

# Spkc

Stewards Pooi Kei College  
LEWOWA 2015-2016

OCT 2016



PooiKeiMON



Let's go and find  
the 28 monsters  
from each LEWOWA  
programme!



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## LEWOWA VISION:

Be a blessing to the globe

## LEWOWA MISSION:

We equip Pooikeinians as tomorrow's leaders with Globalized Vision, a Serving Heart, Love and Care, Courage to Embrace Life Challenges through LEWOWA.

Jesus went through all the towns and villages, teaching in their synagogues, preaching the Good News of the Kingdom and healing every disease and sickness. When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd. Then He said to His disciples,

“The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field.”

(Matthew 9:35 – 38)

# FOREWORD



## WHAT IS YOUR “WALL”?

This has been the 13<sup>th</sup> year for Learning Without Walls. Throughout these years with all kinds of stunning situations in the world – diseases, wars, unstable political situations, natural disasters, etc., we put the suffering regions and people in our prayers; on the other hand, we should be thankful for the unceasing opportunities to explore the world and for God’s protection upon every Pooikeinian following Jesus Christ’s steps to go “through all the towns and villages”. (Matthew 9:35a)

In recent years, I have been always thinking the meaning of the name “Learning Without Walls”. Literally saying, we learn outside the classroom or regular classroom-setting context. This understanding echoes the educational slogans over the past few decades. However, to actualize learning without walls, it is important to ask ourselves, “What is my wall?”

### MY WALL OF “DENIAL”

Pastor Jerome Ocampo pointed out that “denial” is arrogance in God’s eyes as we human-beings deny and reject ourselves and the surroundings – God’s wonderful creation, His gifts to us – our talents, and His plan in our life. He emphasized that only acceptance to true self can push us to full, currently unseen but to-be-revealed potential. “With man this is impossible, but not with God; all things are possible with God.” (Mark 10:27b) “I can do all this through him who gives me strength.” (Philippians 4:13) So what is our excuse of saying “I can’t”?

### MY WALL OF “HATRED”

It is not easy to make a decision in this materialistic world. We have numerous choices and as a result we will filter the choices most likely with ‘what I don’t like in order to reach the final decision. This thought becomes a pair of sunglasses that we usually wear to look at our surroundings, in mono-grey, brown or blue. Do we sacrifice any other nice colour behind the sunglasses? Do we miss any other inspiring scene behind the wall of “hatred”?

### MY WALL OF “FEAR”

In one of the best-sellers “Who Moved My Cheese?”, Hem was trapped in his victimized mindset, staying in the cheeseless station and blaming it for all unfairness; while Hum accepted the fact that there was no more cheese in the station and he had to head off for a new place with cheese, or else he would die of hunger. Even though Hum left his most familiar cheeseless station, walls of ‘fear’ were still around him that could make him stop moving. But he made a choice and asked himself, “What would you do if you weren’t afraid?”

### MY WALL OF “LAZINESS”

Don’t you believe that people can change? People can change, but it is just easier for them not to; we can study or work to get a higher rank, but it is just easier for us not to; we can have a more fruitful life experience if we try more and do more, but it is just easier for us not to. Laziness looks very attractive, however, when the whole world is changing everyday and enjoying all kinds of achievements, we will gradually become frogs living at the bottom of a well surrounded by the high walls of “laziness”. Only work can give us satisfaction.

### UNWILLINGNESS VS SUITABILITY

Every year, students make their LEWOWA programme choices with different feelings and expectation. In the school opening assembly this year, I gave students a challenge, “The more unwilling you are to join a programme, the more suitable it is for you”. From every pair of sparkling eyes in the assembly hall and the positive feedback, I can see students’ maturity and all kinds of possibilities in their life. Let’s uphold the values of acceptance, appreciation, courage and diligence, to break down all the shapeless walls in life, and to reveal a new world behind them.



To enhance teaching and learning quality, feedback from teachers and students towards the LEOWA programmes and curriculum will be collected every July by E-Class questionnaires. Prizes will be presented to the programmes with the highest average scores in August every year. The awarded programmes will also be put on the election list of Classic Programmes every three years as recognition.

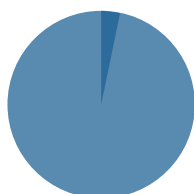
Categories of Awards		Programme Name	Average Score (out of 5)
Best Local Programmes	1st	Prog.13: Outward Bound@Hong Kong – Teen Explorers	Overall: 4.2
	2nd	Prog.16: “Teenwalker” Experience and Caring for the Life of the Social Vulnerable Group	Overall: 4.1
	3rd	Prog. 01: Caring Performing Art School Prog. 04: Multi-intelligence Training Scheme Prog. 10: Career Planning and Experience Prog. 12: Go, Grow, Glow Life-changing Journey	Overall: 4
Best Outbound Programmes	1st	Prog. 17: A Real Life-traveller in Taiwan	Overall: 4.3
	2nd	Prog. 22: Seven Lessons from God in Seoul Prog. 25: From Pictures to Words – The 1st Travel Journal of Hokkaido Prog. 28: Touching Beijing Universities and Services Learning 2016	Overall: 4.2
	3rd	Prog. 26: Japan Business and Cultural Journey – Go Okinawa!	Overall: 4
Best Original Design (New programmes only)		Prog. 25: From Pictures to Words – The 1st Travel Journal of Hokkaido Prog. 28: Touching Beijing Universities and Services Learning 2016	Overall: 4.2
Students' Favourite Programmes	1st	Prog. 07: Summer Musical Playhouse	Students: 4.06
	2nd	Prog. 26: Japan Business and Cultural Journey – Go Okinawa!	Students: 4.04
	3rd	Prog. 17: A Real Life-traveller in Taiwan	Students: 3.95

#Only ratings from students' questionnaires will be calculated.



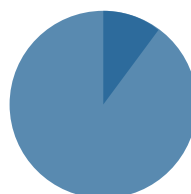
# What do Pooikeinians **THINK** ABOUT?

LEWOWA 1516



## Teachers:

Students are able to overcome the new challenges. (97.1%)



## Students:

The programmes give participants new challenges. (90%)

## Other Comments from 90% of Pooikeinians:

The Extended-learning Session provides opportunities to follow up students' learning output in my programme more effectively.

Participants received useful feedback in this programme.

My programme actualizes experiential-learning.

The learning activities in this programme keep participants busy.

The service provider shows his/her professionalism and dynamism in the collaboration.

Students are able to control their emotions and show initiative in caring for others' needs.

The vision, mission and educational value of LEWOWA are successfully practiced this year.

Student Programme Assistants / Student Leaders in my programme are able to take up the leading role during the programme.

Students show devotion to the given assignments and learning tasks.

Peer support and friendship are built up in this programme.



Students are practising acrobatics



Group photo

## 01 — Caring Performing Art School

Caring Performing Art includes three elements --- drama, acrobatics and dancing. Students were arranged to perform one of the above elements on the last day of the programme for the elderly who experienced stroke before. In order to impress the elderly with a wonderful performance, students practiced intensively with seriousness and determination for 8 days. Finally, their hard work was paid off because the elderly enjoyed their performance with cheers and applause. They were all amazed that students could perform so well although the practicing period was short. After the performance, students taught the elderly some dancing steps and acrobatics. They also had a great time chatting with each other! Unexpectedly, performing art became the bridge of communication between the elderly and students!

Students found this programme meaningful because they could not only learn performing art from the professional artists, but also communication skills and the importance of team spirit. More importantly, their serving heart could also be cultivated!



Drama performance

Acrobatics performance

Dancing performance





# LEGO Robotic and Computer Game Design



This is one of the characters we design. Do you like it?

In this programme, I learnt how to design computer games and make LEGO Robotic.

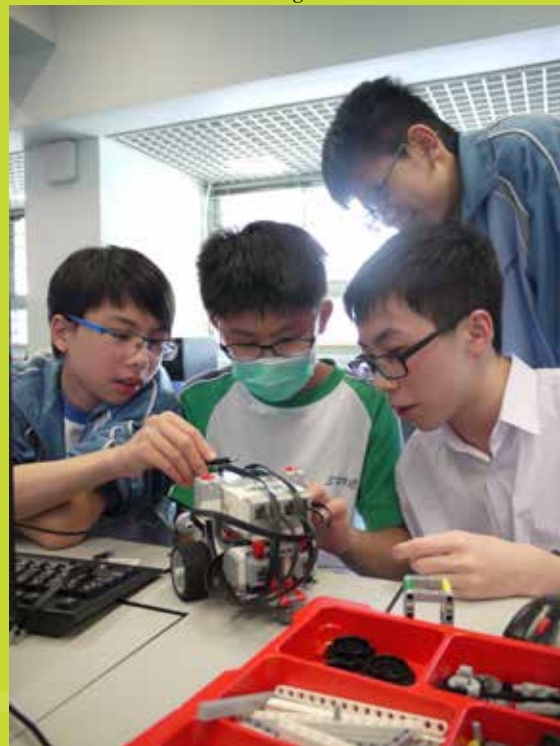
It was my first time to design my own game by programming. I have never had this kind of experience before. I think it is very interesting because I could use my creativity to design the characters and the flow of the game.

For the part of LEGO robotic, I needed to use different sensors such as colour sensor and ultrasonic sensor to finish the tasks assigned by the teachers, which were very challenging. Besides, I learnt how to work with my group mates and now I know what teamwork is. Although I sometimes did all the work by myself, I couldn't possibly finish every step only by myself. It is because the task was hard and I would be too exhausted to finish it alone, so I needed to cooperate with my group mates.

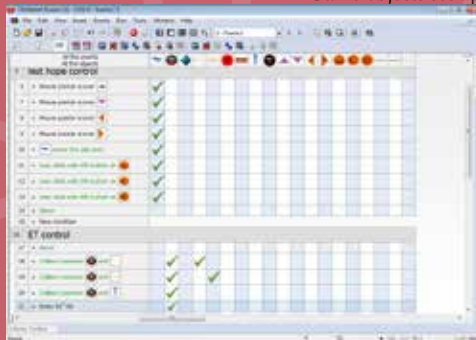
I wish one day I can create a much more sophisticated computer game and build a stronger LEGO Robotic by myself. I also hope that the school can hold this programme again next year so I can join it again. I wish my game will be popular and the people will enjoy it!

LAI Pak Long, 1 Faith

Students are contributing their idea to construct a robot.



Game objects set up



Testing the colour sensor



Let's take a photo after an arena of our robots.



