabia, which had a large population of Muslims.

Furthermore, I have learnt that Malaysia was strongly influenced by Chinese and different European countries too. In Malaysia, Chinese people were the second largest population in this country. We observed and visited a lot of Chinese temples and buildings in this country and even visited the homes of Chinese in this region. Moreover, we visited a lot of Western churches, houses and even fortresses that were established by the European countries during their rule. This proved that Malaysia had a large population of Chinese and was strongly affected by Western civilization.

All in all, this trip not only enhanced my understanding of Malaysia, it also provided a favorable opportunity for me to get in touch with different ethnic groups and cultures. Generally speaking, my horizon was broadened and my knowledge increased and therefore this trip was a wonderful trip.

5 Peace Ronny WONG Long Wai



Cameron Highlands



Durian Farm



street graffiti



SABAH ADVENTURE

We went to Sabah, Malaysia this year. From the name of the program, intensive trainings seemed to be what it was simply about. However, it turned out to be quite a remarkable journey. It allowed us to experience a foreign culture, and has granted us knowledge that we could merely learn from textbooks.

One of the most memorable experiences in Sabah was the night we stayed in the long house, the traditional Malay house, in the Sabah Tea Garden. The house is raw and is mainly made up of timber. Despite the lack of air-conditioning, and being surrounded by all kinds of little insects, we were all glad to have a chance to experience the life of the locals.

We tried a number of teambuilding activities in Sabah, for example, the rafting in the Kiulu River on day 3, and the visit to the KK Adventure Park on day 5. In order to have a good performance in rafting, not only do we need to take good care of ourselves but we also need to cooperate and help each other. In the visit to the KK Adventure Park, we tried some outdoor activities, such as rock-climbing and flying fox. We all stepped out of our comfort zones and tried something frightening and new. We understand that both communication and cooperation between team members are of the utmost importance when performing team based activities. A leader can never succeed without the supports from teammates; teamwork, in the same way, can never be successfully demonstrated without the cooperation and respect between team members.

We met lots of local people in the program, especially in the visit to the orphanage and the local school. We brought along some souvenirs from HK to the San Dominic Convent, we taught the orphans there to do traditional Chinese paper cutting, and make DIY bags; in return they taught us their traditional Malay dance, and treated us with great refreshments. We all had a great time meeting new friends and sharing our own cultures. We thought we went there to serve the orphans, but it turned out we were served. In the visit to the local school, the students there taught us a good lesson in making some eco-friendly goods to help clean the polluted waters. We also had a football match with the local students! From the visits, we deeply felt that even a small contribution from us can be a great gift to the others.

Although this is merely a 6-day program, it means a lot to me. We learnt the importance of stepping out of our comfort zones and we should always be willing to try something new. Most importantly, the program has broadened our horizons in knowing a new culture and has prepared us to be better leaders in the future.

4 Peace KEUNG Cho Man



The memorable stay in the long house



The visit to St. Michael Secondary School



The making of EM juice in St. Michael Secondary School



Full-geared! We are ready for the rafting!



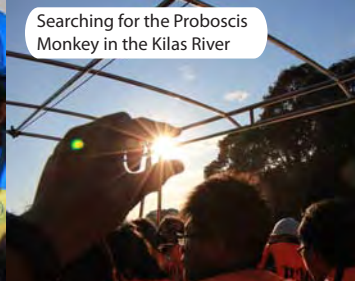
Dancing with the girls at San Dominic Convent



The visit to Mari Mari Cultural Village



The making of DIY bags with the orphans at San Dominic Convent



Searching for the Proboscis Monkey in the Kilas River

Seven Lessons from God in Seoul

If you were offered to go on a trip in which you only had \$60 each day to cover 3 meals and transportation, you couldn't use electronic gadgets to find directions and the only way was to approach strangers speaking in a language you didn't understand, and instead of leisurely towing your suitcase and filling it with all the things you bought to your heart's content, you had to carry it all on your back. Would you pick this trip? I did, and not a second did I regret my choice.

The main essence of this LEWOWA "Seven Lessons from God in Seoul" was not on shopping, sightseeing or tasting local delicacies; rather, the focus was on gaining personal life lessons. For instance, having little expenditure taught us to be grateful and have better financial management. Through approaching strangers for directions, we learned self-confidence by breaking out of our comfort zones. Cooperating with teammates with a variety of personalities reminded us never to judge a book by its cover and appreciate others for their strengths. But perhaps the one activity that spoke to us most about life was our nightly sharing which not only the girls but also the boys anticipated eagerly. Often there was not a designated topic we had to share about; we spoke whatever that was on our minds, like our struggles with our family members, complicated or painful relationships with friends. Most of us had only met each other for the first time on this trip, but somehow it was with these new-found friends that we so willingly confided our burdens to. Through these sharing, many of us were able to gain rare and genuine support from our group members and had our pressure and burdens lifted from our shoulders. No matter how tough or cheerful some of us might seem normally, we had our own troubles we hoped someone could share with us, and through this nightly debriefing, we did exactly that.

This trip gave me far more than I had imagined and expected. All the laughter, tears, challenges and bliss will always stay vivid in my mind. If there was one thing I regretted, I would have wished I had gone on this LEWOWA sooner.

