Spkc

Stewards Pooi Kei College
Newsletter

LEARNING WITHOUT WALLS 2018

Photo taken by Mr. Patrick CHEUNG

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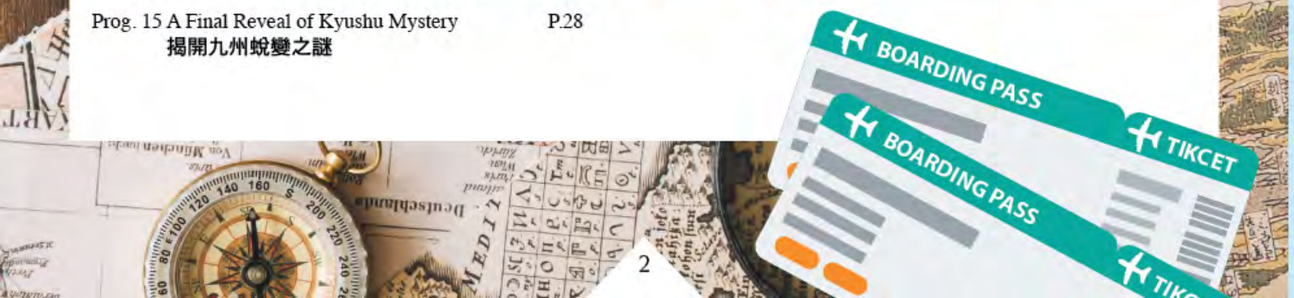


About SPKC
關於香港神託會培基書院

Founded in September 2004, Stewards Pooi Kei College is one of the three secondary schools under Stewards Limited, a registered Christian charitable organization founded in 1962. The School is a co-educational Christian school which adopts English as the medium of instruction, and is operated under the government's Direct Subsidy Scheme.

香港神託會培基書院於2004年創校，辦學機構為香港神託會。本校是一所以英文作為教學語言的基督教直資中學。

Vision and Mission
願景及使命

To become an outstanding DSS school with the purpose of cultivating Christian faith and educating our students to be leaders and "stewards" of tomorrow.

成為一所優質的基督教英文直資中學，引領學生認識基督真理，培育他們成為明日領袖和神託的管家。

We aim at preparing tomorrow's leaders with character and intelligence.

我們致力培育一群才德兼備的明日領袖。

Qualities of Leaders
領袖特質

- High Self-esteem 自重自愛
- Love and Care 關懷愛顧
- Globalized Vision 全球視野
- Life-long Learning 終身學習
- Christian Values 基督價值

About Learning Without Walls (LEWOWA)

Learning Without Walls (LEWOWA) provides students with diverse experiential-learning programmes outside the classroom, including exchange sessions, visits, services, lectures, skill training, etc. We have been to over 50 cities around the world.

Vision:

BE A BLESSING TO THE GLOBE

'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)

Mission:

We equip Pooikeinians as tomorrow's leaders with **Globalized Vision, a Serving Heart, Love and Care, High Self-esteem, Courage to Embrace Life Challenges** and **Life-long Learning** through LEWOWA.

Content:

- A Minimum of 5-day programme activities with at least 30 hours of learning activity time;
- Round-up tasks (i.e. debriefing, presentation, etc.) after the programme;
- Around 30 programmes (local and outbound) each year.

"LEWOWA not only broadens students' global perspectives, but also develops their multiple learning skills, subject knowledge, serving spirit, interpersonal and leadership skills in meaningful and authentic contexts."

Abstract from External School Review (ESR), 2017

FOREWORD

LEWOWA to SPKC…

Every year, more than 850 students and 80 teachers together with education partners take part in 30 learning programmes from Shatin, to Lo Wu, Tai Chung, Chongqing, Okinawa, Hokkaido, Mauritius, Brisbane, Venice and all corners of our world on normal school days!

Yes, this is our wonderful school-based experiential learning programme – **Learning Without Walls (LEWOWA)!**

SPKC strongly believes that our students need to look beyond their own horizons in order to equip themselves with the skills and virtues that can't quite be obtained inside their classrooms. Besides, as students and staff in this Christian family, we are all representatives of our mighty God and LEWOWA allows us an opportunity to serve, to learn and to pray for our world.

Hence, LEWOWA is not simply an eye-opening excursion for our students but also a life-changing learning experience with global vision!

LEWOWA to me…

In 2017, I successfully rode about 1,000 km around the island of Taiwan in 9 days. It was exhausting, but truly amazing! It remains one of my greatest achievements in life.

Believe it or not, I was inspired from my LEWOWA programme in the previous year, *Cycling for Touching Taiwan*. We cycled in Kaohsiung for 5 days after a 3-day practice in Hong Kong. Though it was really hot during the trip, I enjoyed the sweat, laughter and satisfaction gained from completing the trip with students. That gave me confidence and a big motivation to make a change, and I truly made it!

LEWOWA to Pooikeinians…

This year, we celebrate our 15th anniversary and it is the 15th year for LEWOWA too! Throughout these years there have been numerous critical situations in the world – disease, natural disasters, etc., and we put the suffering people and regions in our prayers. On the other hand, we are thankful for God's protection over every Pooikeinian and of course, the dedication and passion of our teachers and staff in preparing these fantastic programmes!

Every year, students make their programme choice with different feelings and expectations. As I shared with you in the weekly assembly this year, all programmes are good programmes! They are all carefully planned and designed by our teachers. The best and most unforgettable programme is usually the one that challenges us most!

Remember, ***'the more unwilling you are to join a programme, the more suitable it probably is for you!'*** Go test yourself! Rise to the challenge!

Pooikeinians, let's uphold our Christian values and our qualities of leaders in order to break down all the shapeless walls in life, and to reveal the new world behind!

Mr. William Lee
Vice-principal
Head of Learning Without Walls (LEWOWA)

Programme 01

Caring Performing Art School
愛心演藝學院

Eligible Form: S1-S5 Destination: Hongkong

OLE Areas: Moral and Civic Education, Community Service, Aesthetic Development

七天的時光轉眼即逝，我們不但體驗了「編作劇場」的樂趣，更加深了對「無伴奏音樂」的認識，這些藝術上的體驗滋潤了我們的心靈。

經過熱身活動和測試項目，導師最後按潛能將我們分為短劇和無伴奏音樂兩組，先是各自學習、創作和練習，再在最後一天兩組合力為一批智障人士和精神病康服者演出一場音樂劇。

在短劇部份，雖然部份同學在選角過程不太滿意，但大家都熱愛戲劇，心想仍有機會參與演出，便如釋重負了。其後兩天，我們要不斷重複排演第一場的情節，因為這是大家第一次合作，因此需要十分長的時間來磨合。不斷重複排演同一情節，既浪費了時間，也拖慢了進度，過程簡直苦不堪言。幸而經過兩天的磨合，大家多了溝通，合作性漸漸提高，所以排練過程越來越暢順，只消兩天便排好了第二場，然後第三場、第四場的排練也很順利，而且剛好趕上進度，能如期演出。

在無伴奏音樂部份，不少同學在音樂不同的範疇都有涉獵，例如鋼琴，打鼓等等，可是對唱歌的認識可說是如一張白紙。除了此外，這個活動亦打破了我們對無伴奏合唱的偏見，我們一直以為無伴奏合唱只着重於「唱」，令人意想不到的是導師一開始不是教我們如何拿捏音準，而是叫我們在房間裏走來走去，我們還差點以為上錯了課程呢！這才發現導師用不同的活動教導我們在台上如何運用空間，原來以動作配合唱歌也是無伴奏合唱表演的一部分，而且至關重要！

到了表演那天，我們最後也獻出了一場精彩的演出！當表演結束後，看見觀眾臉上那真摯的笑容後，我們都欣喜若狂，他們那時的笑容真是令我們難以忘懷呢！

總括而言，從這次學習經歷中，我們除了豐富了戲劇知識和對舞台規則的認識外，也體驗了無伴奏音樂的樂趣，過程即使辛苦，但最後能博得觀眾的一笑，也是十分值得的。課程雖短，我們卻獲益良多，於我們而言，這確是一段十分難忘的學習經歷。

4 Love 戴仲文
4 Peace 張家星

大合照

給觀眾的紀念卡

排演的情況

正式進行無伴奏音樂前的熱身運動

給觀眾的紀念卡

講者的話對我們很有啟發

熱身遊戲：織蜘蛛網運水樽、乒乓球

演出相當成功

熱身遊戲：織蜘蛛網運水樽、乒乓球

這是我們努力的成果

▲ Mass Photo in front of cooking center

▲ This is the black forest gateau we made on day3

Programme 02

Eat the World in Hong Kong 香港食天下

Eligible Form: S1-S5
Destination: Hongkong
OLE Areas: Moral and Civic Education, Career-related Experiences

▲ Healthy family meal

▲ Ms Maranda Tang tasting our dishes

▲ Ms Mary Cheung teaches us table manners

▼ This is the first time we made a delicious cake together.

During these 5 days we learned how to cook, how to cooperate with others and how to respect each other.

Cooking is not a piece of cake

Cooking seems to be as simple as just adding this and that on cooking shows, but there is actually much more to it. In these 5 days, we learned 21 recipes from traditional Siu Mai, gorgeous Black Forest Gateau, to mouth-watering Roasted Chicken with Herbs. These recipes were new to us and some of the cooking steps required deep frying the food which was quite "dangerous". When oil was well heated in a pan and the food that was put in was not dry, the oil would splash everywhere. It hurt so much when the oil splashed on our hands. So Mrs. Lee, our cooking instructor, told us that if we need to deep fry chicken, coat the chicken with some potato starch as this can prevent the oil from splashing.

Together, we gained strength

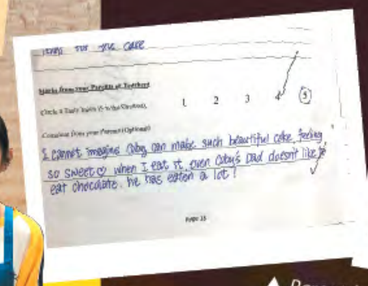
We were given limited time to make the dishes during the lessons. We especially felt the rushed pace during the two cooking competitions. If we want our food to be well cooked, we have to spend our time wisely. Having as little intervention as possible from the instructors during the competitions, we managed to finish all the dishes by dividing our tasks. While one was cutting the ingredients the other would prepare the marinade. Sometimes when one got tired of beating the whipping cream, the other teammates would offer help.

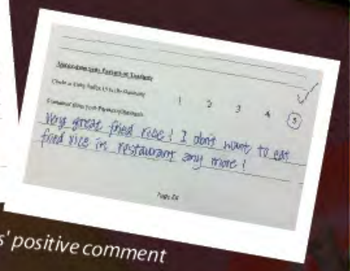
Respect is a kind of blessing

Respect not only our teachers but also our food. We shouldn't play with our food, we need to handle them with respect and not to waste any part of it. As we mentioned that cooking is not easy, so from now on we will treat every dish with respect, we will finish every single piece and be thankful to the chef because they need to make efforts in the kitchen to cook for us.

Eat and enjoy!