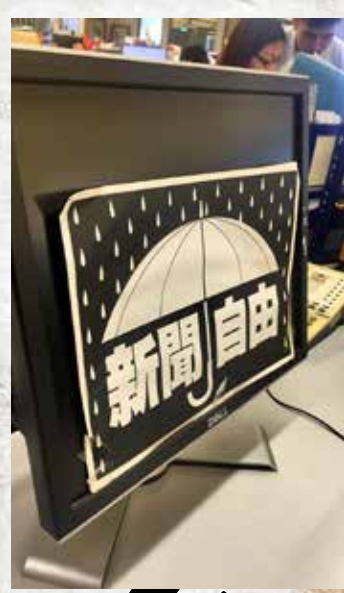




域多利監獄中當年的打藤工具



域多利監獄正門



明報方針

## 03 少年律師與小記者



明報大樓



正義女神像

今年學習無疆界課程參加了少年律師與小記者這課程，一開始我覺得可能會有點沉悶，但後來才發現現在當中學到很多平時上課學不到的知識。

例如到法院聽審，雖然這次不是我第一次去法院的審訊，但是今次印象比較深刻。有一個 83 歲的伯伯開設賓館，賺錢養活自己，雖然他是非法經營，但我很欣賞他那份「靠自己」的心態，不是只依賴綜緩金過活。

本來我以為辦一份報紙是容易的事。但原來要經過很多個程序，記者更要抵受言語暴力去採訪，當中可能有很多阻滯。這次參觀明報報社，令我知道其實記者這份工一點也不容易，我們要尊重他們。

在尖沙咀作街頭訪問當天，最深刻的是當我們訪問那位小姐之後，她繼續和我們傾談。她與我們討論外出活動與留在課室學習的不同。後來知道她原來是一位幼稚園老師。她很鼓勵和支持我們，讓我發現香港人其實充滿愛心。

在這個課程中，我知道多了關於法律的知識，亦更深入地了解香港的歷史。我亦覺得我們要尊重記者這份職業，沒了他們，我們便不會這麼快得知突發的新聞。而做訪問的過程中，我學會了怎樣帶領一班組員，大家要互相幫助、付出努力才可以做得好。

黃雅琳 3 Joy

香港懲教博物館





在課程的第一天，我們去了中環聽導賞員講解歷史，然後去了坐電車。起初，我們覺得枯燥乏味，可是聽着街上的聲音，覺得現今香港的人情味漸漸淡了，以往的中環街市，會彼此關心，互相聊天，可是現在只是買完東西便走了。

第二、三天，我們去了屯門的國際十字路會做志願者工作，體驗盲人、愛滋病患者和窮人的生活。在體驗做窮人的時候，作為窮人的我們只能卑躬屈膝地求饒，跪到連膝頭也痛了，可是商家不斷地剝奪我們身上的一分一毫，我們的錢作為抵債、保護費和食物費用，令我們深深地感受到他們的哀怨和無奈。

另外，我們也做了志願者，把捐贈的衣物分類。過程也令我們明白原來捐贈後的衣物不是立刻就能送往有需要的地區，還要經過不同的工序，令當地的人在收到物資後能立即使用。

下午，我們徒步走去香港文化博物館參觀莫奈畫展！參觀莫奈畫展真的很棒！因為這些名畫很難得能在香港展出，而且連一些外國人也專程前來參觀呢！而且莫奈在後期患上了白內障，就像是繪畫界的貝多芬，但他仍然堅持畫畫，我們仍然能夠很清晰的看出他的畫比健康時所用的顏料多，而且也塗得比較厚，可見他對畫畫的堅持。

我們也觀看了一套關於讀寫障礙的小男孩的電影，這使我們明白了「天生我才必有用」的道理。這電影令人非常感動，我們見證着男孩被嘲笑，被不理解，到被人關懷和被接納。

最後，我們便到團契中與神親近，一起唱詩歌，一起敬拜，玩遊戲。玩遊戲的過程令我們組員之間更有默契，更有團隊精神呢。

蔡真希 2 Grace  
邢禹晴 2 Love  
盧紫蕙 2 Peace  
陳樂希 4 Faith  
徐諾童 4 Joy

## 04 多元智能訓練計劃

我們在中環聆聽歷史

電影欣賞



我們在中環電車廠參觀



我們在包裝箱子



在 Bulk Room 幫忙



莫奈畫展



草地滾球的球







The Pakistan woman drew Henna for us on the arm as a blessing.



We did a small interview with an Indian who grew up in HK. We asked him to teach us some Hindi.



We paid a visit to one of the 1800 asylum seekers in HK.



These are the Filipinos who stay in HK to work. They all have wonderful stories behind.



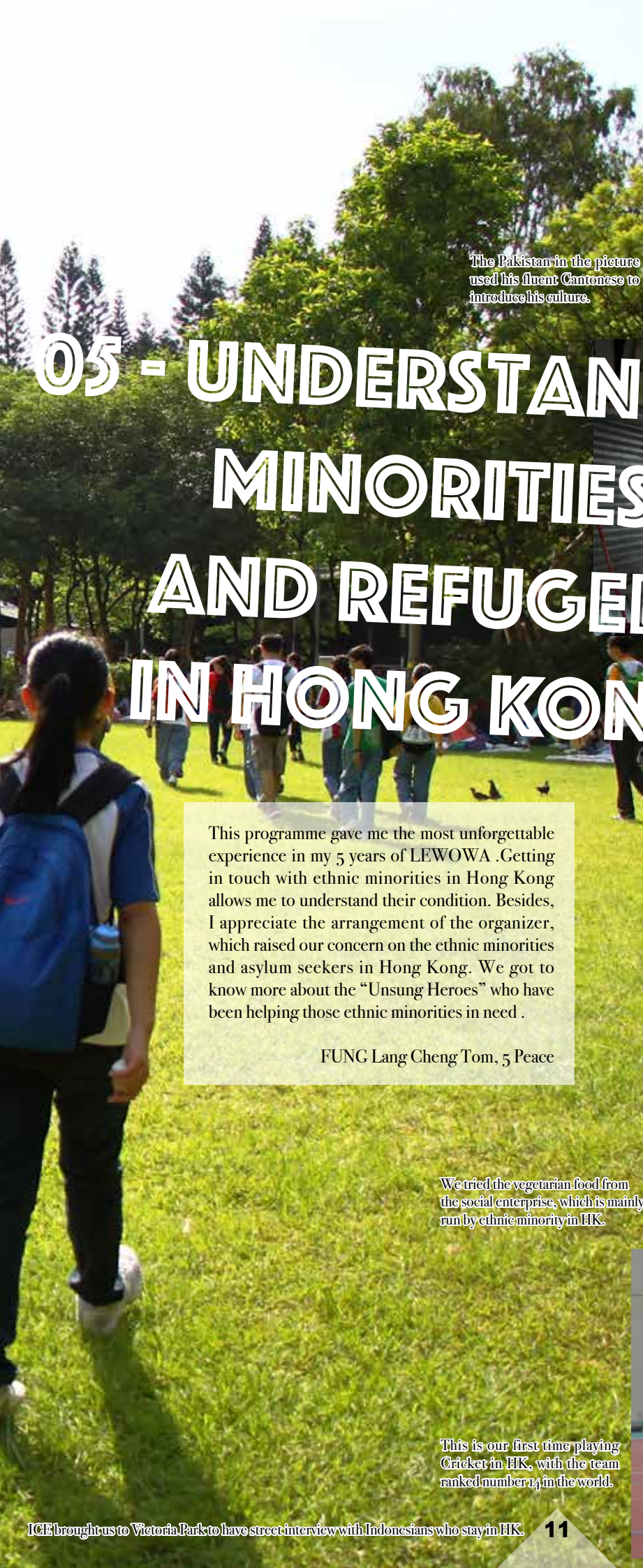
On the first day, we explored "the little Philippines" in HK.



This program is really meaningful. It changes my stereotype of ethnic minorities and refugees. I used to think that refugees were poor and poorly educated, but then I met Frahan, a university graduate who was prosecuted by Ethiopian government. He is so chill and open-minded, which totally overturned my impression of refugees. Within their communities, there were even doctors and lawyers --- professions you wouldn't have thought of any refugees would have.

CHEUNG Yu Heng Alex, 5 Peace





The Pakistan in the picture  
used his fluent Cantonese to  
introduce his culture.



# 05 - UNDERSTANDING MINORITIES AND REFUGEES IN HONG KONG

This programme gave me the most unforgettable experience in my 5 years of LEWOWA .Getting in touch with ethnic minorities in Hong Kong allows me to understand their condition. Besides, I appreciate the arrangement of the organizer, which raised our concern on the ethnic minorities and asylum seekers in Hong Kong. We got to know more about the “Unsung Heroes” who have been helping those ethnic minorities in need .

FUNG Lang Cheng Tom, 5 Peace



We tried the vegetarian food from  
the social enterprise, which is mainly  
run by ethnic minority in HK.



This is our first time playing  
Cricket in HK, with the team  
ranked number 14 in the world.





This year we joined the LEWOWA programme "Eat the World in Hong Kong". We went to the Towngas Cooking Centre in Causeway Bay.

On the first day morning, we learnt to make roasted chicken with thyme and potato Dauphinoise. The chicken was one whole chicken, and we had to pickle it. It was a bit disgusting for me but we still had to do it. The potato Dauphinoise was easier and it was also much tastier. In the afternoon, we learnt to make blueberry cheese cake. It was my first time to make a cheesecake. It was very yummy and I liked it a lot. Well, some of us are dessert lovers, so we were really happy to make it!

One of the highlights of this programme was a lesson taught by Miss Mary Cheung, a renowned celebrity and former Miss Hong Kong. She taught us manners and etiquette. We learnt to act like a lady or be a gentleman.

In the last two days, we had two cooking competitions. We made various dishes. For example, cheese spinach-stuffed mushrooms, rose apple tarts, tomato scrambled eggs, cheese macaroni, etc. Our work was the result of sweat and passion. In fact, we did not really mean to compete with others. It was rather an opportunity to plan, work and practise. Besides cooking, we really learnt a lot - planning, practice, cooperation, and giving support to others, etc.

Most of us think cooking is fun and we want to show our appreciation to our partners, teachers and the staff in Towngas Cooking Centre. Without them, we wouldn't have learnt so much in this programme!

CHENG King Lam Kris, 2 Love  
LO Cheuk Ling Priscilla, 2 Joy  
CHAN Ching Yee, Marie, 2 Grace  
CHEUNG Wang Ngai, Nathan, 2 Grace



Students get the chance to learn how to make blueberry cheesecake. It seems really appetizing, isn't it



We love cooking!



It took our students several attempts to successfully bake these Rose Apple Tarts -- a work of love and sweat.



A set of meal for cooking competition, it looks really healthy.



Miss Mary Cheung, a renowned celebrity and a former Miss Hong Kong, is teaching us manners and etiquette.