5 Faith Tse Hiu Ching Sarah

最後一年的學習無疆界轉眼間已經完結。七天的行程，遊覽過的景點只有三個：月尾島，祈禱山，汝矣島純福音教會，但卻是最有意義，最大得著的一次學習無疆界。

由落飛機開始，所有的決擇不再是由老師、導師去決定，而是由我們自己商量、自己決定，沒有人會告訴我們是對還是錯。我們要自己管理七天的支出、自己找方法到達目的地。過程雖然辛苦，但組員間的關係卻漸漸拉近，從中學會的不單是團隊合作的重要，不單是分工合作的好處，而是同行者的重要。每天晚上的分享、傾談，大家彼此間建立了互信，大家之間的隔膜漸漸減去。大家互相的鼓勵、支持，組員坦承的分享，令我們各自打開心窗願意將埋藏心底的事與別人分享。朋友之間不再只是一同歡笑，更會一同落淚，能同笑亦能同哭。

組員間的相聚，並非偶然，一切是神所安排。這幾天的旅程我確實經歷到神在我們中間，為我們計劃日後的路，造就我們每一個。天父為我們計劃最好的路，讓我們成長。天父有獨特的安排，每一個安排亦有祂的意思。我們應該凡事禱告、依靠神、相信神，相信神一直在我們身邊，一直幫助我們、支持我們。就如聖經上說：「應當一無掛慮，只要凡事藉著禱告、祈求、和感謝，將你們所要的告訴神。神所賜出人意外的平安，必在基督耶穌裡，保守你們的心懷意念。」腓立比書 4:6-7

過去四年的學習無疆界從來沒有一個令我有如改變，我從來沒有想過只是七天的旅程會令我有如此多的轉變。這次的學習無疆界，在我生命的時間線上將會成為一顆在黑暗中閃亮的星星，在黑暗中引導我前行，讓我找回人生的方向。

5 Peace 吳凱澄

旅程的完結，亦是標誌着一個新的開始



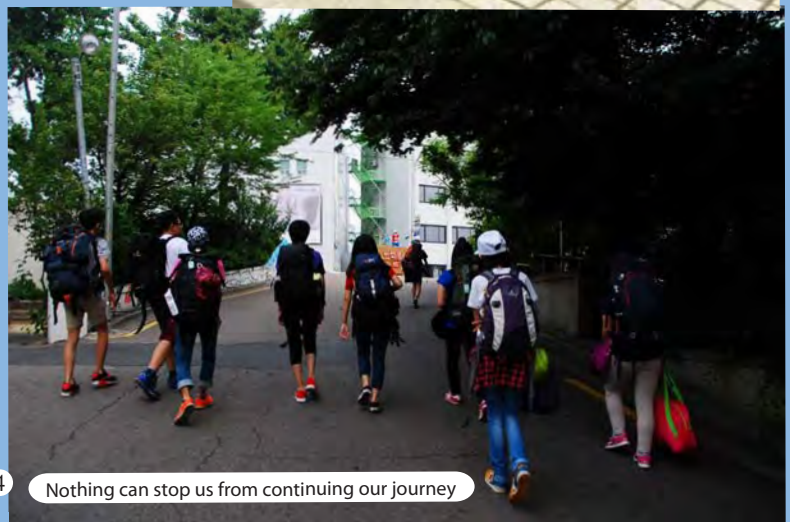
於月尾島觀賞海鷗



A feast under a tight budget



一組人就應該互相支持、互相扶持



Nothing can stop us from continuing our journey



CYCLING FOR TOUCHING TAIWAN 2013



Finding the station in mass rapid transit

This year was my first year to join the overseas program and I felt very excited because cycling is my favorite, and I can go overseas to do my favorite thing. However in my journey, I faced a lot of challenges. At first, we had to cook by ourselves in Hong Kong country side. Second, the railway system in Taiwan is much more complicated than Hong Kong, so we needed to pay extra attention than normal. Or else, we could get lost. Thirdly, we need to use Putonghua to communicate with Taiwanese and sometimes we didn't know what we were talking about. The feeling was quite interesting. Furthermore, we learnt to share our feelings to others. It was very important as in our age, almost everyone owns a smart phone and seldom talk or share with others, just text. That is why it is important to communicate or talk to each other and share our true feelings with our friends. Other than this, I also learnt how to care about others, such as some teammates got hurt, I knew how to cheer them up and help them to finish the journey. I learn a lot in this program.

3 Peace SHUNG Ho Ching Jason



這次八日的單車之旅，改善了我的自理能力，使我更懂得幫助他人。我更學到合作的重要性，在旅程中，我的組遇上了不少問題和困難，但透過我們的同心合力，我們都能成功克服。

2 Faith 梁晞朗



Visiting National Taiwan University



Visiting the World Champion Bakery - Wu Pao Chun Bakery Shop



Visiting Yingge



Visiting Soochow University

The program I joined was Taiwan Expeditionary Cycling. Obviously, this program was about cycling and the journey was divided into two parts. The first three days were in Hong Kong, and the rest of those five days were in Taiwan. We were so proud that we could finish those three day harsh cycling training in Hong Kong and we were so excited to stay overnight at school with our group mates.

In the Taiwan journey, the scenery was so beautiful that couldn't be found in Hong Kong, such as a large piece of wet land and many plants along the cycling tracks. The most impressive was the Taiwanese are so "environmental friendly" that the street is kept so clean and the rubbish is kept in different bins to recycle. That is why the natural views can be kept so nice.

Moreover, the more important moment was how I got along with my group mates whom stayed, played and slept together in the trip. We are different and it is necessary for us to learn how to be tolerant and to forgive others and we really did a great job. We shared and we encouraged each other. We also learnt, 'Learn to forgive before you ask for forgiveness', 'Don't be afraid to tell it's right or wrong', 'It is our responsibility to remind others whenever they had made mistakes'. Last but not least, to give thanks, thanks for everything Jesus grants me and everybody who ever supported me, without it I will not be able to make it.