LEUNG Man Chi 4 Joy
YEUNG Zi Yan Joanne 4 Joy





▲ Parents' positive comment

Programme 03

May Our Dream Come True – Lawyers and Journalists

志願成真體驗—少年律師和全能小記者

Eligible Form: S1–S5 Destination: Hongkong

OLE Areas: Career-related Experiences

不少同學在選擇學習無疆界課程時，也不喜歡留在香港，認為香港的課程較乏味。

香港法定古蹟—聖公會聖約翰座堂

起初，我以為「志願成真體驗—少年律師和全能小記者」這個課程，只會留在室內，進行一些模擬活動。沒想到，我們居然能夠到香港不同地方，參觀不同的法定古蹟和博物館，例如聖公會聖約翰座堂、大館、舊域多利監獄和香港懲教博物館等。最耐人尋味的地方莫過於赤柱軍人墳場，那裏景色優美，就如世外桃源一樣。雖然墳場應該是生人勿近的地方，但它帶出了一個重大意義——戰爭所帶來的影響深遠，我們應該捍衛法律，維持和平。

皇后像廣場裏的終審法院

在第三天，我們到九龍城裁判法院聽審，審訊過程與電視劇集截然不同，庭內一片肅靜，只能勉強聽到法官和律師的說話。而且，法官不只會裁判被告的罪行，還不斷地對被告訓話，就像訓導老師對著頑皮的學生一樣。之後，我們回到學校，進行模擬法庭活動，並以「女王訴杜德利與斯蒂芬案」這具有爭議性的案件進行辯論。

完成了三天的「少年律師」課程後，便開始了「小記者」的活動。我們到了柴灣，參觀明報工業中心，認識了一份報紙的製作過程，看著編輯部和資料室內一疊疊厚重的文件，就知道記者所付出的時間和努力實在令人肅然起敬。

在最後一天，我們到尖沙咀作街頭採訪。大家都很踴躍地用英語和普通話訪問外籍及內地旅客，而在匯報中也清楚地描述採訪內容，積極地參加活動。

經過這五天的課程，我遊覽了很多未曾參觀的地方，令我耳目一新，重新認識了香港的司法制度和文化歷史，希望日後有機會再到處「拜訪」香港的歷史古蹟吧！

4 Love 魏安怡

明報資料室

同學當小記者在尖沙咀訪問遊客

赤柱軍人墳場

法定古蹟—舊域多利監獄

防止罪案科—零售業保安

灣仔警察總部

香港懲教博物館

Programme 04

Multi-intelligence Training Scheme

多元智能訓練計劃

Eligible Form: S1–S5 Destination: Hongkong

OLE Areas: Community Service, Aesthetic Development

The most memorable part for me was participating in Crossroad's "Struggle for Survival", where we stepped into the shoes of people living in poverty in Africa. One part of this activity was to beg shop owners to accept the paper bags we made in exchange for money to support our "family". Before the activity, I thought I would never be able to do such a thing, but as it turns out, under the the pressure of time constraints, I was able to carry out those actions without a second thought.

CLARE Rachel Lesley 5 Love

I think this program provided me with the opportunity to try new things. The most impressive was Blind X and AIDS X. I was shocked when listening to the story of AIDS patients, because they suffered this incurable disease in poverty. Also, due to this sickness, friends and family may isolate them. They experience an inhumane life while they are dying. The quote from Helen Keller in Blind X inspired me a lot: *"The most pathetic people in the world are those who have sight, but no vision."* You cannot only care about your personal needs, you need to know about global needs. Do meaningful things. Let's live a fruitful journey of life together.

HO Pik Yin 4 Peace

Struggling for Survival - folding paper bags in slum area in exchange for money

Volunteering Service - sorting out the toys

Volunteering Service - sorting out the old clothes

Volunteering Service - packing the electric appliances donated by others

Volunteering Service - folding the old clothes

Struggling for Surviva - begging merchants to buy our products on our knees

Traditional Flower Plaques that we made

Our Craftwork in Progress

Programme 05

Robotic and Computer Game Design
機械人及電腦遊戲創作

Eligible Form: S1-S3 Destination: Hongkong
OLE Areas: Aesthetic Development

Final design of the robot

25/7 Day 1

I joined a LEWOWA program called Robotic and Computer Program. In the morning, we learned basic game programming with the app Clickteam Fusion 2.5. I realized how difficult it was to draw in such a low pixel. The resolution was so low that I could barely draw my characters. This made me realize how hard making a game was, although it looked quite easy and simple.

In the afternoon, we were arranged into a group and worked with the groupmates to make a robot which could battle in a sumo competition later.

HO Yik Yan 2 Joy

Add some sensors to our robot

26/7 Day 2

Our programming teacher taught us how to create an enemy in the game. Out of my expectation, I managed to finish creating an enemy within the time given, so I had extra time to fine-tune my other characters!

In the second part of the day, we started putting different sensors into our game, such as a touch sensor and a color sensor. We even put a motor into the LEGO car. We needed to make the car more powerful so as to win the Sumo Competition. We could do what the teacher required us to do today so we were quite proud of ourselves.

CHAN Hei Yan 2 Joy

Charlotte's game

27/7 Day 3

We started our third day with the aim of improving our game programming. We created more programmes and added more functions, but we always overlooked and made some negligible mistakes as there were so many programmes to handle at the same time. Luckily, our groupmates spotted out those mistakes and corrected them accordingly. We created bullets for both the tanks and the enemies to fight, drew a background to embellish our game, and created a counter to count the success of the player!

In the afternoon, we continued to carry out our group project to design the Lego sumo robot that our group had planned to make. We installed the color sensors to detect the board so the robot could stop when it reached the boundary. We also set up our ultrasonic sensors to control the movements of the robot in different situations. We spent a lot of time to test the color sensors to fine-tune our robot. It was a challenging task as the programming involved was really complicated!

Charlotte NGAI 3 Peace

Discussing how to improve the robot

28/7 Day 4

In the morning, we continued designing our game. We created more programmes and finished our first game programming. Then some of us created a second level of the game, while some of us were adding different kinds of new programmes onto the first level. I created a harder level to challenge the player. It required more techniques to win the game. I hoped to share the game with my friends. By this stage, I believed our group members knew the programme well enough and the game had been created rather skillfully, so I hoped to add in more functions tomorrow.

In the afternoon, we formed our group and continued making our Lego robot. We created our own programme and built more protection for our robot to fight in the Sumo competition tomorrow. We almost finished our project and our programs were improving. Our programmes were prepared for the Sumo fight. We are well prepared and looking forward to the competition tomorrow!

Charlotte NGAI 3 Peace

Group photo (Group 3)

29/7 Day 5

Today was the last day of the LEWOWA program this year. In the morning section, I completed my first and the second parts of the tank game which meant my game was all finished! I felt satisfied that I could make use of my knowledge that I learnt from lessons to my game and I added more items to it. Everything was developed by myself from scratch. After lunch, my groupmates and I increased the weight of our robot to 1kg, the maximum weight allowed. We added almost all of the LEGO onto the robot. We even added a smashing hammer at the front of the robot. I thought our robot was very big and harmful that could destroy all the other robots!

During the competition, our group and another group had a trial battle. Luckily, we won the test battle. After that, we started the real battle. We did not expect that the other group could make such a great improvement within just two minutes after the first trial. We lost the battle eventually. We lost the second battle also. We gradually realized the mistakes that we had made. We were too proud of ourselves: we thought we could win the competition because we thought it could run smoothly. We had not done any test beforehand. For the programme part, I didn't really know how to write the programme so I made some mistakes in the ultrasonic sensors part and realized the problem 15 minutes before the battle. As we did not have enough time to solve it, we used a robot with the uncompleted programme to fight the battle. That was why we lost. I thought I needed to reflect on the mistakes and learn from them so as to be a better self afterward. I thought this LEWOWA activity enabled us to learn from different kinds of experiences in order to make ourselves better. And I thought I reached the goal already. I have learnt so much from all the mistakes I had been making these days.

HO Sze Chun 2 Joy

Our Lego robot

Testing the robot very concentrate

Programme 06

Summer Musical Playhouse
夏日音樂劇場

Eligible Form: S1–S5 Destination: Hongkong
OLE Areas: Physical Development, Aesthetic Development, Career-related Experiences

This is a really special program. You can learn lots of things in six days!

In the beginning, quite a lot of students did not pick this LEWOWA programme as their first choice. Everyone came with different feelings and worries but in the end they all had fun and left with no regrets. At the end of the performance, they even shed happy tears!

It was absolutely a challenging task for a group of 24 young students to rehearse a 20-minute musical performance within a week, not to mention that most of us had little musical experiences.

On the first day, we all did some warm-up exercises. It was so tiring! I thought to myself, how are we going to stay alive for the next five days!?!

After the tough warm-up exercises, we started learning the songs and dances. Surprisingly, we all picked them up so fast and the tutors decided to switch to a set of repertoire that was much more challenging. Besides singing and dancing, we also needed to act. Now that was really something!

During the performance, everyone really focused on their character and did their best on stage. I was actually really proud that we could perform a fine 25-minute play just by rehearsing it for five days!

Sometimes we think that in order to have new experiences we have to travel overseas, go to new places or learn something new, but this program has taught me new things in a completely different way.

TSUI Tsz Fei 1 Grace

Can you guess who 'the grandma' is?

This is us!

Everyone is so attentive for the director's comments.

We are practicing our dress rehearsal.

Everyone is a dancer.

Programme 07

Understanding Ethnic Minorities and Refugees in Hong Kong
親親少數族裔及在港難民

Eligible Form: S1–S5 Destination: Hongkong
OLE Areas: Moral and Civic Education, Community Service

Interviewing shopkeepers at the Chung King Mansion

Hong Kong is generally a homogenous society, with 92% of our population being Ethnic Chinese. This also means that we have up to 8% (approx. 584,383) who are non-Chinese, settled permanently in Hong Kong. Many of these groups are under-represented and lack the support which they desperately need. Thus, one of the aims of our programme is to educate our students about the situation that these Minority groups are facing, in hopes that our students, as Hong Kong's future leaders, will be aware and take action to help those in need.

In this programme, students will learn through workshops, discussion groups and most importantly, through actually meeting Ethnic Minority groups, Asylum Seekers and Refugees from all over the world. Often, they are shocked at the lack of support the Government has shown to these groups.

For example, there are more than 330,000 domestic helpers in Hong Kong, many of whom are from the Philippines and Indonesia. Some of them suffer abuse and unfair treatment but stay silent because they lack the legal knowledge and support to even know that the law stands by their side.

Prayer time at the Mosque

A day at the waterfalls with Refugee friends in Mui Wo

For asylum seekers in Hong Kong, many of whom overcame overwhelming odds just to be able to get out of the dangers that they faced in their countries of origin, will realize that they will find safety, but a lack of choices once they enter Hong Kong. While their safety is ensured as they arrive in Hong Kong, the process for them to attain refugee status is incredibly difficult, as only 0.03% of them can make it. After which, they can attempt to apply to go to other countries who accept refugees, as Hong Kong itself does not admit refugees to become citizens. So for those other 99.97% of Asylum seekers who aren't able to attain refugee status, they are stuck in a no-win situation.

Workshop and games with Jey, Innocent and Till

While they are stuck in limbo in Hong Kong, the government does provide them with $1,500 a month for housing, and $50 a day for food and living, but this is clearly not enough. On top of all this, they are not allowed to work, which means not only do they face great difficulties just to survive in Hong Kong, but also waste away their life, being unable to contribute to our society.

Visit to CCT, a church that caters to mostly Ethnic Minorities

These are just some examples of issues that these groups have to face. Our students, after learning and actually meeting people from these disadvantaged groups, are encouraged to form their own opinions on how we as a society can help these groups. Hopefully, one day, as the future leaders of Hong Kong, these students can make positive changes for all those who are in need.

Visiting Indonesian domestic workers at Victoria Park

Visit to the Sihk Temple

Programme 08

"Teen Walker" – Experiencing and Caring the Life of the Social Vulnerable Group

「Teen行者」體驗及關愛弱勢社群之旅

Eligible Form: S1–S5 Destination: Hongkong

OLE Areas: Moral and Civic Education, Community Service

Throughout the days of our LEWOWA programme, I had lots of amazing experiences that let me know more about my teammates, and let me know more about myself.

On the first day, I was nervous because I didn't know anything about my teammates whom I would be spending time with that week. At first, I was not sure how I could get along with my teammates. Some of my teammates looked intimidating at first but I have learnt a lot from them and became good friends during the programme.