08



▼ 回收剩菜收穫甚豐

在這六天的課程裏，令我最印象深刻的，分別是去大埔墟街市回收賣剩的蔬果，和到長者鄰舍中心去做義工。未體驗回收食物前，我沒有想過香港浪費食物的情況這麼嚴重。單在一個小小的街市裏已經有很多籃賣剩的蔬菜，這些蔬菜其實還很新鮮，如果我們沒有回收，這些食物便會白白被送到堆填區了。可幸的是，香港原來有環保機構回收這些剩食，並將這些剩食送給有需要的人士享用。我們當晚吃的是一頓「素宴」，食材全是由街市回收來的，餸菜一點也不少，每圍五餸一湯，白飯任添，雖然沒有大魚大肉，但我亦吃得津津有味，倍感珍惜。這次體驗讓我反思到香港人真的太過豐衣足食，過多的食物讓我們造成不必要的浪費。

另一個讓我印象深刻的活動，便是到長者鄰舍中心去做義工。當天我們教導一班長者製作環保雜誌紙籃，製作過程十分耗時，而且也在考驗我們年青人的耐性。因為不是每一位長者都能跟上步驟，所以我們需要耐心地從旁指導和協助。透過這個活動，我們原來也可將環保訊息帶進社區，讓更多人認識環保，同時我們亦能在活動中關懷長者，與他們傾談，帶給他們歡樂。

課程後，我希望能將所學的環保知識應用在日常生活中，為環保出一分力，盡力去保護我們所愛的地球。其實我們只要加點創意，便能將廢物轉化為有用的物料，循環再用。我相信每位培基人也可做到！

張詠恩 5 Love

# 星級再造 綠色漫遊



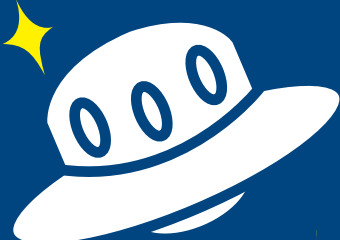
▲ 努力翻鬆泥土  
準備播種



▲ 同學與長者們合作  
製作環保紙籃



▲ 開心的成果—環保紙籃







# 07 SUMMER MUSICAL PLAYHOUSE







## “13” MOTIVES WHY YOU SHOULD GET INVOLVED IN MUSICALS

Teenage naivety, betrayal, and jealousy all mixed together in a single musical — “13”. With Yentl, the Director’s recast of the show, an abstract performance of 13 was presented in none other than the school hall of Stewards Pooi Kei College. Despite grueling rehearsals and exhausting dance sessions, I was gratified to be involved in this reenactment of this musical drama by Jason Robert Brown.

The plotline revolves around the drama and conflict of the twelve-year-old Evan, who was forced to move from New York City to Appleton, Indiana due to his parent’s divorce during the summer vacation.

This programme was definitely not my first choice as I was never that much of an extrovert. Imagine my surprise when I was singled out to be Evan. It was a pretty enjoyable experience though, especially with such an amusing tale. It was not without difficulty when we were rehearsing. For those with less stage experience, it was definitely a challenge to project their voices and perform melodramatic actions. Even myself, who is no stranger to onstage presentation, when faced with dancing and singing simultaneously, thought it no easy task. Fortunately, with determined assistance and supportive reminders from our teammates and tutors, we began to transform into our assigned characters. Even the girl who played Kendra, who may have had a slight coordination hitch, became the head cheerleader she was after multiple practices. You see, success is simply a mixture of the right amount of determination and practice and an ample supply of screeching..... Or rather, encouragement.

To be frank, regardless of my reluctance to act, I have always been addicted to musicals, mostly because of their capacity to fuse various art forms into a sole creation. Music, Choreography, Drama, Visual Arts..... and on top of that, Literature. However, I never thought it would be just as, if not more entertaining to be a part of a production and watch my teammates attempting to become an entirely different person— the egotistical Brett, the devious but hot Lucy, the sweet and dense Kendra, the bookish and geeky Patrice and the optimistic cripple Archie. As for myself, the thrill of performing onstage was a lovely sensation, not only did it provide an excursion to another world as a different individual, but also a deeper comprehension of one’s own emotions and expressions. Stage fright and reticence is never going to be a problem for you once you get the hang of being onstage. In the worst case scenario, the backstage team always has room for helpers.

Now, rather than listening to me blathering on, how about weaving one or two stories of your own by joining the “Summer Musical Theatre” Programme next year. Trust me when I say it will assuredly exceed your expectations and provide you with a memorable one-week-expedition into the realm of musicals.

LUI Ho Long Joseph, 5 Peace



# 09 "Fun, Play, Life" Theatrical Project

You know that feeling you get when you get something you didn't exactly ask for, but have no choice but to accept and face it because there's no other option?

That was sort of how I felt when I received the news about which the LEWOWA I ended up having to attend this year. It didn't really help when I attended the session about having my choice explained as a whole, since the entire hour was dedicated to an explanation that I wasn't particularly interested in at all. So I had the mindset of believing that I would spend a week drowning in boredom when LEWOWA week came around. But I was glad to be wrong.

"Fun, Play, Life" Theatrical Project orbits around a performing arts type of activity, where you re-enact stories told by others in order to understand yourself better—all by using improvisation. Yes, you are given props to assist you in your immediate performance, but there ARE certain difficulties that come with the limited resources you are allowed.

What you gain from the programme includes the practice of improving people skills ,i.e. teamwork, confidence, patience, respect, to list but a few.

I enjoyed myself tremendously throughout the entire week, and I appreciate the new friends I made, alongside the many performing methods I learned. Others—as I have been told, agree with my statement about how their perspectives of the programme went from 'nay' to 'YAY'!

Through a series of games and quirky practices, we managed to learn everything we needed for the final day, since that was when our skills would be put to the test at an elderly home in Shum Shui Po.

Our instructors taught us well — using a wide variety of ways to not only help us understand the techniques we were meant to use, but also to ensure fun while doing so. They even went so far as to invite members from other troupes to rehearse with us! All of these events are memories that I'll treasure and remember for a very long time.

It's safe to say that this LEWOWA covers many aspects of learning—which is one of the goals of LEWOWA. From improving interpersonal skills to training the intellect, this programme was not only enjoyable, it was also fairly educational. It was a real highlight of the programme, so try joining it next year.

But even if you don't, and instead end up getting something that you may not necessarily want?

Give it a shot.

Who knows? You might just love it!

Brianna WILSON 3 Love





# Give It A Shot







10

## 升學及就業體驗

08 組員到餐廳擔任侍應

時光流逝，短短七天的升學及就業體驗課程經已圓滿結束。在這七天中，我們學習升學及面試的技巧，體驗現實社會中的工作環境，及學習撰寫求職信與履歷表。為着未來的面試做好準備的同時，我們亦有機會體驗文憑試放榜的情況，讓我們能夠進一步了解放榜的流程，以及學習如何作出最明智的選科選擇。

在訓練營中，我們進行了性格透視工作坊。透過不同的測驗了解自我，認識自己多一點，了解自己是屬於什麼性格特質（包括綠色研究型、金色組織型、橙色多謀型及綠色研究型），亦加深了對自己的了解，了解自己的長處及弱項，有助他日選擇適合自己的職業。我們又分別與相同性格組別的組員及不同性格組別的組員進行各種活動，從而模擬在社會工作時的狀況。

接着，我們到了麗豪酒店參觀，了解酒店的日常運作以及就業前景，讓有興趣投身酒店業的組員能夠加深對這個行業了解。酒店的員工向我們提供了不少職場生涯的小知識，讓我們明白到在日後的職場上需要隨機應變。

其後，我們有三至四天的影子工作實習體驗。不同組員被派到不同的實習單位進行工作實習，包括營地助理、活動助理、汽車清潔、侍應等等。透過不同的體驗，讓我們對將來的職業選擇有另一角度的體會。

林潤嘉 5 Grace

01 性格透視工作坊



02 兩日一夜的訓練營



04 組員正在進行模擬面試



05 組員到青少年中心擔任活動助理



06 組員到酒店擔任房務助理



07 組員早期教育及訓練中心協助準備活動物資







▲ We were trying our best to earn money by picking up cardboard.



▲ Whole team jumps!!! Not an easy photo.



▲ A beautiful circle made by the whole team.



▲ We were in last place, but we tried our best to be NO.1!!!



▲ This is group 2, with an amazing view behind:)



▲ When we caught up to the first group, we had an maritime war in order to get 1st place.

The first two days of the program were to experience the life of the poor, and it started at the first lunch. Everyone in the group could only have \$10 for lunch. We were overwhelmed, because never in our lives had we had such a limited budget. But this is a reality for many poor people. We really have to be grateful for what we have, and try not to complain.

Picking up cardboard was one of the best experiences in the first two days. The purpose of experiencing the life of a low-income group is to help us understand the difficulties involved in poverty. I didn't know for example, that many poor people do not want to be dependent on government welfare.

A camp in the wilderness took place on the third to fifth day of the programme. We had the chance to cook, set up a tent, and find our own way in the countryside. I really enjoyed the time when cooking with group mates. This experience made me become braver and taught me how to take care of others. I also learnt how to be a good leader. A very fun activity was crossing the sea with an inflated boat. The experience made me much stronger.

One of the important things that I learnt in this LEWOWA was that we should care more about those people in need. We shouldn't discriminate against them, but help them. It also taught me to put others feelings before mine, and to be more considerate. All in all, this was a very valuable learning experience.

## 12 Go Grow Glow





Just after finishing rock climbing and ready to go again.



The accommodation on our second day

# Outward Bound® Hong Kong - Teen Explorers

13



The third morning ready to go.

After five days of Outward Bound trip, I have learnt a lot, especially survival skills. Also I gained a lot of unforgettable and wonderful experiences. Such as being a good teammate and how to communicate with others. Cooking breakfast, building tents, canoeing.

My favorite activities of the program was canoeing, this was my second time canoeing in my life. We spent a total of three days on the canoe. And I had a lot of fun with my group-mates and teammates. Also I enjoyed my lunch the most in these five days. Although it was very simple, with only a few pieces of bread, vegetables and fruit jam. But it was the most delicious one.

On the third day, the weather was cloudy and rainy. In the morning there was a thunder storm, the wind speed was very fast. Our instructor, Nat asked us to stick together, and he helped us to go forward. He carried a total of seven canoes, I was shocked at that moment, and I did not know how to thank him.

The breakfast on Tuesday and Friday was the worst. The oatmeal tasted bad. I did not even eat half of it. One thing I have changed a lot is my eating habit. The Outward Bound instructors told us not to waste foods, so we had to finish all the food in our bowl. But before this program, I always threw food away when I couldn't finish. But now, I will try my best to finish all the food in my bowl in future. And before the program I hated insects. I killed them when I saw them. But now, I may just let them live and even help them. I learnt that we shouldn't kill a life without any reason, we should let them live.

CHAN Chin Fung, 1 Faith



The fourth day lunch.



The sea view outside Outward Bound.



