

Learning  
without  
Walls  
2015

Spkc

Stewards Pooi Kei College Newsletter

**SPECIAL ISSUE**

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Photo taken by  
**FUNG Chun Hong Sunny**  
(Champion of LEOWA Photography Competition (2014-2015))



Be a Blessing of His Kingdom:  
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祝福祂國：探訪海嘯後的斯里蘭卡

Marvelous Maths Trip to Italy  
意想不到的數學之旅

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Be a **Blessing**  
of His Kingdom:

# A Visit to Post-Tsunami Sri Lanka



Group photo in Deaf and Blind school



Group photo after distribution of souvenirs to village students



Teaching orphans sing



Group photos at Methodist church



Conducting a recorder lesson to Sri Lankan village school



Came time at deaf and blind school

Suggested by the name of our programme, we offered community service to those in need in Sri Lanka. We thought we would be giving a lot of help, love and support to those poor people in the poor country, however, the programme surprised us with a totally different view and an unforgettable journey. Sri Lanka was such a beautiful country with remarkable scenery and its unique and wonderful culture. This programme opened our eyes and gave us knowledge in first hand experience that we could have never learnt from any textbooks.

This was our first time to travel to Sri Lanka. We visited an orphanage with 16 boys and two completely different local schools. One of the schools was a blind and deaf school and the other one was a village school located in a suburban district. Both of them were very raw, crude and simple.

Orphans there do not have shoes to wear. Students there share the classroom with another grade. This seems to be sad, but it doesn't. They said 'hi' with a sweet smile. After we gave out the souvenirs we brought from Hong Kong, many of them ran to their family and showed the gifts they had received.

People in Sri Lanka are satisfied with what they have. They do not pursue money as our tour guide told us 'I don't want my son to be a doctor, but I want him to be a gentleman'.

**CHEUNG Pui Ying, 5 Joy**  
**HA Yee Ching, 5 Faith**



Expo Milan 2015



Vatican City, the smallest internationally recognized independent state in the world

In the programme 'Marvelous Maths Trip to Italy', we had many different Mathematics tasks to do. My favourite task was to find the height of the Leaning Tower of Pisa. Engineers have professional apparatus to measure heights of buildings. We, used simple measuring tools and calculations, and were still able to find out the height of the Leaning Tower of Pisa. However, after our first round of measurements and calculations, we found that our result was not that accurate. After an evaluation with my group members, we found out several sources of errors and thus we tried to make improvements so as to get a more accurate result. This experience was really different from learning Mathematics inside classrooms. We observed, discussed, measured, calculated, evaluated..... I was really learning without walls.

CHAN Man Hei, 5 Peace



We are here! The Milan Cathedral!



Estimating the dimensions of St. Peter's Square by the body



Leaning Tower of Pisa

I was in the programme 'Marvelous Maths Trip to Italy' this year. Of all the meaningful activities in the programme, my most unforgettable task was to estimate the amount of money thrown into the Trevi Fountain in Rome in a day. At first, I was confident that I could find the result by using the integration I learnt in Mathematics lessons as I believed that every single thing in our everyday life can be comprehended with integration. However, eventually, I failed to do so. From this, I have learnt that everything in life can only be solved by a right method. Yet, there can be many possible right methods. This programme has given me far more than just tasting food and a collection of beautiful photos. Through the programme, my attitude towards Mathematics has been shaped. I have learnt many valuable lessons and had a lot of reflections. It was a very meaningful LEWOWA programme to me!

LOO Anselm, 5 Faith

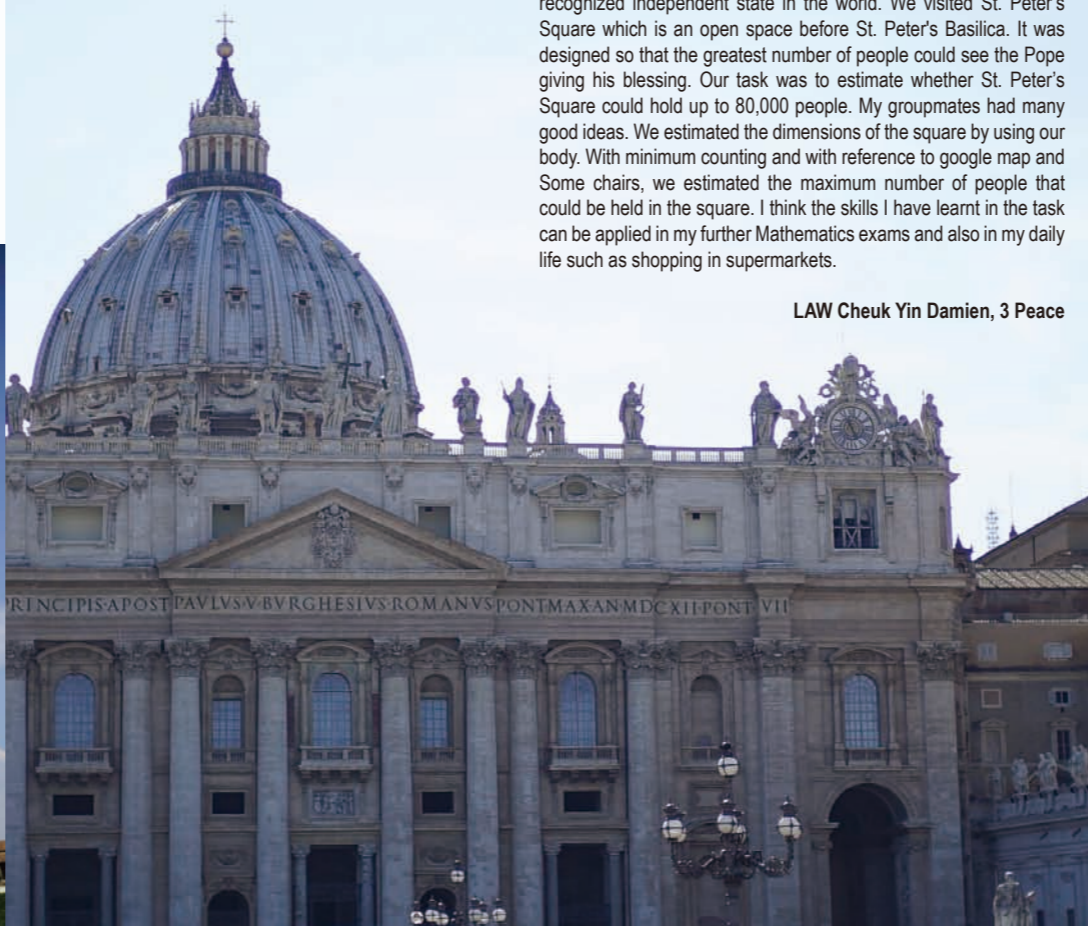
My programme 'Marvelous Maths Trip to Italy' has encouraged me to think more and apply what I have learned in Mathematics. Every day, we had at least one Mathematics task to do. The task that impressed me the most was the investigation of tourists' expenditure in Galleria Vittorio Emanuele II in Milan. In the task, we were asked to determine, without asking the tourists directly, whether half of them had spent more than 700 Euros there on that day or not. Through this task, I learnt more about probability which I found very interesting.

In fact, this LEWOWA programme was not only about Mathematics, it was also about Roman history. I really want to thank the tour guides for the very detailed introduction of the places in Italy and their backgrounds. It has consolidated what I learnt in S1 Integrated Humanities.

I also want to thank my groupmates who have been very caring and helpful. When I had questions about the Mathematics tasks, the senior form groupmates were willing to explain them to me patiently. I learnt and enjoyed this programme a lot!

MAK Chak Wing, 3 Peace

# MARVELOUS MATHS TRIP TO ITALY



On the first day of our LEWOWA programme 'Marvelous Maths Trip to Italy', we went to Vatican City which is the smallest internationally recognized independent state in the world. We visited St. Peter's Square which is an open space before St. Peter's Basilica. It was designed so that the greatest number of people could see the Pope giving his blessing. Our task was to estimate whether St. Peter's Square could hold up to 80,000 people. My groupmates had many good ideas. We estimated the dimensions of the square by using our body. With minimum counting and with reference to google map and Some chairs, we estimated the maximum number of people that could be held in the square. I think the skills I have learnt in the task can be applied in my further Mathematics exams and also in my daily life such as shopping in supermarkets.

LAW Cheuk Yin Damien, 3 Peace

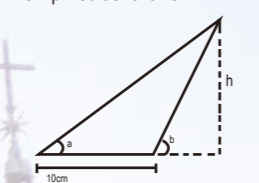


St. Peter's Square, the open space in front of St. Peter's Basilica

During my programme 'Marvelous Maths Trip to Italy', I learnt a lot about Mathematics through visiting famous places in Italy. My favourite place is the Leaning Tower of Pisa because this tower is very different from other buildings. The Mathematics task involving this leaning tower made me love this place even more.

In the task, we were asked to find the height of the Leaning Tower of Pisa by using an inclinometer and a measuring tape.

The situation could be simplified as follows.



We measured the angles 'a' and 'b' by an inclinometer. Senior form schoolmates found the height using the sine formula. I used the method we learnt in S3.

It could then be simplified as follows.

$$\begin{cases} \tan a = \frac{h}{y + 10} \\ \tan b = \frac{h}{y} \end{cases}$$

Solving the equations, we got the value of y and then h which is the height of Leaning Tower of Pisa.