During the programme, my most memorable experience was on the fifth day. We visited the night market at Sham Shui Po. We asked our friends and family members to donate some goods to us and we gave them to the illegal hawkers to sell. One illegal hawker we met was an old woman, Miss Chan. She was willing to tell us about her life and told us why she became an illegal hawker. She was very nice and polite to us and taught us a lot. When we gave her our goods, she immediately took the expensive working microphone and told us that a similar product was stolen from her by a young man the other day. She said that the microphone could be sold for a lot of money. After our conversation, I bought a pair of headphones from her. At first, she insisted on giving them for free, but I knew that I should not take anything for free when I am doing voluntary work, so I gave her five dollars for the headphones.

During this amazing LEWOWA program, I learnt a lot from my instructors and teachers about the lives of illegal hawkers and the poor in Hong Kong. I have learnt to care more about the vulnerable group in Hong Kong. I was touched by the people I met and I learnt some communication skills when I interviewed the illegal hawkers and the homeless people. I hope that other brothers and sisters at the school can also have such memorable learning experiences in their LEWOWA programme and I can join another meaningful programme next year.

WONG Hei Long 1 Love

Collecting cardboards for sleeping

Having dinner at Sham Shui Po

Our big photo

Sleeping outside Hong Kong Cultural Centre

Visiting church

Second-hand goods donated to hawkers

Programme 09

Career Planning and Experience
升學及就業體驗

Eligible Form: S4–S5 Destination: Hongkong
OLE Areas: Career-related Experiences

有人道：「對於沒有航向的船來說，任何風都不是順風。」這世界沒有對「成功」的唯一標準，我們可以為自己下一個定義。透過是次升學及就業體驗，我們可以再次認識自己，了解自己的性向，坦然接受自己的不足。一方面我們可以改善自己，學習團隊合作。與此同時，我們亦可不斷探索這世界的不同可能性，畫出自己生命中的彩虹。

是次課程分為兩部分，包括一系列的生涯規劃工作坊及工作實習體驗。我們進行了一個性格透視測試，發現可以將性格分成四種顏色類別，有「金色組織型」、「藍色真我型」、「橙色多謀型」和「綠色探究型」。每個顏色都代表著不同的性格，而我最強的是藍色。我很需要與人為伴和得到別人的認同，很重視友情，善於聆聽和溝通，調節紛爭，喜歡和諧於和平，但常常猶豫不決。而我的弱色則是綠色探究型，我不是那種喜歡探究概念的人，思路亦會比較隨意。

往後一連串的活動和工作實習，都令我更注意到我的性格與日常生活的關係。其中，我們有四天的時間去真正體驗上班一族的日與夜。我被分配到一間餐廳作侍應和處理廚務。我的第一個任務就是要致電客人確定他們的訂位，這對我這個害怕陌生人的人是一個極大的考驗，我只能硬著頭皮去做。我的另一工作就是傳菜，看來我必須面對我的考驗。不過我發現在繁忙的時候，你是沒有時間在乎那些客人的看法。我經常很害怕客人不喜歡我，但其實客人是不會留意的，我也沒有時間留意他們。我告訴自己我只是一個傳菜的，不管他們怎麼看我，我做好我的工作就行了。不經不覺，我發現我已克服了面對陌生人的恐懼。從前害羞的我一定不敢做這些事情，現在的我仍不敢相信自己終於克服這個恐懼呢！

體驗工作期間，老闆娘也向我們分享了很多趣事，讓我發現原來餐飲這個行業其實挺有趣的。例如面對一些「奇葩」的客人，雖然在服務他的時候會令人無所適從，但是事後也能為此笑得不亦樂乎，可說是苦中作樂。在我們的生命中，難免會遇到一些讓你很生氣的事情，但你總可以選擇如何面對。其實，工作和人生也是一樣，只要找到你的方向並勇敢前行，生命從來不會是苦悶的。

4 Joy 李秀藍

我的工作同行伙伴

我們愈不嘗試，愈不會成功

原來在電競比賽中，策略，操作和訓練都很講究

清洗餐廳雪櫃

藍色真我型

高・牽心社會企業餐廳

Programme 10

Embrace Your Life – SIM JOURNEY
擁抱生命・模擬人生

Eligible Form: S2–S4 Destination: Hongkong
OLE Areas: Career-related Experiences

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

A dreamer is vulnerable, especially in this post-contemporary and post-capitalistic Hong Kong. If you were born in the 80s or 90s, kindergarten was all about snacks and naps. The post-millennial kindergarteners are learning about STEM and 5 different kinds of instruments they don't like.

Many teenagers are lost – for we are stuffed with goals we do not agree with. The chores may seem to lead us somewhere that isn't the destination we desire. This programme – Embrace Your Life – is a wake-up call to all participants. Who are you? What do you want? Where did you bury the dream you had when you were little?

Through games, activities, personality tests and evaluations, 30 of us have stepped on the journey to answer the above questions. We have gained valuable insights of our strengths and weaknesses. You would be amazed how much time scholars in the past have devoted to better understand human nature. It is shocking to some of us that our personalities are pierced and summarized precisely. Even with determination, we crave peer support on our journey. Day 1, we were barely strangers; Day 3, we were sharing obstacles in our personal life; Day 5, we promised each other to fight for our dreams relentlessly.

We embrace ourselves, forget what's gone, appreciate what we have and look forward to what's coming. We have shown our determination on the final day – an artwork exhibition about our dreams.

We would like to express our heartfelt thanks to our mentors from SKH Ma On Shan (South) Children and Youth Integrated Service Centre - Jockey Club Youth Express. You gave new life to us.

A presentation about our ideal school

Figuring out the greatest mystery of the century

We express our gratitude on the last day

Taking the first step is never easy

A big thanks to all guests in the human library

Programme 11

Flying Fish – Kayaking Adventure
Flying Fish – 獨木舟生命旅程

Eligible Form: S1-S5 Destination: Hongkong
OLE Areas: Moral and Civic Education, Community Service, Physical Development

在靜水時的艇排大合照

出發！

幾經艱苦，終於來到赤洲

由山上望向赤洲

獨木舟——獨行

獨木舟這個名字中是有「獨」字的，剛開始會選擇這個課程，正是被這個「獨」字所吸引的。獨木舟讓我想起獨行，曾幻想自己會獨自一人坐在獨木舟裡漫遊大海，讓自己獨自面對風浪和思考人生，希望在這課程中享受大自然的寧靜。然而參加課程後，才知道原來旅程用到的是雙人艇而不是自己所想像的單人艇，本以為這個安排會令旅程遜色，但這卻讓我體驗到同行的樂趣。雙人艇的特點有兩個，第一是它比單人艇重很多，單人艇只需要兩人搬運，而雙人艇則需要6-8人才能搬動。第二個特點是它的最高速度是比單人艇快很多的，因為雙人艇上有兩個人在發力，而單人艇就只有一個，而且航行時是比較穩定的，容易直線而行，我認為使用雙人艇的難度就是要和自己的夥伴合作，坐在前頭的人要負責發出指令，使後方的人知道如何掌舵，兩個人也要有同一樣的掌頻才能前行更快。原來獨木舟的特色不在於獨行而是同行，我自己也花了不少心機與同伴磨合，建立起隊友之間的信任與默契。

容忍與遷就亦是這次課程重要的一課。在海上，除了以兩人一艇的組合前行外，我們還要與自己的組員一同前進。此舉的難度在於我們各自能力不同，能力強的組員總在前頭的位置，反之能力較弱的組員就會經常被拋離。我自己也曾經被拋離，所以知道要重新去趕上的滋味是多麼的絕望多麼的不好受，但同時要等組員亦不容易，因為走在前頭的要經常後顧才能知道隊員的狀況，而且走在前頭的良好感覺會驅使自己一直向前走，不想停下來，但我們最後也學會照顧組員，結伴同行，最令我感動的是我們成功地組成菱形的隊形前進，第一隻艇在前頭為隊友破風浪，其餘的在後面尾隨，順著水流一直向前，省下不少力氣，就這樣，我們的小隊在海上飛馳，是多麼的令人振奮！

學習閱讀地圖，計劃行程

從未見過這麼大的水母

在炎熱的夏天玩浮潛

我們一起準備晚餐

每天早上有敬拜時間

早晚餐也是我們自己煮食的

我們在塔門觀賞美好的日落

荔枝莊的日落

努力後的成果

在每次出發前，我們都會定下一個目標時間，在時限內到達目的地，結果每次我們都超出自己的預期早到了，給予自己更多的遊玩時間，見識到我們自己的能力比想像中還要強。更加深刻的是當我們到達赤洲的時候，那裡的景色有如仙境，紅色的石頭，配上綠色的植物、藍色的海，中間還加上一個小型瀑布，在島上居高臨下的張望四方的海景，我以為這樣的景色只存在於外地，想不到香港也有，而且靠的還是自己和同伴的努力，而不是飛機。赤洲之所以美，是因為這美景是靠艱辛換來的，我途中多次在獨木舟上歎息，感歎至今一切的辛苦都值得，願我可以帶著這份心情勇闖DSE!

感恩

最後要感謝神！還記得課程的第一日下大雨，原本在進行的訓練也要被逼暫停。幸好課程的其餘四日卻是陽光普照，令我們能享受美景，在海上航行更輕鬆。除此之外，神在旅程中亦給我很大安慰，在課程的大部分時間都只有自己一個中五學生，我還是眾人之中少數的基督徒，所以我給了自己不少壓力，要求自己要當首領和榜樣。我很努力去壓抑自己的負面情緒，設法令組員也能享受旅程，但過程尤其孤單，因為我知道沒有人能明我……神就在此時去安慰我，就在獨處的時候，我看著海上的黃昏，天上的星星也開始現身，然後我發現其中的一顆星的光猶如倒十字架的形狀。此時我想起神，想起原來真正明白我的不是別人，而是神，祂亦看見我在地上所行的、所堅持的。就是這種被明白、被諒解的心情讓我流淚了。感謝神讓我能在勞碌奔波之中仍然經歷祂！

5 Hope 周讚為

◀ Beautiful weather with sunshine smiles after accomplishing all the challenging tasks

Programme 12

Outward Bound® Hong Kong – Teen Explorers

香港外展訓練學校® – 青年探險家

Eligible Form: S1–S3 Destination: Hongkong

OLE Areas: Moral and Civic Education, Physical Development

This Outward Bound programme aims to encourage students to leave and enlarge their comfort zone, build teamwork and know more about their teammates, themselves and the environment. I think I have learned a lot in these five days.

Before joining the Outward Bound programme, I was quite nervous and scared about it --- not because of the need to kayak for a long time or to jump off from the pier, it's mainly about meeting new friends. In my spare time, I often go hiking, camping and kayaking with my daddy. Also, I have regular sports training every week, so physical capability is not the biggest problem for me. For an introvert like me, the real challenge lies in opening the door to communicate with others.

Fortunately, my teammates were so nice and fun. Although we had not known each other well at the start, we tried our best to get along well and to get to know more about our teammates. With the encouragement and support from our dear instructors, as well as the collaboration of my teammeates, we completed the first two challenges successfully.

In these five days, seven students formed a team with two instructors. We all lived and worked together. Our team was called "HILLARY". We tried our best to complete every task. Sometimes, the progress of our team was slowed down because of our own limitations. Yet, we learnt that no one was perfect and everyone had different weaknesses and strengths. It was important to trust our teammates as a team. Hardship and challenges could mean nothing to a team of determined achievers.

I believe what I have learned in the Outward Bound programme will be useful to my daily life, even in the future. Let's jump out of our comfort zone and explore more about this wonderful world!

HO Tsz Tung 3 Peace

▲ Not alone at all on an isolated island

▲ Kayaking in the middle of the sea

▲ Jetty jump is a must try activity

Our graduation as Outward Bound Teen Explorers

Appreciation of nature is one of our learning objectives

A challenging team-building game

We were united as a circle

We were landing on an island

We are ready for kayaking!

Programme 13

Rainbow Touch – Holistic Leadership Training Journey
整全領袖訓練之旅

Eligible Form: S1–S5 Destination: Hongkong
OLE Areas: Community Service, Physical Development

This year, I joined Rainbow Touch 2018: Holistic Leadership Training Journey. It involved many exciting activities and it was an unforgettable trip!