Lunch on the last day



## 15 Rainbow Touch - Holistic Leadership Training Journey

This year, I joined the LEWOWA programme 'Rainbow Touch'. This programme offered various activities which were so exhilarating and enjoyable to me.

During the programme, we experienced most outdoor activities in Hong Kong such as hiking, canoeing, snorkeling, abseiling and wild camping. My favorite activity is canyoning. I needed to descend through the canyon, slide on natural chutes and big stones, conquer waterfalls with a rope and even jump into water pools! I had never felt this excitement before. And I think the most challenging task was hiking, because we needed to hike through 5 mountains for 11km. And the scariest task among all was the snorkeling because we had to wear the swimming gears in order to breathe in the sea. This was my first experience to breathe under water with gears and I drank a lot of salty water. I overcame it at the end.

On the last day of the programme, my team visited an elderly centre. Before that, we had to design suitable activities for them. There were some activities to help us experience the elderly's physical limitations such as walking slow and having a humpback, so that we could design appropriate activities for them. We also learnt that the elderly needs care and empathy from others.

Despite the fun experience, I also learnt some valuable lessons.

First, I learnt that team spirit and division of work are very important to a team. Our group faced lots of difficulties and failure throughout the activities due to the lack of team work and inadequate communication between teammates. But through different activities like hiking, we started to know how to be united and how to instruct others and help others in order to reach the goals together.

Second, I learnt that I need to show tolerance to someone that may not be good in some aspects. What the team should do is to support and encourage them to finish the task, but not to mock them. For example, in my group, some group mates were afraid of height or water, and our group showed support and care for them.

Third, I learnt how friendship is valuable to us. At night, we usually sat together and shared all the daily details between us in which we cherished the most. It was also the most enjoyable time after many difficult tasks throughout the day. The sharing time brought us lots of laughter, tears with happiness, and it also acted as a motivation to drive us to finish the hard task we would face the day after. Friendship is valuable because it can help you walk through every single difficulty.

In conclusion, I think this programme gave me a great and meaningful experience.

Jonathan LAI, 2 Love





Each teammate was hiking with a 60L backpack. After finishing half of our hiking journey, we took a little rest and had a quick lunch in a kiosk, and the food was very tasty!



We were canoeing in the middle of sea, but because of the strong wind, we needed to pay lots of energy to make the canoe move.



Teammates needed to help one teammate on the high ladder by pulling the string tightly.



We need to feel what difficulties the elderly are facing, so we tried to walk with some sand bags and we are all dressed as humpbacked.



We helped each other to walk through big stones in canyoning activities.





Each of us needed to abseil a cliff with a tight string, and the stone was 10m high.





在沙灘上留下的足印，成為我們熱血青春的烙印。



這群「淑女」姿勢是不是特別的美啊？呵呵。



來到第七天，大家都十分的不舍，都說想要繼續一起留在台灣生活呢！



在台灣的最後一晚，我們都聚到一起，整晚不睡覺都只為了完成第一天的約定一起看美麗的日出。



這張照片是在烈日下行動時拍的，有沒有那些年的感覺？







在沙灘上留下的足印，成為我們熱血青春的烙印。



我們每位組員都付出了很多努力去彩排，為下午的街頭賣藝做好準備。



這次的學習無疆界是我四年來最刻骨銘心的一次。



在台灣的最後一晚，我們都聚到一起，整晚不睡覺都只為了完成第一天的約定一起看美麗的日出。



# 17 電波少年流浪記

在出發前，說實在的我很害怕，因為第一這是首次參加學習無疆界時沒有好朋友陪伴，第二是我對於流浪的生活並沒有信心，畢竟我這個人一向都是比較喜歡循規蹈矩，所以不知道自己能否應付到異地流浪的這七天。但在開始了旅途後，我發現我這些憂慮都是多餘的，除了因為有句話是「船到橋頭自然直」，主要原因還是和我共渡這七天的組員。

起初，我們因為不熟悉，所以之間瀰漫着尷尬的氣息，可當我們一起努力、互相協助去度過這七天的時候，我們漸漸變得熟絡，大家之間沒有了隔膜，無論是行事還是交談都像認識很久的老朋友一樣，會互相依賴幫助，好像真的如 Debby 導師所要求的一樣，我們成為了「一」。

在旅途當中，我們經歷了很多事，有高興有難過，比如從開始我們就受到很多台灣人的熱情幫助，直到在南澳農場的時候我們遇到了一個老伯伯，因為文化的差異罵了我們一頓，但我們並沒有因此而氣餒，因為我們知道，前面還有很多事等著我們去經歷；在花蓮時，我們開展了我們人生中的第一次街頭賣藝。其實在正式賣藝的前一天，我有點擔心，因為我們組沒有像其他組那樣早就決定而且準備

了舞蹈等才藝，卻是晚上才決定要唱歌，連合唱練習都沒有進行過，但當我們真的站在火車站前開唱的時候，大家的表現讓我非常驚訝，因為組員們不但沒有膽怯，反而施展渾身解數，為了我們組的經費而付出努力，這使我十分感動，也同時給了我動力，讓我也盡情投入在演唱之中。也許是上帝看見我們的團結和努力吧，雖然我們沒有動聽的歌喉和歌唱技巧，正確點來說我們是在歇斯底里地喊歌，可短短的兩小時，我們就賺了將近七千台幣（約一千五百多港幣），而且途中有許多市民特意停下來聆聽我們的歌聲或與我們合影，當中還有不少是香港人，這讓我們特別地感動和感激。

經過這次的旅程，我的自信心和勇氣都加強了很多，每天面臨的不同考驗讓我明白了很多，也學會了處事要更加成熟，最高興的是能夠認識伴我七天的這九個小夥伴，很感激有這次機會讓我體驗不一樣的人生經歷，我一點都不後悔參加了這次的電波少年流浪記，很感謝有這群人一直陪著我，願「中山路霸」的友誼永固，讓我們的回憶延續下去。

李樂兒 4 Love





# 18 Cycling for Touching Taiwan





● Group photo before departure



● Interviewing local people

In the first few days of the programme, we had local training before visiting Meinong, a place in Kaohsiung. Within just a few days, we have become a very close group. Taiwanese people are very friendly. They are mostly farmers so their lives are different from ours. They usually work in the morning and finish their job before noon! Moreover, we discovered that Meinong is a beautiful place with the local special food --- board noodles, which is delicious! Other than local food, we made a unique oil-paper-umbrella for each of us!

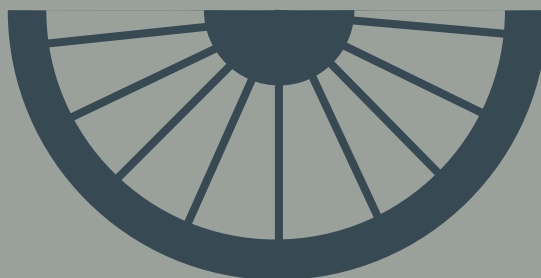
After the trip, we became more positive as a group. Other than that, we have learnt to communicate and cooperate with one another well. That encourages us to appreciate others and achieve things better!

Lastly, I would like to thank all the teachers in charge, especially Candy, our tutor!!

Lisa CHAN, 2 Peace



● We took this photo outside the Confucius Temple of Kaohsiung City.







● We are riding to the museum.



● We are sharing feelings about Dong Mun Lou.



● We are interviewing the local people.



● The sky is our limit





## 16 "Teenwalker" Experience and Caring about the Life of the Social Vulnerable Group

Our group started the LEWOWA programme "Teenwalker" Experience and Caring about the Life of the Social Vulnerable Group.

We walked from Sham Shui Po to Tsim Sha Tsui. It was very far and I was very tired.

This program gave me a deep understanding on the vulnerable groups in society including the elderly, the mentally impaired and the homeless.

On the first day, we brought a group of mentally impaired people to SPKC. We took them for a walk around SPKC and then we played games. While we were walking around the campus with a patient, I realized that these people have the IQ of a 5-6 year old while being at an age of 40 or 50. Even basic daily routines could be difficult for them and I felt sorry and sad for them. If I could, I would really like to do something for them.

On the second day we went to visit an old couple and an old man who lives alone in Sham Shui Po. During the interview, we talked about history, sports, rice, their history... everything under the sea, basically. I had a lot of fun there as I could see the bright side of not having much money. They also enjoyed the time with us.

The following day we went to an old folks home. We sang a few songs to them and they all had smiles on their faces. One man taught us how to speak French and that was the highlight of the day. Meanwhile, I saw some elderly people lying on the bed suffering. And for this I learnt that after retirement, life would be really boring. It is kind of miserable.

The last day was the best of all. We walked non-stop in Kowloon for 28km. My white shoes even tattered during the exhausting journey and I had to put on slippers. And the night that we slept at Tsim Sha Tsui Cultural Centre was surprisingly pleasant.

This LEWOWA program is not bad and I did not regret participating in this. I learnt much from all the people I met in this program and I would really like to devote time and some money to help the needy in the society after this.

YOUNG Cheuk Heng, 2 Love



# 预防肺结核

一、什么是肺结核？

结核病是一种由结核菌引起的  
常见慢性传染病，可以发生在身体任何部位，最常见发生在肺部。

**肺结核**

不要与肺结核患者

病变不断扩大，从而影响到肺脏、工作、生活，严重时危及生命。同时还有可能传染家人及朋友!!!

家人及朋友!!! 还有接触!