I enrolled in this programme because I wanted to learn more about Mathematics. This programme has really provided me with good opportunities to learn Mathematics outside classrooms and enriched my knowledge of Italy. It has also encouraged me to think more and apply what I have learnt to solve problems. To me, it was indeed a fruitful experience!

WONG Tat Ho, 3 Joy

I had a lot of unforgettable memories in my programme 'Marvelous Maths Trip to Italy'. We visited many places in Italy and learnt Mathematics through these places. Among all the Mathematics tasks, I liked the one in the Expo Milan 2015 the most. In the task, we were asked to suggest a route for visiting the pavilions of some assigned countries and find out the number of possible routes. This task was really interesting as the best route had to be worked out by considering many factors, for example, our degree of interest at each pavilion, the waiting time at each pavilion and the distance between the pavilions. Besides learning, I also made a lot of friends who were willing to help me. Thank you so much!

WONG Chun Hei James, 3 Peace



How tall is the Leaning Tower of Pisa?



Measuring the angle of elevation at Pisa



Pizza, angle at centre twice angle at circumference!



How much money is thrown into the Trevi Fountain in a day?



We enjoy washing dishes in Summer Camp!

Okinawa Special- Making black sugar, We're stirring the syrup into light brown

Have you ever tried to buy food for 60 people dinners? Yes! We are packing bean sprouts for that

Cooking Team 4 is the best!

After the 311 earthquake five years ago, we step onto the land of Japan again.

'Haooy Birthday to Anson and Sakura! We are celebrating the birthday of Anson Wong (2G) and a sister in Lord at Okinawa Church 611.

Okinawa, we are coming!

# POST-WWII OKINAWA SUMMER CAMP

## The Very First Time – Okinawa

This was very first time to visit Okinawa with my dear schoolmates, the very first time to get to know the students from Okinawa, the very first time for me to get that close with God.

How beautiful Okinawa is, the sunshine always cheered me up and released my pressure, the refreshing air blew away all my negative thoughts. The Okinawans gave everyone a lovely smile. We can never learn their politeness.

At first, when I stepped into Okinawa, I thought the people there should be very environmental-friendly, and yes they are. Neither rubbish nor garbage was found on the roads and beaches. We even could not see a rubbish bin because they did a great job in recycling.

Okinawa formerly was a country, after years, it now becomes a part of Japan. We saw there were many historical buildings and we experienced the traditional culture of Okinawa such as making black sugar and playing the Keisei iroshamisen (sansen). The palace and those monuments were spectacular, where many people and even children who had been sacrificed in the WWII were named.

During the trip, I was wondering, why do we have to remove our shoes when going into the schools and churches? Now I have got the answer. Taking off our shoes feels like staying at home and everyone around you is your family member, we love each other and God loves us. I felt that the pastors really wanted us to get the messages and trust the Almighty God. And finally, I found God again during the camp with the Okinawan students.

The four-day camp helped me be more familiar with the Okinawan students' life. The most unforgettable scene is the worship at night: we are all here to worship. I felt that God is with me, we are all here to worship him. All the Okinawan students talked with fluent English and they enthusiastically chit-chatted and played with us.

**"I worship you my God, I worship you my God, I love you, I love you.  
Forever I will sing, forever I will be with you, be with you".**

This is the lyrics of one of our worship hymns at night and it really means a lot to me. I couldn't forget their smiles, the happiness in Okinawa. Thank you for giving me such a wonderful trip.

LAW Nam Lam Katherine, 3 Peace



A beautiful beach: Clear blue sky, snow white cloud, Bright sun, clean sea water, golden sand and our smiles!

## Exploration across the nations, Friendship across the nations

The smell of wind is salty, the sound of the cicadas are loud, the sea water is clean, the sand is soft.

This is my last LEWOWA, also this was the most unforgettable LEWOWA. This year was the last chance for me to participate in LEWOWA. In order to end my secondary school life with footprints of fruitful memories, and to prepare my heart for DSE without any regret, I chose this programme 'Post-WWII Okinawa Summer Camp'.

As I am studying Physics and Chemistry, I would like to learn something from other subjects through this LEWOWA. Though we visited some places about WWII such as the Okinawa Prefectural Peace Memorial Museum, I thought most of our destinations were not obviously related to WWII. It was a bit out of my expectation at first. However, I was reminded that bites and bites of the history of WWII filled up the land of Okinawa and the people's hearts. When the plane arrived in Okinawa, all we saw was the beautiful ocean, this was my first impression of Okinawa.

On the first day, we took the 'Yui-Rail', the railway in Okinawa. On the 'Yui-Rail', it was quiet, no one was talking. It was the culture of Japanese. They did not want to disturb others during this short ride. Also, whatever you bought in a shop, the shopkeeper would say thank you and make a bow to you after you paid. The politeness of the Japanese impresses me a lot.

Before the camp, we had delicious food for every meal; while in the camp, we had to prepare each meal ourselves. As the menus were prepared by the Okinawan students, we would not know what we were going to eat for every meal. We experienced the food in Okinawan style, for example, the scrambled eggs was well-done and was crusted into pieces or even mince; slices of bananas were set as main dish, etc. However, the time staying with the Okinawan students was really fun: we played the game Hunter, we worshipped God, we played fireworks, we played at the beach, and we performed together at the talent show. These can show the friendship across different nations. Especially Joshua in Okinawa, he is exactly the representation of friendship across nations. We love him a lot and miss him a lot.

After the camp, I received a message from Joshua of Okinawa, he said he would come to Hong Kong later, I cannot wait to meet him again. This time is a chance for us to give him an unforgettable stay in Hong Kong.

LIU Wing San Cardio, 5 Faith



The first meet of SPKC and WMCS students

It's like an inborn ability for the Japanese to do garbage sorting: flammable/non-flammable cans, bottles, leftover specialties! We should begin to treasure everything best owed by God.

Thank you our great chefs!  
L: Matthew Yuen (SF)  
R: Ms Zoe Lee (Tour Leader)



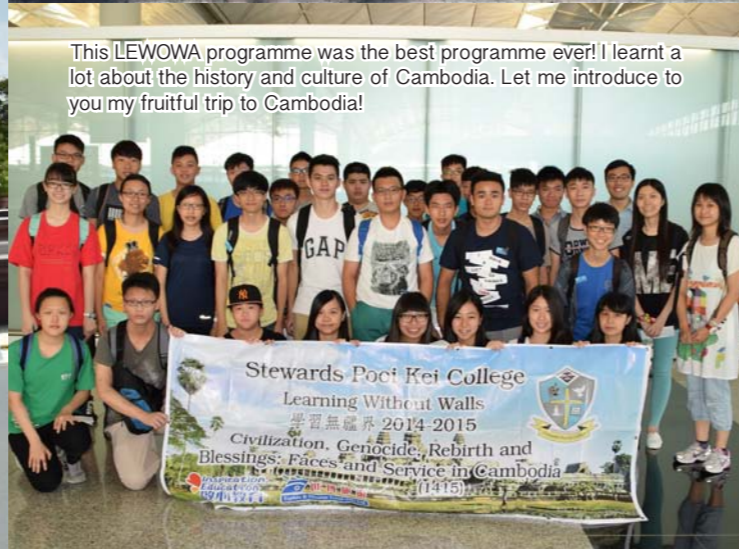
After the lunch, we visited two landmarks of Phnom Phenh which were very ordinary. We ended our first day on the beds of Four star Green Palace Hotel.



The fifth day of the trip was the most awaited day. We went to visit Angkor-Wat. Luckily, we could see Angkor-Wat's image on the lake in front of it. It was really awesome that without the aid of technology, people could build such a beautiful temple by using 31 tones of stone 9 centuries ago!



On the third day, we rode on the bus for 3 hours to the rural area, a village full of poor people. We helped a woman who lived under a tree to build a house for free. The woman was super thankful to our team. I knew she wanted to give us some remuneration but she had nothing. The biggest gift to us was she agreed to pray with us although there was a religious gap between us.