One of my most memorable activities was the canyon challenge. We walked across many slippery rocks and went past obstacles successfully, like sliding on rocks and abseiling down waterfalls. It was tiring yet exciting. I was scared before the activity but I have learnt that we should be brave to face obstacles and never give up no matter how rugged the path is. I loved this challenge!

Another unforgettable activity was the high event activity on the second day. I was so nervous when I looked down. I couldn't imagine how high I was when I was walking on the rope. Then, with my friend, Jester, we challenged the 'giant ladder'. We cooperated together and we broke the record for reaching four levels! Though it might sound easy, it took courage and faith to take a step forward. After the activity, I realized how strong I could be to achieve the challenge and I also learnt that cooperation and trust is key to success. We could never finish our tasks without these elements.

The most tiring day was the 'hiking day'. We walked for five hours while carrying heavy backpacks. I felt so tired on this hike. To be honest, I wanted to give up. However, I persisted and finally I succeeded. I was delighted when I arrived at the campsite. I learnt that we can never attain a good result unless we persist on doing everything.

This programmed ended successfully. I think my team and I still have room for improvement. For example, we can do better if we communicate more, and get to know each other better. Last but not least, I would like to show my sincerest thanks to my teammates, coaches and teachers who showed endless support and encouragement to my team. I have become a stronger and better person and I look forward to my next new challenge.

Justin YU 2 Joy

Canyoning down a waterfall

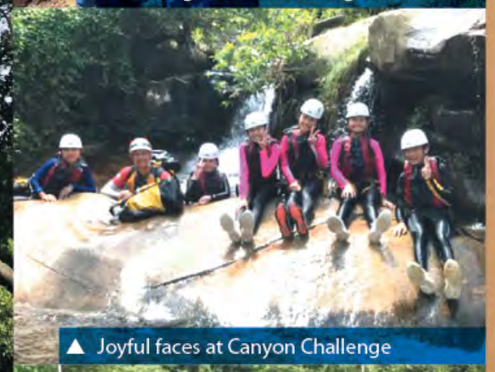
Canyon challenge

▼ High rope adventure challenge

▲ Canoeing on a sunny day

▲ Success is cooperation

▲ Hiking under the boiling sun



▲ Joyful faces at Canyon Challenge

▲ Hiking is fun!

Programme 14

Sailing Classroom
航海教室

Eligible Form: S1–S5 *Destination: Hongkong*
OLE Areas: Moral and Civic Education, Physical Development, Career-related Experiences

This year's LEWOWA was awesome. I learned many things from the Floating Classroom.

On the first day, we all went to Trio Beach for a swimming test. We had some team building games like making team flags and getting to know each other. Unfortunately, while we were having the swimming test, it rained cats and dogs. We were all scared because of the heavy rain. We then prayed together for stable weather. Luckily, God answered our prayers, and the weather became better after a few minutes. Thank God!

On the second and the third days, we learned how to steer a sailboat. The wind direction changed the sailboat easily, and we needed to calculate and consider many factors in steering the sailboat from the starting point to the end point. We also learned that the ocean has been badly polluted by human beings. We must protect the ocean and stop pollution. Sorry, Ocean!

During the two-day sailboat trip, we needed to apply the skills learned from the previous days. We steered the sailboat from Sai Kung to our campsite on High Island on our own. On the way, there was beautiful scenery, including High Island Reservoir. We also saw some people playing on speedboats in the sea. After we arrived at the campsite, our instructors told us to prepare for our dinner. I found that some of my teammates didn't know how to cook. But we still assigned each teammate some tasks to practice his / her cooking skills. At last, we prepared a tasty dinner for everyone. On the second morning, we went to the beach nearby to pick up rubbish. The funniest thing was that I found a bottle of coke which was from 1967! In the afternoon, we steered our sailboat back to Sai Kung. On the way, we found a Mickey Mouse balloon from Disneyland in the middle of the sea. We "saved" it, and tied it to our team flag to end our enjoyable LEWOWA.

CHAN Tsz Yu 1 Joy

Mickey Mouse Balloon

On the sailboat

Myself

Before the trip

Programme 15

A Final Reveal of Kyushu Mystery
揭開九州蛻變之謎

Eligible Form: S3–S5 Destination: Kyushu, Japan
OLE Areas: Moral and Civic Education, Career-related Experiences

我們的觀察

提到九州，不少人會想起著名的九州拉麵。在這次「學習無疆界」課程中，我們有幸到訪九州的拉麵夜市，若以香港的文化來比喻這條夜市街道，相信就是日本的小型「大排檔」吧，我們能在這兒品嘗到日本地道的拉麵料理。我們觀察到不少上班族都會在下班後來這兒吃拉麵，對我們而言，這裏只是品嚐拉麵的地方，但對於日本的上班族來說，這裏可能就是他們在繁忙的日常生活中可以稍為歇息的地方。

難忘的體驗

是次「學習無疆界」課程中最具特色的活動就是在當地民宿居住，讓我們體驗日本農民的傳統生活，這是自己旅遊不能體驗的，因此讓我們十分難忘。這一天的生活讓我們明白農民的工作也十分講求技巧，而且我們還品嚐到一些少見的日本民間料理。當中最可貴的是我們和日本農民的互動，由於農民不熟悉英語，我們不能用英文與他們交流，溝通難度增加了幾個等級。我們一些組員以日本語和他們溝通，一些則以身體語言或利用翻譯工具和他們談話，讓大家彼此認識。想到今後難以有和日本人深入交流的機會，我們心感不捨。

感受總結

這次「學習無疆界」課程讓我們學習到日本九州的歷史與文化，對一些人而言，內容可能十分沉悶，但我們的確透過與當地人溝通及觀賞文化事物，而對日本的文化有更深的認識，相信這段經歷對我們而言是十分可貴的。

5 Peace 黃承謙
4 Joy 程樂怡
4 Grace 鄭曉琳
3 Grace 吳洛衡

和服體驗

九州地道拉麵

天滿宮神社

日本福岡山笠祭在商店街的準備工作

壯觀的島原城

在農民民宿的一餐

與民宿主人的合照

與民宿主人村田德一的合照

出發前大合照

Programme 16

A real-life traveller in Okinawa
電波少年流浪記（沖繩）

Eligible Form: S3–S5 Destination: Okinawa, Japan
OLE Areas: Moral and Civic Education, Aesthetic Development

「我們人生每一個過客，究竟是偶然相遇？還是命中注定？」

說實話，從收到取錄通知的那一刻，我真的覺得自己為什麼那麼倒霉，我跟組裡面的所有人都不熟悉，因此對這次交流不抱任何期望。在LEWOWA前幾天，我總是祈求日子別過得那麼快。但經過7日的流浪，我發現或許這個課程正正幫我找到我要的東西。我在這個團認識到的、學到的、體會到的，遠遠超出我文字的表達。

在LEWOWA的第二天，我們要從殘波岬回到美國村賣藝。為了節省我們的開支，我們決定嘗試截順風車。由於我們組有11個人，所以我們要分成兩個小分隊。當我們截到順風車時，另外一隊犧牲了自己的機會，讓給我們先坐，願意幫我們的好心人原來是一個從柬埔寨來的家庭，我們跟他們一家人談論了很多事情，例如我們到沖繩的原因、流浪的經歷，以及他們來到沖繩的原因等等。而令我們最意想不到的是：在車程的中途，那一個阿姨突然說她要在路邊的便利店停一停，我們所有人都以為她要買一些東西給她五歲的孩子；但她出來後卻遞了一大包食物給我們，就是因為她聽到我們說：我們因為沒有錢，所以吃不飽。

原本只是一句簡單的說話，或許我們根本不會留意自己說了甚麼，但其他人卻會把它牢牢的記在心裡，我們跟這一家人素未謀面，這次很可能是最後一次見面，但他們卻沒有計較而去付出，讓我真的覺得非常感動。

說實話，我從來沒有想過我們遇到的會是這麼善良的一家人。原來有時候讓人開心、感恩、感動，並不在乎我們付出多少而在乎那一份最真實、最單純的心。他們的這一份心意，觸動了我們內心最柔軟的深處。

坐順風車，爽！

而在LEWOWA的第五天，我們遇到了一個讓人驚訝的「意外」。那一天早上，我們到中午一點才出門。我們在早上才知道要從三個目的地裡選一個。我們有部分人希望到沖繩北部的古宇利島，但有些人卻覺得因為有隊員不舒服而應該去比較近的目的地，因此我們在民宿熱烈的討論了3個小時，最後才決定去這個島嶼。

其實當我們選擇去這個島的時候，某程度上是很冒險的，因為我們預計要花3個小時才到達，而我們要下午6:30前回到民宿，那就是說，我們最多只可以在島上停留30分鐘，但我們最後卻堅持到底，出發到該島嶼。我們最後在那個地方停留了兩個小時，雖然我們只在那個沙灘玩了兩個小時，但其實我們並沒有後悔花了兩個半小時的車程。可能有很多人覺得我們很傻，但我們在那一刻卻覺得很珍貴，很滿足。

青春・搏盡・無悔

有時候我們在意的並不是何時去，並不是去多久，也不是去哪裡，而是看你有多渴望，有多珍惜，還有就是跟誰去。我學到的不僅僅是珍惜跟我的戰友一起的時光，更學到了要勇於嘗試和做決定。早上的我們還因為爭論要去哪裡而浪費了三個小時，幸好我們同組的Jimi堅持要去，我們才有機會感受到古宇利島的美麗。原來有時候一件事的「成」與「敗」，在乎我們是否勇於嘗試，如果我們當初沒有堅持，我們或許不會遇到載我們的那個善良的婆婆，我們或許不會做了一件連自己也覺得瘋狂的事。幸福很簡單，在於我們用什麼態度去看每一件事，即使那一天我們真的只有15分鐘的時間停留，但只要我們珍惜擁有過的時間，那我們其實還是能看到不一樣的風景。

在LEWOWA的第六天，當其他兩組都在忙於趕下一個行程的時候，我們組卻做了一件休閒但富有巨大意義的事。我們在早上七時出發，到了民宿附近的漁港，但奈何那只是一個給魚販交易的平台，所以我們很快就返回民宿弄早餐。之後，我們在超級市場買了些畫紙，折了120個千紙鶴，在上面寫下了祝福的話語，希望在街上發放。我們在大概下午三時出發，在往北谷民宿的途中開始派發。

我們在大街上無論遇到誰都會派發紙鶴，是在任何崗位的工作人員也好，是小孩也好，還是一個路人也好，我們共同的目標都是希望他們能夠在一個小小的紙鶴上感受到我們的心意，我們並不奢求那個紙鶴能夠給接受者帶來很大的改變，也許那個人會把紙鶴保存一輩子，也許他們會隨手扔掉，但我們希望他們能夠在這小小的心意上感受到一份正能量，希望他們能夠以正面態度去開展或完結這一天。我們在派紙鶴的那刻，想著的並不是要快點完成使命，而是希望對那些不為回報而幫助過我們的陌生人送上衷心的感謝。看著他們的表情，由驚訝到因為感謝而面帶笑容，真的讓我覺得幸福其實好簡單。希望收到千紙鶴的人和幫助過我們的人，在遠方能收到我們的祝福。

我要感謝我的組員，如果沒有他們，那7天，我大概會抱怨死吧。他們每一個人所擁有的才能，真的讓我非常佩服和驚訝。而在同時，為了不拖大家後腿，我也告訴自己我要努力一點點。很感謝她們到哪裡去都非常照顧我，讓我有動力跟他們去走每一段路。沒有他們，我大概也不會做出像截順風車和賣藝那麼瘋狂的事吧？真的非常感謝他們，讓我走出了那一個待了很久的舒適區。