个体措施：1. 增强体质

2. 及时就医，早发现、早治疗

3. 保持室内空气流通，避免去人群密集场所

4. 佩戴口罩，勤洗手

5. 避免随地吐痰

6. 避免与肺结核患者密切接触

7. 避免与肺结核患者共用物品

8. 避免与肺结核患者共用餐具

9. 避免与肺结核患者共用毛巾

10. 避免与肺结核患者共用牙刷

11. 避免与肺结核患者共用枕头

12. 避免与肺结核患者共用被褥

13. 避免与肺结核患者共用衣物

14. 避免与肺结核患者共用鞋子

15. 避免与肺结核患者共用帽子

16. 避免与肺结核患者共用手套

17. 避免与肺结核患者共用袜子

18. 避免与肺结核患者共用内衣

19. 避免与肺结核患者共用内裤

20. 避免与肺结核患者共用浴巾

21. 避免与肺结核患者共用浴巾

22. 避免与肺结核患者共用浴巾

23. 避免与肺结核患者共用浴巾

24. 避免与肺结核患者共用浴巾

25. 避免与肺结核患者共用浴巾

二、肺结核有哪些危害？

肺结核如果不及时治疗，会侵犯肺部



# 19 遊北京愛上數學



所謂「讀萬卷書，不如行萬里路」我們平常從書中得知中國古蹟中有很多和數學息息相關，但就不曾親身看過。今次我團有幸能到訪北京，將那些富數學特色的京城建築也盡收眼底！

我們到參觀不少中國有名的名勝古跡，例如居庸關長城、天壇和故宮等。除了觀賞到古時建築的宏偉、精巧和從中得學到的歷史外，我們更學會了當中和數學有關的知識。當中較容易看出的就是故宮和天壇中有大量和九有關的事物例如有九級的台階、在天壇以九個為一組的潘柴爐、釘有  $9 \times 9$  條釘的城門……此外我們更在那些建築中觀察到種種由不同紀何圖形組成，被古人巧妙地並成各種不同形狀且有規律的圖形的地板。這些「地上的畫」不但為我們提供了研究當中數學規律的樣本，又令那些建築物更顯得典雅堂皇。

除了用眼去觀察外，我們亦將數學計算帶出試卷，應用於測量之中。我們在參觀居庸關長城時測量了其不同烽火台的相對方位，再以上述數據加上我們平常上數學課時學習到有關方位角的知識，畫出了該地區的局部地圖。令我們能有一個學以致用的機會。

到過了古時的建築後，我們又到訪了不同的現代北京區例如王府井大街和 789 藝術區參觀。當中我們看到不同的藝術品和現代化的中國，令同學們也體驗到中國近二十年來的經濟發展繁榮，和國際接軌。當然，我們亦在其中尋找不同和數學有關的事物例如藝術品中的幾何圖組合。

我們亦到訪了當地一所有名的中學進行交流。交流過後，先不論那些難倒大家的初中數學題目，我們心中的感想普遍也是「內地學生真生辛苦」。何出此言？該校的學生生活和我們大有不同，他們每天 8 時上學，一上，就是去到晚上 6 時。過後還有家課、自習時間在等候他們……令

他們每天娛樂時間近乎零。相比起香港的中學生活，我們輕鬆多了！看著他們努力地讀書，我們免不了有點相形失色，真的要好好反省咱們對讀書的態度。

總括而言，是次北京之旅令我們在數學方面獲益良多，又令同學增廣見聞，放眼中國，更重要的是，令同學能跳出書本，親身感受知識！

李旻諺 5 Peace







Insa-dong Art village, Ssamziegil



Hahoe Folk Village



Dongdaemun Sijang Market

## Day One (27/6)

The first thing I experienced in Seoul was that the weather was much cooler than in Hong Kong. It was fresh and comfortable, unlike Hong Kong, which was humid and hot. After we collected our luggage, we got onto our bus and started our first stop of this journey, Insa-dong and the Art village called Ssamziegil. It was beautiful. We shopped for quite a bit there. Some of my friends bought souvenirs for their families. After that, we had a really delicious dinner, chicken soup, nearby. Then we went to Dongdaemun Sijang Market for shopping.



## 20 "Next Station - Shuttling to Korea



We had a kimchi DIY lesson and got to try on traditional Korean costumes.

My LEOWWA program this year was "Next Station - Shuttling to Korea Art Village Heyri". It was a five-day trip to Seoul, South Korea. The trip was pretty amazing and we surely learned a lot about Korea's history, cultural heritage and art. It definitely developed our critical thinking skills, communication skills, creativity and broadened our global vision and horizon.



## Day Five (1/7)

Time flies, this was the last day of our LEOWWA. In the morning, we had a kimchi DIY lesson and got to try on traditional Korean costumes. Making kimchi was easier than I thought but it surely requires some skills. And trying on traditional Korean costumes was extraordinary. We took tons of selfies and pictures with the costumes on. This was a completely different and special experience.





## Day Two (28/6)

Our first stop of day 2 was the Arts Village - Heyri. We got there at around nine thirty. It was a beautiful place with artistic decorations. Later on, we had an amazing lunch, Korean mixed rice and hotpot. I personally love Korean cuisine very much and always had it in Hong Kong. And I have to say it tasted definitely better in Hong Kong. Next, we went to the "Little French Village". The paintings on the walls were really pretty with an airy environment. Then, we went to the Trick Eye Museum and the Ice Museum. It was icy cold in the Ice Museum but it was fun. The Trick Eye Museum was incredible. There were different backgrounds for us to take hilarious and realistic pictures.



## Day Three (29/6)

We woke up extremely early this morning. We started our day early at 6a.m. with a four-hour coach ride to Hahoe Folk Village. The long ride was not fun at all but everyone could take a rest so we didn't feel as tired as we were in the morning. When we got there, it was already 11a.m. We had lunch first, then did some pencil drawings and took a lot of pictures in the village. It was a great, peaceful place but we were exhausted after that. After a long three-hour coach ride again, we got to the Anyang Art Park. It was a long day but all of us learned a lot.



## Art Village Heyri"



## Day Four (30/6)

I was really looking forward to this day as we had this special opportunity to tour around Yonsei University. Two local student ambassadors welcomed us and they spoke beautiful fluent English, I am pretty sure they were the top students in Yonsei University. They were really polite to us and toured us around the huge campus. We really enjoyed it. After that, we had an exchange session with a local Arts school. Although we had some communication problems with the students as they did not know English nor Putonghua, I think it went pretty well and smoothly. Lastly, we had a very late dinner at around 9p.m.





As the saying goes, "To travel thousand miles beats reading a thousand books", through this trip, we achieved a lot. Singapore is as prosperous a city as Hong Kong. Through the 5 days of visitation, I learnt about the science and technology development in Singapore. It was fascinating!

We visited many gorgeous scenic spots in Singapore. On the first day, we went to the Marina Barrage. It's a dam to provide water supply, flood control and a lifestyle attraction. It separates sea water and fresh water. It also helps alleviate flooding in low lying areas in order to maintain the sea level of the marina reservoir at a safety level and free from tidal influence. We saw another symbolic statue in Singapore, the Merlion, which is not only a symbol of Singapore but also the history behind it.

On the second day, we went to the Science Centre to join a DNA forensic workshop. Our task was to examine different DNA specimens by using different apparatus and find out the possible murderer from a crime scene.

On the third day, at the beginning, we didn't expect to see anything interesting because we planned to go to the Waste Treatment Facilities which is quite stinky! But surprisingly, it's amusing! I couldn't think of the waste treatment being so advanced. This can be a reference model for Hong Kong waste treatment. In the NeWater sewage reclamation plant, we saw many intelligent designs of the water treatment in Singapore. After that, we went to Chinatown in Singapore, also called "Nau Che Shui". There I saw a dazzling line-up of Chinese stuff, and we got the sense of belonging, people were friendly and the goods were reasonably priced. We bought a lot of things, such as dried pork, T-shirts and Laksa noodles, etc.

One of my friends told me that Gardens by the Bay is so spectacular, and I really wanted to have a look. There were more than a thousand kinds of flowers. It was a feast for my eyes. I didn't want to leave. It's so gorgeous that I felt like I had gone up to Heaven with fragrance of petals around my body. It's the best garden I have ever seen. Then, we went to the iFly Singapore. It's the world largest indoor flying simulator. At first I was so timid about it because the wind speed was up to 300 km/h. But luckily, with the encouragement of my friends and teachers, I was the first one to go try it. I felt as if I were a bird flying around the world! And I can tell my mom, "I CAN FLY EVENTUALLY!" This experience was really unforgettable and I will go to try it again in the near future!

The last scenic spot was S.E.A. Aquarium. We visited different kinds of sea animals, such as pink dolphins, rays, and some living fossils, etc. They were nice and adorable. After that, we packed our luggage, and stepped on the flight back to Hong Kong.

After this LEWOWA, I have learnt a lot about Science-related knowledge, and it may help my HKDSE or even my future career. Also, I feel thankful that I have met good teachers, tour guide and friends. At last, I thank God for giving me these 5 days of a wonderful trip in Singapore. And hopefully it's my last LEWOWA in my secondary school life, and it was unforgettable!!!!!!

CHAN Dick Long, 5 Joy

It's a good post to take photo with the merlion

A model of Marina Barrage

4 ladies in China Town



I can fly in iFly



We are here with Merlion



# 21 SCIENCE IN SINGAPORE

Time Flies. Let's go home



Very close to know who the Murderer is.



OK! We got you, Murderer!





# 22 上帝的七堂課

七堂課包含著什麼？包含著不可或缺的 3 個原素。信、望、愛。

這個旅程中沒有豐富的佳餚、華麗的酒店、琳琅滿目的購物商場。

可是卻有內人尋味的互動、令人一再回味的人情味。

曾經有一套電影說過：「青春終有一日會消失，如果額頭最終會刻上皺紋，你能做到的就是不把皺紋刻上心中，讓它記得一些值得紀念的事。」就是因為這個初心。我們鼓起勇氣在漢江唱歌跳舞。給不同的途人觀看。

經過這次學習無疆界的經歷，讓我明白到。不要做任何事，都為自己鋪一些後路。順其自然的永遠都是最意想不到的經歷。

袁樂兒 5 Joy



景福宮



西大門刑務所到此一遊



今年是我第二次去流浪，也是我最後一次於中學生涯參加流浪，所以心情既緊張又期待。這次流浪令我最深刻的就是能遇上一班無所不談的好組員。雖然起初彼此卻並不太認識，但大家卻於第一晚夜談中已經肆無忌憚的將自己生命的小故事說出來，以自己的故事回應別人的故事。每一晚的回應都不至流於表面，每一句都是從心底所說出，可見我們對彼此都有一定的信任，透過每一晚的傾談、每一個的行程，我們所一起經歷的，都令我們關係更加親密，七天當中我們的感情拉得越來越近，讓我們由陌生人變成一班如同認識了十幾年的朋友、一個互相體諒互相關心的一家人。



七天裡的同行者，一起探索人生不同層面的問題



一家人，是溫馨的



在漢江與小朋友一起玩耍的片段









用心製作的蔥油餅最好吃！



## 23

### 「緣來自有機・味是鄉土濃」 台灣之旅

這次有幸踏足台灣，親身體驗「農村樂」，實在別有一番味兒。這種感覺跟平時來台灣旅行的感覺有着天淵之別，我更能看到台灣自然的鄉郊一面而不是高聳入雲的台北 101 摩天大樓，而我們住宿的地方更是充滿田園氣息，如：頭城農場及「稻」民宿都是被農田圍繞的，當你向遠處眺望時，你所看得到的是一片大田原，那種感覺是多麼的輕鬆，這完全跟高樓大廈林立的香港形成強烈的對比，叫我忍不住把這片廣闊的田地拍下來呢！說真的，那一刻，我是多麼希望從此能離開香港這個石屎森林，享受大自然的美呢！

在這次旅程中，我們亦進行了不同的農村工作體驗，如：下田、插秧、摘蔥、烤粟米等，而這些經歷在一生人中沒有很多次，為此，我感恩自己能參加這個「緣來自有機・味是鄉土濃」旅程，這為我最後一次的學習無疆界畫上句號。相信日後當別人問我台灣有甚麼特別的時候，我再也不會人云亦云，不會再只答上西門町夜市、羅東夜市等這膚淺的答案；反而，我能夠告訴他們台灣真正的「美」，那種屬於大自然的鄉土「美」。