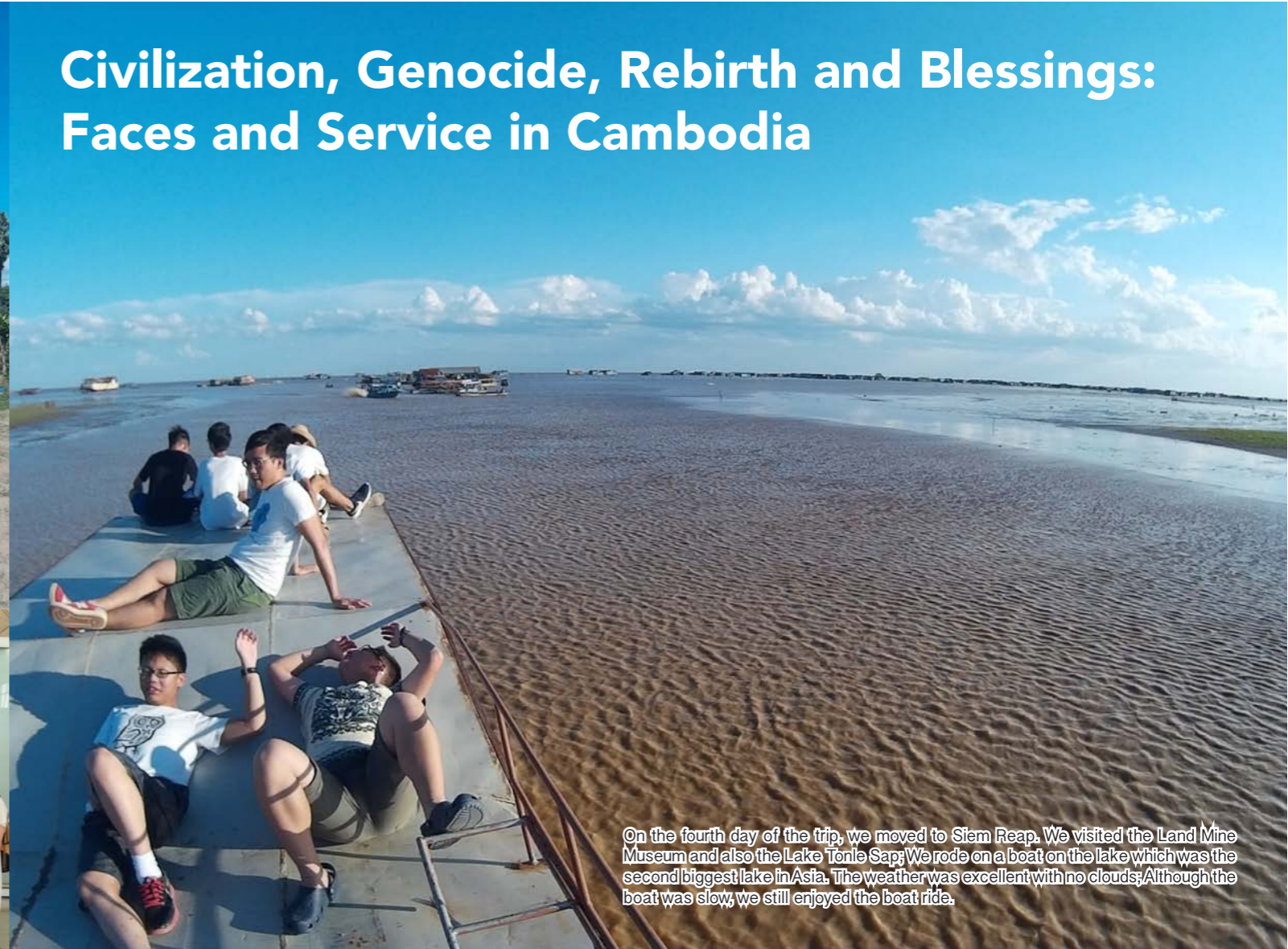
This LEOWOW programme was the best programme ever! I learnt a lot about the history and culture of Cambodia. Let me introduce to you my fruitful trip to Cambodia!

On the third day, we rode on the bus for 3 hours to the rural area, a village full of poor people; We helped a women who lived under a tree to build a house for free. The woman was super thankful to our team; I knew she wanted to give us some remunerations but she had nothing; The biggest gift to us was she agreed to pray with us although there was a religion gap between us.



On the last day we visited an orphanage. Some of the children's parents died in wars, while some of their parents abandoned them. We cooked with them and played soccer with them. I hope we brought blessings to the Cambodians by serving them and our trip ended in a joyful moment.

# Civilization, Genocide, Rebirth and Blessings: Faces and Service in Cambodia



On the fourth day of the trip, we moved to Siem Reap. We visited the Land Mine Museum and also the Lake Tonle Sap; We rode on a boat on the lake which was the second biggest lake in Asia. The weather was excellent with no clouds; Although the boat was slow, we still enjoyed the boat ride.



Afterwards, we went up to the mountain where the temple Phnom Bankeng was situated. It took us an hour in the queue at the entrance. Luckily, we could go in and enjoy the view at dusk. It was the most gorgeous sunset I have ever seen.





Delightful Moment



# Science in Singapore



New Water Plant Visit

There were a number of amazing science activities during my trip to Singapore.

The making of a water rocket in the Science Centre is a good example. We were given the chance to design our rocket in whatever way we wanted to, the furthest the rocket would travel wins the competition. We were so excited to launch the rocket once we had built it. Actually it was very easy to make a simple water rocket, but it was very hard to make a rocket to travel far. We had to carefully fix the fins well in order to control the direction; we also had to check the wind speed around before the launch! Therefore, making a water rocket is also challenging too.

Max LEUNG, 4 Peace



This is where we slept at the Underwater World!



Singaporeans are really wise in city planning



This year, I had the chance to experience Singapore from a scientific point of view.

I loved going to the day zoo and the night safari, where I could see different kinds of wildlife from all around the world.

I have lots of unforgettable experiences in the program. This is my first time to sleep with aquatic life in the Underwater World in Sentosa. They were very energetic — most of them kept swimming all through the night. Every time when I opened my eyes, I saw that they were swimming freely and happily. The night under the big fish tank was really fun and I loved it so much!

Phelia LAU, 5 Grace



I-fly programme



Garden on the Bay



Exciting experience from I-fly programme



Group photo in front of Marina Bay Resort

# SINGAPORE BUSINESS & CULTURAL JOURNEY

This trip changed my impression towards Singapore, a country smaller than Hong Kong, but with much more rapid development and a more international culture. It does amaze me and arouse my interests, especially its effort spent on environmental protection.

We have visited Gardens By The Bay where eighteen "Supertrees" are built for the generation of solar-power and irrigation for the whole Garden if by the rainwater collected. It is such an eco-friendly way of doing it. Have you ever imagined the world's temperature will rise by 5°C after the 21st century? Global warming is the issue we have to face. The Singapore government has tried her best to transform herself into the "Garden City" with numerous green areas.

Hong Kong should not ignore the negative impact of global warming, but take greening into consideration of urban development. We must work together to resolve global warming before it's too late; otherwise we are putting the world in danger.

**CHENG Ting Hin Timmy, 4 Grace**

I have participated in a LEWOWA program called, Singapore Business & Cultural Journey. It has been my last but most enjoyable LEWOWA program ever. The reason is that I can learn and play at the same time throughout the travelling in Singapore. We have visited different kinds of companies, such as Tiger Beer, Sentosa, Universal Studio, Tai Hau Food Industries and Bollywood Organic Farm. I have explored various business models and hope to utilize the business knowledge in my real life.

I also get more understanding of Singapore's history. I agree with this phrase "Hong Kong and Singapore look alike." Both of them started from fish villages, then became the colony of Great Britain, and were at last transformed into international cities. A wider diversity lies in the race of citizens and the languages spoken.

The most beautiful landscape in Singapore must be Gardens By the Bay, in which I witnessed the beauty of God's creation. Last but not least, I have learnt how to fling myself into the LEWOWA program. I have made new friends while working with others in different tasks.

**CHOW Nok Hang Enoch, 5 Grace**



Pickle Jars in Tai Hua



Beautiful Smiles in The Cloud forest



Students are doing interview with foreigners at Universal Studio Singapore



Smiles outside the Tiger Beer



Universal Studios Singapore



Enjoying Nyonya dishes



Yummy! Bak Kut Teh

{ DO WHAT YOU DO  
TAKE WHAT YOU DESERVE,  
JUST DO IT. }

有些事情現在不做，  
以後可能就會  
沒有機會做了。



同心躍起



台東大湖上的美麗躍動



富人情味的台灣人。見我們擺檯賣藝。大汗淋漓。竟為我們買來冷飲打氣！恩典太美麗！



真摯的同行伙伴



我們擺地攤賣香港特色手信。第一位光顧的女士。竟用一千元台幣買下一個匙扣！大家欣喜若狂！



在這個臺灣之旅中，遇到了許多令人印象深刻的人事，有的帶給我無數反思。例如阿迪克，他不畏他人眼光，專心做自己愛做的漂流木，縱然遭遇離棄，在圈圍中依然自強，最終獲得成功；又有勵馨基金會這個機構，無私地支持那些受害婦女，不計較機構利益，只重視婦女們的生命，又體貼地為婦女們提供培訓——燒琉璃珠——看著火焰的時候，會產生一種治療作用，身心靈受傷的婦女由此得到安慰，傷口得以撫平；最後，令人最最深刻的是，在賣藝時買過我們東西的客人主動給我們送飲料，在烈日當空的時候，喝到冷冷的冰綠茶，涼快爽快之餘，還喝到臺灣人暖暖的人情味呢，有趣！

老實說，我之前對這個學習無疆界課程沒有很大的期待，還懷著滿滿的擔憂，擔心很辛苦，認識不到朋友等等。但是後來竟然認識了一班新朋友和學懂了很多東西，令人欣喜若狂。以前我是一個膽小的人，怕辛苦，又依賴熟悉的朋友。經過這次LEWOWA後，我變得比以前主動、大膽。也許是一句我們經常掛在嘴邊的話鼓勵了我——有些事情現在不做，以後可能就沒有機會做了 / Do what you do, take what you deserve, just do it.

以上種種的回憶，我定必銘記於心，作我日後人生路上的指引！

中三喜樂班 馮純一



烈日下，在火車站前跳舞賣藝，為我們的午飯籌錢——大家都豁出去了！



鹿野的熱氣球嘉年華。令我們雀躍不已



我們的第一餐：在人來人往的台北火車站席地而坐，吃著豬排便當



愛是不分膚色背景和疆界



認識聖約翰科技大學



三位專業玩家帶大家玩集體遊戲

# 心火香傳 台灣社會服務



與兒童村小朋友打成一片



十份放天燈，祝大家願望成真

今年我參加的學習無疆界課程是「心火香傳台灣社會服務之旅」，在這六天的課程裏，我們有機會服侍台灣有需要的人；這個課程不只讓我們學習，而且讓我們回饋社會。

我們的服務對象為「育成基金會鵬程啟能中心」內有智力問題的人士，以及台灣國際兒童村內有家庭問題的兒童。在啟能中心，我們的任務是帶領一群有智力問題的成年人到附近的市場買食物。起初我們都很害怕，不敢接觸這些人，因他們的外貌與常人不同，而且行為怪異。但當我們跟他們相處一段時間後，發現他們的思想及行為像小孩子一樣，跟他們相處不是我們想像中的那麼難。他們願意服從指令，使我們在帶領的過程中沒有遇到特別大的困難。無疑，他們很多的小動作及慣性的行為或會影響到別人，以致我們需要即時制止；然而，這些過程卻讓我們學習到如何設身處地保護有需要的人。透過接觸他們，我們對正在接受社會幫助的人有更深入的认识及了解。

此外，我們有兩天的時間到訪「台灣國際兒童村」，村內住着三十多位因家庭問題或其他原因暫時得不到家人照顧的兒童。他們缺乏家人的愛，因此我們的到訪對他們是很大的鼓舞。我們有兩天的時間和他們一起吃午飯，第一天吃午飯的時間是第一次的接觸；我們一邊吃便當，一邊與他們交談和彼此認識。飯後我們跟他們一起敬拜和分組玩。我們的同學帶領的遊戲釋除了我們之間的隔膜。由於他們大部份都是小孩，很愛玩耍，因此有些小孩在第一天已跟我們的同學玩得樂不可支了。第二天更是讓我們互相交流的好機會。他們分成每四至六人同住一屋，各由一位與他們同住的成年人照顧，這就像是一家人的生活。於是我們分成幾位同學一組，每一組到訪一個「家」，有四小時的時間和他們一同做飯、吃飯、交談、互相認識、玩耍等。我到訪的「家」的那位「家長」首先帶我們到他們種的地裏去採菜，然後教我們把菜及意大利麵煮熟，我們邊吃、邊交談、邊大笑。飯後我們與那「家」的小孩在草地上玩捉迷藏及在室內玩其他的遊戲，我們都重拾童真。下午數小時的時間裡，我們再一次跟他們分組玩遊戲及一起演一齣話劇，渡過快樂的時光。最後，道別了，大家都感到依依不捨。

這六天的學習課程讓我在付出的同時得到更大的收穫，在我們學習的同時亦能幫助有需要的人，雙方都獲益良多，這是一個有意義的旅程。

中五恩典班 李謙信



# Cycling for Touching Taiwan

Have you ever taken part in any activity that makes you reflect on yourself and shape you into a better person? Organized and managed by our school, the LEWOWA Cycling Programme in which I participated during the past eight days brought me insights into my life. The most precious lessons I have learnt from the programme are perspective and attitude towards our friends and life.

Of all the various of meaningful activities during this programme, perhaps the first springing to my mind is the unforgettable wild Cooking Session. During the session, we were required to cook a raw dish using traditional cooking equipment. Surprised as I was, I could not help but drop my jaw upon receiving the tools and that was the time when I realized how hard it would be to make a plate. Previously believing that cooking is just a piece of cake and taking my mother's effort for granted, I had never shown her the deserved appreciation. What this programme has taught me is that everything I have does not come easy and that I should be grateful for everything in my life.

Another activity that is worth mentioning is that on day 2, I shouldered the responsibility to be the navigator of the team.

Being a navigator or a leader I had to team up with others and collaborate with them to solve different problems. Outside the classroom, I found myself almost useless. My brain was nearly empty when there was a dispute about the route that I had chosen! One possible reason for this was the lack of experience under the exam-oriented education system in Hong Kong. Yet, after sharing personal ideas with my teammates, I have learned to respect the opinions of others and be considerate instead of criticizing and banning others' ideas.

After joining this fruitful LEWOWA programme, I've grown to be a more mature person. And I hope I can make use of my ability to become a better future leader in my bid to help develop this society.

LAM Sze Hang, 5 Faith



Our Team!



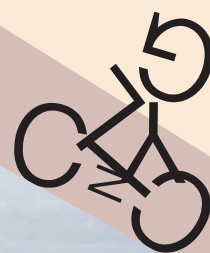
Let's take a bike!



Night time in Luodong, the place where we stayed for 4 nights



Our bicycle path in Taiwan





△彎下身插秧真不易



△天燈往上飄，願望必而真



△學生搓粉團整三星蔥餅



△同學都在努力地學習洗蔥

## 『緣來自有機 味是鄉土濃』台灣之旅

在繁榮及現代化的香港社會中生活，學生少有機會接觸大自然，本計劃的目的是讓學生親近土地及農作物，體驗農耕生活；並透過與台灣農民烹調地道食物，深入認識鄉土文化，從而建立一份人與土地的連結情懷，反思自我生活模式及態度，探索個人實踐低碳生活的可行性。

旅程中最令學生難忘的當然是在宜蘭的農場嘗試插秧，體驗農民耕種的辛勞，學生在烈日下彎腰在滑溜的泥土中插秧一句鐘，已累得動不了，被泥土吸著雙腿，又忽然大叫起來，究竟誰才是鄉巴呢？學生亦有機會在田中收割台灣宜蘭的三星蔥，原來也要用很大的氣力，小心翼翼才能拔起一把完整的蔥，再加上他們還要自己搓麵粉弄三星蔥餅，烹調食物過程中手忙腳亂，更要自己買菜弄飯，自此學生應該明白粒粒皆辛苦的道理，他們異口同聲說以後也不敢浪費食物了。

學生天真活潑，最感到興奮的活動就是放天燈，他們自製天燈、在燈上寫上願望，再把天燈在空中，他們看著自己的天燈在天上高飛，就像自己的願望成真一般。最令我感恩的是學生的願望多與學業有關，同學們如此重視裝備自己，相信他們長大了，成熟了。

在整個行程中，台灣人的熱情及禮貌最打動學生，無論身處夜市攤檔、還是便利店和商店等，他們皆獲台灣人誠懇的招待，民宿阿姨及大叔對他們更是體貼，使他們明白禮貌的重要，行程完結後我得知他們不但反思飲食習慣，更樂見他們態度上有很正面的改變，這個旅程他們獲利益不少呢！

鄧潔麗老師

▽女生齊齊準備落田插秧



▽男生也齊齊體驗農耕



▽摘蔥也不容易呢



▽大功告成，弄完晚餐後與民宿阿姨大合照



▽我們獨一無二的天燈終於完成啦！



# Chase the Cradle of Chinese Civilization: A Cultural and Historical Fieldwork to Ancient Cities



Comrades, go go go!

This year's LEOWOWA programme was undoubtedly special - it was my fifth or I should say the last trip for me. In that week, we spent most of our time in Xi'an, a capital of several ancient dynasties in China, like Qin, Tang and Ming Dynasties. We learnt about its history, culture and geographic features through activities like visiting museums, viewing different landform features and having a taste of local cuisines. Despite the many historical attractions, they were not the main reasons why it was a special experience for me.

The first reason why this Xi'an trip was special was that I had no friends joining this programme. Second, I wasn't able to use websites like Instagram, Facebook or even Google search in this mainland LEOWOWA programme. Third, I was pessimistic about the trip as I had judged that this would be a boring trip in the beginning but I soon found out that I had been wrong.

On the first day, as I didn't have any friends with me on this trip, I felt in blue and refused to meet new friends. I didn't have any hope towards the trip. I thought, 5 days could go fast, and I would soon be relieved.

But then, I found that the schoolmates and teachers in this programme were friendly and loving. Making friends with them was enjoyable and they made me more eager to learn more about Chinese History, which I had never treated as an interesting subject. Moreover, without Instagram and Facebook, I could concentrate more on what I saw and I found the trip enjoyable. When I was bored, I would take out my camera and try my best to take beautiful photos to record every memorable moment of this meaningful trip.

Looking back to the first day, I would say that I had my attitude changed I have learnt. To be a real and successful traveler, first, I need to have a positive mind in order to have a positive trip. Second, I should be eager to make new friends as they may help you a lot and bring you different experiences that you have never had. Third, I should be brave and willing to try new stuff before judging them. Without these, we will not be able to break out of our comfort zones and have an authentic travelling experience.

Though this is my very last LEOWOWA trip, the wisdom that I have gained will be remembered afterwards when I travel alone, further my studies and seek for my job. I will keep on having a positive mind and not being afraid of facing failure in my entire life.