日本人對我們的賣藝相當支持

機場問路大挑戰

婆婆對我們很好奇呢！

最後也是最重要的，學會反思和欣賞自己。在這一次的旅程中，我發現原來我比自己想像中還要勇敢，更懂得調整自己，真希望我能好好利用我的優點。而我學到最重要的兩件事，第一是學會更知足常樂。在香港，一個物質豐富，接近沒有自然災害的地方，很多人都以為日常生活中的很多東西都是必然的。幸好在這個課程裡，讓我知道了當一個人身處在資源匱乏的地方時，還能夠得到與你素未謀面的人的幫助，是一件非常非常珍貴的事情。第二，無疑是忍耐。學會忍耐，這大概不是那麼容易的事。看見隊員們都非常辛苦的時候，我真慶幸自己當時說的是「加油！」而不是「究竟還有多久？」或「好熱喔！」這些抱怨的話。正正就是我知道所有人其實跟自己一起吃苦的時候，我說的一句抱怨話語根本不能解決問題或減輕負擔，那為何不「少說話，多做事」呢？有時候一次忍耐，或者會帶來更好的果實吧！帶著這兩樣東西離開沖繩，大概是我最大的得著！

「火車錯過了，或許有下一班：時光錯過，卻如一枚親密的戒指掉進了無邊無際的大海，再多的牽掛愁悵也找不回來。」

7日的旅程，說短不短，說長不長，但我們學到的，卻使我受用一生。十一人的團隊，說小不小，說大不大，但我們體會到的，確實一種不可斗量的溫馨和友誼。

「按下快門或許是只是一秒鐘，但是回憶卻是一輩子。」

這旅程就是點燃我生命的一個小小火把！

3 Faith 袁可兒

從萬花筒看世界

水清沙幼，自拍好地點

聽～～海哭的聲音

Programme 17

Cycling for Touching Taiwan
敢踩感動　感動台灣

Eligible Form: S2-S5　　Destination: Yilan , Taiwan
OLE Areas: Moral and Civic Education,
Physical Development, Career-related Experiences

我自問對踩單車一無所知，也沒有興趣，但經過這五日四夜的旅程裏，我發現了踩單車的樂趣，明白什麼是真正的團隊精神，更體會到台灣人的熱情及文化。

第一天雖然沒有踩單車但我們去了羅東夜市。台灣夜市不同攤檔的燈光及街道上的喧鬧聲構成了台灣的熱鬧，台灣早上靜靜的街道一到晚上便馬上變成充滿人情味的街道。每逢跟攤檔的老闆買一樣食物，老闆便會親切地笑着問我們：「你們從哪裏來？」買完食物後便會跟我們說「記住下次要再來光臨。」在香港，如果遇到一些外國人，我想香港人不會有時間去問對方你是從哪裏來的，香港更不會有那麼富有特色的夜市。

第二天踩單車途中所見台灣的風景令我大開眼界，沒有高樓大廈阻擋我的視野，一望無際的稻田映入我的眼簾，藍藍的天空與稻田構成一幅畫。在香港有無數棟大樓，看到草地更加是沒可能的事。踩單車途中有一位組員遇上了意外，當時我們立即趕上去關心他，很快地他便能繼續起行。不知道是不是因為這樣，從那天起，我們組的關係開始更親密了一些。

第三天發生的事我想我永遠都不會忘記。在踩單車回程途中，我們組迷路了。正當我們在研究地圖時，有一位踏着電單車的大叔問我們「你們要去哪裏？我可以帶你們去。」之後他差不多用了15分鐘的時間帶到我們返回單車舖，我們跟他說再見，他便對我們微笑揮手，然後離去了。大叔的那份熱情，真的打動了我們每一個。

第四天我們去了台灣的國立傳藝中心及蘭陽博物館。參觀這兩個博物館並不是令我印象最深刻的事——反而是踩單車去車站的途中，當發現有組員的單車鏈掉了，所有人二話不說地上前照料。只說出來可能會覺得很抽象，但相片中的我們完全突顯了甚麼是團隊精神，那畫面，真的很美。

老闆的一句問候，大叔的短暫帶路，足以令我對台灣有那麼深刻的印象，這些溫馨的畫面永遠會留在我的心裏。台灣的人情味實在令人覺得溫暖。還有台灣鄉村美麗的景色，自然環境真的令人感到很舒適。台灣的博物館也令我知道台灣十分重視自己國家的歷史。種種的原因都令我捨不得這個LEWOWA要完結，更捨不得離開這個充滿人情味的地方。

3 Grace 蒙學之

在博物館全體大合照

早上吃過早餐後便踩去二結車站

當發現有組員的單車鏈掉了 …

蘭陽博物館大合照

Programme 18

Exploration for Further Study and Career in Shanghai and Hangzhou
上海及杭州升學就業之旅

Eligible Form: S3-S5 Destination: Shanghai, China
OLE Areas: Career-related Experiences

這幾天在上海和杭州確實擴闊了我的眼界，之前我以為大陸是一個政治，經濟，文化，社會都很落後的地方。當我到過上海一趟，我完全改觀了，原來上海和杭州是大陸非常發達的城市，繼香港以後是中國另外一個國際金融中心，人文發展也不落後於香港。在這個課程中我也學到了很多升學就業的資訊，和讓我走出香港去看看另外一個中國重點金融城市的發展。

這幾天我們去過很多地方，有黃浦外灘、兩所中國大陸頂尖大學、汽車和飲品工廠、上海2010年世界博覽會會址、杭州G20峰會會址、杭州的西湖、杭州一所中學、上海的養老院等等。而我印象最深刻的就是去參觀上海的兩所大學，參觀工廠和游覽西湖。

我們今次參觀的大學是復旦大學和上海交通大學。這兩所大學是上海最頂尖的，都出過很多名人，有著名科學家、政治家，和很多對社會有貢獻的人。復旦大學是一間綜合型大學，但以文科較聞名；上海交通大學則是一所以理科聞名的學校，有東方MIT之稱。這兩所大學的學術水平非常高，所以收生要求亦非常高，能夠進到這兩所大學都是讀書的尖子。我走進大學的時候，就感受到大學校園濃厚的讀書氣息，學習氣氛很好，如果有機會的話我也想到復旦大學交流。我讀的是歷史，而歷史是跟政治息息相關的一個科目，很多時候也會扯上政治，因此我認為在大陸讀歷史等文科科目不是一個好選擇；但是讀理科就不同，大陸的科技發展非常發達，值得在大陸研究科技。而我們所參觀的兩間工廠是「上汽大衆」車廠，是一所國際合作合資公司，規模非常大，在中國有多個生產地點，平均一分鐘出產一部汽車，令我大開眼界。而飲品公司哇哈哈就一天生產超過五十萬瓶飲品。中國不愧是世界工廠！

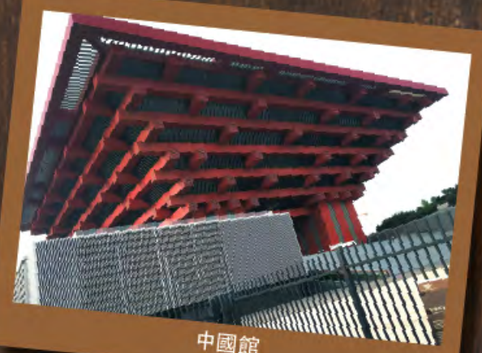
杭州的西湖風景優美，從中看到了上帝創造天地萬物的奇妙，亦看到人類的渺小，沒有上帝，我甚麼都不是。西湖是一個此生必去的一個景點，風景優美怡人。

今次的旅途很充實，令我大開眼界，增廣見聞，我也學到了很多升學就業的知識，對我將來發展有很大的幫助。感謝上帝給我一個平安、充實、順利的一課！

4 Grace 吳晉熙

復旦大學正門

東方明珠塔


中國館

交通大學學院歷史

參觀大眾汽車廠 - 大合照

娃哈哈飲品製作

與下沙中學同學共同創作沙畫

與杭州市下沙中學同學交流

南京步行街古老建築

西湖湖景

Programme 19

GAN-BA-DE Pooikeinians! 香港動感之旅

Eligible Form: S3-S5
Destination: Hongkong
OLE Areas: Moral and Civic Education, Physical Development, Career-related Experiences

動感之旅原先是在大阪進行，後因大地震改為在香港舉行，當時大家很擔心地震情況，也憂心是否要取消大阪之旅。後來學校經過深入的評估後，決定為了學生的安全起見而在港進行。大家當然失望，但經過這五天的活動，我們都覺得在香港也可以很好玩。

首先，先要多謝負責老師Ms. Shek和 Mr. Ng，他們僅用了一天的時間就聯絡上不同的人士，設計了一個既充實又有趣的課程，彌補了我們不能去大阪的失落。

這次課程讓我體驗到平日較少接觸的運動如射箭、旋風球、跳舞(Jazz funk, hip pop)、棒球、武術、劍擊、泡泡足球和空中瑜珈等，還學懂了做瑞士卷。

課程中令我最難忘的是學習武術，因為除了可以欣賞到導師精湛的武術技藝，還可以學到武術一些套法，例如五步拳、耍拳、耍劍和打鬥基本動作。我記得當時我要花大量時間去記住耍劍的動作，在拍攝前都耍錯，幸好在拍攝時勉強過關。還有在拉筋時同學們的尖叫聲、呼救聲令到課堂充滿趣味。除此以外，導師們與我們相處融洽，有講有笑，還向我們示範蜈蚣彈！不單是玩樂，導師還向我們解釋北方與南方武術的不同，甚麼是武德……所以這堂武術課讓我明白到玩武術的人首要條件是柔軟度。感謝老師安排這堂又有趣又充實的武術堂。

另外，我覺得最刺激是玩泡泡足球。因為我們的頭與上半身要塞在膠球中，只有腳露在外面踢球。最刺激的是我們在球中經常被別人撞跌和彈開。我們又舉行了師生大賽，Mr. Ng同Ms. Shek 都十分投入去玩，特別是Mr. Ng，他與同學打成一片。而且在遊戲中看到女同學暴力的一面，十分有趣！

總括而言，這次是我最後一次參加學習無疆界課程，亦是歷來最好玩的一次，使我獲益良多。雖然所學的並不深入，但學到的並不少，除了技能，還有團隊精神和體育精神。

5 Love 黃薏

Day 1

射擊和旋風球工作坊。我們進行了攻防戰。

Day 2

跳舞及棒球體驗

Day 3

武術體驗；與導師合照

Day 4

劍擊

泡泡足球

Day 5

瑞士卷製作

空中瑜珈

Programme 20

Go Tokyo! Japan Business & Culture Journey
東京上學去! 日本商業。文化體驗

Eligible Form: S3-S5 Destination: Tokyo, Japan
OLE Areas: Moral and Civic Education, Career-related Experiences

Welcome to Japan Exchange Group

The most unforgettable activity was interviewing people in Akihabara. Our group had to interview at least 10 people on the street about their thoughts towards Akihabara. At the beginning, it was a hard task since it was strange to interrupt people to take a survey, but we finally managed to overcome this difficulty.

The most interesting story in our trip was the day we visited Kojimachi Gakuen Girls' Junior and Senior High School. We were guided by their school teachers to take a school tour. Then we had interactive English Oral classes with Japanese Girls. It was a great and valuable experience since we rarely have opportunities to communicate with foreigners, especially Japanese. We learnt a lot about their culture and school life through this activity. After that, we went to a Japanese tea appreciation ceremony. We learnt the manner of preparation and presentation of powdered green tea. It was interesting for us to make our own tea as we had to stir the tea many times. We all successfully made it with the help of the Japanese students. When we were about to leave, one of our groupmates was invited to take a picture with all girls inside the ceremony.

Charlotte CHOW 3 Peace, Melody POON 3 Peace, Adam FUNG 4 Joy, Edmond SO 5 Faith, Summer KWAN 5 Hope and Cosy SO 5 Hope

Interview with foreigners at Akihabara

Group photo on Rainbow Bridge Tokyo

Be an engineer at ANA maintenance plant

In this LEWOWA activity, we visited various businesses. The most important thing I learnt was being "on time". Japanese are very cautious towards this issue. It is important to arrive earlier. Also we went to Akihabara and different museums, which furthered my interest in Japanese animation even more.

This trip allowed me a deeper understanding of Japanese business and culture. It gave me a chance to practice my Japanese language skills. I was even responsible for the opening speech during the visit to the Japanese Girls high school. It was an unforgettable experience.

Cherry SO 5 Love

In Asahi Shimbun, I was told the importance of punctuality. The staff claimed it only took them five minutes to report and publish an accident to the public. Punctuality is key to success in their business. Each staff monitors one step of the process of newspaper printing and makes sure not a single second is wasted. I was shocked by their attitude to time which helped me also to learn to treasure each moment.

In Akihabara, I experienced the business knowledge that I was taught during lessons. In Akihabara, toys and figure shops are grouped together. It creates economies of scale. A large number of shops creates goodwill and attracts customers. As a customer, I found that I really could find what I wanted easily and more conveniently. It was a valuable experience since we don't really have many chances to experience what we have been taught during lessons.

Jaden CHU 4 Love

Pooi Kei in the newspaper

Japanese tea appreciaiton

Gesture V is our common language

How popular our SPKC gentleman is

Group photo after tea appreciation class

Programme 21

Horses, Grassland, Stars: a Spiritual Sojourn in Mongolia
野馬、草原、繁星：蒙古國屬靈之旅

Eligible Form: S4-S5 *Destination: Mongolia*
OLE Areas: Moral and Civic Education, Community Service

〈第一天〉

自己一人乘車到機場，與還未熟悉的團友一起上了飛往烏蘭巴托的飛機。心裏一直害怕這次LEWOWA會像去年一樣結交不了朋友，所以出發前有點不情願，不想再面對去年的煎熬。

廉航的服務挺好的，食物也很不錯，我吃了一個牛肉薯蓉餐。飛機上漫長的四個半小時，就在作曲、偶爾睡睡、玩遊戲、聽歌及間中遙望窗外風景中度過了。

下機時已經是傍晚，我們立即去兌換少量蒙古幣。吃晚餐時，我開始與同隊的同學談談天，跟對方有了基本的認識；晚餐雖然十分可口，卻有點油膩。吃完晚飯天還亮亮的，此刻我才發現原來蒙古的日落時間竟然是九時多。吃過晚餐後，我們便到了酒店休息；酒店的床挺舒服的，我很輕易就睡著了；就是這樣，我便度過了第一天。當時的我，還遠遠低估了旅程的愉快程度。

〈第二天〉

一早起來吃完早餐後，我們就乘車到了成吉思汗廣場。這次旅程，讓我發現原來蒙古人是多麼崇拜成吉思汗：很多酒店、商舖、物件也是以他命名。原來成吉思汗曾經統治了不少地方，功業顯赫，難怪他是蒙古人民心中的英雄。

之後，我們便參觀了蒙古的國家公園。當地的山勢奇特，有很多的樹木，路上豎立了不同勸世的句子。我選擇獨自一人走上山，在享受山間的寧靜之餘，也可思考人生。山頂的風景宏偉壯觀，空氣比香港的清新得多，看到的天空也比香港的寬闊很多。當天晚上我們入住了旅程中的第一個蒙古包。飯後，我又獨自坐在草原上，望著夕陽，聽著關於人生的歌曲，思考人生。其後，我與幾位組員一起觀星，看見天上美麗無比的繁星，我除了拍下星空照片外，還畫了一些光畫。

〈第三天〉

這天的行程令我最難忘的是早上4:30我便睡醒了，自己一個坐在寒風刺骨的山上等待日出。可惜天空被厚厚的雲遮蓋了，無法見到太陽。然而生命不也是一樣嗎？豈能盡如人意？

〈第四天〉

我們再次乘車到野外，途中見到一群野羊。吃過午餐後，我們出發往弋壁。在沙漠中間，我們發現了一個綠洲，這提醒我在看似絕望的生命中，總有一線希望。

中午，我們參觀了一個蒙古古蹟，據說清朝的軍隊把當時蒙古的文明建築都毀滅了，剩下這一小部分的建築。當時我在想，曾經是繁榮的地方，現在已經夷為平地；正所謂「大江東去，浪淘盡，千古風流人物」，我在浩瀚的宇宙中又算是什麼？

當晚我們居住的蒙古包環境非常惡劣，但卻是我得著最多的一晚；因為不少男同學都聚首在一個蒙古包裏，在日夕的餘暉下傾訴心事，大家都互訴心裡不敢面對的事情，一起笑、一起哭。我從他們身上學到很多人生哲理，領悟到我是多麼身在福中不知福呢！

〈第五天〉

這天我們去了野生動物園尋找野馬；在小巴上，我沒有看手機，反而不時留意著窗外的風景。經過一個多小時的搜索後，我們終於找到三隻野馬，可惜只能一直與牠們保持距離。離去時我望著夕陽，眼前的畫面美麗得令我感慨流淚。

〈第六天〉

這天，我們體驗了蒙古遊牧民族的生活，在沒有網絡、電子產品及憂慮下生活了一天。我有幸抱到一隻幼羊，當時真是甚麼煩惱也忘了。還有我試了馬奶酒和羊奶等地道美食，別有一番風味；及後，我們也欣賞了馬頭琴三重奏。在短短一天的相處裡，蒙古人給我的印象很親切，我徹底感受到他們對我的友善。

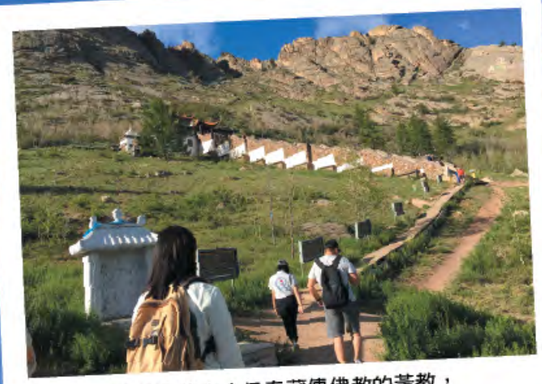
〈第七天〉

這天令我最深刻的是探訪孤兒院，我們雖然與孤兒有著語言的隔膜，但是愛和笑容是我們的共同語言；我跟他們high five，向他們笑，已經可以帶給他們無比的喜樂。我覺得他們很堅強，失去雙親仍然這麼快樂，勇敢面對人生，不會因為自己悲慘的過去而自卑，比我堅強得多。

總結這次旅程，無論是從野馬、草原、繁星、羊、朋友、孤兒、還是老師們身上，我都學懂了很多人生的功課，實在讓我難忘！這是我最喜歡的一個LEWOWA！

4 Peace 楊卓衡

多麼滋味的全羊宴


大部分蒙古人信奉藏傳佛教的黃教，
我們參觀了其中一間寺廟

蒙古的孤兒很投入與
我們玩遊戲

成吉思汗在蒙古人心中擁有崇高的
地位，因此處處可以
看到他的畫象或雕塑

馬頭琴是蒙古的傳統音樂

每天經過的地方盡是一望無際的草原及羊群

參觀日本未來科學館

Programme 22

Japan Life Planning Journey – Tokyo Stage Management Programme
日本尋夢之旅－舞台管理東京交流課程

Eligible Form: S3–S5 Destination: Tokyo, Japan
OLE Areas: Aesthetic Development, Career-related Experiences

在這次課程中，我們主要集中學習舞台管理。除了舞台管理的知識外，我更學懂了不少人生道理。

在舞台管理學習方面，這課程增進了我對後台運作和設施的知識。在旅程的第一天，經過在秋葉原的電子商場參觀和師兄的介紹，我學習到不同後台器材的知識，例如它們的作用和分類；在參觀電視台時，除了學習器材的用法外，更見識了工作人員操作電視台攝影機的過程。當時，我毛遂自薦參與主播體驗，近距離接觸五花八門的看稿器材，觀察到實際攝影機放置的位置，感受到鏡頭帶來的壓迫感。而在整個旅程當中，我比平常更多留意身邊的器材，透過對器材的深入觀察，思考設計的作用和目的。這令我驚嘆人類科技的進步，以及每一件作品（例如一場演奏會）當中的奧妙。

對於人生，經老師的教導和自身的體會，我對人生的體會又深刻了一些。我不但從日本文化中學習到做人要有耐性和小心謹慎外，更學到要抱持樂觀心態和發揮所長等人生道理。最令我最深刻的莫過於「即使想逃避，做錯事便要勇於承擔」的道理。雖然我本身十分認同「做錯事就要認，被人打就要企定」的道理，但對於尷尬的公開道歉難免會有逃避之心。課程中我曾由於迷路而遲到，我雖心中有愧，卻不知如何是好。有幸得到老師的提點，明白比起尷尬，更重要的是能從中學習。於是我便在上旅遊車的時候，向行程因我而受影響的大家，大聲和真誠地鞠躬道歉。雖然事後我與同學之間的關係需時修補，道歉卻令我身心舒暢。此事讓我學習到承擔後果的重要，和面對挫敗雖尷尬，卻能令良心得以釋放的道理。

「學海無崖，唯謹是岸」，不論是知識還是人生道理，一個平凡人用一生也難以完全通達。我在這次旅程中獲益良多，希望日後能把這些道理加以實踐，令我在成功人生的路上再踏進一大步。

5 Peace 周子悅

參觀日本富士電視台

參觀日本未來科學館

校友分享海外升學的經歷

日本應慶大學禮堂控制室交流

TeamLab 燈光效果展覽

TeamLab 燈光效果展覽

TeamLab 燈光效果展覽

Programme 23

Seven Lessons from God in Taiwan
上帝的七堂課(台灣)

Eligible Form: S3-S5 Destination: Taitung, Taiwan
OLE Areas: Moral and Civic Education

"God and His grace will accompany us any time with his own method." The seven lessons of God are full of unexpected breakthroughs, waiting for us to unleash and explore. At first, I thought this trip would be full of touching moments from God and lots of tears, and that we would literally see God, but it turned out that none of these were experienced. On the other hand, I had a far greater journey than I had expected.

One topic I had learned a lot about is God's grace. Initially, I used to say "God's grace is sufficient enough to overcome your obstacles ahead" in order to comfort others. It eventually became my slogan, but I didn't actually understand it. Fortunately, God showed his plans to me within the trip. For instance, he offered some experiences that we might never have imagined. On the first day, we accidentally met 2 alumni of SPKC, and they told us it's a must to visit the seaside town of Taitung. We had a wry smile and knew that was not going to happen as we had limited resources and time. Unexpectedly, a later day, when we tried to catch an ongoing truck as free transportation to take us back to our hostel, the driver suggested we spend some time hanging around the beach. We were so surprised and felt grateful and delighted while playing in the waves. Moreover, God's grace is always with us even if we don't immediately realize it. On 27th June, we left Luye and travelled to another destination. Eventually, on 28th June, a 3.9 earthquake happened in Luye. God protected us from danger and we could peacefully come back to Hong Kong.

Another thing I learnt is that we need to thank those who give help and have mercy on us. We encountered many great people and great things during our journey. For example, an auntie offered to drive us back to the hostel. There were 13 people, but her car only seated 4. At that moment we planned to say "oh then, it is okay, never mind, thanks", but she shockingly said, "I will drive you guys four by four in three rounds." We were so touched at that moment. We decided to thank those people who had helped us during our trip, those who taught us how to get to the designated place, those who secretly added extra noodles in our meals… Even if that was only a brief thank you, their smiling faces warmed our hearts. Since we had experienced so many helpful moments, we were determined to treat our peers well to make them feel warm.

Last but not least, we felt the importance of God's presence in our lives. We felt the happiness of having friends accompany us through ups and downs. Thank God for allowing me to be a part of this wonderful journey. I would definitely like to experience God on a similar trip in the future!