鄭庭軒 5 Grace



大家都用心去設計自己購物袋！







這是台中彰化扇形車庫，現在是台灣僅存的扇形火車庫，是一個專維修火車機車頭的地方

## 24 台灣及澳門升學考察之旅

澳門歷史城區，以前稱為澳門歷史建築群，在第 29 屆聯合國教科文組織的 2005 年 7 月 15 日世界遺產委員會會議上，獲得 21 個成員國全體一致通過，正式被列入《世界文化遺產名錄》，為中國第 31 處世界遺產。而澳門歷史城區是由 22 座位於澳門半島的建築物和相鄰的 8 塊前地所組成。有媽閣廟、港務局大樓、鄭家大屋、等等。擁有著澳門的歷史和特色。而我們小組自訂行程路線，從媽閣廟走到了大三巴牌坊，遊覽不同有澳門特色的建築，藉此了解澳門文化和歷史。藉此不但讓我了解澳門和台中兩地的文化歷史特色等，也增添了我升學的資訊和選擇，給予我一個機會親身到那幾間大學遊覽參觀，了解它們獨特之處，亦了解澳門台灣的升學要求。

澳門旅遊學院位於澳門望廈山，由澳門理工學院旅遊高等學校和旅業及酒店業學校合併而成，培訓旅遊及服務業專才，更設有特別教室例如調酒教室等。

澳門旅遊學院設有兩所學校以及兩個研究中心；提供文憑、高等專科學位、學士學位以及短期課程等。學院包含日間和夜間課程。也設有旅遊企業管理、酒店管理學位課



圖左是台灣的薰衣草森林，由兩名原本在城市打工的女孩經營，此森林是她們的紫色夢想

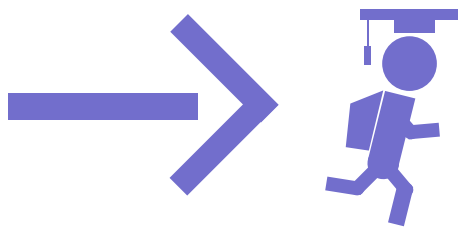
這個是台灣東海大學的出名地標路思義教堂

圖下是台灣的薰衣草森林，由兩名原本在城市打工的女孩經營，此森林是她們的紫色夢想

這是澳門大學的橫琴新校舍，校園十分大，環境十分優美，設備十分新穎







程、文化遺產管理以及旅遊會展及節目管理外，2009 年起也增設旅遊零售及市場推廣管理學士合共五個學位課程。

澳門大學於 1981 年成立，前身為私立東亞大學。經過 34 年的發展，澳門大學已發展成為澳門本地區最優秀的國際化、唯一一所綜合性公立大學。建校以來，澳門大學已培養學生超過兩萬六千人，服務於社會各界。

澳門大學現有學生 9,400 多名，設有人文學院、工商管理學院、教育學院、健康科學學院、法學院、社會科學學院、科技學院、中華醫藥研究院及榮譽學院，授課語言以英語為主。

我們參觀了大學里面的各種設施。包括澳門大學伍宜孫圖書館，該館可容納達一百萬冊紙本藏書。大學展館座落在圖書館側，是一個讓師生、職員以及訪客了解澳大歷史的好地方。

逢甲大學是位於台灣台中市的一所私立大學。裡面有 9 個學院，共有 36 學系，41 個碩士班，19 個碩士在職專班，16 個博士班及 35 個研究中心。其中的九個學院包括工、商、理、人文社會、資訊電機、建設、建設專業、金融和籌備中的經營管理及國際科技與管理學院。

逢甲大學設有一百八十個以上的社團，希望透過課外的活動培養學生自治性、服務性、學藝性、康樂性、聯誼性、運動性。其中最特別的是設有逢甲香港學生的會，讓香港來台灣讀書的逢甲學生增添對學校和對台灣的歸屬感。還有一個好處是學校臨近逢甲夜市，同學可以在課餘時間方便快捷到達，而僑生能品嚐台灣當地的特色小食，更投入當地的文化之中。

陳芷穎 4 Love



這是我們參觀的其中一間台灣大學，逢甲大學，我們在它的圖書館門口拍了大合照

圖中是台中文化創意產業園區，是一個平台供當地從事藝術創意在那發展，和給遊客參觀

我們考察參觀了澳門大學，在它的圖書館前方拍了一張大合照



台中的東海大學大得有自己的自家農場，圖中是它的自家出品牛奶雪糕

這是台中的逢甲夜市，夜市裏面有十分多美食，人山人海，十分熱鬧



在遊覽澳門歷史園區，我們小組需要完成工作紙上的任務，圖上便是要完成其中一項任務 在特定的地方砌出“MACAU”

圖中是台中文化創意產業園區，是一個平台供當地從事藝術創意在那發展，和給遊客參觀







花田的花還未到時候盛開，所以這景點沒有很吸引我



## 25 從圖像到文字—— 第一本北海道遊記



美浜青池，雖然去到只有這一片湖去觀賞，但從不同角度去拍攝，每一張相都很美。藍色的湖水、光脫脫的樹、藍天白雲、圍著這片湖的樹，形成一幅畫





在富良野與大自然合照

自幼隨父母到北海道旅遊不下數十次，是次行程的景點大部分皆曾到過。於我而言，這次行程的中心並不在觀光，反而在於寫作遊記之上。

平日的課堂寫作，主要以命題寫作為主，鮮有機會能隨心所欲的自由創作。本以為沒有了題目會更利於寫作，只需隨意記下心中所想所感即可。然而，當下寫作時卻是事與願違。因為每天到訪的景點既多且雜，動筆時往往是思緒混亂。畢竟時間有限，不能一一詳錄，但想寫太多，根本難以取捨，每每思前想後良久仍無法落筆，宛如身陷汪洋大海卻苦無滴水可沾。

好不容易動筆書寫，卻又發現詞不達意，文句不通，心中所想皆不能確切表達。平日的命題寫作大多是憑設想、以虛構為主，但遊記寫作都是親身經歷，感受自然更為深入，難以用文字清楚道出心中千絲萬縷的複雜情感。寫作時更考功夫，需要的精簡細膩，又不可過於矯情做作，是一門很深奧的學問。

在旅程中，每天寫作遊記時皆有中文科老師加以指導。好些寫作的疑難都可以立即提出，老師會不厭其煩的解答問題，更會親自檢視文章並作出修正。現在重新翻閱遊記，發覺自己的文筆隨日漸長，遣詞造句更加精練嫻熟，欣喜之情自是不言而喻。

梁晞朗 4 Love







Okinawa Churaumi Aquarium  
Ocean animals in

Before the visit, we thought Okinawa was a less developed place compared to other cities in Japan. After the six-day exploration, we felt amazed at the unique history and culture of Okinawa, which was deeply affected by the ancient Chinese culture.

We had an unforgettable experience of making our own glasses right beside a 1300°C furnace in Ryukyu Glass Creation. It was full of surprises. We were glad to witness the birth of our own crafts under such a hot environment.

We would like to thank our Principal, Mr. Yuen. He saw us off at the airport in the morning at 5 a.m.. We were very touched by his sincere prayer before our departure.

HO Yan Yu, 3Faith



Students at Shuri Castle Park



Wow! How blue the sea! Jump



Group photo before departure from HK

We witnessed the whole production process of Orion Beer. We were astonished by the high efficiency of the factory that 1,200 bottles of beer can be packed in a minute. We also learnt a lot from our tour guide, Ms. Ng. We learnt about how to greet in Japanese, and the table manner in Japanese restaurants.

LIU Wang Ho, 3Grace

Okinawa people are kind and friendly. When one of our members lost his watch after riding a horse in Murasaki Park, the staff there tried their best to find the watch for us. We wholeheartedly appreciated Japanese people's professionalism, and paid our gratitude to their helpfulness.

We were also amazed by the large-scale outlet mall, Ashibinaa. We spent a lot; we learnt a lot. Besides the highly-engagement with retail shops, we also visited various factories, such as Orion Beer, brown sugar and sea-salt workshops.

We would like to thank the teachers for taking care of us in the trip.

NG Hei Naam, 4 Peace





Girls were showing their DIY flower art pieces

Among all sites, we had the most unforgettable memory in Murasaki Mura. We experienced various activities, such as DIY botanic art pieces, DIY seashell lamps and horse riding.

We understood Okinawa more from different aspects, including citizens, urban planning and business operation. We agreed that people in Okinawa are friendly and polite. They put emphasis on environmental protection, shown from the well-developed rubbish recycling system and almost no rubbish bins placed on the street. We learnt different promotion strategies of different shops on site, ranging from sales promotion to advertising.

LEE Tsz Man, 4 Grace



Group photo at Shikinaen

## 26 Business Japan



Our students were making their own DIY lamps



Boys were making salt from concentrated sea water

We can never forget the beautiful sea view under the blue sky in Okinawa. It was such a great place for us to relax and enjoy the sunshine. We were all pleased with this journey. This trip gave us an opportunity to learn and play, to gain friendship as well as to experience unique Okinawa. We were thankful to the school in arranging such a fantastic program for us.