**CHAN Fonnle, 5 Faith**



Beautiful scenery of Mount Hua, one of China's Five Great Mountains



At a re-constructed scene of the Tang city



Hukou Waterfall, the largest waterfall on the Yellow River



Great applause to the charming dance of our tour guide!



yummy grilled lamb



Photo with "Swordsman from Shaanxi"

Terracotta soldiers of the Qin Dynasty

# 擁抱生命 模擬人生



就算有其他組的組員入侵，團結的我們也會奮力地抵抗。



把組旗插上旗桿，猶如把大家的夢想放上空中飛翔。



幸好，我們的成果沒辜負我們的努力，比我們想像中更加美味，特別是我們的燒雞。



每一個都在他人的背上盡訴欣賞對方的話，所有人都寫得十分投入，希望把心底話傳到對方上。



這是我們的夢想剪影



在這幅照片可見我們互相合作，竭力地吃西瓜，雖然我們不是最快完成的一組，但是必定是最合作的一組。



躺在繩子上的人必定要相信其他組員，這個遊戲才會成功。



在叫口號的期間，我們手搭手，在叫組名的同時，我們組之間的感情更好了。



這個遊戲需要團隊互相溝通和合作，這正正是我們組擁有的。



我們正在尋找一隻隱藏的老虎，可見我們都盡所能地尋找，並沒有放棄。



要找樹葉、樹枝生火，一組人要很團結才能成功起爐

在這個LEWOWA中，我們學會了要堅持到底和要分工合作。首先，在營前活動中，在一個遊戲中，我們只可以利用一塊布去運送一抔裝滿水的杯。雖然我們屢次失敗，但大家毫無怨言，反而不停為對方打氣和彼此提醒。最後我們都能成功完成遊戲，學習到堅持的重要性。

在四日三夜的營會裏，我們印象最深刻的是偵探遊戲和原野烹飪。在偵探遊戲中，每組需要在一分鐘之內把二十五張線索唸記下，再分別整合案情、解密和找尋更多線索，如不能好好合作，最終都只會失敗。

在營會的第三日，我們要進行原野烹飪，要在戶外地方煮食。導師安排了我們要完成六樣菜式，憑一人之力是不可能完成晚餐的，所以我們要好好分配人手。例如築爐的時候需要團隊的努力，不停加入樹葉樹枝等助燃物料，才能成功生火。我們整個下午不停地製作和烹調，捱過炎熱的天氣，才可享受成果。如果我們不合作的話，恐怕這次烹飪不會那麼順利了。

透過這次LEWOWA，我們也在活動「夢想剪影」中尋找到自己的夢想，認真地去思考未來，努力追夢！真的很感激所有組員和導師們在這幾天的付出，令這次LEWOWA既難忘，又有意義。

LAI Kwan Yiu, 4 Faith

## Day 1



On the first day, we learned how to follow the instructors' instructions and we learnt how to paddle the kayaks. This was the first time we paddled it; It was extremely tiring and exhausting. However, we could finally go to the destination safely.

In the afternoon, we needed to set up tents for sleeping and learnt cooking for ourselves; We were separated into two groups, and we learnt different kinds of cooking skills and team work.

## Day 4



We were ready to go to the last Island; We treasured this moment because we all knew that it might be the last time and last chance in our life to do so; It was a special and admirable day.

## History of Outward Bound

Outward Bound was founded in 1941 in the tumultuous waters of the North Sea during World War II, to provide young sailors with the experiences and skills necessary to survive at sea.

Outward Bound instructors are professional full-time trainers, facilitators and safety monitors. They come from different cultures and backgrounds, and are chosen as much for their ability to lead and deal with people as they are for their language abilities, interpersonal and technical skills.

## Day 2



We needed to paddle for seven kilometers everyday and we took rests on the island near the beach; What a hard thing that we must pass through the sea and the beach to go to the toilet.

# Outward Bound Hong Kong - Teen Explorer

## An Extraordinary Experience for a life time - Outward Bound

The learning objective of LEWOWA is to explore and discover a brand new world outside school, which is full of challenges and difficulties, and that is why I joined the Outward Bound course. This course was different from other LEWOWA courses because there weren't any people or equipment to aid you. All the tasks were required to be done by ourselves, such as preparing our meals and sleeping area, setting up our own schedule and timetable, in other words, this was a 100% survival course.

During the five-day four-night Outward Bound programme, I learned how to ride a Kayak, set up a tent, cook meals and read maps. To me, I thought riding a Kayak was pretty easy; however it turned out to be much harder than I thought. There were only three important rules in riding on a Kayak. First was to learn the correct paddling skill. Second came the cooperation with all teammates. Lastly, it was important to keep certain distance from other Kayaks. My group was often reminded by our two instructors, Mic and Rhino, that we must stay next to each other while crossing a channel. Luckily we managed to do it eventually or we would get crushed by the big boats! After we arrived at the destination each day, we would have a briefing and start to cook

our meal. I was in charge of the cooking on the first, second and fourth days, along with other "chefs". When the meal was finished, the most depressing moment came. We had to clean up and wash the dishes on the beach! It was completely different from washing dishes at home, with a sink, sponge and detergent. We could only use seawater, sand and have to carry all dishes to the shore. I am pretty convinced that you would have no idea of how clumsy and difficult it really was.

Other than learning the practical skill, I also learnt to cooperate with my teammates. Without them, none of the work could be done. We didn't know each other at the beginning but we became a dream team after these five unforgettable days. To conclude, this Outward Bound course was truly a new and fruitful experience for me. Through this course, I know that we couldn't always stay in COMFORT ZONE and count on others to do our jobs. We were so proud to have grown up in the course as we learnt to seek our own solutions to overcome our problems.

**TAI Chung Man Newman, 2 Joy**

## Day 3



In the morning, we were absolutely happy that we had delicious spaghetti for breakfast so that we had full of energy to face new challenges. We appreciated that the Vice-principal Mr William LEE came to visit our group.

## Day 5



On the final day, we needed to jump off the pier. Some group mates were scared of jumping off the pier. Even though it was not an easy task, we learnt to support and encourage one another during these days but not to laugh at others. We appreciated that the Vice-principal Mr William LEE, could jump off the pier together with us!



## Rainbow Touch - Holistic Leadership Training Journey

"Leadership" is the word that I can summarize from the programme. As I was the only Form 4 student in the programme, I naturally became the leader among a group of lower form students throughout the programme. The main goals of this LEWOWA programme were to build up leadership and teamwork through different activities. In this article, I will share what I have gained from this trip and my most unforgettable experience.

First and foremost, I have learnt to coordinate with other groupmates as a leader. As different people have different habits, we may argue on some different styles of living habits. For example, when we were cooking instant noodles, someone suggested putting in the whole pack of flavoring while someone suggested to be healthy by not adding in flavoring. Therefore, our solution was to add flavoring by ourselves in our own dishes. Also, when we were playing games, there were so many thoughts and tactics raised by all of us. So, I was the one who combined and organized the final techniques. Next, I have learnt to take care of others. Sometimes we even needed to guess whether all group mates were satisfied with my decision. Besides, even though I was the leader, I could not do all the work, so we needed to give chances for teammates to show their talents. This is how a team cooperates. From this, I hope to bring out the spirit of working together so as to train group mates to be future leaders.

Second, my most unforgettable memory was on Day 3, the 6 hours hiking day. It might also be the most annoying memory. However, this was the place where I could see teamwork. After hours of hiking, all of us felt so tired and exhausted that someone wanted to give up and complain. Some people with positive thoughts encouraged us not to give up. We helped one another to walk through difficult roads and finally went to the campsite successfully. Besides hiking, canyoning was also remarkable for me too! This event involved mainly playing in water which I loved a lot. We walked through streams, had abseiling, swimming and diving in a lake near a waterfall. It was the greatest part of the programme but also the last event of the programme.

Last but not least, I want to give thanks to my group-mate. At first, I felt worried that those younger brothers and sisters would not listen to me. In fact, they accepted me as their leader and I could overcome the difficulties. Without them, I would not have learned leadership and to be a good leader.

WONG Yuet Yin Fonia, 4 Grace





試睡通州街公園長椅



於深水埗拾紙皮

經過了這五天的旅程，我們也成長了不少。我得著了很多，體驗很多，反思更多，與神的距離也拉近了很多。出發前，心裏面十分害怕，因為接下來會發生什麼事情也不知道，很害怕自己會行差踏錯，做了一些不該做的事。

第一天，我們分組去執拾紙皮。我們兜兜轉轉來到了一間阿信屋門前，看到一大堆紙皮堆滿在店前，便問店員這些紙皮是不是不要了。我們組最後把紙皮交給了一個老伯伯。老伯伯十分和藹可親，雖然沒有很好的居住環境，但依然笑著活下去。我明白到其實一個人的快樂並不全來自物質的享受，普普通通的過日子，也可以得到簡單的快樂。因為回收店在星期天休息的關係，我們請老伯伯估計我們的紙皮值多少錢，然後用這筆錢來買當天的晚餐。在拿著當天賺到的錢的時候，心理只浮現出一個念頭——賺錢是非常辛苦的，與我們在家裏的日子簡直有天壤之別。晚上的時候，我們到荃灣西的途中，遇到了文仔。十年前，他是一位露宿者，他告訴我們政府對他們的惡行：灑臭粉，在椅子上加上欄杆。到了晚上，我們睡在西鐵站的旁邊，聽到各組的分享後，相信我們已經是比較幸運的組別了。

第二天早上，我們唱詩歌讚美主的恩典。吃過早餐後，我們便到了超級市場買送給露宿者的物資，我們挑選了很長的時間，最後總算把物品買下來了：有陳皮、提子乾、水等等……後來我們經過文仔的介紹後，來到了深水埗的一個街市，多買了些餅乾，隨即便跟隨其他兩組一起前往深水埗的天橋底和公園探訪那裡的露宿者。他們給我的感覺跟晚上的很不一樣，同樣是那一羣人，但態度很不一樣，特別熱情但有壓迫感。我發現他們的居住環境比我們的要差很多，下雨的時候沒有遮擋的地方，一天三餐可能連吃的都沒有。經過在社區的這兩天，我們回到家，沉澱下來，隔天再出發到野外面對挑戰。



於海邊行獨木橋

## 天使行動—— 生命成長之旅



划橡皮艇前大合照

這天，我們在校為接下來的種種挑戰作準備，收拾上山用的背包。我們為預備野外的食物到了廣源邨走一趟。我們在超級市場買了很多不同的食物，買完必須品後，也買了一些零食。買完這些食物我們便到了上面的麵包店，買了十多個麵包做午餐。享用一番後，我們便乘旅遊巴到西貢，背著比自己還重的背包行上山。在上山的路途中，流了不少汗水，但卻完完全全地體會到「活出群體的美好」這句話的意思。當你停下來，不行了，一整隊的隊友便會耐心等待，直到你可以再走為止。每一次行上山的感覺都不一樣，每次都是值得回味的。有喜、有樂、有辛苦、有汗水。到山上後，我們開始起營，過程令我們很興奮。到達南營地後，大家蹦蹦跳跳，在混亂中把營搭起來了。我們第一次用爐煮食，大家好不容易終於把飯煮好，吃後就洗碗睡覺了。

在南營的第二天，也是令我期待卻最害怕的一天。我們將要走獨木橋、跳碼頭甚至是划橡皮艇到下一個露營的地方。在走獨木橋的時候，我本以為我可以走出去，但我發現我不行，我克服不了心中的恐懼，站在半空的我沒有任何思想，放空了自己，心理只有害怕。但到了跳碼頭的一刻，恐懼的感覺突然沒有了，可能是因為組員都在身邊陪伴著，再不可能也會變成可能。之後我們更整組一起跳下碼頭，那種感覺十分真實，想都沒想便跳下去了。由此證明團體的力量真的很大。

更值得一提的是划橡皮艇。一開始我們手忙腳亂，每一個都吵吵鬧鬧。很幸運後來我們終於再次團結起來，一邊唱歌一邊把橡皮艇划到岸邊。把船抬起來的那一刻，我感受到一份成功感湧上心頭。我們到達塔門把事情交待好後，便開始煮今晚的晚飯。當天晚上一如既往，有米飯、甜點、一菜一肉……把碗筷洗過後，我們再接再厲，向當晚的營地——塔門疊石進發。上山的時候，大家都很多怨言，但看在導師的份上便不直說出來。雖然行上山的過程是辛苦，但上到山上面，就是另一份喜悅了。整理好營地，我們閉上眼睛就能睡個香甜，所以睡得著的人有福了。

最後的一天，我們讓塔門的日出陪伴著。一張開眼睛，便看見微微的陽光從地平線升上來，我當然衝出去好好感受一下這大地的美麗。早餐後，我們一起坐在亭子裏面唱詩歌，我感覺與神的距離又近了一點點。唱詩歌後我們又來到了辛苦的時刻，在想要放棄的時候，組員一直支持我，給我努力的動力。這就是百米定向，看著自己一次比一次進步，令我十分感恩。由需要四分鐘多才能跑到兩分鐘多就能跑完，真的很高興。拿著自己的成績表看到沒有錯漏，又是很滿足的時刻了。野外定向完結後我們就回到學校了。

我明白到原來我們的處境是多麼的幸福，擁有不同的物質享受，我自己也改變了。從一個不懂珍惜的人變成一個會留意身邊人和事的人。我克服了自己恐懼，踏出了新的一步。在未來的日子，我會堅持做一個樂觀的，比現在更勇敢的人。

中一和平班 黃懿楠



露宿於荃灣西鐵站外



野外定向活動



野外煮食

# 29th June, 2015 Monday

A Wan Chai tour? I think not many of us know the streets we have walked, passed and rushed through well, let alone their historical stories. I would dare say I now know the history of Wan Chai more than the place I have lived in for seventeen years. Without this program I would hardly know the history of Wan Chai Market, Blue House.

Pop-up Workshop? For those who don't know, this is how you make your photos in 3-dimension. We had lots of fun as we got to choose pictures representing Wan Chai and got a better understanding of the society.



The building in the center is the second generation of Wan Chai Market.

## Multi-intelligence Training Scheme A Most Unforgettable Experience – Wan Chai Cultural Tour



# 30th June, 2015 Tuesday

For those who would like to keep fit and help people at the same time, volunteering at Crossroads during Summer is one of the best choices. Basically, sorting goods, carrying boxes of clothes and toys, moving reusable furniture are what the volunteers have to do.

We had experiences on blindness and AIDS. We had to hold a stick and walk in the dark, simulating the blind experience of relying on people and trusting others. When we were sitting on the long bench and listening to Esther whom I could not see made me realize that being a blind person, you can't see any colour. In another task, we needed to walk into different rooms with our earphones on to listen to the stories about people with AIDS. Some had been forced to have illegal sexual relationship with people who paid for it and some had been treated with contaminated needles.

# 4th July, 2015 Saturday

You might ask me why I haven't written anything over the past two days. The answer is because I felt the need to group my feelings at once so I can write down things which meant a lot to me and present them to you, my diary stealer.



Western restaurants near the Wan Chai market and hotel



People from different countries come here for a same reason.

## Thursday:

The day focused on magic. The magician Mr Lui used a twister to tell us that there is always some way to work out a problem, life is full of hope when there is faith. A magical experience.

## Friday:

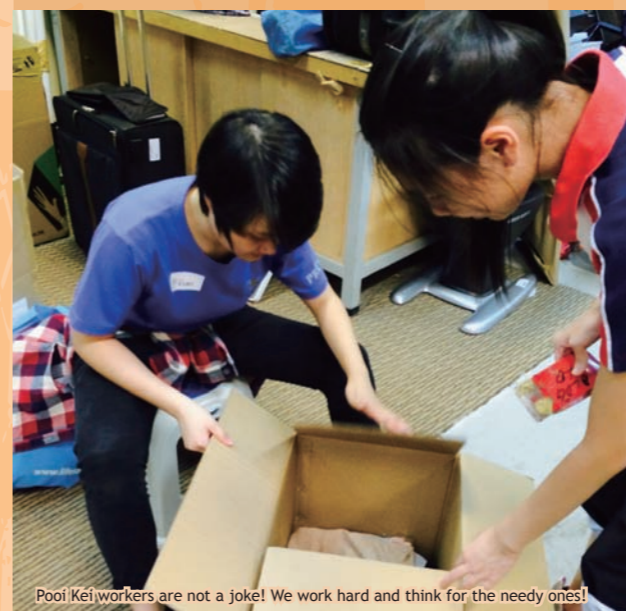
We went back to Crossroads. This time I had to pack pajamas and cut the labels of them. Why? Since if we don't, these pajamas which are supposedly going to someone who needs it will be in the black market.

In the afternoon, we got an unforgettable experience by living like helpless and poor people. We went into a simulation room where everyone sat on the floor of what was like an air-raid shelter. The director of Crossroads talked about people's life in developing countries. DJ told us a story of a 9 year-old boy called Daniel. He used his own strong will and the Internet to build playgrounds in Bangladesh. Now, he has helped them build clinics and schools.

Are you feeling ashamed right now? I am. I am seventeen but I used the Internet mostly for Youtube. That 9 year-old child used it to help the world to become a better place.



One for all, all for one! We help each other out and love one another.



Pooi Kei workers are not a joke! We work hard and think for the needy ones!

## Saturday:

Today we learnt French with a lady from Belgium but she is also a Hong Konger.

After the morning session, here comes the fellowship. Today's topic is Believe in God. Then we went to a classroom to start a discussion about Homosexual Marriage Becoming Legal. Some of us stayed neutral and some disagreed. I stand for the previous status. As a Christian, I know homosexuality is wrong, but I don't feel disgusted by it. The Bible tells me and you to love the people around us, so why not live in harmony? Thus we did our best to inform people what the Bible said already, if they don't listen, it doesn't mean we should ignore and bully people who are born different.

This LEWOWA program is an all-in-one set. I enjoyed myself every day with my schoolmates, teachers and tutors. I am lucky to be chosen by this lucky number '03'. This will be a meaningful wrap-up in my secondary school life.

Michelle LO, 5 Grace

# Career Planning and experience

In this programme, through the two-day training camp, visit to Regal Hotel, interview workshop and work internship, we have developed more understanding about our strengths and weaknesses, acquired skills that are useful for our future career and learnt more about our possible career paths.

During the camp, we learnt how to write an application letter and CV and prepare for the mock job interview. We also understood more about ourselves through the test "Personality Dimensions" which uses four colours to represent the temperament preferences: Inquiring; Green; Organised Gold; Authentic; Blue and Resourceful ;Orange. We have learnt to appreciate our differences and collaborate with others by making good use of our strengths.

Through the visit to Regal Hotel, we have developed a better understanding of hotel management, how different teams work together and the prospects of the hotel industry. This visit has definitely broadened our horizons!

The work internship is a challenge for all of us since it is the first time for us to work in a real working environment. After mock interviews, we were assigned to different tasks, such as car washing, serving in a western restaurant, as a salesperson or a clerk. We have gained invaluable experience and some of us even broke out of our comfort zone.



Students who worked in the Retail Store



Students who worked at Breakthrough



Students who worked at GoInside



Students who worked at the Elderly Center2



Students who worked in Prince of Wales Hospital



Students who worked in Man Power



Mock Interview Game



Pre-camp activities

"I have explored more about career paths. This programme has given me confidence to overcome the challenges ahead."

**Harrison CHIU, 5 Love**

"Through this programme, my skills and knowledge have been enhanced. What's more, I have realized how tough working is!"

**Ray FUNG, 5 Joy**

"This programme has trained up my communication skills; You should join it to gain work experience and prepare for your future."

**Sonia TO, 4 Hope**

Through sweat and tears, we have gained fruitful and unforgettable experience that would surely remind us of the importance of being brave and persistent in our ups and downs.

**AU Hoi Lam Helen, 5 Love**

# 料想不到的體會

這次學習無疆界，於我而言，格外難忘和特別。由於近期韓國爆發疫症，基於安全理由，原本參加韓國課程的我只好改選。當我看到此課程的名稱「志願成真」時，就被深深吸引了，二話不說就改選了本課程。

本課程主要讓學生在五天裏，體驗律師和記者的工作，透過參觀、遊歷和實習，我們對香港的法治和傳媒工作有更深入的了解，並增加對律師和記者的全面認知，使學生對這兩份職業有初步的認識。

課程的首三天是課程的第一部分，我們學習當律師之道，參觀了不少有法治背景的景點和地方，例如：九龍城裁判法院、立法會大樓及中環聖約翰座堂。當中我認為不得不提的是九龍城的裁判法院。當我親身到訪過後，才發現原來現實和想像中的存在着很大的差異，法庭內嚴肅和認真的氣氛更是只有親身經歷才能體驗得到的。除了外出參觀以外，我們在室內也有不同的學習體驗，如與資深執業大律師對話、在課室內認識辨證邏輯等等。我最難忘的莫過於與大律師的對話，我從而加深了對香港法律的了解，也深入認識了香港法治的歷史，實在是獲益良多。

## 志願成真體驗——少年律師和全能小記者

轉眼間，便到了課程的第二部分，雖然只有兩天時間，但我的體會也不淺。拋開少年律師的身分，小記者的課程便隨即開始。在這兩天裏，我們到訪過香港著名的新聞機構——明報集團，更親身走進馳名中外的星光大道，採訪外地遊客。當中的得著和體驗並非能以筆墨輕易形容，相信當中的經歷和挑戰只有親身參與才能感受到。

精彩的課程瞬間便完結了，相信所得著的仍會令我一生受用。其中令我最驚訝的是，律師和記者兩職，原來和電視劇中所描繪的存在很大的分別，例如：原來律師應付每一件客人的案件都需投放大量的時間去準備和了解，並不能好像電視劇中的演員一樣，遊手好閑，這令我學會了原來認真對待每一件事才是做人的準則。

我希望將來有機會再參加類似的課程。

中四信班 鄧衍華



明報報社門外大合照



如何才能證明被告有罪？同學們細心考量研究案情，務求找到案中的蛛絲馬跡



遊客們十分友善，願意接受我們訪問



我們去星光大道進行訪問，圖中是組員與遊客採訪完畢後合照

出版一份報章，複雜嗎？學生參觀明報後，才知道一份報章由記者採訪至廠房印刷的四大過程

在司法界內，終審庭有何重要性？同學們要關掉手機，保持安靜，排隊入內參觀，了解大法官的工作性質及環境，終審庭之地位可想而知



在今年的學習無疆界課程中，我選擇了「綠色漫遊」。起初，我對「環保」沒有太大的認識，但經過一星期的體驗後，發現環保與我們的生活息息相關。

## 星級再造——綠識漫遊

DAY1



第一天，我們在校彼此認識，老師跟我們玩了一些破冰活動，例如「大電視」，「七分龍門」……這些遊戲十分有趣，同時令我反思原來我們每日都在浪費地球的資源。

第三天，老師教我製作環保坐墊，我覺得製作過程非常有趣。



第四天，我們到了二澳體驗農夫的工作。在香港，已經少了很多的本地農夫，所以這是一個難得的機會。當天天氣很熱，但同學仍然努力收穫花生，我從中體會到農夫的辛酸。但令我最感觸的是，雖然他們沒有得到政府充足的資源，但他們沒有放棄，繼續承擔本地有機耕作的使命。政府能否將農業融入社區發展？在發展的時候，能否把視野放得更長遠和多方面，推動可持續發展？



在這一星期裡，我發現環保可從「衣食住行」各方面實踐，更希望香港的環保政策會更完善。

中二喜樂班 朱淖恩

第二天，我們到了新界東南堆填區參觀，活動令我重新反思香港垃圾問題的嚴重性。



透過講員的講解，我們認識到香港堆填區接收的廢物分成三類：化學廢料、建築廢料和家居固體廢料，而當家居廢料的接收量最多。每日廢物生產量高達9000噸。當我聽到的時候，我感到驚訝和悲哀。講員提及政府的環保藍圖，藍圖只提及一堆「美麗」的數字和擴大堆填區，難道環保能用一堆數字來表達？我認為要達到目標應有具體的方法，而實行源頭減廢則更實際。

參觀後，我們到了將軍澳做訪問，了解將軍澳堆填區對該區市民的生活有多少影響。但訪問過後，我發現堆填區對他們影響不大，但對於實踐環保則「有心無力」。

最後，我們到了大埔街市收集廚餘，過程發現每日的廚餘數量頗多呢！



第五天，我們製作既環保又實用的扎記。原來生活中所產生的廢布料也能變成有用的物件。



到了第六天，我們到了老人中心向長者宣傳環境保護的訊息，並一起製作坐墊。透過跟長者溝通，了解他們的生活。



# EAT THE WORLD IN HONG KONG



Cooking is fun and enjoyable, isn't it



Cooking practice after the demonstration of Mrs. Lee.

The programme that I joined this year was called "Eat the World in Hong Kong", however, don't be misled by its name. In this programme, we not only ate a lot, but also learned a lot of things.

Our lessons took place in the Town Gas Cooking Center in Causeway Bay. We were so glad to have Mrs. Lee, the manager of Town Gas Cooking Center, who taught us cooking. I have learnt two things during cooking -- cooperation and time management. For example, on the first day, we had to cook 2 dishes, a salad with soft-boiled egg and stir-fried rice with minced beef and lettuce. At first, without any experience in this area, my partner and I dreaded what food we needed to make because we both rarely enter the kitchen, let alone cook. Meanwhile, the other groups had already started cooking, so we realized that there was no time for us to panic. From then on, we started to share the prep work and cooking tasks together. I was responsible for shredding the lettuce, my partner needed to boil water or dice spring onion. We were both busy preparing the food, one thing we should also pay attention to time management, otherwise the food would be overcooked. On top of cooking, the daunting task of cleaning up the kitchen was challenging to us, too. Luckily, the staff there helped us a lot which totally eased our burden in cooking.

After every lesson, I would try to cook at home. I think my cooking skill is improving steadily. For me, I think the Potato Dauphinoise is the most impressive dish I have made.

One of the highlights of this program is the Table Manners Workshop delivered by Miss Mary Cheung, who is a renowned celebrity – Miss Hong Kong in 1975. In this lesson, I learned "You never get a second chance to make a first impression." Therefore, it was important to have good table manners. Miss Mary Cheung also taught us the use of western cutlery, some vocabulary, etc. These were very useful improving my dining etiquette.

On the third day we went to a wet market. The day before, I had learnt how to make a shopping list which guided my budgeting and what to buy. In the past, I hated going to the wet market. I didn't like the hot temperature, the foul smells, the heavy traffic of people that could be overwhelming. However, after this program, I found that the wet market is actually a warm-hearted place where the venders are so friendly and kind to us. They are willing to bargain with you and chat with you. They are just like our friends.

Last but not least, I would like to give thanks to all teachers and staff who taught us cooking, table manners, helped us in the cooking centre and took care of us. I enjoyed this program very much. The lessons learned in this program benefited me a lot.

**Winky YUEN, 4 Faith**



A formal table setting in a western restaurant.



Our first-time shopping in a wet market, thumbs up for us!



A mouth-watering dish prepared by our students



Ms Mary Cheung and our Vice Principal, Ms Cindy Yuen

Musical and drama are two different things. Musical involves singing, dancing and acting but drama doesn't involve singing and dancing. Therefore, I think to finish a musical is much harder than to finish a drama.

This year, I joined the LEWOWA program—Summer Musical Playhouse. At first, I was not very interested in this program because this program was about performing a musical. Although I think I am good at dancing, I am weak in singing. One of my fears is to sing in front of people. I needed to sing in front of people in this program so I was not very interested in this program.

This year, we were required to perform Mamma Mia at the end of this program. At the beginning, I was selected to be Lisa, Sophie's best friend. I thought it was a piece of cake because I only needed to act for a scene and dance.

# SUMMER

Yet, on the second day of the program, the director decided to change the roles and I became Donna, Sophie's mother. I felt extremely shocked as it was more challenging. As I am Donna, I will need to sing solo and be involved in many scenes. In other words, I had to face my fear—to sing in front of people. After a five-day rehearsal, I could eventually sing in front of people because I understood that I had no choice but to sing in front of the others. Thus I decided to throw my fear out of the window and did it.

# MUSICAL

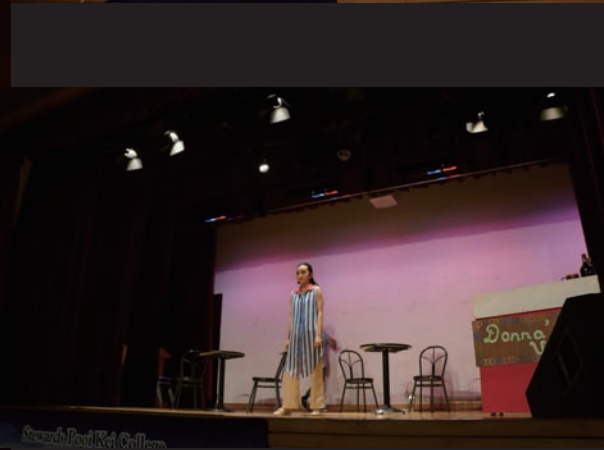
After this program, I learnt a lot of things. First of all, I know that it is acceptable to have flaws. We made some mistakes during the performance. For example, we forgot some lines and I appeared in a scene way before I was supposed to do so. Despite having flaws, the performance ended with a great success. After the performance, I understood that everyone made mistakes and we are not perfect. We cannot go back to the time we made mistakes and change it. So, we can only live with the fact that we human make mistakes often.

# PLAYHOUSE

Second, I know the importance of team work. We couldn't finish the musical with only one person. It's not the same musical that we performed if we missed any one.

Lastly, I conquered my fear of singing in front of an audience. It is great to overcome fear and I can make myself stronger. I had a really good time this year and learnt some life lessons. I hope the others will find happiness in this program too!

**Yoyo HO, 2 Faith**





Students at the final performance



The final rehearsal



Students playing ice breaking games on the first day



Evaluation of the program



Students in camp

1/7/2015



One on one story drama show

29/6/2015 14:00

University students performing a play

You can tell by the name of this LEWOWA Programme that it is about performing. The performances were split into three types: drama, dancing, and some circus tricks; and the target audience was children aged 8-12 under the poverty line.

Before the casting session, we had some activities about the three categories to help us decide which group we wanted to be in, including some talks and games. We all handled the casting very seriously, at last all of us could join the group that we wanted most. After the casting we went into the camp and started all our trainings. Although it was tiring it was also fun and enjoyable.

The performance was a success. All the children loved it. We also had games with them after the show. Thanks to all our tutors, teachers and students, the programme went smoothly and successfully.

Mr. LI Chi Ho, Gerald

## CARING PERFORMING ART SCHOOL



Campers enjoy meeting students



Adrian taking an interview



One on one story drama show



Students listening to an interview



The dance group



Students playing the diabolo and disc



The final rehearsal



Lunch at camp



Students listening to an interview



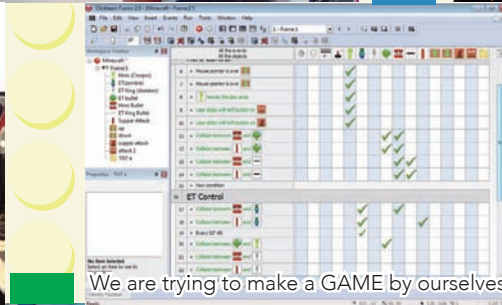
Our Fighting machine



Outlook of a game



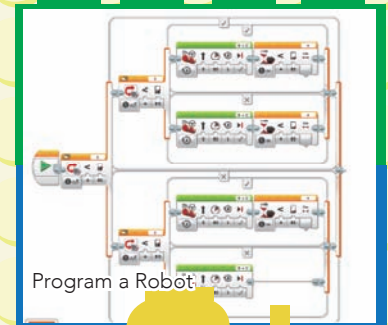
We are happy to make our dream come true



We are trying to make a GAME by ourselves



We are busy coding our game



Program a Robot



## LEGO Robotic and Computer Game Design

This LEWOWA program was divided into two parts - LEGO Robotic and game design. It was really fun and meaningful. We learnt many computer programming skills and logical thinking techniques from the program. This program helped to train students' social skills, because we were divided into different groups. We couldn't finish every single task if we didn't cooperate with other group mates.

In these five days, we used Clickteam Fusion 2.5 to design our computer games and used LEGO MINDSTORMS Education EV3 to write programs for the robot. When we designed our games, we had to plan first and then draw some characters like heros, extra-terrestrials and other things like pages and buttons. Secondly, we had to program our characters to move and attack. It finally became an Android game after five days of creating.

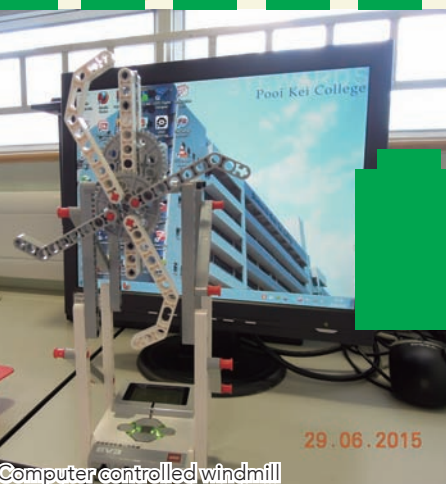
For LEGO Robotic, we were creating different robots to cope with different tasks. For example, wired robot dog, EV3 controlled windmill. Then we needed to build a car to drive along a black line with different curves and pick up objects at the fourth line and return the objects to teammates automatically. During the construction of our robot, we had to know the characteristics of different sensors and connect them to EV3 with different port lines.

Competition with other team was the fun part of this program. Every team designed their fighting machine to push other robots out from a carpet. We have not only learnt from experience but also from other teammates in this game.

**MA Ho Lun Hayden, 2 Faith**  
**TSE Chun Hei, 2 Faith**  
**WAN Ling Yu, 2 Faith**  
**TSE Shing Wa, 2 Peace**

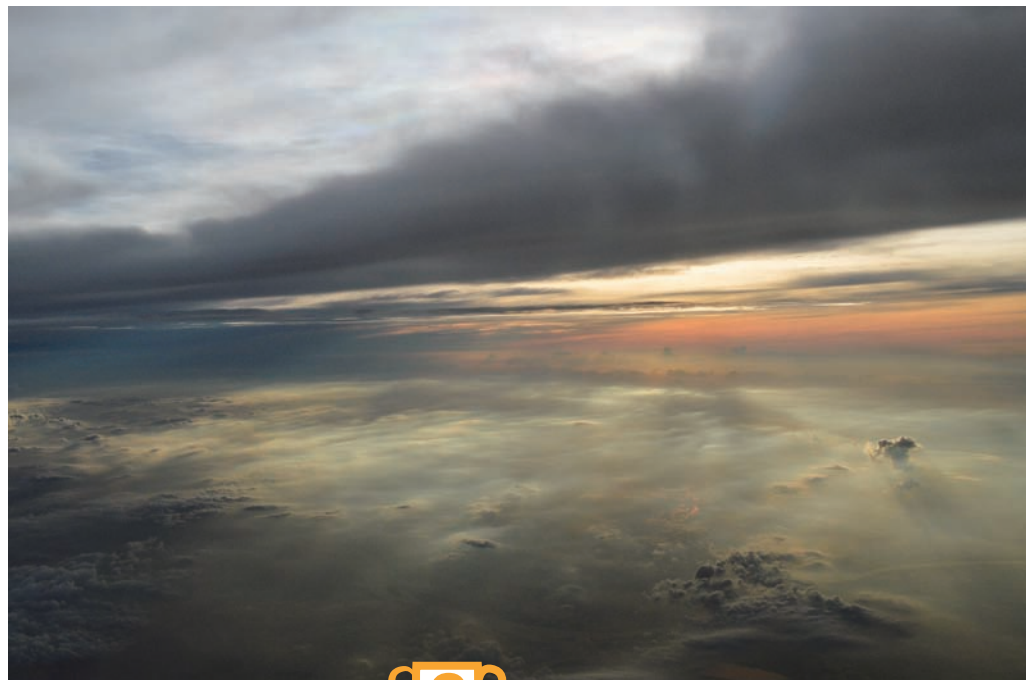


We are Ready to Fight



Computer controlled windmill

# LEWOWA PHOTOGRAPHY COMPETITION (2014-2015)



1ST RUNNER-UP -  
CHAN MAN HEI, 6 PEACE



2ND RUNNER-UP -  
YIU CHO YIN, 5 GRACE



MERIT -  
YIU CHO YIN, 5 GRACE



MERIT -  
CHEN HUEN HUEN, 3 FAITH



CHAN FONNIE, 6 FAITH

**LEWOWA  
PHOTOGRAPHY  
COMPETITION (2014-2015)  
OTHER EXCELLENT WORKS**



CHAN TING CHI, 5 FAITH



LUK PAK HEI, 5 GRACE



CHAN TING CHI, 5 FAITH



YIU CHO YIN, 5 GRACE



CHEUK HIU YING, 4 FAITH