LAI Nok Hei Jonathan 5 Love

The way to Brown Boulevard

Sing hymns at the Chishang station

Taitung bus station

God will lead our path!

We are still young!

God will lead our path!

Beautiful scene in Chishang

Travel by hitchhiking

Cycling to Brown Boulevard

Planned itinerary in Taitung

A beautiful rice field in Chishang

Programme 24

Shuttling to the Arts at Streets and Alleys in Taipei
穿梭台北大街小巷的藝術

Eligible Form: S2-S5 Destination: Taipei, Taiwan
OLE Areas: Aesthetic Development

Enjoying the landscape portrait at the Huashan 1914 Creative Park.

The Huashan 1914 Creative Park visit.

The local ceremony at Dihua Street.

This was my first year to participate in the overseas programme, *"Art-shuttle in Taipei Streets and Alleys"*. I would say I am not an artist, but this trip has taught me a lot about art and changed my thoughts about art!

We visited many art-related places, such as the National Palace Museum, National Taiwan University of Arts, Taipei Artist Village, Treasure Hill and Juming Museum. All were truly amazing.

During the last day of our Taipei trip, we went to Yingge, which is a place famous for its ceramics in Taipei. It was my first time to try wheel throwing and it was SO HARD! We concentrated so hard that we didn't even notice all the clay on our jeans! After that, we went to Daxi Wood Art Ecomuseum. We saw lots of wood art. I never knew that the smell of wood could be that nice!

After these five days, I have learnt how to appreciate art and I have learnt a lot more about art. It was really a happy, meaningful and enjoyable tour for me. Honestly, I already miss the days that I spent in Taipei. Now, I am looking forward to next year's LEWOWA!

LEUNG Tsz Yin 2 Grace

Enjoying the landscape portrait at the Huashan 1914 Creative Park.

We finally arrived at the famous Juming Museum!

Let's do Taichi in Juming's style!

Now studying an animation degree in the university is not a dream anymore!

The Kuandu Museum of Fine Arts. There were a lot of amazing artworks inside.

There is no hipster in the world that can compare with you.

The famous Red House Theatre at Ximen.

Although the day was as hot as being inside an oven, we still enjoyed the visit to the National Taiwan University of Arts.

We were lucky to have the students from the National Taiwan University of Arts to be our tour guides!

The sculptures were professional even though the creators were only university students!

Our first time to try wheel throwing!

Wheel throwing is harder than it looks… you need extra concentration!

One of the old bowl turning machines.

去日本學校探訪交流

日本傳統食物廣島燒

Programme 25

The Exploration of Sino-Japanese War
中日戰爭探索之旅(廣島)

Eligible Form: S2-S5 Destination: Hiroshima, Japan
OLE Areas: Moral and Civic Education

今年的學習無疆界，我參加了中日戰爭探索之旅這個課程，令我獲益良多。作為第一次出國的學生，我十分期待與同學之間的互動，多年沒有去日本，亦期待去日本交流，認識日本文化。不過令我最期待的，是更認識日本的歷史。這次的目的地是日本廣島，在二戰中飽受原子彈的攻擊，有很多遺跡值得我們去參觀，所以我就懷著一個很期待的心情出發到日本。

到達日本之後，我印象最深刻的就是參觀原子彈遺跡和與當地學生交流。

參觀原子彈遺跡的感覺是非常震撼的，從遺留下來的建築物看到原子彈的威力比想像中更大。如果沒有來廣島，根本不知道戰爭帶來多麼恐怖的傷害，因原子彈而死的平民足足有十六多萬人。普通的平民因為戰火，迫不得已死於原子彈下，從紀念館展示的日記、衣服、紀錄片等等，可以想像到當時人們恐懼的心情。

我很感恩自己不是出生於戰亂期間，亦感恩香港沒有因為核爆而有輻射等問題。我認為我們應該要有一顆感恩的心，珍惜身邊所有的一切，不要等失去後才後悔。我覺得全世界應該正視戰爭這個問題，戰爭的傷害我們很清楚，但國與國之間的鬥爭何時才能完結呢？第三次世界大戰又會不會發生呢？到時會不會有第二個廣島呢？

在課程期間，我們也參觀了一所學校，那是我第一次深入地和日本人溝通，亦發覺日本人性格很友善。交流過後我才知道每個學生都懂得如何摺紙鶴，也知道他們會在不同的時節穿不同的和服。這些交流看似簡單平常，但就是因此而增進了我們對日本文化的認識，輕鬆地交談，令我們更加認識對方，最後我們還交換了Instagram。

直到現在，我仍很享受及回味這次日本廣島交流旅程，亦很希望來年可以去其他國家增廣見聞，因為出國有別於留在香港，可以學習其他國家的文化、歷史，亦學習到自我管理。這次旅程我所有同房都病了，也有同一間酒店轉三次房間的特別經歷，回到香港我很擔心自己身體會捱不住，很感恩天父一直同在，令我有健康的身體。

感謝老師和導遊的照顧和幫助，亦要感謝我的隊友，今次這個課程是一個很難忘的回憶，也是一個很值得我們去學習的課程，希望來年再見。

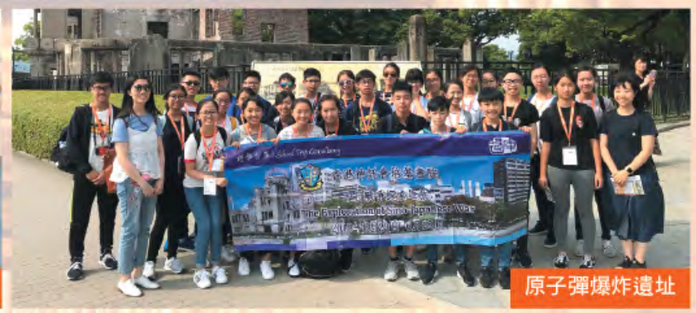
2 Peace 陳家澄

參觀昭和時代建築群

吳市入船山紀念館

參觀交流後與AICJ Junior and Senior High School 的老師及學生拍照留念

大和博物館


原子彈爆炸遺址

大久野島毒氣資料館

大久野島

嚴島神社

當地學生教同學日本的傳統摺紙藝術

當地教會世界和平聖堂

崖上的波兒背景 鞆之浦漁村

Programme 26

The Green Grass of Home in Taiwan
「緣來自有機，味是鄉土濃」台灣之旅

Eligible Form: S3–S5 Destination: Yilan, Taiwan
OLE Areas: Moral and Civic Education

第一天

我們坐11:10的航班到達台北，我們探訪一條台灣當地有名的環保小村落。地方的環保大使叔叔嬸嬸教我們如何利用果皮及剩油去製造環保酵素作洗潔精和肥皂，減少排放及棄置廢料。我們這才意識到台灣市民的生活其實很簡單及環保，我們非常欣賞他們的環保意識，亦十分值得我們學習並仿傚。到頭城農場吃過飯後，我們便開始進行DIY天燈的活動，利用四張大的透光紙去製造一個天燈，其後便回到民宿。農場的景色優美及寧靜，令人十分期待明天的農場體驗。

第二天

吃過早飯後，我們便開始遊覽園區，工作人員向我們介紹園區裏的植物與動物。區內的植物各有特色，印象最為深刻的是工作人員把樹葉接成帽子，再給其中一位同學戴上的一幕。工作人員問那個同學「你結婚了沒有？」，同學當然回答沒有，工作人員便說，「幸好你未結婚，否則便是有了第三者，戴上綠帽子了！」這樣的笑話令我們更了解到農村人心境開朗樂觀。其後，我們便親身體驗耕作、插秧。身為都市人的我們，甚少機會到農村耕作，對此感到極為新奇，怕熱、怕骯髒、怕昆蟲的都市人所害怕的三樣東西都集於田中，同學想著既然來到這裡，如何無奈都要嘗試。當我們帶著被酷熱陽光曬到滾燙的身軀把小腿插入涼快的土壤裡時，頓時消除了各種不適的感覺。冰涼的泥土緊緊包着我的小腿，盡把都市人的壓力釋放。泥土包緊着小腿變得沉重，當離開農田時卻變得輕鬆，只因心中的壓力和沉重都被大地帶走了。接着，農場接待人員便帶我們製作果醋，作帶回香港的手信。午飯過後，他們教導我們用染料製作T袖及袋，同學發揮藝術觸覺染上心儀的顏色，自得其樂。園長的歡送令同學深感不捨，生活的節奏又要「回復正常」。到了幾米公園，台灣人重視環保，將廢棄的空間加以利用，變成取景攝影的地方，更設有玩樂設施，促進旅遊業發展，此公園更成了到台灣旅遊的必經景點。吃過晚餐後便前往羅東夜市。夜市熙來攘往，雖美食當前，卻因先前豐富的晚餐使我們「有心無力」，這次的旅遊經驗讓我得知，行夜市，就大可不必吃晚飯了。

第三天

吃過早飯後，我們便急忙地坐上旅遊巴到達宜蘭三星蔥田。我極為興奮，因為我曾經到過這裏，卻沒有嘗試親手弄蔥油餅，感謝學校讓我們能夠一起親手製造美味的蔥油餅。快樂過後我們便要開始商討晚餐的菜單。一開始我們並沒有抱很大的期望，只是希望能煮一頓能下肚的晚餐。幸好七個組員十分合作，大家齊心協力，結果色，香，味俱全。最令我深刻的是那一煲平凡中卻帶來驚喜的蕃茄馬鈴薯湯，是多麼濃郁，多麼的好喝，食材新鮮的味道令大家一吃難忘。

老師和同學一起嘗試製作蒜頭果醋

烈日當空，我們到農田收割農產品

通通脫下鞋子 齊齊下田

究竟是什麼驅使同學落力地踏進田裡插秧？好奇心抑或是責任感？

女同學成功製作窯洞

第四天

吃過早餐後，我們走訪城市化的十分。因為一套電影「那些年」，這裏已經成為了著名的觀光景點，不少遊客為了這個瀑布慕名而來。我們稍稍品嚐了附近的美食便出發到九份。九份的街道熱鬧得猶如香港的旺角一樣，有著各式各樣的當地小食，到處人山人海，好不熱鬧。我們四處放懷大嚼一番後，便走到高處俯視這片壯麗的景觀，天上金色的畫布早已被染成紫色。今天行程最後是夜遊西門町，和先前一樣到處品嚐不同的美食後，便結束了第四天的行程。明天就是回家的日子，一躺下床，心中突然萬般思緒湧現，不捨的心情令我們輾轉反側，希望明日的晨光不要這麼快到來。

第五天

我們晨早便到達維格夢工場鳳梨酥工廠嘗試DIY手製鳳梨酥，同時亦跟隨專業人員去參觀製造鳳梨酥的過程，其後便到達機場，準備乘搭航班回香港。我們帶著不捨的心情完成這LEWOWA的旅程，因上課日的關係，課程只有短短五天就結束，我們都覺得課程時間實在太短，渴望能有更多時間體驗和學習。

五天的旅程使我們獲益良多。這不單單是一次遊歷，更是與大自然的一次親密接觸。逃離了城市的喧鬧，我們看見了不少大自然的風光。《憫農》的教導聽說得多，但親身體驗耕種和收成，使我大開眼界，並明白到「誰知盤中飧，粒粒皆辛苦」的道理。每一顆稻米也是得來不易，而且當中所投入的血汗是令人感嘆的。另外，同學之間的友誼，使我們無論在各項活動中都臉帶笑容，積極投入參與。若果能將這份友誼帶到未來的日子，我會選擇再參與這個活動一次，再經歷一次，再與大家相遇一次。

5 Love 陳浚銘

這是不少同學第一次親身踏進稻田插秧

我們一起摘蔥的日子

同學盡力設計不同菜色也投入預備

Master Chefs

男同學所站的地方你熟悉嘛？
是電影那些年於台灣十分的場景啊！

Programme 27

Bonjour, Mauritius, Ki Manier?
毛里求斯學習之旅

Eligible Form: S2–S5 Destination: Mauritius
OLE Areas: Moral and Civic Education

LEWOWA offered me a wonderful and eye-opening experience. Since I had never been to Africa before, or any other continents for that matter, I was exposed to a whole new perspective of the world and a whole new culture!

Our trip focused on the study of biology, history and French. Through visiting various locations of natural habitat including oceans, mountains and small islands, I observed species of animals and plants that one is not able to find in Hong Kong. For example, we went trekking on Le Morne and visited Ile aux Aigrettes. The Aldabra Giant Tortoises, the Paille en Queue bird, along with ebony trees and the Hypophorbe amaricaulis were all highlights. All raised my awareness of the need for protection and preservation of animal and plant species. Since people in the past did not take good care of nature, a lot of species have become extinct in Mauritius. This is a tragedy for the earth. It is a lesson and an issue not to be overlooked in our current world.

Mauritius was occupied by three nations before gaining its independence (in 1967) – the Dutch, the French, and lastly the British. That is why Mauritians are fluent in French, English, as well as their common language of Mauritian Creole. While we were able to communicate with locals in English, we also practiced French in short phrases as conversation starters such as 'Comment allez-vous?' and 'Comment vous appelez-vous?' (meaning 'How are you?' and 'What's your name?' respectively). At the two secondary schools and two universities we visited, students were very passionate to invite us to their home country and introduce us to their culture. We could see how different their culture is compared to Hong Kong.

Mauritius, we are coming!

A mountain with the shape of a face of a sleeping woman

Three best friends seeking adventure

A lovely school exchange experience with the students in Northfields International High School

The capital of Mauritius, Port Louis, as seen on Fort Citadel

It was surprising to me to find that people in such a faraway country as Mauritius are interested in learning about Chinese culture. Perhaps due to China becoming a worldwide influence, Chinese culture is becoming more and more popular. We visited the Chinese Cultural Centre where we joined local Mauritians studying Mandarin and practicing Tai Chi. The University of Mauritius has set up a Confucius Institute on campus, offering free Chinese lessons where participation is on a voluntary basis. We dined at two Chinese restaurants that were indistinct from the 'Cha Restaurants' in Hong Kong, with circular tables, lazy Susan's, chopsticks and Chinese tea. We even met a number of people who talked to us in Mandarin when we told them we were from Hong Kong. I did not expect to see so much Chinese culture in Mauritius, but truly, the world is becoming one big community, a global village.

One of the most impressive parts of the trip was, of course, the scenery. Mauritius is a very beautiful country – a paradise island in the middle of the Indian Ocean. It overlooks pristine clear waters and contains a wide range of flora and fauna endemic to Mauritius. I, for one, could not stop taking photos of the natural habitat. Since it was winter in Mauritius, the weather was nice, apart from the occasional shower. It was neither too hot or cold - just perfect for travelling. Everywhere we went, up mountains and volcanoes, down to the shore and the bay, our cameras went 'click click click'. It was the first time I had seen 'where the sky meets the sea'. In fact, I did not realize I was looking at the sea until my groupmates pointed it out – the slight hint of an horizon between blue and more blue was astonishing to me. What a great trip! I learnt so much! Thanks LEWOWA!

Phoebe Leung 5 Peace

Do you want to join our lunch with these lovely students from Northfields Internationals High School

The seven-coloured earth, a natural phenomenon, shines under the sun

Here we are observing the moon from the other side of the globe

The stained glass depiction of Jesus and the twelve Apostles, in a local Catholic chapel

Here we are playing an inter-racial football match

We really enjoy the exchange experience here

This trip not only taught us more about Mauritius, but also strengthened our friendship

Programme 28

Fiji Life – Community Service Trip in Village
斐濟・慢活藍圖・村落社會服務之旅

Eligible Form: S4-S5 Destination: Fiji
OLE Areas: Moral and Civic Education, Community Service

This year we joined the LEWOWA programme "Fiji Life - Community Service Trip in Village". We went to a special place where we had never been, Fiji. Before going to Fiji, we thought it was a less developed country and the people there were poor and unknowledgeable. But after we arrived in Fiji, our minds changed. While our flight was landing at the Nadi International Airport, we were amazed by the beautiful sky and landscape. Our life-changing journey started when we first stepped onto Fiji Island: the happiest country in the world.

We stayed in a village in the centre of Fiji called Waibalavu, which is greatly different from Hong Kong. There is very limited electricity supply and only cold water for showers. Throughout the whole journey, we had to step out of our comfort zone and immerse ourselves in Fiji time. We learnt to be real Fijians, who can do whatever, whenever and wherever; just like lying down after the meal, no schedule, no stress.

Every single LEWOWA programme aims at giving students unforgettable learning experiences. However, we were hoping this would be the worthiest programme bringing us the most fruitful experience once in our life. Frankly speaking, we did not have any expectations before departure. We didn't even feel disgusted at the thought of visiting a less developed country. After the 10-hour flight and a whole-day car ride, we were told to drink a local featured drink – 'kava' during the welcoming ceremony. While in an unfamiliar environment, listening to a language that we didn't understand, a negative impression was built in our minds...

This is our first day arriving Waibalavu village and we are having the welcoming ceremony, trying the traditional drink, KAVA

We have to leave the village but we do not want to be separated, we all cried

We are family!

We are so ready for our Fiji LEWOWA!

Alternatively, the hospitality of the villagers inspired us a lot. For example, they treated us as their sons and daughters. They cooked a lot of different delicious food for us, as well as showed us how they enjoyed their life. They believed that life is to do what you like without any limitation, and no pressure from time and work. This can barely happen in our urban lives in a developed city. Besides, we did things that we had never tried before. For instance, painting the village church, building the path with cement, lying down on the mat after a full meal...

What we learnt the most in Fiji was unconditional love. Fiji people believe in God, so they think that the whole world is their family and they love everyone, even strangers. Our host family was so friendly, they would wait for us until our last meeting finished at 3 a.m. and bring us home. All these touched us a lot and we cried for a long time when we had to leave Waibalavu. We miss them so much and we will never forget what they did for us. Hopefully we can go back to the village again in the future.

We love this programme very much and we hope this programme never ends. The Fijians really shared their love with us and changed our attitudes towards life. We can only live once and we have decided to live with no regrets.

Alice YU 5 Love, Justin LIU 5 Peace, Kitty WONG 4 Hope, Jeanus SHUM 4 Peace, Yoyo WONG 4 Peace, Audrey KO 5 Grace, CHENG Yau Bolo 5 Love, Jeremiah TO 5 Peace

We mixed and spread the cement together to build a path for the village

Coconut leaves DIY

Making Bilibili (the bamboo raft)

Miss Chan is teaching the kids to write Chinese Calligraphy

The kid is using different tools to paint the wall

The beautiful view in Fiji

傳說中的黃金海岸

動物園前大合照

Programme 29

From Pictures to Words – The 1st Travel Journal of Australia
從圖像到文字 — 第一本澳洲遊記

Eligible Form: S2-S5 Destination: Brisbane, Australia
OLE Areas: Aesthetic Development

今次我參加了《從圖像到文字—第一本澳洲遊記》這個課程。雖然只有短短六天，但帶給我許多畢生受用的經歷。我從中認識到澳洲的人與動物。當中的藍光螢火蟲令我難以忘懷。牠在全世界絕無僅有。牠是森林的精靈，牠是森林的繁星，牠是森林的寶藏。

我們在細雨微風、鴉雀無聲的森林中，只聽到同學們互相提點小心濕滑石階的聲音；我們在狹窄的小路上步步為營、努力不懈，只為來到猶如天上繁星的藍光螢火蟲居住的地方。隨著導賞員的一聲令下，我們陸陸續續地關了手電筒，看到這一群如夢似幻的生物。在漆黑一片中，牠們發出冰晶般的藍光，雖然不耀眼，卻不容忽視。黑暗成為牠們最佳的舞台。牠們不像我們看到別的螢火蟲般一閃一閃的互相爭艷，而是開著一顆小夜燈為了自己的生存默默努力。(圖1：網上資料圖片)

圖1

伴隨著導賞員的講解，使我回憶起領隊的話。澳洲地大物博，擁有多樣的生態資源，但當地政府不像中國等國家只顧經濟發展，也非常注重大自然原生態保育。她的規則並不是蒼白無力的條文，而是每個人都會遵守的。還記得導遊跟我們說的一個小故事：有次朋友請他的鄰居到家吃飯，吃過飯後被鄰居發現他浪費水資源在洗碗碟，就把他舉報。鄰居不是為了嘲笑他，而是為了保護這份瑰寶。

在澳洲，我們細心觀察，親近袋鼠、樹熊等動物，發現大自然的美；我們走進農莊，接觸農夫，餵飼小羊，喝著比利茶，跳著土風舞，發現淳樸的風土人情；我們第一次學習駕駛高爾夫球車，穿梭草原，享受面對挑戰、突破自我的喜悅。

近距離接觸袋鼠

小知識：

螢火蟲（Firefly）會發出黃綠色的光，而且是會飛來飛去的小甲蟲，也就是成蟲階段。而澳洲的螢火蟲也叫藍光蟲（Glowworm），發出的是藍綠色的光，但是不會飛，他們是小真菌蚋蚊處在的幼蟲階段。

5 Peace 林墁怡

我要新鮮的牛奶

有趣的土風舞

出發前的祈禱

努力寫遊記

同心合力中

看你往哪裡跑

澳洲比利茶製作

開心騎馬去

泥灘抓蝦記

餵塘鵝

Programme 30

Mathematics x Geography: Flashpacking in Switzerland
數學 x 地理 特約之Flashbacker遊瑞士

Eligible Form: S2-S5 Destination: Zurich, Switzerland
OLE Areas: Moral and Civic Education, Aesthetic Development

Eiger Walk

Rhine Falls

The stunning view from the top of Zurich

During this year's LEWOWA programme, I participated in a Mathematics and Geography study tour. We went to different places in Switzerland, and completed daily tasks by applying some of the concepts we have learnt from Mathematics and Geography lessons.

One of the most unforgettable activities occurred on Day 4. We were only given 66 CHF to prepare for our dinner. Our group couldn't imagine how difficult the task would be as 66 CHF is around 530 HKD. This amount of money would be more than enough for us to buy sufficient food in Hong Kong. However, we realized that the cost of living in Switzerland is very high when we started to shop in a supermarket there. A small pack of steak already cost us 11.9 CHF! Therefore, we had to cut our expenses by all means. We tried to cooperate with other groups by sharing some of the seasonings and sauces, and bought alternatives at the lowest price. In the end, we still had 0.05 CHF left when we achieved the target. How amazing!

Flashpacking in Switzerland is definitely a memorable trip. We learnt not only Mathematics and Geography related applications, but also the importance of teamwork.

Another unforgettable experience happened on Day 6. To be honest, I am an introvert and I don't enjoy meeting strangers. However, we were asked to interview up to 50 visitors in Interlaken. You could imagine how frightened I was in the beginning. With the encouragement of my group mates, I was willing to step out of my comfort zone, and approach strangers. It turned out that talking to strangers is not as scary as I thought. Most of the visitors were nice! I was so glad that I could make such a breakthrough during the trip. I would like to take this opportunity to thank my lovely group mates. Without them, I don't think I could have achieved it!

On the last day in Switzerland, I went to many mesmerizing places, such as Jungfrau and the Rheinfall, where I marveled at the extraordinary scenery. Yahweh's creation is so intricate that no man can duplicate it. Speaking of Yahweh, I am so thankful for His protection throughout our trip in Switzerland. Moreover, I am also thankful for our teachers who guided us through the tasks and the tour guides for explaining the history & culture of Switzerland. I really had a lot of fun this year, and I am so grateful that my 5-year LEWOWA journey had such a perfect beginning, middle and ending!

taking photos before hiking

Jump so high

Kapellbrucke!!!

Finally arrived at the top of Jungfrau

Having BBQ next to the moutain Jungfrau

Wow.....Snow mountain