CHAN Chak Mo, 3 Love



Washed hands and made wishes at Naminoue Shinden



# 27 友伴同行闖沖繩

這次 LEWOWA 是我人生最後的一次 LEWOWA，雖然不捨得，但是這次亦是我最獲益良多，最開心的一次。

七天的行程，與同學由不熟悉變得一起瘋瘋癲癲，一起任性，最重要的卻是一起面對所有問題，實踐真的友伴同行 Stand By Me。

第一天的行程不多，最主要的只是從機場前往 Hamby Resort 的路程。雖然我們大部分的組員都不太相熟，但是我們異常地非常合得來，根本沒有太多的難關要面對。非常輕鬆就可以到達目的地。真正的旅程，現在才開始。



過組員們豁然開朗地接受現實並體驗製作玻璃的樂趣。雖然有點昂貴，卻是值得的。我們到了一個美麗的沙灘拍了很多照片留作紀念，經過一小時的車程我們回到了到渡假村附近的超級市場購買晚餐，聽說鄰組以火鍋當作晚餐呢！有隊員說「跟別人比較是永遠得不到快樂的」而且我們的晚餐也十分豐富呢（咖喱蛋飯）！當中有幾位男生原來是很會烹飪的，真是意想不到。我們分工合作，七個隊員負責烹飪，三個負責洗碗碟，我們發現原來餓的時候是很容易滿足的。最後，我們檢討並開始反思當中的得著，例如談大家在這趟旅程的轉變。

第三天，我們將 11 人的小組分開 AB 隊，為的是早上可以順利地截到順風車。今天早上八時在民宿集合，再一起進食用雞蛋及麵包為主的早餐，出發後 A 隊首先用 40 分鐘時間成功截到順風車，前往名護市。A 隊趁著 B 隊未到達的時候準備巴士資料及前往東村的方法，及順便買未來要進食的五餐膳食。當 B 隊來到，雨勢越來越大，但亦無損我們前往的意欲，無懼風雨嘗試截順風車。幸運地，A 隊再次成功截到順風車前往東村，到達後因風雨太大而取消了露營的行程，改為住在傳統小屋裡。到了晚上我們與組員一起煮晚餐，並有很長時間有交談聊天的時間，過得十分和諧。雖然整天 B 隊都未嘗試過成功截到順風車，但是所有人都不輕言放棄，繼續努力。



第二天，我們九時集合，一起到外面的車站等車。由於我們起床得比較晚，無法有足夠的時間吃早餐，渡假村附近也沒有早餐店，我們唯有到達第一個目的地後才進食早餐。儘管大家都十分肚餓，卻仍然有耐性地等候，聽說鄰組的隊員已經進食了豐富的早餐，不過我們並沒有氣餒，等到巴士來臨都鬆了一口氣。不過那輛巴士足足遲到了半小時！下車後我們四處尋覓食物，我們走了大概 15 分鐘都找不到便利店或有售較為便宜食物的地方。尋找了大概 45 分鐘，大家十分沮喪，在我們最絕望的時候找到了 Family Mart，連忙衝了進去。大家都沒有埋怨只是默默地選購早餐，吃飽後便去玻璃製廠。開始時我們以為這是選擇性參加的活動，原來是必須參加的。大家都十分徬徨，擔心沒有足夠的價錢應付未來五天的活動，不



第四天，到了旅程的高潮，導師要求我們每人寫下自己在旅程完之前想去完成的一件事。十個人，就有十件事需要完成，一開始根本就是不可能的任務。但當我們開始計畫行程，就發現不是真的沒可能發生。接下來的兩天，就是完成夢想的環節。

第五天，我們去了殘波岬，拍了很多照片。首先，我們搭了 28 號巴士到了川平，之後分了兩批人去載順風車，汲汲了之前的經驗，我們眨眼間便上了車，有十分大的成就感。當上了殘波岬，巨大的誘惑立即來了，它就是擁有沖繩特色風味的雪糕，我們十分享受這一天的旅程。其中最深刻的是回程載車時，九個人竟全部坐進了一架四人車中，有些同學要坐後尾箱。在晚上的 briefing 時段中，我們更加了解大家，成為了知己。

第六天，旅程都已經到了尾聲，我們最後都可以在限定時間內完成全組人的所有夢想及目標，最終都可以用自己金錢購買手信回港，所有人都滿載而歸。

經過七天的旅程，我明白到友伴的重要，人生雖然有許多困難，許多目標要達成，但是如果我們有友伴同行，一切的事件就會變得容易，更有可能去實行。人生路長，身邊一定要有幾個人 Stand By You，才可以將事情變得更加容易。

最後，多謝各位組員在整個旅程 Stand By Me，一路互相扶持，互相鼓勵。





農家火鍋

感謝神讓我參加這次課程。我一向都不喜歡回內地，因為我總覺得內地的空氣素質差、當地人性格粗魯、說話無禮，所以我當初並不想到北京。但經過這個課程，我對國家的看法改觀。

我們不但參觀了歷史名勝和旅遊景點，更得著一般旅客不可多得的學習經驗，包括農耕生活體驗、到北京大學、清華大學和體育大學上體驗課等。

其中一天，我們到一個市郊農莊體驗農民生活。我們要耕種、推獨輪車、磨大豆、撿土豆、採摘果子及蔬菜等。當天天氣炎熱，我們體驗到「汗滴禾下土」之苦。當中我最難忘的是撿土豆活動，我們分成兩組，男的翻土，女的撿土豆，撿到了一整獨輪車。黃昏我們到田間收割蔬菜、享用農家火鍋，晚上在農家一宿。這個體驗令我能感受到農夫的辛勞，學會珍惜食物和為所擁有的一切感恩。



天安門廣場



農村居住體驗



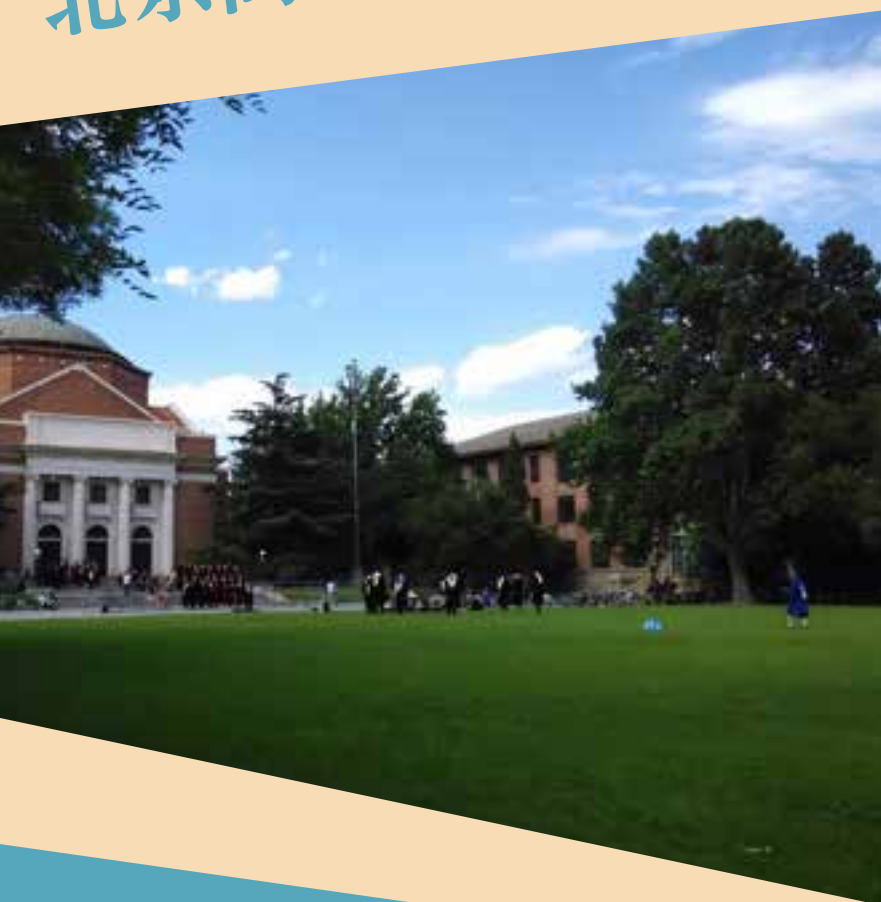
參觀北京大學 與學生交流





收割馬鈴薯

## 28 感動北京 2016： 北京高校及服務學習之旅



另一個難得的經歷是到北京、清華及體育大學上體驗課並與當地學生交流。我發現大學裏的建築物都有其歷史故事，例如部份是圓明園的遺址、八國聯軍入侵時的建築、朱自清等文人的故居、蔡元培親筆的牌面等。與清華大學學長交流對我有很大啟發，他鼓勵我們：「要愛自己、愛他人，要為自己訂下目標，有清楚的人生的規劃。我們要讓父母及老師為我們的存在而感到驕傲，並不可以讓自己將來感到後悔。」很多同學都感到有「聽他一席話、勝讀十年書」之感。我們都立志勤奮學習，渴望考上如北大、清華般的世界一流學府。

我很感謝神讓我到北京學習，我也感謝三位老師、導師、及領隊編排這個讓我獲益良多的課程。我又感謝父母支持我參加這次北京之旅。我希望將來我能如清華大學的學長，成為一個博學多才的人，了解自己的學習目標和人生方向。認真及滿有信心地完成每一件事，成為一個讓父母及老師驕傲的人。

岑子晴 S4 Peace



到清華大學參觀及上體驗課



## Exploration of the Natural Ecosystems and Urban Development in Australia

As HK hit a record of 37°C, Programme 29 made every local programme envious when we landed at Brisbane Airport, Australia. The breeze, the beach, the sunshine, the scent of forests, the sound of waves, the shopping spree, the friendly people... are all amazing! We had a wonderful week on the Gold Coast and Brisbane.



Here is the astonishing view of the Gold Coast beach. Only 5 minutes walk from the hotel. The view captured our heart. We were also enchanted by scenery of the wonderful Nature and lovely animals.

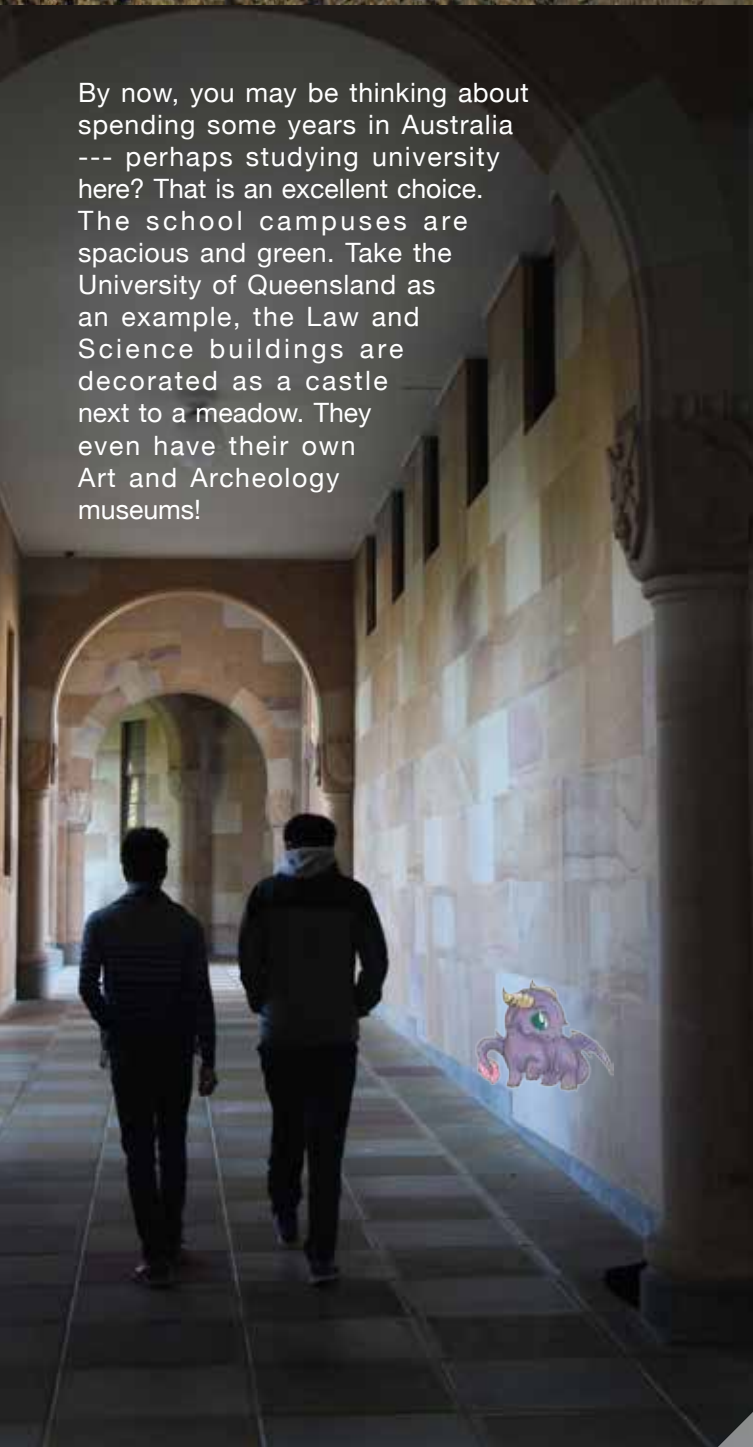
Our physique was tested through hiking the trails of the National Park. The night visit to the glowworm caves was magnificent. Too bad we cannot show you the photos because no disturbance should be caused to the glowworms' precious natural habitat. Does it make you even more envious?