2 Faith CHOW Tsz Lui Ellen



across Guandu Bridge



Cycling to Tam Shui

這年的學習無疆界的既充實又有意義。

第一天，我們去了銅鑼灣煤氣烹飪中心。當天上午，我們的老師和煤氣烹飪中心的工作人員邀請了張瑪莉女士教我們餐桌禮儀。她教我們做一個紳士和淑女必須有良好的禮儀。當天下午，煤氣烹飪中心其中一位工作人員李女士，教我們做了兩個菜，分別是華多夫沙拉伴雞胸肉和青豆角雞肉夾。

第二天上午，李女士介紹了不同種類的蛋。之後，她教我們兩個菜色，就是日式滑蛋豬扒和楊州炒飯。李女士說，當我們做這兩道菜時，必須要有耐心。當天下午，我們有一個比賽，比賽的菜譜可以由我們自己選擇。老師帶我們去銅鑼灣最近的菜市場，然後大家都去買了我們比賽需要用的材料。

第三天早上，李女士教我們做檸汁塊雞和肉茸鹹魚豆腐兩道菜。這兩道菜的制作方法是十分困難的。當天下午，我們也有比賽。在這次比賽中，我們需要做一個菜和湯。老師也帶了我們到菜市場，讓我們買材料。

最後一天，老師告訴我們，如果我們盡快就做好早上的菜，他們會帶我們吃糖水，我們聽後非常高興，忙加快手腳。這天早上老師教我們如何烹調西餐。她教我們煮芝士燻肉忌廉意粉和開心果醬干層粉。午餐後，老師真的帶我們到糖水店吃甜品，甜品實在是很好吃。當天下午，我們的比賽開始了。我們需要煮一道主菜和任何一個甜點或者一個開胃菜。

這次的學習無疆界讓我們領悟到煮出一道佳餚所需要的不是上等食材或技巧，而是細心和勇於嘗試的心態。

細心是在烹調的過程中仔細及耐心的做好每一個步驟。以調白汁為例，它需要把牛奶一點點的拌進鍋子裏，以慢火焙熟及不斷搞拌至漿狀。有些同學太焦急，把牛奶一下子倒進鍋子裏，只會費多兩倍時間才能成漿狀，甚或用大火焙，結果焙焦了白汁，只好倒了它再做。勇於嘗試是有大膽實踐，向難度挑戰的精神。因為不嘗試便不會成功，這老生常談的道理竟在烹飪中呈現出來，可說「吃如人生，人生如吃」。蒸魚、心太軟和做西餐，對於僅學了幾天烹飪的我們來說本是遙不可及的，但在老師的鼓勵下，我們竟能創造奇蹟，看着面前有板有眼的佳餚，才驚覺自己又更上一層樓了。因此，烹飪的食譜其實是：食材加上細心，拌入汗水，添上無限的創作。

除此之外，由於比賽是兩人一組，極講求合作性。工作的分配，時間的管理亦是決生死的重要一環，如何能符合以上的各點？均取決於信任，而信任並非一時三刻就能建立，而是建基於溝通與相處。參與這個課程，讓我明白到「一不壓眾，百不隨一」的道理，團隊是講求合作，並非靠單方面的付出就可以成功。因此，不要以為他比你，你就不重要，其實你我都重要。只要努力不懈怠，就能克服重重的難關。

3 Grace林潤嘉、4 Grace田家晴、4 Peace王焯瑤



協助導師時，我們一點也不敢馬虎！

烹飪中心經理兼導師李太很隨和也很有耐性，同學們都對她的廚藝讚嘆不已！

導師梁老師教授我們煮西餐，原來煮西餐也是一門高深的學問！

你看，我們上禮儀課時多專注，練習時多認真！禮儀真的不容易！

帶隊老師們與張瑪莉老師的合照

我們絕對是專業的！看，我們都是親自去菜市場買菜下廚的！

最後一天的合照，大家都依依不捨！

很高興能邀請到張瑪莉老師來為我們上課！

Embrace Your Life - SIM JOURNEY

I have joined "Embrace Your Life, SIM Journey" this year. On the briefing day, the social workers told us that this program aims at helping us find our dreams and making them come true. I felt a bit curious about what we would do next.

On the day of the first meeting, we began by introducing ourselves. After that, we played games in which we cooperated with each other. There were also some interesting games. This meeting helped us know more about our group mates.

On 2 July, the first day of our camp, we first played Running Man. It was tiring, but very exciting. After having dinner, we watched a movie called 'Click' (命運自選台). It was very funny but also very sad. It was about a man who got a magical remote control which could help him skip everything he hates and go fast forward to what he likes. He skipped all the tedious work and later on found that he lost the precious moments with his beloved ones. It was so inspiring and I have learned that I should make the most out of everything but not skipping what seems to be worthless and a waste of time.

On 3 July, we got to know more about our personalities through games and sharing. Then we shared about our dreams in groups, talking about how we came up with such dreams and how we are going to realize them.

On 4 July, we had an activity called 'Master Chief in the Wild'. We prepared dinner for ourselves in a country park. Although the food was not very delicious, we still enjoyed it.

In this activity, I have learnt the importance of cooperation and communication because there were lots of food we had to cook within a limited time, so collaboration is really the key.

In this program, I have experienced a lot. I have learnt that we should not waste our time. We are still young and we should use our time wisely in order to make my dreams come true. Otherwise, when we get old, we will regret about it.



With faith and support, everything is possible.



An artwork made by one of the students, symbolizing how we overcome all the difficulties while pursuing our dreams.



Joining "Embrace Your Life-SIM Journey" has given us the opportunity to reflect on ourselves and the courage to pursue our dreams.



What a real ice-breaking game! Rubbing our hands, we took turns to melt the ice.



Support and guidance from others are the key to success when we get lost in the journey of realizing our dreams.



We enjoyed the food we prepared in "Master Chef in the Wild", holding the chopsticks and bowls which represent the 10th anniversary of SPKC.

到處蹤宗踪

Expectation, Experience, Exploration

今年我在「學習無疆界」參加的活動是<到處蹤宗踪> Expectation, Experience, Exploration。六日的行程都很豐富，亦讓我對基督教加深了認識。首先，每天都有詩歌敬拜，讓我們能在早上信息前將我們的心交給神。然後在下午的時間，我們會到中環走走，進行基督教歷史行的活動，例如：體驗當時建立教會的人的感受，雖然每天要走不少路才能參與聚會，但他們仍然為主持守，讓我們深深感受到他們愛主的程度，繼而興起我們眾基督徒的心。除此之外，我們也會到不同的教會參觀，了解它們的背景。而且我很開心能參與廣恩say@church崇拜，我很喜歡領詩的弟兄姊妹，和分享見證的姊妹。道風山，一個隨時都能去的地方，但若要安靜的過，真的很難。但透過今次，我嘗試全程獨自安靜默想，好讓我能與神好好的溝通。特別慶幸能到方舟之家主日崇拜，與他們一起吃聖餐，一齊交流。透過這六天，我真的學懂很多東西，我願意將我學到了的知識傳給我的同學們。

中三喜樂班 陳悅敏

這是個關於基督教在香港發展的課程。而在這星期裡最深刻的就是第五天的默想學習。那天我們從排頭村旁邊的山路上山，大約二十分鐘便到達目的地——道風山。在上山的途中，我選擇不發聲。我終於明白「心靜自然涼」這道理，原來心只要平靜的話，在酷熱天氣警告下行山，也可以很輕鬆。道風山不但環境優美，而且是個很特別的地方，這是個基督園，但卻有著中國特色的建築物。當中最引發我思考的是明陣，好像一個迷宮，但其實只有一條通道，行走者按著迂迴的路徑通往中心，象徵在現實生活中也要安靜，耐心地等候神。經過那天的默想學習，我發現原來讓自己的心靜下來，欣賞一下神美妙的創造，是很棒的。

中二恩典班 區碧珈

在道風山的「明陣」默想

參觀古老教堂

認識教會歷史

學習照顧殘障人士

從話劇中認識聖經人物

於突破青年村與殘障人士相交

聽我說! 戲劇工作坊

課程簡介

透過專業活劇訓練，經驗人生，確立生命價值

我們全部人分為四組，每組以自己創作的主题演出戲劇。最令我們深刻的一套戲劇是「謙虛」。在「謙虛」的故事當中，主角是個自大及自我中心的同學，在故事中，主角雖然氣焰高張，對同學可以呼呼喝喝，像是班中的風雲人物，但內心是孤獨的，他最終體會每個人都需要陪伴，而要別人接受自己，學會謙虛很重要，令人獲益良多。

4 Joy 張嫻尹 4 Love 錢綽洵

學習目標

我們這次學習無疆界活動是「聽我說! 戲劇工作坊」。我們在這星期裏，從形態、聲音、創意和合作等方面分別以遊戲或分享方式學習戲劇的元素和重要性。

最重要的是主题

TAKE A RISK，我們要在不同的團體活動中跨過我們面對的障礙，有的是實在的阻障，亦多是要跳出心中的框框，嘗試新奇事。

我們這次學習無疆界活動是「聽我說! 戲劇工作坊」主题為 TAKE A RISK，讓我們不斷挑戰自我，讓不願走出「舒適圈」的我們知道，若不走出「舒適圈」，便無法進步，無法發掘自我，更上一層樓，因此，這個課程就是想我們在遊戲的過程中引導我們學會挑戰自我。當初，有人不喜歡或害怕與眾人分享，但透過戲劇的方式，能令他們從動作、表情和對話、和角色扮演中表達他們的想法，從而了解別人優點缺點以改善自己。短短一星期裏，我們都發現自己有所不同，更有自信及想法。

4 Joy 王智鈺 4 Love 吳愷澄 4 Grace 曾凱文



最考驗耐力及信任的遊戲，其實坐在團友大腿上是很舒服的～神奇的力學排排坐圈！



為了更能展現形體，伸展動作很重要。我們與地板有很多親密接觸。

他們是我們的導師——閃閃及Kenny。不對，他們是陳家俊的父母。不對，他們是偵探社的高級職員。不對...他們實在太入戲了！我們訪問他關於陳家俊失蹤一事時，心情很戰兢。

欺凌同學是不當行為，透過戲劇我們能感受到受害者的心理，也更能想像被欺凌帶來的肉體及心靈傷害。

志願成真體驗——少年律師和全能小記者

▽我們專業地採訪外地遊客



▽我們和何大律師對話，了解大律師的工作



△我們參觀終審法院



△同學了解記者的工作

這是我第一次參加學習無疆界。我參加的是「志願成真體驗——少年律師和全能小記者」，課程分開小記者（前兩天）和律師（後三天）兩個部分。

在小記者的部分，最令我印象深刻的莫過於在明報編輯部內，大部分員工的電腦、水松板上也貼著「新聞自由」、「無懼無懼」、「撐新聞自由」等卡片，還釘著一條條藍絲帶，可知他們並沒忘記早前的總編劉進圖遇襲的事件，努力地捍衛新聞和言論自由。

在律師的部分，我們到了九龍城裁判法院看看真正的審訊。法庭裏嚴肅的氣氛，令人肅然起敬；及後跟何大律師見面，他跟我们談了他的經歷。不過，我大概不適合當律師，因為若要替犯法的客人勝出，我必會受良心責備。

今次的學習無疆界真是獲益良多，我也學到終身受用的知識，是一個畢生難忘的經歷。

1 Joy 張凱琳

Understanding ethnic minority groups in Hong Kong

In just 7 days, my world has been expanded. My new friends (other than the SPKC students) are from different countries with various backgrounds. Some of them are refugees forced to flee their homeland. Some of them have been living in Hong Kong for most of their life but were isolated from the Cantonese majority.

In the first few days, the focus of the programme is about refugees. These are unpleasant topics. We had a simulation of being turned into refugees by the Syrian civil war to understand the helplessness and fear of being refugees. There are horrible things happening in the world like persecution and wars, and some of the victims fled to Hong Kong to seek asylum, leaving their former life behind. However, when we met some of them and had some games and conversations, we found that they are nice people. They are optimistic and actively involved in activities with us. Their enthusiasm in conversation made us fast friends. They are excellent people, hardworking, warm and intelligent.

We also met some ethnic minorities living in Hong Kong. They are Hong Kong residents, but locals often prejudice people just on what they look like and stereotype people of a certain ethnic origin. NOT EVERY NEPALESE is a SECURITY GUARD! We learnt to respect people who are different and to accept and understand them. Nobody is "inferior". Understanding ends discrimination.

Before this program, I didn't care much about refugees and ethnic minorities, but our ignorance means less public awareness and less resource from the government for them. I was selfish in thinking that they can all eventually adapt to a new society and live on their own, but we made life difficult for them by isolating them. Let's make friends with the ethnic minorities around us and treat them like all of us.

3Love SIU Yiu Yan



Henna hand painting lessons



Students doing indoor rock climbing at the YMCA with our refugee friends (not shown in photo for safety reasons)



Taking our refugee friends on a city tour



Students doing the "Refugee experiential simulation"



Learning Cricket with Mr. Asif Hussain from Hong Kong cricket team



Having a taste of authentic Pakistani food

演藝訓練-自編·自導·自演



雜耍訓練-扯鈴



雜耍訓練-轉碟



表演前綵排



開心地在營地過了二日一夜的訓練



愛心演藝學院

Caring Performing Art School

在這次學習無疆界中，我們去了很多不同的地方，學會了很多東西。

我們去了北潭涌渡假營訓練，體驗不同的表演項目，分別有跳舞，戲劇和雜技。而三位導師就根據我們的意願，分配不同的崗位，有的是玩扯鈴，有的是拋絲巾，有的是跳舞，有的是做戲。

我們又去了樂施會，參與了一個互動劇場，深入了解香港貧窮的問題。還有去看了一齣名叫“野豬”的話劇，讓我們見識到真正的演藝！

這個課程的大部分時間，我們也是在準備一個於學校表演給新來港小學生看的話劇，名叫“願望樹”。主要是要說出只要堅持你的願望，一定可以成功，絕不可放棄自己的願望，就算你不認為可以成功！整個排練的時間不足一星期，雖然時間緊湊，但最終大家的辛苦得到回報和滿足，演出十分順利！

整個課程當中最令我難忘的是在劇中的一棵願望樹，大家逐一把絲巾掛上願望樹，並說出自己的願望，我非常感動！

在這短短一星期，大家建立了友誼，眼看大家由起初十分陌生，漸漸變得團結，這樣的改變真令人高興，當中還發生了很多趣事，例如：選角色時，角色跟自己的性格和形象是完全相反，做出來總是格格不入，令人不禁笑了出來。

這份學習的回憶，我會好好藏在心裡！

1 LOVE 盧康怡

在這個活動期間，我們不但只練習這麼沉悶，還有玩了很多遊戲呢！在我們的分組練習中，我是戲劇組的其中一個成員，其中，我最欣賞的是飾演Tina的Vivian和飾演母親的Queenie。事實上，她們要背的稿子真的有很多呢！我很佩服她們能正確地運用不同的表達方式來表示出句子中的意思。

跳舞組也不差呢！他們每一次跳舞的時候，一次比一次好，就算沒有跳舞底子的同學，也學得非常快。至於雜耍組，雖然他們在練習和表演時都經常失敗，但是加上他們那種堅持不放棄的精神和笑容，把整個氣氛都變得更加熱鬧。

還有一件趣事呢！在中午的表演，我們都不知道說了什麼話題，結果只是聽到由「願望樹」變成了「香蕉樹」就連裏面的劇本都被我們亂改了。

在這個活動裏，我們各位同學都覺得非常開心和獲益良多，我都感覺到大家非常享受和投入整個過程。

1 LOVE 黃慧婷

一班小學學生來觀賞培基書院學生的表演



培基書院學生教小朋友玩扯鈴



培基書院學生教小朋友跳舞



雜耍訓練-拋絲巾



香港演藝學院鄭傳軍教授和學生分享經驗





Beautiful view in hiking



Prepare for the presentation



Sing school song



荃灣之日與夜



Before the canoeing



Cooking by ourselves



Preparing for sailing

In this year, I joined a program about leadership in LEWOWA. It was very fun.

On the first day of the program, I went camping in Tai Mo Shan Countrypark. Though that was not my first camping, I still felt very excited. My teammates and I bought food and cooked together in the wild. It was interesting. After that, we built the tent together. I felt happy because I knew how to build it and could help my teammates. We finished the task in the speed of lighting. The first camping was very easy and did not need much of my energy, but.....

We went camping in Sai Kung Country Park during the second part of our journey. On the first day, we hiked for 6KM!!!!!! We were very tired. I almost finished all the water in my bottle half the way, but we still had a long way to go. I enjoyed the soft drinks after the hiking, I could not imagine that I needed to sleep in the tent at such high temperature at night. I could not sleep so I try my best to make the tent cool for my teammates.

Without any sleep, we went canoeing and diving the next morning. It was my first time, and I enjoyed it so much. I learnt fast, and I would like to learn more about canoeing in the future because I know that I am a fast learner. I love canoeing very much and enjoy the world of the ocean. It is an unforgettable moment of the program. Diving opens the beautiful view of the sea for me. I was stunned and bewildered. After the tiring day, we were soon enlivened by a wonderful meal and comfortable sleep in a beautiful place.

The last activity was abseiling. I enjoyed it and learnt that I am brave. I felt like having a SDU training when doing it. It was the best game of all, and that was the first time that I walked on the walls of the school. How fun is it? Crazy!

After all, I have learnt a lot from the program. I have developed good communication with my teammates and learnt how to be a good leader. Rainbow Touch broadened my horizon.

I Joy LAU Wa Tsun

Rainbow Touch - Holistic Leadership Training Journey



I enjoyed the programme 'Summer Musical Playhouse' very much. The programme instructors taught us how to sing, dance and act. I have learnt a lot of techniques from them. I also made many new friends in the programme. We thought of acting ideas together to make our musical better. I felt wonderful when I was acting, singing or dancing with them. The programme was brilliant!

2 Joy LO Chi Yui

My first SPKC LEWOWA programme is 'Summer Musical Playhouse'. Before the programme, I could get nervous very easily. After the training in the programme, I have become more confident and mature. I have learnt many useful skills.

1 Faith TSE Kelly

Before our programme 'Summer Musical Playhouse' began, we were required to attend an audition. We were taught to sing a few lines and dance a few steps. The programme instructors observed our performance and gave each of us a role in our musical. At that time, I thought this programme would be boring. But during the programme, I found that there were a lot of things to learn. I was really happy that I could learn to dance, to act and to sing.

1 Grace KWAN Hau Tung Summer

In the programme 'Summer Musical Playhouse', I learnt to sing loudly, dance energetically and act professionally. I also experienced many first times and made many new friends. The programme gave me many precious memories.

3 Love CHAN Hiu Ying

I joined the programme 'Summer Musical Playhouse' in which we learnt to perform a musical called 'Hairspray'. Through the programme, I have learnt more about musical, like singing and acting. I also experienced singing, dancing and acting on the stage in front of many people and as a result I have gained self-confidence. I really enjoyed the programme!

1 Love LIU Yi Ting



Summer Musical Playhouse

You can't stop the beat!

I am a movie star!

Maybe..... we should make it official.

Honey, are you talking about me



Do you find it difficult to find something from your bag when you are in a dark place like the cinema? Some of the participants in this programme have invented a product to help you. When you unzip your bag, a LED light will automatically light up. It gives you the light yet it will not disturb the others around you. In the process of invention, the participants went through the process of (1) identifying the need, (2) designing the product and (3) making real the product from ideas. The ups and downs, success and failure, discussion and collaboration, all became their valuable experiences.

Other than this project, the programme included components carried out indoor and outdoor, quiet and exciting. They were all related to different aspects of science, viz. physics, chemistry and biology, suitable for participants having the basic knowledge of S3 level.

Although some S4 students may have come across some of the topics in the programme, they generally found the activities valuable because they got the first hand experiences in the process.

Tasting Different Aspects of Science

See what happens to a piece of vegetable in liquid nitrogen.



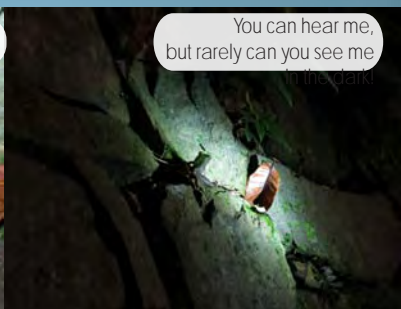
Look at our products of plant printing.



A 'Large Odorous Frog' (大綠蛙) in our night walk at LungFuShan.



You can hear me, but rarely can you see me



See how our invention works!



We learnt a lot at Science Park.



It looks nice but it smells bad!



Experience Mathematics in Never Land

<<夢幻樂園數學遊>>是我在培基第一次的學習無疆界，它給了我一個很美好的開始；我認為它是一個很好的學習機會，亦是一個很好的數學體驗。這個活動讓我知道數學是與我們息息相關的，她亦會時常出現在我們生活的每一個角落。

在這次旅程中，有兩件活動是最深刻印象的。其中一件是在迪士尼量度城堡塔尖的高度，雖然當時天氣炎熱，但是過程中我很有滿足感，因為可以和組員一起合力完成，從中也可以增加組員之間的默契。

另一件令我印象最深刻的是製作意大利芝士餅，不是因為成功製作製成品而深刻，而是當中的過程。從要學習「夾錢」購買材料到全組一起製作蛋糕，甚至要設計蛋糕上的圖案，都需要我和組員的共同努力。製作這個蛋糕比我想像中困難，雖然我不是第一次製作蛋糕，但從前的我不會每一個步驟都參與其中，所以這次製作對我來說是十分有挑戰性的。除此之外，從中我也可以訓練到自己的耐性和跟組員之間的信任。

總結在這個活動中我真的是獲益良多，首先我可以認識到很多新朋友，更可以與他們建立良好的友誼，另外可以增加我在數學方面的更多知識，在學習的過程中還能訓練到我們要時常冷靜和細心地分析。我希望明年的LEWOWA，我也能夠學習到更多的新事物。

ILove陳穎彤



量度仰角沒難度



為學校的生日蛋糕作裝飾



我們摸黑地在水母館數水母



我們用 iPad 來量度城堡的高度



搭纜車也不忘培基的生日



透過「黑夜Running Man遊戲」認識自己的性格特點

Career Planning and Experience

在這七天的課程，我們分別學習對升學有助的技巧及體驗真實的工作環境。在前三天的課程中，我們學習撰寫求職信及履歷表，也體驗了模擬面試。其後，導師分別指出我們需改善的地方，讓我們得以進步，並在真正面試中表現更佳。後來，我們透過戲劇來改增強自信。導師教導我們要在眾人突圍而出，就必須加插一些即場發揮和身體語言，才能令人留下深刻的印象。

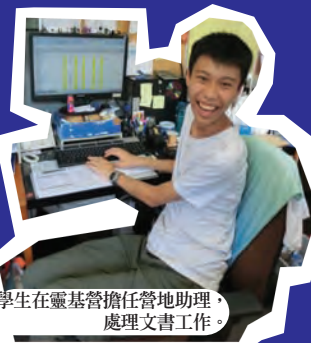
此外，我們在訓練營進行了性格透視，了解自己是屬於綠色探究型、金色組織型、橙色多謀型還是綠色探究型，從而提升對自己的了解，並在升學和挑選工作時以此作為參考。經過導師的講解後，我們以性格分成四個組別進行了兩項活動，分別是設計理想的課室和與我們擁有相反性格的顧主進行面試。前者令我們從每組的畫作及文字中，更了解各性格的特點；後者則令我們學會設身處地，體諒他人。另外，進行了「黑夜Running Man遊戲」後，我們了解到合作的重要，以及事前的商量、策略和準備都能令事情事半功倍。我們也親身經歷一次DSE模擬放榜，得知更多升學資訊，也就著各自的成績重新訂下目標。最後，我們到了麗豪酒店參觀，了解酒店業的運作以及前景，令我們大開眼界。

而在工作實習中，我們被分派到不同的實習崗位，為期三至四天。工作包括文員、汽車清潔、侍應、營地助理等。此對於我們無擬是一項挑戰，因為不會有人提醒自己亦不會受到別人的照顧。我們對此都有不同的體會及反思。例如：在工作時，別人不一定會教或命令自己做事，所以要懂得主動爭取機會。然而，亦有同學遭受到冷淡的對待，但他們並沒放棄，反而繼續努力完成實習。我們都分別學到了很多，例如拉花、製作果籃、插花等。雖然這些工種對將來的工作未必有關連，但相通的特質就是學習到如何待人接物。在這次的課程所學到的，我們將銘記於心，時時刻刻提醒自己要繼續奮力前進。

5 Grace 魏安琪 5 Peace 潘思樺



學生在靈基營擔任營地助理，他們正在把日常用品一件一件地搬到山上的營社。



學生在靈基營擔任營地助理，處理文書工作。



學生到醫院的花店幫手。



學生到運流公司擔任文員助理，學習用打字機打字。



學生在醫院停車場擔任洗車助理。



Our little magicians and the lovely audience.



Students are teaching some kindergarten students how to play their handmade toys.



The kids are waiting for the exciting magic show performed by our SPKC students.



The kids are having lots of fun with our students.



A fantastic handmade toy created by our student.



This is my first time to participate in the LEWOWA learning programme. I joined a local programme called "Toys and Games in Hong Kong". It is a very interesting experience because I could go to the Hong Kong Heritage Museum to learn about the secrets of Takahata and Miyazaki Animation. I could learn many skills of illustrating cartoons and they are very beautiful and lively. My favorite story is Kiki's Delivery Service because Kiki can help people with her magical skills. Besides, I have learnt different kinds of magic tricks from Mr. Lui. He has taught us many tricks and I have learnt a trick of how to make the water in a cup disappear. On the last day of LEWOWA, we had our magic performance in a kindergarten. It was very unforgettable for me when we had the chance to perform the tricks to some kindergarten students. They loved our tricks very much. After the magic show, we taught the kids how to do the magic tricks and we gave them some toys made by us. It is a very memorable learning experience!

1 Grace Chan Ka Wing

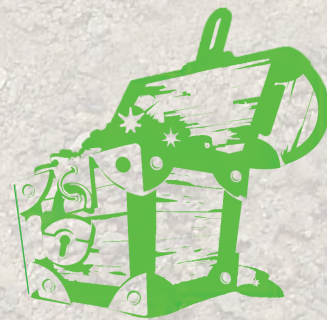
Toys and Games in Hong Kong

星級再造 尋寶之旅

廢物也可以「升呢」

Upcycle - Treasures Hunt

當你要處理一件又一件垃圾時，除了扔掉以外，你有沒有想過垃圾也可以「升呢」？原來只要花點心思，加點智慧，經過包裝、設計後，垃圾也可以成為家中一個富藝術味道的小擺設，甚至是家中不可或缺的小家具。



獨一無二

同學們展示自製札記的成果



刻骨銘心

同學們參觀環保園，
在如小山丘般的模擬垃圾堆填區內，
親身感受到實踐環保工作的重要性



小試牛刀

同學們要發揮創意，
不浪費資源，
把眼前的廢物循環再用



整裝待發

準備好材料後，
同學開始製造紙製藤籃



嚴陣以待

同學們穿上全副裝備，
手製環保肥皂



模仿體驗

在服侍長者前，
同學們從長者劇場中
領略當義工的應有態度及技巧



認真學習

導師講解怎樣運用廢物製造萬花筒



學以致用

經過數天的訓練後，
同學們擔當藝術義工，
教導長者製造紙製藤籃



別出心裁

同學展示由自己設計的天然紮染布料，
很漂亮呢！



甘心樂意

一看到長者們歡欣的樣子，
我們也心滿意足了





▲ Food is not allowed to bring for the first 2 days.



▲ We are sleeping after a day's hard work.



▲ Waste papers are very heavy to carry.



The most memorable activity to me was the first day of the program. That was a valuable experience; we had to collect and sell waste papers and cardboard, then use the money we received to buy our dinner.

It was not an easy task for us because there are 11 people in my group, including 3 teachers. At the beginning, we asked for the papers shops by shops, we checked every rubbish bins to collect cans too, it is because we wanted to have a full dinner.

One and a half hour later, we sold all papers and cans we collected. We all felt disappointed as we collected 13.5 kg but only received \$10.8. My group members walked slowly and hopelessly after that, but I encouraged them to keep walking so we could collect more for sale. Finally, we received \$32.1 in total and we bought 19 loaves of bread as our dinner. We all agreed that the bread we ate that day was most delicious because we bought it with our own money.

After this activity, I have learnt to encourage people. I also think that persistence is important because it is the key of success.

▲ We felt hopeless and tired, but excited when receiving papers.



▲ People are willing to help us because they feel happy after doing it.

3Love June Poon

生命成長-天使行動 Go, Grow, Glow Life - Changing Journey

收穫豐富!今晚有飯開喇!▼



搭門, 我們來喇!▼

在這個學習無疆界(生命成長-天使行動)中, 令我最深刻的是在攤檔幫忙做義工。小時候, 我常常在早上跟祖母到市場買菜, 每次也看見老闆在擺放蔬果, 他們很快就能把它們放得井井有條。我還以為這些只不過是雕蟲小技, 很容易做好, 但當我自己親力親為的時候, 才發現仍需要一些技巧, 所以我們常說有多辛苦, 只有自己才能感受得到。在我 and 拍檔一起幫忙的時候, 不知不覺流下辛苦的汗水, 忙得喘不過氣來, 但幸好老闆娘對我們很好, 讓我們在有空調的地方工作。辛苦過後, 換來快樂。看見老闆娘眉開眼笑, 我心裏不禁感受到一絲絲的暖意, 我真的感到慶幸能夠參加這個很有意義的活動。希望來年其他同學也可以體會到甜酸苦辣的滋味。

1 Joy 陳頌韻

帶手套先擺薯仔呀!好多泥!▼



看看, 我們笑得多麼燦爛!▼



工作順利!有機會我們再過來幫忙!▼



LEGO Robotic and Computer Game Design

What comes to your mind about the computer games program in LEWOWA and LEGO-Robots? Childish? Toy for kids? I am going to tell you different story.

The LEWOWA program has two parts. In all morning sessions, we designed our own computer games by writing computer programs using software "The Games Factory 2". We were asked to finish each specific task within the time limit. I learned that groupmates' help and advice were really helpful in such stressful situations. We were most impressed when some students presented their computer games with awesome graphics and funny story plots.

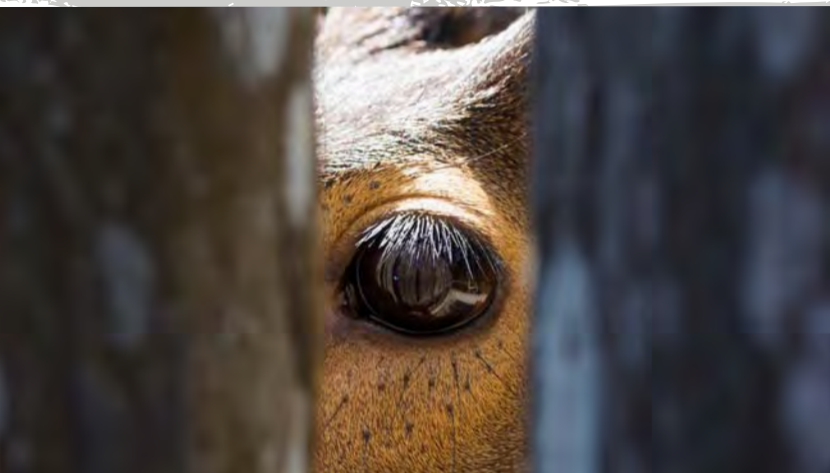
On the other hand, building robots with LEGO is far from easy and childish. It required professional knowledge, creativity and high levels of intelligence and skills. Of course, teamwork and team spirit are also essential in problem solving with efficiency. As a matter of fact, the building robots from LEGO also required the computer programming in order to make it perform tasks such as walking in straight line, turning, moving and throwing a ball. It was indeed the most challenging part of the programme.

In the last day of the course, our tutors gave us the most difficult task – to finish a robot competition with the exact rules and requirement same as the Hong Kong professional competition. We needed to build the lego robotic and programme the robotic in order to complete the mission within 90 minutes and the group with the highest mark would win. We were astonished but also excited so every team tried their best to win. After 90 minutes, each group activated their robot to finish different missions on the teacher's desk. Although our team only came in the competition, we were not disappointed because we had given our best shot. This programme was so much fun and challenging. We highly recommend you to join it next year!

3 Peace TANG Hin Wah



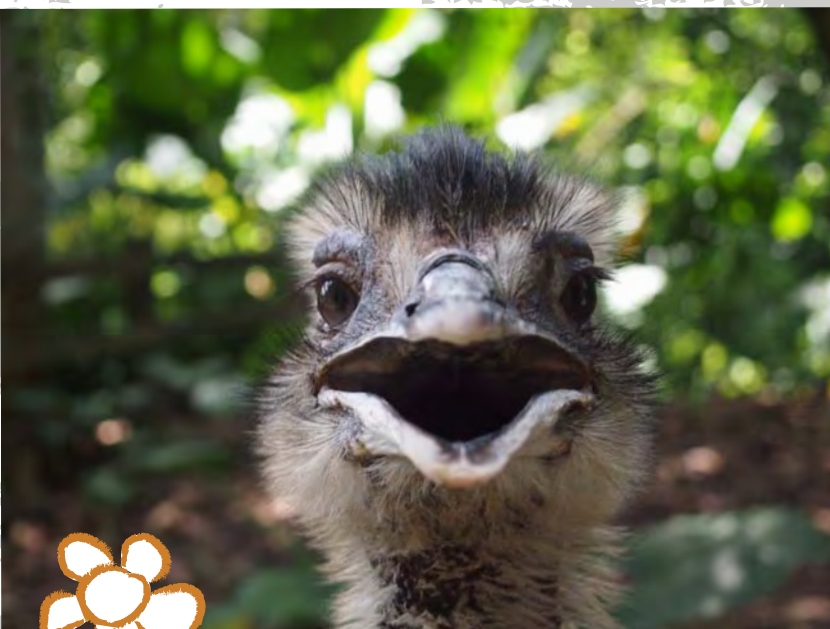
LEWOWA Photography Competition 2013-2014



1ST RUNNER-UP - 6GRACE CHAN WAI CHUN



2 ND RUNNER-UP - 4GRACE YIU CHO YIN



MERIT - 5FAITH WANG FONG LAP



MERIT - 4FAITH CHEUK HIU YING