The tour guide always reminded us "slow-paced living" is the core value of many Australians. We interviewed some locals to get a gist of this slow-paced living philosophy. It does need some getting used to.





All the students had a wonderful time in Australia.  
So before goodbye, here is a 360° of another beach.



By now, you may be thinking about spending some years in Australia --- perhaps studying university here? That is an excellent choice. The school campuses are spacious and green. Take the University of Queensland as an example, the Law and Science buildings are decorated as a castle next to a meadow. They even have their own Art and Archeology museums!







▼ Chinese Paddy Field



## 30 A Trip for Connoisseurs – the Ceramic Arts, Architecture and Village Culture of Ancient Jiangxi

This trip was run under the sponsorship of EDB's "Mainland Exchange Programme for Junior Secondary and Upper Primary Students". Aiming to provide different learning experiences for students to deepen their understanding of the Mainland, it was a debut to Jingdezhen among the 18 routes ran by China Travel Service (HK) Ltd. Each student was subsidized 70% of the fee by EDB.



◆ Having Chinese lesson in a local Chinese school



▼ The authentic exchange experience





▼ A blue-and-white bowl before baking in a kiln



▼ Chinese vases after potting



▼ Ceramics making by a Jingdezhen master



▼ Ms Helen Ho is painting an English puffin on the dish



▼ SPKC potters at Jingdezhen



"We attended a Chinese Language lesson with the local students. It was rather boring when compared to our lessons in HK but all the local students were very focused and they were very active in answering the teacher's questions – we really need to learn from them!!"

– LI Oscar, 2 Peace

"Their school campus is gigantic!! [The Attached Middle School to Jiangxi Normal University (Binjiang district, Nanchang prefecture)] They even had dormitories for students and teachers, a few different soccer fields, and lots of facilities."

- MA Wing Kwun Tiffany, 2 Peace

"It seemed easy to make china by the look of it, but then soon when it was our turn to potting, we realized it was not easy at all. Making ceramics requires a great deal of stamina and concentration. How we admire the ceramics artisans!"

- CHUN Sze Ling Celine, 2 Peace



▲ Jason is enjoying the fun of potting



▲ a budding potter



▲ What a great work of art made by Celine!



"I found out that it actually took as much as 72 procedures before a ceramic work was made. Also, in ancient time, before the rise of technology, our ancestors used their wisdom to make these wares step by step carefully, devotedly. I really admire this spirit of earnestness and dignity! In my heart, Jiangxi is no longer a small province, it is the origin of Chinese cultural heritage, a place that deserves our salute!"

— WONG Yan Ki, 3 Peace





# PoKiKeiMon



Answer

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P.08



P.09



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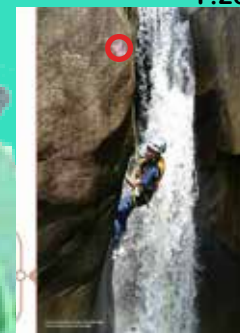
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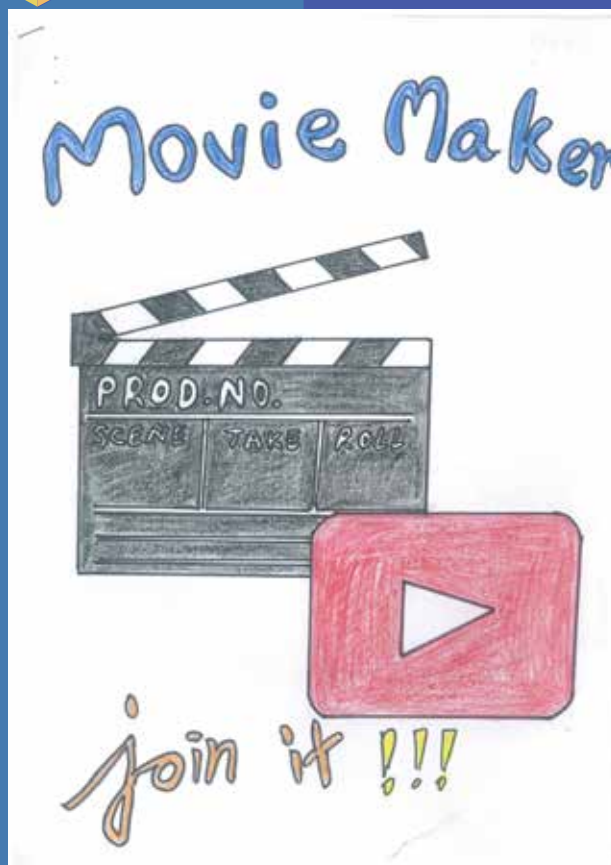


# LEWOWA Programme Poster Design Competition 2015/2016

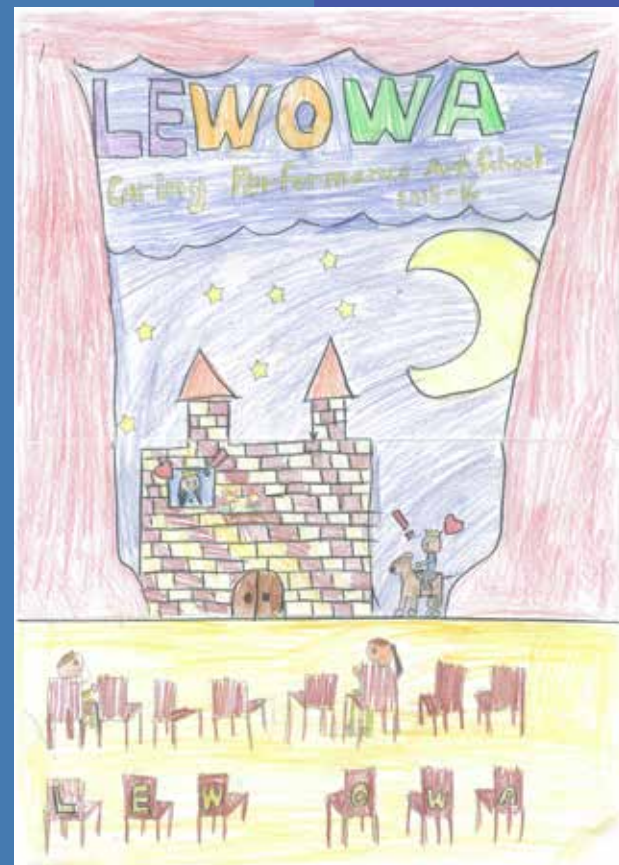
## Best 3 Local Programme Poster Design



CHAN Long Hei Joshua (1L04 )



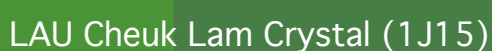
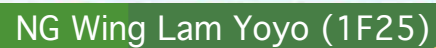
CHENG Chi Nok Kingsley (1P03 )



YUNG Ging Yiu Amos (1L34 )



## Best 3 Outbound Programme Poster Design





# Photography Competition 2015-2016



TSE Shing Wa  
3 Grace

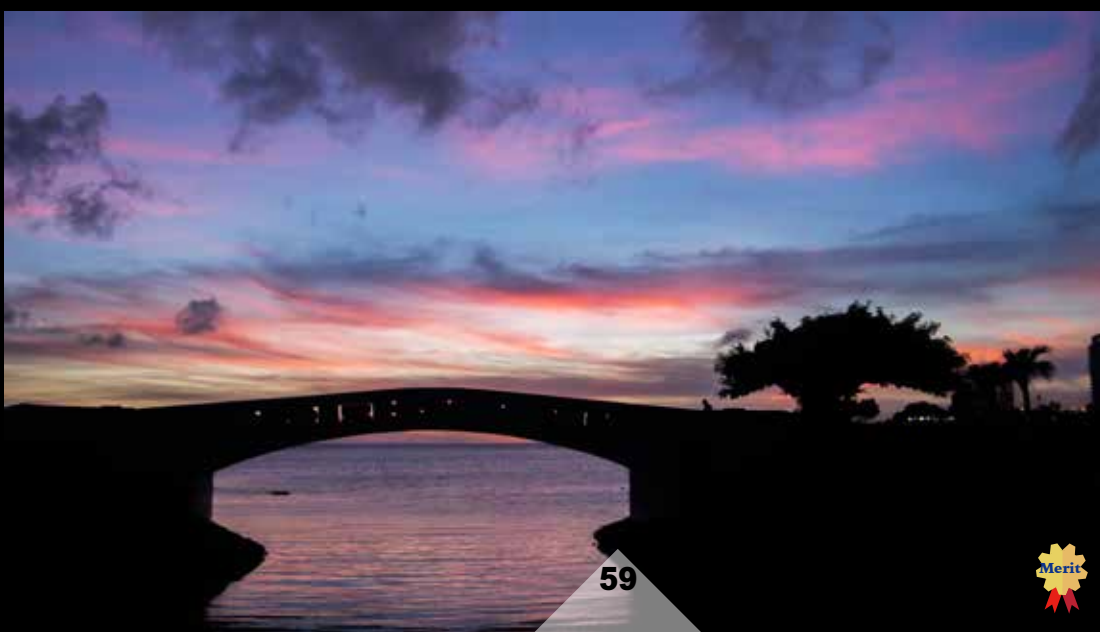




CHU Wing Ching  
4 Grace



LAW Fong Sui  
4 Peace



YIU Cho Yin  
5 Grace



# PHOTO HUNT

Can you spot the 9 differences between these photos?



ANSWER:

