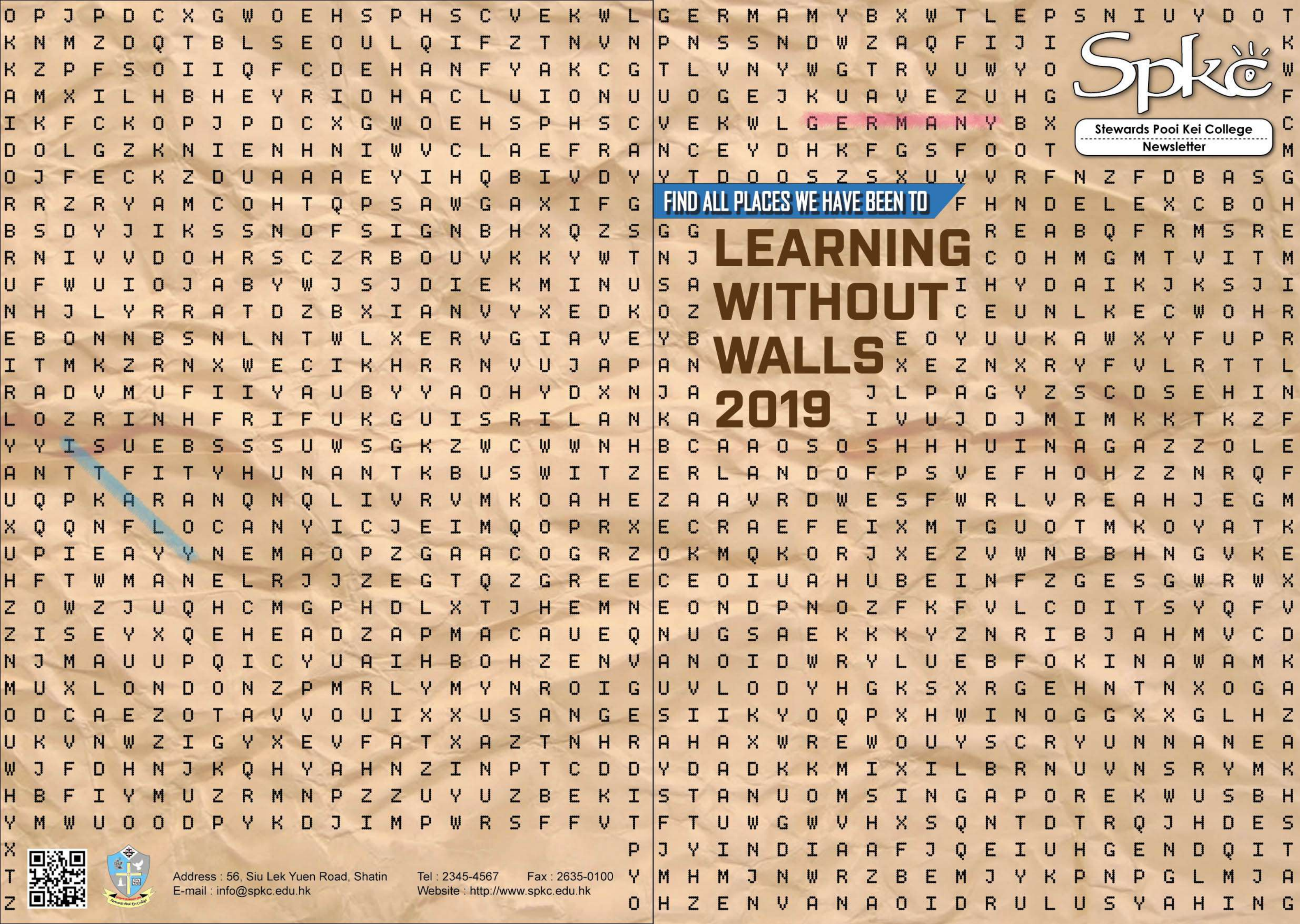




Stewards Pooi Kei College  
Newsletter



FIND ALL PLACES WE HAVE BEEN TO

# LEARNING WITHOUT WALLS 2019



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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

## Words from the Principal

2019 is a special year. It is the 15<sup>th</sup> anniversary of SPKC as well as the 15<sup>th</sup> anniversary of our Learning Without Walls (LEWOWA) programme. It has been our 'signature event' since SPKC was founded in 2004. As an integral part of the school curriculum, LEWOWA provides all S1-5 students with an experiential-learning opportunity outside the classroom every year. In line with the vision and mission of SPKC, LEWOWA aims to **equip Pooikeinians as Christian leaders with globalized vision as well as love and care through the life-changing learning experiences.**

Through 15 years of experience, LEWOWA has undergone several stages of refinement, making it more practical, effective and diversified in providing extraordinary learning opportunities. Students are offered programmes in which they can explore their interests, from art to history, science to cuisine, etiquette to theatre, through a wide range of cross-disciplinary choices. With the help of our experienced education partners, Pooikeinians are able to set footsteps to most interesting and remote corners of Hong Kong and the world. A pilot scheme was introduced in 2019 with the participation of 13 programmes, aiming to enhance the learning outcomes in different learning stages, i.e. Preparation Stage, On-progress Stage and Post-LEWOWA Stage. Furthermore, a "Mini-LEWOWA" was also held on the Staff Development Day to enrich our teachers' knowledge about expectation management and programme design.

In 2020, a programme categorization system "S.E.A.L.S" (Servant Leaders • Explorers • Adventurers • Life Planners • Scholars) will be launched. It allows students to systematically evaluate their exposure and scope of skills and knowledge achieved through their studies at SPKC.

**"To learn without walls together and to be a blessing to the globe!"**

Pooikeinians have always demonstrated excellent qualities, e.g. curiosity, compassion, dedication, leadership, etc. LEWOWA is never a tourist experience, but a life-changing journey of learning aimed at promoting reflection, progress and the actualization of one's potential.

At a time of rapid social change, I believe Pooikeinians will continue to seek **breakthroughs** and to embrace the kinds of possibilities that LEWOWA provides.

Mr. William Lee  
Principal



## Foreword

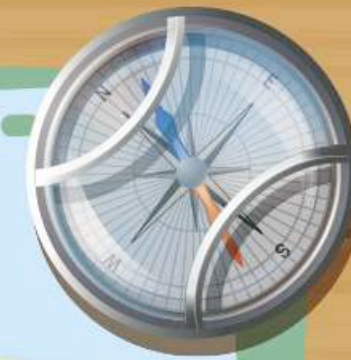
Every year, Pooikeinians burst into either laughter or tears once they receive the news. They will have been waiting for a long time since pressing the submission button during the Online Application. This special moment is "the announcement" of their Learning Without Walls (LEWOWA) programme. Pooikeinians will have successfully enrolled and this notification is the start to their annual life-changing journey.

The learning of students is always our school's primary concern. Providing students with systematic but extraordinary learning experiences outside the classroom is core to the LEWOWA ethos. Knowledge can be acquired through the Internet, but generic skills need to be learnt through hands-on experience. A pilot scheme was implemented for selected programmes to ensure and enrich assessment viability. These programmes were then further designed to enhance students' active learning in different stages of LEWOWA. An exhibition was then held to highlight students' learning outcomes in the form of game booths, models, display boards and presentations.

Without the blessing of God, LEWOWA could no longer remain a word-of-mouth tradition for Pooikeinians. From preparation to implementation, LEWOWA has faced countless obstacles, ranging from natural disaster to human disease. Take a programme like "Exploring Beautiful Sichuan (History, Culture and Service Learning)" as an example. This programme was nearly cancelled because of the potential threat of earthquake in Sichuan. LEWOWA is always in God's hands. Fortunately, the stability and safety of the destination enabled students to take the flight to Sichuan to start their meaningful journey.

**Walls will never confine Pooikeinian footprints.** In June 2019, Pooikeinians went to different corners of the world. In addition to extraordinary opportunities for local learning, Pooikeinians had memorable experiences which included an exchange with our sister school in Beijing, Luhe International Academy; on-site research of Japanese architecture in Osaka; a visit to countries of the Belt and Road, Kazakhstan and Uzbekistan; and community service with locals in Fiji. We look forward to exploring more possibilities during LEWOWA programmes of the future --- all with a positive attitude and a grateful heart.

Mr. Simon Leung  
Head of Learning Without Walls





走位排練



綵排中

在愛心演藝學院的第一天，我們在學校學習排練話劇和無伴奏音樂演唱，因為我們將要用這兩種方式，組成義工表演給長者看。第一天下午，我們到上環欣賞了專業話劇人士的表演，從而學習話劇的精髓！第二天，我們便開始選角面試，並分班學習話劇和無伴奏音樂。在表演的前一天，我們才開始第一次正式全部人一起排練，可是效果不太理想，所有人都對第二天的表演感到害怕與焦慮。到了最後一天的早上，所有人都十分認真盡力地進行最後的排練，因為下午就是正式的表演，所有人都十分緊張，也不想讓這麼多天來陪我們訓練的導師與姑娘失望，更不想讓到場長者觀看一場不好的表演。

排練時的確有歡喜和無奈的時候，但這些經歷卻塑造出專屬於我們的精彩表演。無可否認，我們並不是專業的演員。但在表演時我們所有人都盡力了，做到了自己心目中的最好。希望大家會喜歡我們的表演，也在學習無疆界中找到不同的自己，見識到不同的人和事。

接著，就是與老人家談天的部分。在見老人家前，我沒有抱可以與老人家深入傾談的期望，而且害怕自己會說出一些令他們不開心的事情，例如家庭狀況、經濟狀況、身體缺陷等。到了真正與老人家談天的時候，我才發現老人家是十分熱情的。就連我們還沒有準備好的時候，他們已迫不及待想與我們談天，對我們的表演予以肯定，還舉出我們能夠改善的地方。雖然這次我們與老人家談天的時間不算多，但這次的談天令我改變了對老人家的看法，我發現了原來老人家是十分貼心的。



與耆青愉快下午茶時光

茶記即將開業



完劇後的開心笑容



欣賞一場好戲

# MasterChef @ SPKC 我要做廚神

Eligible Form: S1-S5

Destination: Hong Kong



Ms. Mary Cheung gave our students a precious lesson about table manner.

My first LEWOWA

The "Best Presentation Award" Team

### Interesting Discovery

After LEWOWA, I discovered that the main cooking method between Chinese and French cuisine is rather different. For Chinese cuisine, we usually use steaming. For French cuisine, we usually use baking.

### Unforgettable Learning Experience

My unforgettable experience is the cooking competition. We had to decide our own menu and buy the ingredients by ourselves in the market. My group made four dishes, including salad, tomato soup, chicken wings with Carbonara and fruit tarts. We all tried our best and at last, we won the "Best Presentation award".



Students were enjoying their meal with proper etiquette.

### Comparison of Cultures and Language

We learnt more about different cultures by cooking different kinds of food, such as Chinese and French cuisine. For language, we learnt a little bit of French language in the table manner lesson, such as "Bon appétit", which means have a good meal.

### Reflection on Green Cooking

On the last day, we had a field trip in Sai Kung. We went to different seafood restaurants to conduct research about the size of fishes they sell. The result showed that most fishes sold in the restaurants were too small. We should be aware of this because over-fishing will threaten the balance of our marine ecosystem. Also, we went on a glass-bottom boat to discover more secrets of the marine lives on the seabed. It educated me of the importance of keeping sustainable development in the marine environment.

SO Man Ching 1 Faith



Students were conducting a survey in Sai Kung market on sustainable seafood.



Two students were in one group and cooperated to cook together.



Our handmade beautiful Black Forest Cake!



A trip to Hoi Ha Wan for observing the secret marine life.



# 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: Hong Kong

「志願成真體驗 - 少年律師和全能小記者」是我在培基書院的第一個「學習無疆界」課程，五天的本地學習活動，令我對律師和記者的工作有不一樣的認識和體會。

## 第一天：6月23日

首先我們要去筲箕灣接載大律師彭禧雯女士，之後在旅遊巴士駛往中環置地廣場期間，我們有機會跟大律師談話。我學到了大律師的日常生活和職責，令我獲益良多。

在酒家用膳後，我們抵達了文武廟，導遊簡單介紹了香港開埠前百姓爭鬥的解決方法，令我明白到違毒誓的可怕程度，亦令我學到做人要誠實的道理。

接着我們步行到「中區警署建築群」一大館，參觀香港昔日的警署、法院和監獄。大館十分古舊，從中我了解到警署的內部結構、警察的入職要求、職責和法律。

## 第二天：6月24日

上午，我們參觀赤柱「香港懲教博物館」，參觀監房，觀賞行刑工具、逃獄工具、歷代警務處署長等，學會了從以前到現代的入獄、行刑和人物發展，從而告誡我不要做壞事。

下午，我們去了中區權力線起步點—前特區政府總部，再從「律政中心」出發漫步政府山，導遊分享了關於港英政府管理時期的香港發展史。之後我們抵達中環聖約翰座堂，那裏嚴肅裝潢、華麗優雅，令人心曠神怡。

接着，我們到皇后像公園看「正義女神」，學到正義女神的特徵和其象徵意義，令我了解香港法律的公平公正，才使香港人得享平等和自由。

最後，我們去了立法會大樓和政府總部參觀，導遊介紹了「門常開」名字的由來，我們又看到立法局示威區內多不勝數的宣傳單張，了解時事常識。



模擬法庭



參觀明報

## 第三天：6月25日

上午，我們到亞皆老街的「九龍城裁判法院」旁聽「真正審訊」，一名男子被控告故意用個公事包傷害一名女子。法院的氣氛十分嚴肅，安靜得連一支針跌在地上也聽見。

下午，我們便回校上課。首先，我們觀看了一條模擬法庭辯論賽的影片，加強了我們對審訊過程的認識。然後，我們進行模擬法庭的練習，為一宗關於海難求生的案件，分別作出檢控和辯護，過程中令我和同學們體驗到律師團結案陳詞的困難。

## 第四天：6月27日

我們到柴灣明報集團。首先，明報的職員帶我們觀看短片，令我大致上明白報紙製作的過程。職員之後帶我們到處參觀，其中最令我大開眼界的是娛樂部寫字樓，那裏收集了所有明星的報紙剪輯，檔案夾排得密密麻麻。

下午，我們認識記者的職責、採訪和報道時要注意的事項。原來做一位全能小記者要有「鐵腳馬眼神仙肚」，令我獲益良多。我學到了寫作和題材研究的技巧，為明天採訪做準備。

## 第五天：6月28日

上午，我和同學去了星光大道進行街頭採訪，我鼓起勇氣邀請多位外國遊客來接受我組的採訪。不知不覺間，我的同學也漸漸的變得勇敢起來，我們總共做了十個訪問，我學到了勇敢和陌生人說話，更學到了如何有禮貌地和陌生人說話。

下午，我們便回校準備專題報道，我們專心致志地寫稿、練習和演講。然後，我們便扮演實習記者，演出雖然錯漏百出，但是我們沒有放棄，反而再接再厲，希望做到最好。雖然我組沒有拿到任何獎項，但是我仍感恩學校能夠給予我們一個大好機會學習勇敢、法律和口才。

1 Grace 李一榛



新聞小主播



採訪遊客



參觀檔案室

Eligible Form: S1-S5

Destination: Hong Kong

我還記得當初分配到這個活動時的第一反應是「糟了！難道今年的LEWOWA會沉悶到令我喘不過氣來？」幸好我的擔心是多餘的，今年的活動令我喜出望外！因為我不單透過此活動認識了不少朋友，還涉獵了不同方面，例如歷史、宗教和一些日常在課室不會接觸到的知識。

在第一天，我們學習一些攝影和劍擊的基本技術。在上午的攝影工作坊中，我們利用不同道具去讓照片變得更完美。我們儘量磨合大家的意見，縱然沒有完成影片，但組員之間的冷漠、隔閡都消除了不少。到了下午，我們參與了劍擊運動，學了一些基本知識，例如劍擊的劍種和基本動作，這些都令我們覺得新奇有趣。

在第二天，我們乘搭了電車，在港島區的大街小巷穿梭。沿途是導遊講著有趣的電車老故事，令聽得十分入神。我們乘坐的是香港最古老的有軌電車，沒有空調，所以在整個行程中都出汗了。風吹過窗戶讓我們冷靜下來，繁華熱鬧的景色和那些歷史故事成為了最佳的回憶，並在我們的心底裡留下了烙印。



草編織體驗



攝影班



失明體驗



貧窮體驗



貧窮體驗



光效攝影成品



電車遊覽

物資分類及標籤

第三、四天，我們前往了一個慈善組織進行愛滋病、貧窮以及失明體驗。愛滋病體驗對我來說是最刻骨銘心的。這個活動是以聆聽故事的形式進行，其中一個故事是講述一名在第三世界生活的亞洲少女被逼良為娼後染上愛滋的故事。這令我非常震驚和痛心，因為我沒有想到世界上還有一些角落會有人因為貧窮而出賣自己的家人並矇騙他們成為雛妓。而這些駭人聽聞的行為全部都歸咎於「貧窮」。如果我們可以向他們提供教育，讓知識改變命運或許能幫助他們脫離貧窮的苦海。

在課程的最後一天，我們前往了博物館和團契。首先，我們前往了香港文化博物館觀賞100件從大英博物館運來本港的展品，每一件展品都訴說著他們背後的歷史和故事，非常有趣。

下午，我們回到了學校參與廣恩堂的團契，同學們都圍圈討論關於宗教的問題，例如不同宗教的分別、基督教的教義等，導師亦毫無顧忌地解答問題。

在整個課程中，我們學會了不少知識，由歷史到宗教，由靜態到動態，都體會了不少，亦結交了不少朋友，獲益良多。

KU Fong Lum Flora 4 Joy  
CHAN Sze Kiu Gloria 3 Peace

YUNG Lok Tin 3 Grace  
WONG Shing Yau 3 Peace  
DOO Yan Hang 2 Faith



Building the crane with Lego

Once I immersed myself more in this programme, I had a great sense of achievement. All the hard work paid off! This hands-on experience was really fascinating!

The robot we had to build was challenging, as the pieces were small but we only had large tools to work with, making it difficult to screw them in. We had to painstakingly weld the wires to a motor, and drill a hole exactly 3mm wide. One simple mistake could ruin the final product. Building a robot required precision as well. The pieces had to be put in the right position or else they would fall apart. We had to repeat the same step a few times to make it correct. Although the whole process was complicated and we felt like giving up, the teachers were there to help us when we needed assistance. Their step-by-step guide enabled us to finish building the robot before the last day of the programme.



The teacher is teaching us how to drill

Soldering



We learned from the instructor how to build a robot



We use the hot air gun to heat the plastic in order to bend it

In this LEWOWA programme, we learnt basic skills in engineering, like welding metal, and using tools, such as screwdrivers and power drills. We also learnt advanced knowledge and skills about robot programming and technology. These skills might be useful later on in life, so it was good to have learnt them now.

In addition, we learnt how to work with teammates. When I encountered difficulties, my teammates offered me a helping hand. My communication skills enhanced when I taught others. I have become a more patient and detail-minded person since it took a lot of time and effort to write the program and build a robot. There were also a lot of details that we had to pay attention to.



Making the arm



# Summer Musical Playhouse 夏日音樂劇玩屋

Eligible Form: S1-S5

Destination: Hong Kong



A very fashionable king indeed

The LEWOWA that I took part this year is called Summer Musical Playhouse. It lasted only five days but has left me with memories that are going to last for a lifetime.

The play we performed this year was called Mulan. It was about a Chinese girl who fought in the army to save her father's life. When I first heard about the play, I wanted to get the main role. I practiced really hard at home before the LEWOWA started. Unfortunately, I didn't get the part that I desired. Instead, I got the part of the pet dragon, Mushu. At first, I didn't like this character as it wasn't the one that I had been eyeing on. After two days of practice, I found out that this role was more suitable for me compared to Mulan. Mushu has a really bubbly and optimistic personality which is actually who I am. I grew my love for this character more and more!

I've really learnt a lot during this LEWOWA. I made a lot of new friends and also learnt some singing and acting skills. Every single part means a lot to the play. For example, if Mulan's grandmother was sick and couldn't perform, the show would have been a flop. Because without this character, the things that Mulan learnt and that are delivered to the audience are different. Therefore, every single part is of equal importance.



Your fate does not define your destiny



Break a leg!



Getting ready for casting

I really want to thank every single person who participated in the play. In this short period of time, we have all grown up together and become more mature. Thank you so much for all of your love and care during those days. I will never forget these short but memorable days that we have shared together!

Ivana LAI 1 Peace



rehearsals can be exhausting



An example of practise makes perfect

# Understanding Minorities and Refugees in Hong Kong

## 親親少數族裔及在港難民

Eligible Form: S1-S5

Destination: Hong Kong

This programme is truly an eye-opening experience for me.

There are five pillars of Islam - declaration of faith, obligatory prayer, compulsory giving, fasting in the month of Ramadan and Pilgrimage to Mecca. Similarly, there are also five K's of Sikhism - Kesh (uncut hair), Kirpan (an iron dagger large enough to defend oneself), Kangha (a wooden comb for the hair), Kara (an iron bracelet) and Kachera (100% cotton undergarment). In the afternoon, we went to an Islamic Mosque and a Sikh Temple. To my surprise, the male and female believers have to worship in separate rooms. Afterwards, we visited a Sikh Temple. We followed their custom, took off our shoes and covered our hair when entering the temple. There is a community kitchen in every Sikh Temple which serves free food to all visitors.



Free meal at Sikh Temple

We went to Chungking Mansion on the following day. There were many currency exchange shops and restaurants. From the interviews, we learnt that many people who live there are asylum seekers. It's hard to imagine how the asylum seekers can make a living there. Later in the afternoon, we visited two families. Both of them were asylum seekers. They shared with us the problems faced by them in Hong Kong. For example, Cantonese was a very difficult language for them to learn. They also experienced a lot of discrimination due to their skin colour.



Visit Chungking Mansions

On day five, we spent the whole day with some Africans from different countries. It's sad to know that some countries like Congo are very rich with natural resources; yet due to poor management, the people suffer from poverty.



Visit Refugees

Although we have sweated a lot in this LEWOWA and the food was not yummy most of the time, I had a lot of chances to meet people from all walks of life.

WONG Lok Hei 3 Joy



Interviews with Indonesians

On the second day, we went to Mei Fu to interview the Indonesians and had lunch with them. Many of them left their own families to work in Hong Kong because they wanted to earn more money for building a house and starting their own business in Indonesia. Life is not easy for them. In the afternoon, we joined the Sunday worship with some Filipinos at CCF. The service was much longer than what I had experienced at SPKC. Then, we got a chance to share in groups with a Filipino couple. Their testimony had encouraged me a lot.

One of the most enjoyable activities in this programme was playing cricket on the third day. It is a very popular sport in India and Pakistan as they were once British colonies.



Playing cricket



BBQ at Mui Wo

# “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: Hong Kong

經過整整六日的「關愛弱勢社群之旅」後，我最深刻的的體驗是在文化中心與其他露宿者露宿街頭的那天，那裏潮濕又多小昆蟲。我們只是睡了幾小時，但他們是維持了好幾個月甚至好幾年，令我體會到露宿者的艱辛，也令我明白需要感恩和珍惜我擁有的。

那天六時醒來後，我們需要完成的項目是到喜來登酒店借用廁所，想不到的是酒店就在不遠的地方，當我們進入酒店時，那裏的職員用一種不歡迎的眼光望我們，好像在說我們並不配進入，我感到不忿，難道一個人的價值是在於外表的嗎？

酒店內整潔高檔，就是廁所也是清爽涼快，相比幾條馬路後露宿者的「家」，實在是一個很大的對比。



文化中心外露宿體驗



日間在深水埗關懷賣紙皮婆婆



幫婆婆推車賣紙皮



探訪深水埗夜光墟二手日用品小販

在香港這生活質素高的城市，存在一群被社會忽視了的低層人士，令香港成為貧富懸殊極為嚴重的地方，政府只是關心城市的發展與形象，但很少真正注視這一群人士，甚至需要麥當勞這些商業機構來收容這些人（麥難民），這些問題時間越長情況將會更嚴重。

解決問題唯一的辦法是正視而不是逃避，我真的希望這些人士可得到政府及社會各界實際、長遠的幫助。

1 Peace 劉可納



收集舊衣舊物大成功



當了一晚麥難民



招待弱能人士遊覽培基



Embrace Your Life!

## Programme 10 Embrace Your Life - SIM JOURNEY 擁抱生命·模擬人生

Eligible Form: S2-S4

Destination: Hong Kong

Among all the games I played on the first day, the one named Rapunzel impressed me most. It was about putting as many balloons as possible on a girl's long hair and the one with the most balloons would be the winner. I took courage, broke my comfort zone and let my group members put the balloons on my silky hair. Although we did not win the game, I was proud of myself for having the bravery to volunteer.

The walk at night was another highlight of my journey. We, as a group, had to ascend to the top of a hill while we were blindfolded. Eventually, I had to finish the walk alone to reach the top. I took the initiative to face the fear of darkness because I genuinely wanted to break through. The feeling of terror simply left my mind when I dared to take a try.



What is your core value



See how muscular he is!



A dream can come true with your companions' support



A duckling is taken with many efforts.

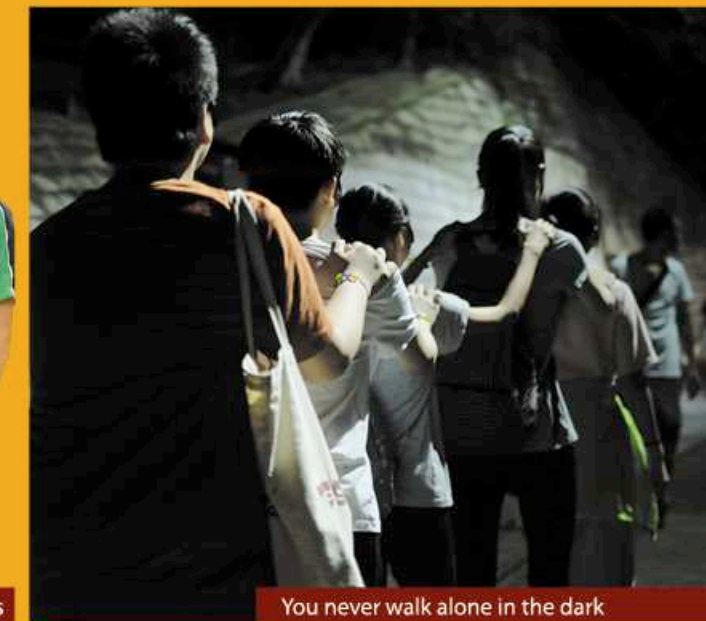
The times when you are in difficulty, for instance staying alone in the dark, are inevitable in our life. It always takes sweat, tears and courage to explore our direction, pursue our dream and realize it. Sometimes, many of us are aimless in our life, like a traveler without a destination. In fact, having a dream is already a privilege, a blessing and a gift.

Although this programme came to an end, it is imprinted in my mind and has marked a new chapter of my life. I will run towards my dream and realize it. Lastly, I would like to give my heartfelt gratitude to God for giving me strength, courage and wisdom to be a better version of myself. Thanks to all the instructors, teachers and my fellow schoolmates who always encouraged me to make breakthroughs.

CHAN Chic Yu Scarlett 3 Faith



Students and their Rapunzel with balloons



You never walk alone in the dark

# Flying Fish - Kayaking LIFE Adventure Flying Fish - 獨木再生命旅程

Eligible Form: S1-S5

Destination: Hong Kong

Since we always stay in this beautiful and clean city, we have a fruitful material life but sometimes we can't discover some precious gifts which are given by our nature.

We slept in sleeping bags on the floor instead of beds. This was out of our expectation, even though it was quite comfortable (but still not as good as our beds). When the third day arrived, we stayed overnight in a campsite with beds, and we found out that we were blessed to have beds to sleep in daily life.

Last but not least, we learnt to fully understand the meaning of teamwork. If only one person paddles the kayaking boat and the other one stops, the kayak moves slowly and your teammate suffers. But if they paddle together at the same time, everything can be done and you can move faster.



Set off



Third day of sailing, playing in water



Guess who



The coaches cooked for us

All in all, through this LEWOWA programme, we gained a lot of experience and confidence. We also discovered that God actually protected us from day one of this trip. We had good weather when sailing. This helps us to realize that we are blessed to have good fortune with our family. Therefore we are grateful for what we have got and have had!



First day, practicing kayaking skills under the rain



Yeah! We have finished our task!

# Outward Bound® Hong Kong – Teen Explorers 香港外展訓練學校® – 青年探險家

Eligible Form: S1-S5

Destination: Hong Kong



Outward Bound programmes aim to help people discover and develop their potential to care for themselves, others and the world around them. To lead people to step out of their comfort zone through challenging tasks in different situations.

In these five days, we experienced a lot of different things, such as how to ride a kayak, set up a tent, cook meals and read maps.

On the very first day, we were supposed to engage in a capsizing drill (the boat being turned over in the water.) However due to a thunderstorm, we postponed it. We then tried rock climbing. We had to climb a structure made out of three logs tied together vertically. They call it the "centipede". The whole pole spins as we climb on it. It was really difficult, but with the support and cheering from teammates on the ground, we all rang the bell at the top and admired the view.



Jetty jumping is a once in a lifetime experience



Carrying the kayak to the sea



Playing in the sea



Preparing our dinner



Wild camping on the beach

On the second and third day, everything that we set up in the campsite had to be packed into waterproof bags and put into our kayak. We visited a mangrove forest. We rode along the river with mangrove trees around us. Our instructors taught us more about the specialities of mangrove trees and their habitat. We even found a mangrove seed and held it in our own hands.

For the last two days, we tried the most exciting activity – Jetty jumping. After having the practice jump, we moved to the diving board. With the encouragement from our teammates and instructors, all of us successfully jumped off the diving board. It was terrifying but really fun! Finally, we had a little ceremony to celebrate passing five days of training.

Throughout these five enjoyable days, we learnt about responsibility, teamwork and problem solving. During each of the tasks, sometimes our progress was slowed down because of our own limitations, but we learnt to respect each other, and work as a TEAM. We also learnt that we must step outside of our comfort zone in order to gain more knowledge and try new things to gain experiences. We believe that what we have learnt in the Outward Bound program will be useful in our daily life.



Our group photo

# Rainbow Touch – Holistic Leadership Training Journey

## 整全領袖訓練之旅

Eligible Form: S1-S5

Destination: Hong Kong

22/6/2019

Today was the first day of my LEWOWA. Before we started any camping or outdoor activities, we played some games to introduce ourselves to our teammates. It was quite a fun way to meet new friends. After we had everything ready, we got on the coach and set off to our first campsite, the Gilwell campsite. After a series of activities, we made our dinner. And that was all for our first day, tough but enjoyable.



Cooking in the wild

26/6/2019

Today, we needed to wake up early at 7 a.m. for the canoeing activities. I had tried canoeing before and enjoyed it a lot, so I had been looking forward to today's activities for a long time. When we arrived at the canoeing club, we learnt how to use the paddles and we started our 5 km journey. It was quite a remarkable day as we had paddled through a lot of tiny islands with great views, nice weather and warm sunshine.



Canoeing

27/6/2019

Today is the last camping day. After breakfast, we climbed over a high wall with the help of our whole team. This made me realize the importance of team work. After that, we had some free time to enjoy the facilities in the campsite.

23/6/2019

In the morning, we cooked some instant noodles for our breakfast. This was my first time to cook instant noodles in the wild. It was a special experience. We packed our belongings, including our tent, and cleaned up the campsite. Then, we hiked back to school.



Canyoning

28/6/2019

Today, we tried abseiling which was the coolest thing I had ever done at school. Last year, when I saw others doing this, I wanted to try it. Now I could do it myself, I climbed down from the 5th floor to the ground outside the building which was really incredible.



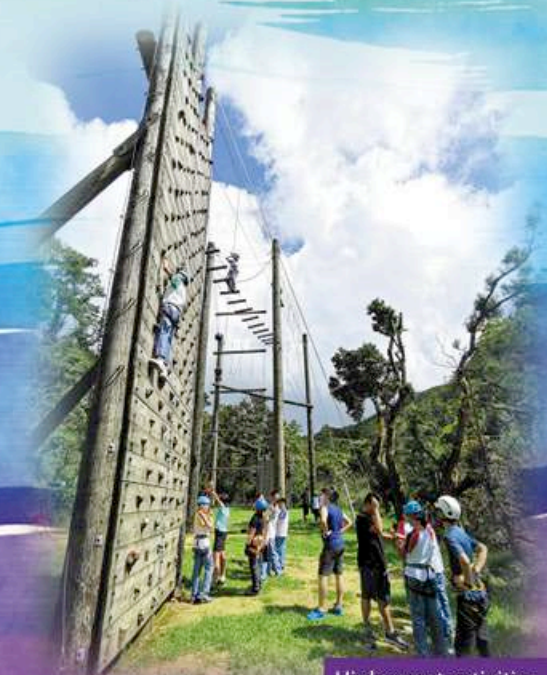
Climbing the high wall



Abseiling

29/6/2019

It was the coolest and the most exciting day of this LEWOWA programme. We went canyoning. At the starting point, we had fun splashing water towards our teammates. After we had come across a lot of streams and waterfalls, we arrived at the bottom of the water fall and that was the end of our programme. This LEWOWA programme left me a lot of memories with my schoolmates. I made a lot of new friends too. Other than that, I have learnt to take care of myself and solve problems by myself. This was really a precious chance for me to learn more about myself and to step out of my comfort zone.



High event activities

25/6/2019

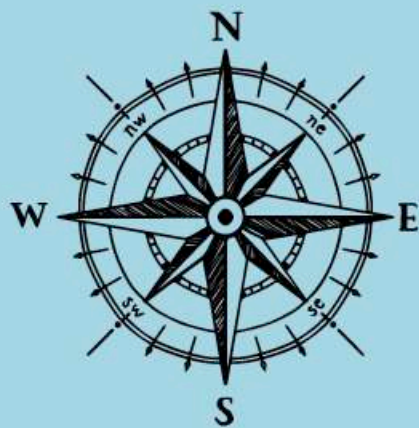
This time, the campsite was on a hill so we needed to hike for a few hours to reach there. Unfortunately, it started raining and we had to return to the starting point immediately. When we got back to the starting point, we stayed at a gazebo to shelter ourselves from the rain. At last, the coach decided to lead us to walk along a smooth road to the campsite instead of hiking. In the evening, the coach decided to let us stay at school for that night because of the heavy rain.



# Programme 14 Sailing Classroom 航海教室

Eligible Form: S1-S5

Destination: Hong Kong



透過這次「航海教室」之旅，我學會了很多，也體會了很多。

這是我人生第一次接觸帆船、第一次坐在帆船上賞海。對於有關帆船的專業名詞，原本我是一竅不通，真沒想過最後它們會變成我耳熟能詳的詞語。

還記得第三天，我慢慢熟悉了這艘船，我擔當了掌舵的崗位，發現原來自己也能控制得不錯。我愛上了這個崗位，因為在這個位置，我可以看到船上的一切、可以看到船上不同崗位的人都各盡其職。大家的工作雖然不同，但目標卻是一致的，讓我對這艘船產生了家的感覺。

在前往宿營的營地前，我們先學會了看海圖，船上各人獲分配了不同的崗位後，我們便開船啟程前往目的地。這次航程中，我擔任舵手，卻遇上很多要做搶風調向的時候，因為那段路很窄，十幾秒便要做一次，而且每次的時間都非常緊迫。當成功離開了那段路時，我們整船的人都歡呼起來！那時我感到非常窩心，因為這是大家一起努力的成果，大家一起為這成功而高興。在那天晚上的分享中，有兩位組員讚賞我，我真沒想過我做了的小小事情會對他們有那麼重要的影響，心裡實在有說不出來的高興！

雖然我是組長，但其實我覺得他們每一位也是我的組長。他們各有自己獨特的地方，有些組員比較熟悉瞭望、有些組員比較熟悉開頭帆、有些組員比較熟悉開主帆……他們都有值得我學習的地方。



溫暖的一家人

最後一天是很難忘的，那天很突然，那是我人生第一次在船上嘔吐。起初我真的很怕會麻煩組員，所以一直沒有讓他們知道自己不舒服，但最後也忍不住了。當他們知道我嘔吐，他們對我的關心，讓我感到非常溫暖，這實在是一家人的感覺。在船上偶爾看見組員熟睡了的樣子，真覺得所有的辛苦也是值得的，也讓我更有捨不得這家的感覺。

在船上有不少靜思的時間和空間，發現自己經常忙忙碌碌的，沒有讓自己靜下來的時間。看着天空、看着大海、看着高山，我忽然覺得自己很渺小，發現自己所有的煩惱也只不過是微不足道的。我學懂了別顧慮太多，要好好珍惜眼前的所有。

我很感恩能成為這組的一份子，並發現我們是唯一一組不會吵架的，我非常感謝組員們的付出。我真不希望他們只是我人生中的過客，深盼這些精彩的片段能成為我人生中寶貴的回憶，而我也能成為別人生命中的祝福。

5 Hope 曾煦雯



暢遊海上



眼觀六路的瞭望員

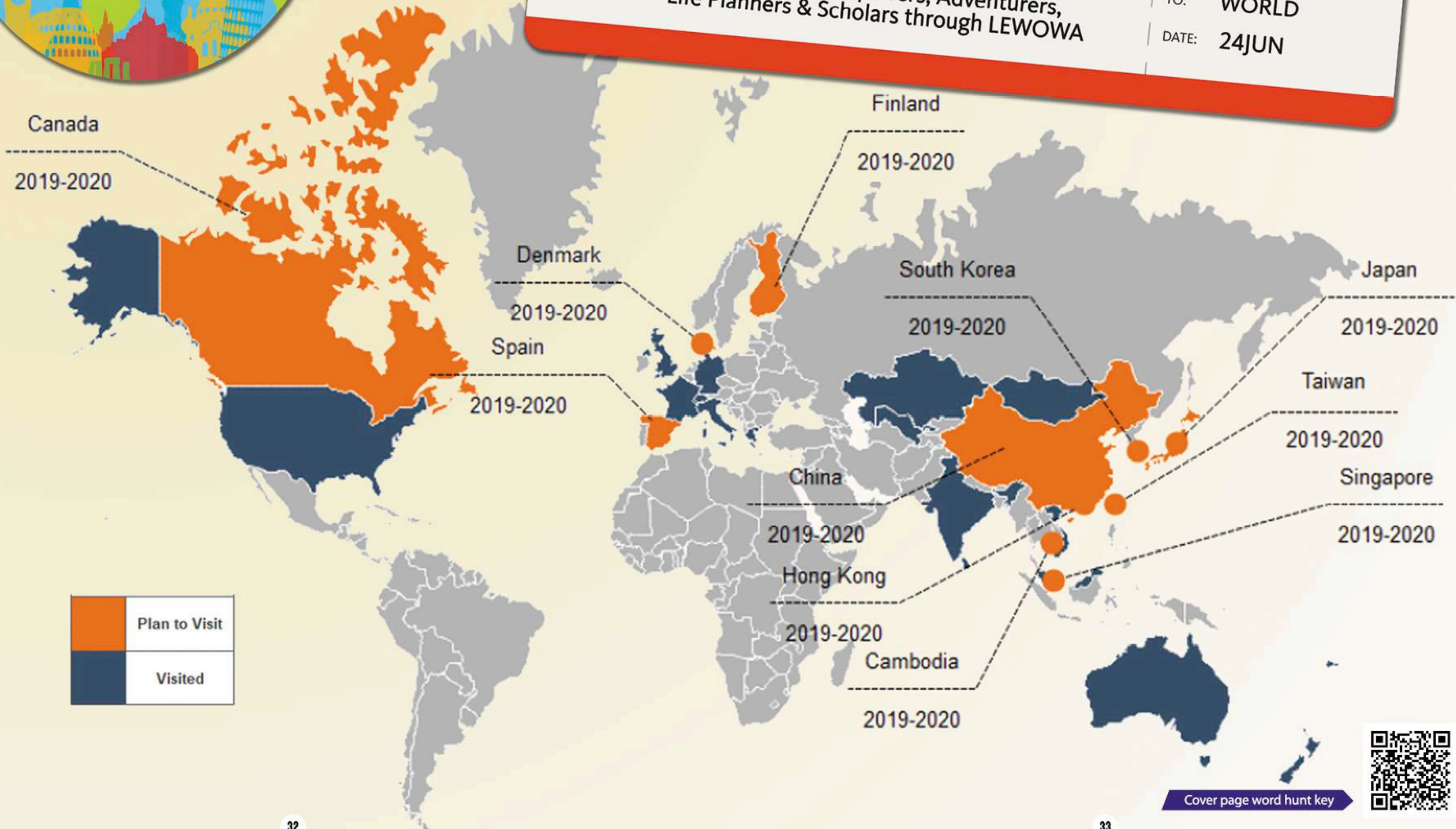


充滿活力的一組



準備就緒







其實一片青草地便可叫我們滿足

## Programme 15 A Real Life-traveler in Taiwan 電波少年流浪記

Eligible Form: S4-S5 Destination: Taitung, Taiwan

這七日的「學習無疆界」(LEWOWA)課程帶給我前所未有的經歷及體會，更讓我從不怎麼獨立的屁孩變成一個會主動照顧別人，留意別人需要的女孩。

對我而言，流浪是新奇的。一個大背囊，一張地圖，一群夥伴，貿貿然地闖向未知，走那些平日不會走的路，做平日不會做的事。一生人總要試一次流浪。意想不到的經歷、人情味的流露、自我的成長及突破，總教人回味無窮。

回想每天早上一睜開眼旁邊就是組員的日子，那時每一聲早安都顯得溫暖，與他們由陌生至後來一起玩遊戲、聊八卦、分享秘密，當中相處的點點滴滴都是那麼珍貴的。

大概是因為今年是最後一次參加「學習無疆界」課程，所以這次我比以往更投入、更認真去感受身邊的人事物。



學生手挽手堆成的椅子比名牌真皮那些更稱心



跳出我天地



總有堅實伙伴沿路在旁扶持



你有享受過台灣的馬路嗎？

旅程中令我難忘的片段有很多。大家騎着車，感受微風的吹拂，盡情揮舞着青春和汗水。不斷問路趕路的艱辛、成功點燃仙女棒的興奮、一餐只吃幾塊餅的體驗，很多片段仍教我歷歷在目。

但論其最令我印象深刻的回憶卻不是什麼特別的體驗，只是一件簡單的小事。在香港，洗手間有免費廁紙提供是一件最平常不過的事，對吧？初到台灣，人有三急，便隨意走進了旁邊的洗手間，怎料廁紙要付錢購買，而我卻身無分文。這時，旁邊的一位台灣姨姨將一整包紙巾遞給我，溫柔地對我說：「拿去用吧，不用還我了。」簡單的兩句話，卻溫暖了我一整天。不得不說，生活節奏急促的香港的經濟水平變得越來越好，但人情味卻越來越薄弱了。

我在台灣體驗到久違的感動，也終於明白港人那麼愛到台灣旅行的原因了。

突破及成長也是流浪重要的一環吧，本來害怕蝴蝶的我在幾天被蝴蝶「騷擾」的環境下克服了恐懼，也不再害怕它們了。

這趟旅程不但讓我有不一樣的體驗，更驅使我自我突破及成長，真是一趟有意義的旅程呢！

5 Hope 黃海彤

民宿老闆專程為我們這班小伙子送上無限量的水和大西瓜



# Academia Without Borders: A Taste of Study and Economic Development in Tokyo

## 升學無疆界：東京留學及經濟初探

Eligible Form: S3-S5

Destination: Tokyo, Japan



Visit a Japan University

On this trip, one of the main foci was to give us more information about studying abroad, so on the second day, we went to a secondary school to have some lessons with Japanese students. Then, on the third day, we went to Keio University. We toured around and listened to some students' sharing about Hong Kong. We learnt many things through their sharing, including some basic Japanese and some important information about studying abroad.



Be a news reporter



Funny Cup Noddles Design

Besides tasting the feeling of studying in Japan, we also learnt more about the economic system and culture of Tokyo. We visited different companies, such as the NHK studio park and Yamato Logistics. And we also visited some famous shopping malls and places in Tokyo. Through these experience, we learnt more about the reasons behind the success of some famous firms and shopping places.

Time flies, and our six-day programme finally ended. Although we did not want to leave, it was the moment to say goodbye to Tokyo. On this trip, we really learnt a lot, I hope we will still have a chance to re-visit Tokyo and the knowledge we learnt can be absorbed and used effectively.

Sofia LEUNG 3 Grace



Exchange with local Japanese students



Washing hands for good luck in Kimono



Group photo with an old boy studying in Japan

# Art-shuttle in Taipei Streets and Alleys 穿梭台北大街小巷的藝術

Eligible Form: S2-S5

Destination: Taipei, Taiwan

In this year's LEWOWA, I went to Taipei to learn more about arts and culture. I joined this LEWOWA programme because I was curious about the difference in culture between Taipei and Hong Kong. I was not too familiar with the subject of art, so it was like a whole new experience to me. This programme didn't disappoint me and I learnt a lot about arts and Taiwanese culture. We had a lot of fun and unique experience. We visited Ju Ming Museum, Huashan 1914 Creative Park, Eslite Spectrum Bookstore, etc., to learn more about different kinds of art, and they were all remarkable to me.



delicious Taiwan beef noodle



group photo at JuMing Museum



group photo on grassland with old buildings



super models

This programme was enlightening as we learnt different techniques for different types of art. I was amazed by the art pieces that I saw and the encouraging messages from the artists. We even got the chance to go to the famous Shilin Night Market to experience another local culture of Taiwan — food! We ate a lot and it was an unforgettable and wonderful night in my life.

At first I knew nothing about art, but now art is not a stranger to me anymore!

LEUNG Yu Pui Nicole 2 Love



wheel throwing is never easy

## Programme 18

# Beijing: History, Antiquities and Cultural Exchange 北京：穿越歷史、古物、文化之旅

Eligible Form: S2-S5 Destination: Beijing, China

最後一年的LEWOWA，我到從來沒有去過的北京。雖然我對中國歷史沒有特別感興趣，但在今次六日的行程中，讓我大開眼界，當中所認識的也比我想像中豐富。在旅程開始前，我覺得北京只是一個平凡的首都，但原來當中也有很多我值得學習的地方。

我們參觀了不同景點，見識了很多中國的建築特色和具獨特性的物品。在故宮中，我十分驚嘆古人的智慧，如他們在建築故宮時會考慮到天氣及環境的因素，精緻的設計讓我嘆為觀止。參觀期間，我感覺彷彿置身於古裝電視劇中，十分深刻。另外，在首都博物館裡，我也體會了古人製作不同日常生活用品時的細心，如古代的冰箱、燙斗，使我十分驚嘆他們的智慧。

在整個行程中，我覺得最深刻的就是到訪潞河中學交流的兩天。那兩天讓我有機會參觀當地學生的課堂、觀看他們做早操及親身與他們交流，機會難得。在與學生的聊天中，我們互相分享了自己的校園生活，能夠知道北京與香港之間在不同範疇上的分別。我十分讚嘆潞河中學的校園面積，跟培基有很大的差別，卻各有好處。能夠與其他中學交流的機會真的不多，很榮幸可以成為當中的一份子。

短短六日的北京行程，讓我增廣見聞，見識了很多新事物。雖然天氣十分炎熱，我卻十分享受，希望再有一次機會可以到北京旅遊。總括而言，我十分高興能認識北京的另一面，同時我對今年的LEWOWA課程十分滿意！

CHAN Yu Hei Arianna 5 Hope



與潞河中學學生訪談

在這趟穿越歷史和文化古物的旅程當中，我對於中國博大精深文化有更深入的了解。過去我們只會在課堂上學習中國歷史和相關的知識，而這次我們是親身到祖國的土地上探索一番，讀萬卷書不如行萬里路，真的難以訴說我們親眼看見整個圓明園那種震撼的感覺。以往只會在歷史書上看見的一小部分皇家園林，此刻竟然展露全貌，心情就像當粉絲親眼看見平日在電視上的明星一樣，有種按捺不住的興奮。殘破不堪的建築群更印證了歷史的過程，十分具歷史價值，而我正身處當時英法聯軍的戰場上，彷彿也見證著這個歷史的發生，感覺非常神奇。

CHOI Chun Hei Angel 5 Love



頤和園留影

或許在我們看來一些小細節和小事情，但這些卻正正是古人在意的，也是我們要了解的。正如導遊所說要了解中國文化，便要先了解陰陽、五行、八卦。例如我們常說的「金、木、水、火、土」其實只是順口，卻不乎合五行的順序。五行真正的次順是「木、火、土、金、水」，相生也相剋。木生火，火生土，土生金，金生水。木剋土，火剋金，土剋水，金剋木，水剋火。在這些微小的細節也能看出古人非凡的智慧。

文化是一個民族隨着生活的環境變化而生活的方式和藝術。當我們了解和研究這種文化的時候可以知道當時人們的生活習慣。例如通過太極我們可以達致天人合一的境界，通過片皮鴨我們可以了解中國飲食文化的博大精深，通過麵塑我們了解中國傳統手藝的精粹。期望我們可以更深入地了解中國文化，並可以把中國文化好好傳承下去。

LEE Wing Yan Grace 4 Love



享用學生午餐

這是我第一次去北京，我從前對北京的印象是街上的人都要帶着口罩生活，因為那裏的空氣指數不太好。透過這次LEWOWA，讓我對北京的印象三百六十度改觀。

除了在旅程中見識到壯觀的歷史文物外，還認識到一班新朋友。在潞河中學交流時，當地的學生會主動分享他們的校園生活，也主動地與我們做朋友，讓我感受到他們的熱情。

最後，我感謝老師們讓我能擔任組長角色，訓練我帶領組員們去預備小禮物給潞河中學的同學，並在旅程中保護他們的安全，與他們建立了深厚的友誼。所以，今次LEWOWA讓我獲益良多。

CHUN Sze Ling Celine 5 Faith



與潞河中學學生集體照

# Cycling for Touching Taiwan 敢踩台灣 · 感動台灣

Eligible Form: S2-S5

Destination: Yilan, Taiwan



在這次的旅程中，我們借助自行車，到宜蘭不同地方遊歷。冬山河自行車道是我們最常經過的道路。那兒種滿風箱樹，伴隨着從河邊吹來的風，烈日之下雖感苦楚卻仍舒暢。自行車道附近是小村落，到處也是稻田和各有特色的房子。黃色綠色的禾稻在田間交叉，風吹過的時候緩緩擺動，如金色的浪濤此起彼落，予人萬分寫意之感。一路上看見宜蘭風格不一的房子，體現出台灣文化的趣怪之處。有的屋子是現代風格，有的屋子是懷舊風格，有的屋子甚至是童話風格，像城堡和糖果屋！除此之外，其實宜蘭的基建格調也充滿日式風格；不論是過河的小橋，高速公路的大橋，都向我們訴說着台灣曾被日本統治的歷史。



起步前的大合照



這就是青春



車接車，心連心



眺望冬山河河景

令人最深刻的事情發生在我們台灣騎自行車的第二天。那天的路途比較遠，我們曾經迷路了幾次，也有人只顧著向前走，沒有理會帶路者就是因為這樣，我們非常遲才到達目的地。晚上教練也跟我們反思，整天的路程為甚麼花了這麼多時間才到達目的地呢？有人說是在最前的人沒顧到整個團隊，也有人說是我們不熟悉路線。但是教練說我們是一個團隊，責任不只在於帶路者帶路，應該一起看地圖，一起帶路、互相幫忙的。這番教導讓我們深切反省，在最後一天的路程中也能夠順利且迅速到達目的地。這次的旅程令我們學習到如何真正成為一個團隊互相扶持，互相幫忙，也同時令我發覺到自己的管理能力的不足。最重要的是，我們也能夠開開心心的享受這次「敢踩台灣、感動台灣」的課程。



縱使方向不同，目標一致



與你一起同甘共苦

# Exploring for Beautiful Sichuan (History, Culture and Service Learning) 美麗的四川—文化歷史遊蹤暨服務學習之旅

Eligible Form: S2-S5

Destination: Sichuan, China



爬古代的蜀道

我們又到了特殊學校交流，我甫踏進那裏的宿舍，真的令我刮目相看。他們的宿舍整潔，學生能歌善舞，主動熱情地歡迎我們。他們雖然肢體有殘障或智力缺失，但滿有自信，無論是學習時或課餘活動都努力不懈盡力做到最好。反觀不少香港的學生凡事與人比較，覺得不及別人便輕言放棄。回看自己四肢健全，但在打掃房間這些微細的事，也不及他們仔細；我經常偷懶，做事未有全力以赴，自覺慚愧，決心改善讀書和生活態度。道別時，我把預備好的小禮物都派光了，最後剩下一枝極之普通的鉛筆，我想會不會太寒酸？但出乎我所料，收到的那位同學十分興奮，還急不及待給朋友分享，他那份自足感恩的表情我這輩子也不能忘記，叫我學會珍惜和感恩。

這次四川的課程不但令我獲益良多，更有很多刻骨銘心的經歷，讓我反思生命的意義。

起初獲派到四川學習，只覺得是個好機會學好普通話、參觀博物館而已，但經過這短短六天，我更了解四川的文化和香港的差異。課程中盡是深刻的經歷、新發現和啟發。

例如課程的第二天，我們出發去爬劍門關的鳥道，那天烏雲密布，下著綿綿細雨，令路面濕滑，甚是難行。當走過狹窄的古代棧道，懸崖就在一條鐵鏈之隔，有些懼高的同學萬分驚恐，愛刺激的我看見陡峭的古道卻興奮莫名，瘋狂拍攝奇山異石。我彷彿走進時光隧道，回到二千多年前蜀國的戰場，又如走進李白的《蜀道難》一詩中，「蜀道之難，難於上青天。」我們只是以觀光的心態來走走，而古人卻是為保家衛國，不怕犧牲，艱苦地築起這段路。踏在石徑上、俯望高聳入雲的山崖和劍門關，我感到「一夫當關，萬夫莫開」的氣勢。



與萬達中學學生一同上課



到訪地震遺址，不少同學淚盈滿眶。



動物專家馬先生帶領我們觀察野生動物



參觀地震博物館



在萬達中學演出校歌



探訪小學生

課程的另一重點是到萬達中學跟學生交流，了解他們的校園生活。當我仍害羞猶疑的時候，有幾位女生主動走過來問我們有甚麼需要幫忙，我便把握機會請他們帶我們四處逛逛。他們二話不說牽著我的手一起走，旁人還以為我們是老朋友，她們熱情、率真、勇於表達，我們談了一小時，最後依依不捨地離開。他們告訴我他們每天早上八時上課至晚上九時三十分，每周六天上課，學習相當辛苦。我經常聽說內地的數學課程程度較深，當天晚上便有親身體驗。我參加了他們的一課晚課，雖然上堂開始時已是晚上七時多，但學生仍精神奕奕地留心聽老師講解，每當老師發問，他們便異口同聲作答。作為一個中三學生的我，看著中一的題目，一條也不懂，真的十分羞愧！坐我旁邊的同學還說這些題目已算是平常。我很欣賞他們的學習態度，感受到他們的勤奮。

課程第四天，我們到了青川地震遺址，踏在小徑，難以想像有一條村莊的人因地震就埋在我腳下一百一十米下。我拿著雨傘，在微雨中默默地哀悼死難者。我幻想如果地震發生在香港，我的家人、同學無一倖免，我會怎樣？我深深感受到天災的殘酷，而自己出生在香港實在太幸福了！我們更參觀了地震博物館，其中看見一幅圖片掛著一個鼓勵人民的標語，了解各方救援人員如何無私奉獻，災後全國團結，為遇難者重建家園，令我感動。

從前，我聽見身邊的人說「香港的發展不及內地了！」在這六天，我切切實實地感受到兩地的文化差異，各有所長。我發現內地學生比我們更有上進心，決心以知識改變命運。因為內地人多、資源較貧乏，向理想奮鬥是普遍的生活態度。而我接觸的學生更有一份樂觀積極的心，他們懂得珍惜眼前的事和人。可能因身處地震帶，更懂珍惜生命的每一刻。課程開闊了我眼界，內地學生的熱情、勤奮和真誠深深感動了我。

3 Grace 劉明恩

Programme 21

# Fin Tech & Cultural Experience in the Greater Bay Area 大灣區金融科技文化體驗之旅

Eligible Form: S3-S5

Destination: Shenzhen & Guangzhou, China

We visited BYD's headquarters with a tour of different self-invented products, including electric motor cars, batteries and solar streetlights. We also had the chance to take the BYD monorail to travel around the production area.

We were also glad to visit Vatti, one of the largest kitchenware producers in China. Vatti is the sole producer of the torches for different large-scale Athletics Competitions, like the 2018 Beijing Olympic Games. The latest model of kitchen range hoods have AI functions and support music and video playing.

We also saw a modern dance performance in Guangzhou Opera House whose design was unique. Sophisticated dancing with powerful sound and stage effects caught our eyes, and earned our applause.

CHING Wang Hin 3 Grace    CHAN Hei Lok 3 Joy    FUNG Chak Lam 3 Joy  
YIM Man Sum 4 Joy    CHAN Chun Ki 5 Faith    CHAN Sze Ki 5 Hope



Sweeties with cutie 3D-printing souvenirs



Group photo in OCT-LOFT



Handing on Torches by Vatti



Girls looking for the handsome in the old days

We were happy to join this well-organized LEWOWA program, especially for those studying Economics and Business, Accounting & Financial Studies. Before we visited the high-tech companies in the GBA, we had done background research about their vision and mission as well as their business coverages. We studied a local mobile phone producer, called TINO, whose signature products are Sugar phones in Hong Kong. We understood more about the product life cycle of mobiles and niche-marketing strategy for a phone specialized for translation.

LAI Hiu Hung 3 Faith    WONG Wing Yi Charlotte 3 Faith  
NG Kwok Cheung 3 Love    KONG Chin Wang 3 Peace  
CHAN Hoi Ki 4 Hope    TAM Cheuk Yiu 4 Hope  
HUI Wing Kwan 5 Grace



Enjoying lunch in Sugar Cafe



Visit to BYD



Sitting on transparent floor



Programme 22

# Horses, Grassland, Stars: a Spiritual Sojourn in Mongolia

## 野馬、草原、繁星： 蒙古國屬靈之旅

Eligible Form: S3-S5

Destination: Mongolia

This summer, we participated in the program "House, Grassland, Stars: a Spiritual Sojourn in Mongolia". This 8-day trip not only broadens our horizons but also makes us understand more about traditional Mongolian culture and history.

When we talk about Mongolia, their traditional yurts must be the first thing that pops up in our mind. It was a special and unique experience staying in a yurt, as we could explore the Mongolian lifestyle. Living in the yurt seemed nasty with flies, mosquitoes, bugs flying around. We also had to carry tons of clothes to walk from the yurt to the bathroom just to have a cold shower. Yet, it was still amazing because we could play games together in a big yurt to get to know our friends. We liked gazing at the stars outside our yurts. As the sky was so dark, the stars were so bright and crystal clear. We felt as if we were surrounded by the Milky Way.

One of the unforgettable events of this trip was the orphanage visit. We used to think that orphans would live unhappily in a crude place. However, that was not the case at all. They were remarkably positive and thankful for the life they have. When we arrived at the orphanage, we played some simple games with them, such as "London Bridge is falling down." Although we did not share a common language, with simple body gestures, we still managed to communicate with them. The smile on their faces softened our hearts, and we had a great time together. At the end of the day, we gave them the presents we bought from Hong Kong. We showed our love and care for one another.

The most memorable time of our Mongolia trip was playing football with the local kids. At the yurt site, we saw some kids playing football, and we were asked to join them. During the fun matches, we learned some Mongolian words, such as sorry ("uuchlaarai"), I love you ("bi chamd khairtai"), and goodbye ("bayartai"). We really enjoyed the games, and we did not expect to learn so much from them.

We had a really great experience in the programme. We believe that the memories will stay and will still warm our hearts after many many years.

Emily LI 3 Grace    Jamie YIM 4 Faith    Harry CHAN 4 Faith    Ada LAM 5 Grace  
Ryan CHUNG 5 Joy    Yoyo TUNG 4 Love    Wing LAM 5 Peace



Mongolian yurts on grassland



Group photo with Genghis Khan



Happy Smiles



Are there floating



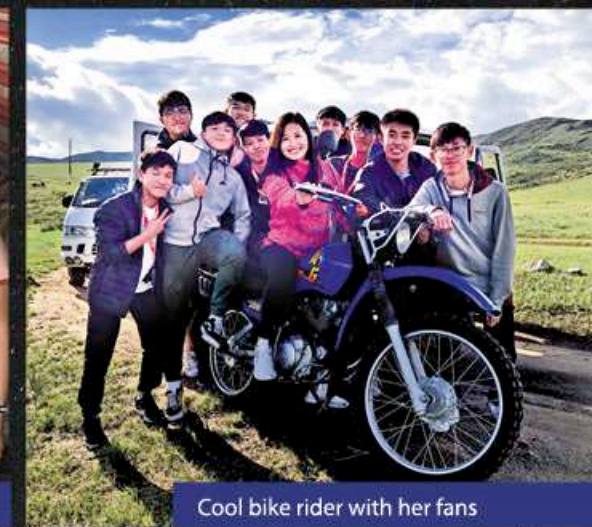
Give me FIVE



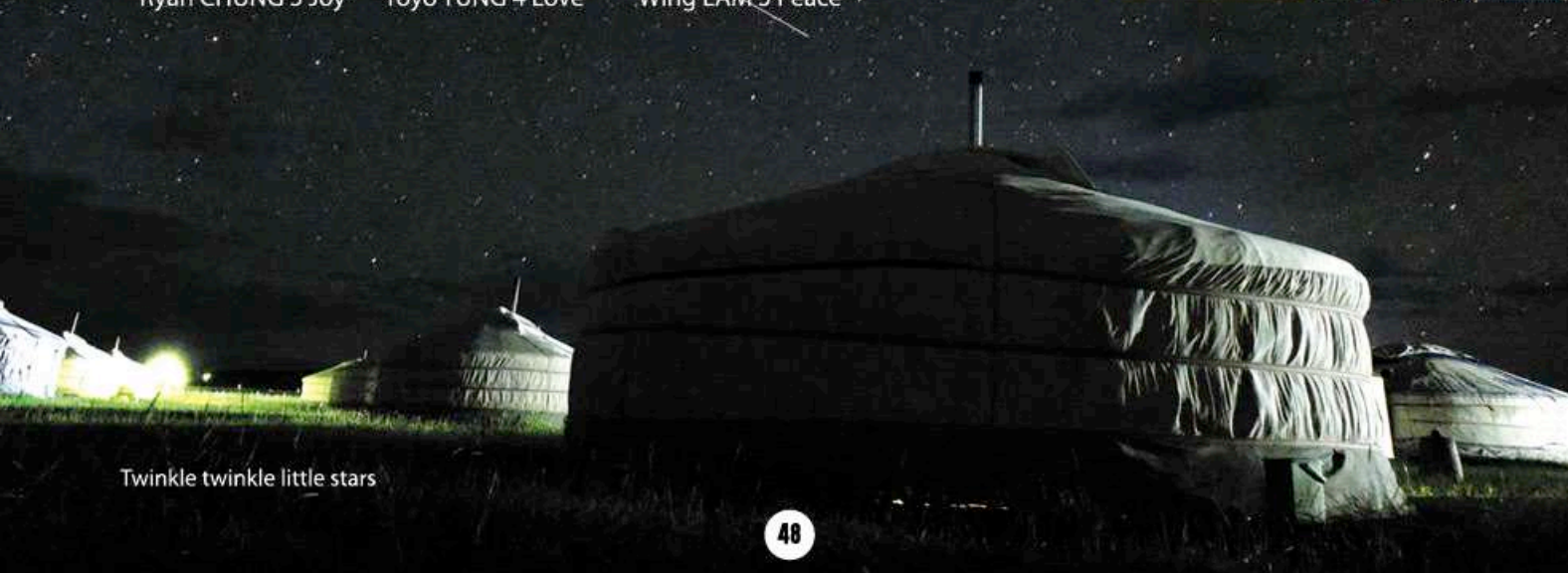
Salad buffet



Inside the Mongolian yurts



Cool bike rider with her fans



Twinkle twinkle little stars



Big kid and small kid



Jump over the desert



Want to play a chess

# 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



After we had visited these grand stages, we went to an off-the-book live house fusion jazz performance on the third day of our trip. It was one of the most enjoyable experiences as the performers were so skillful combining the precise lighting and over-the-charge amplifiers.

We also went to visit the NHK studio park and the Team Lab Borderless Digital Art Museum, both of which showcase some state-of-the-art technologies in Japan such as 8K TV: computer generated projections imitating persons, natural landscapes and animals. These artistic projections never repeat themselves and can interact with the visitors, for instance when a person touches a tiger formed by many flowers, the petals (corolla) shred off, changing the appearance of the animal.

In my eyes, Japan is a place that embraces change yet remains devote to the heritage of the past. Despite continuous modernization, the people of Japan exceptionally retain their polite, meticulous and dedicated character. Perhaps that is why Japan is such a fascinating place for the entire world.



This is Suntory Hall



Last but not the least, we got to try making a simple yet delicious snack, Taiyaki (鯛魚燒)

My impression to this country was based on my love of Japanese cartoons and anime such as Doraemon, Inazuma 11 and Keroro. Watching Japanese TV series and the constant news feed about the tension between China and Japan also influenced me along with a recognition of Japan as a hub of technological advancement. I knew this place was advanced, with a harsh working culture and where wild fantasies take place. All in all I had a mixed feeling about this country.

Throughout 8 days of learning experience, we visited many prestigious stages and concert halls, including Kabukiza, National Theater, NHK studio park, Team Lab Borderless Digital Art Museum and Suntory Hall. The first two are stages dedicated to performing the traditional Japanese opera, Kabuki. The magnitude and the scale of the performing stage, I couldn't imagine how big is the importance of the ancient art of Kabuki to the Japanese that they have such a vast structure and sophisticated equipment: large oil paintings for background, a self-rotating stage and elevator platform for actors to suddenly appear on stage. Moreover I was surprised to see many Japanese endorsing the art without age boundary.

The next thing that impressed me was the attitude of the Japanese towards their everyday life. Their attitude is serious, dedicated and committed. This is manifest by the construction of Suntory Hall, our next destination. Suntory Hall was founded by a famous local beer brewing company, Suntory. As the hall is privatized, the Suntory company has devoted a huge amount of resources into the making of the concert hall, creating what they call "the ultimate sound". The company recruited many architects and engineers, inviting famous conductors and musicians around the world to plan, repeatedly test and modify the design of the Hall. Even after construction, the crew continued making modifications, tearing down the constructed parts and re-building until their satisfaction was achieved. They succeeded in creating this magnificent architectural marvel. As our guide politely informed us, the hall has no flat surfaces and all the curvature and glass shields are to refract and contain the sound. The skill and attitude of the Japanese is displayed through this renowned craft.



This is the stage of the National Theater (國立劇院)

Programme 24

# Japanese Architecture Across Centuries

## 見觸。日本建築

Eligible Form: S3-S5

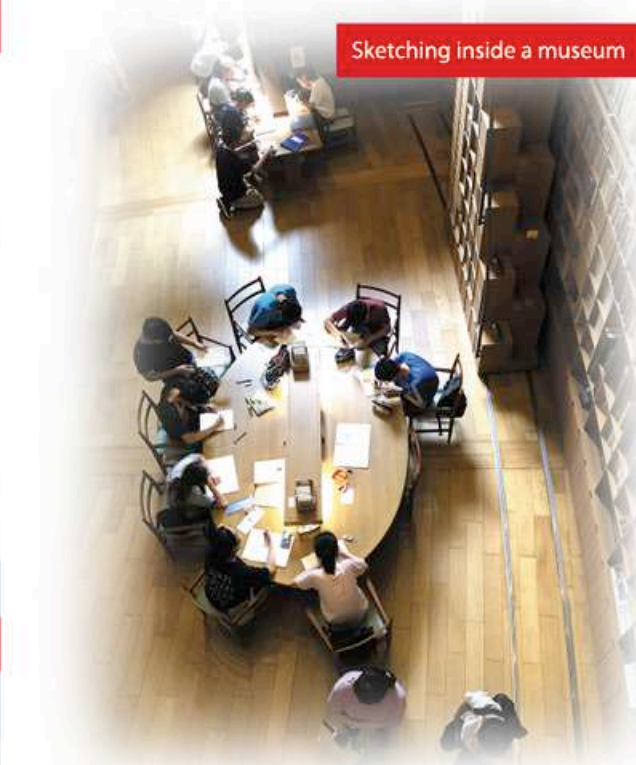
Destination: Osaka, Japan

This is the first ever architecture-themed LEWOWA program. Thinking sight-seeing of world-renowned architectures? We do more than that. Bring your sketchbook and marker – let's go!

This trip features architectures by Tadao Ando, a Japanese self-taught architect, also the winner of the 1995 Pritzker Prize. His work centers around religion and style of life. Ando's architectural style is said to create a haiku effect, emphasizing nothingness and empty space to represent the beauty of simplicity. And... Okay, enough Wikipedia knowledge. Not every participant is a fan of architectural studies, but the appreciation of beauty is universal. With the belief, we organized this taster program in Osaka.



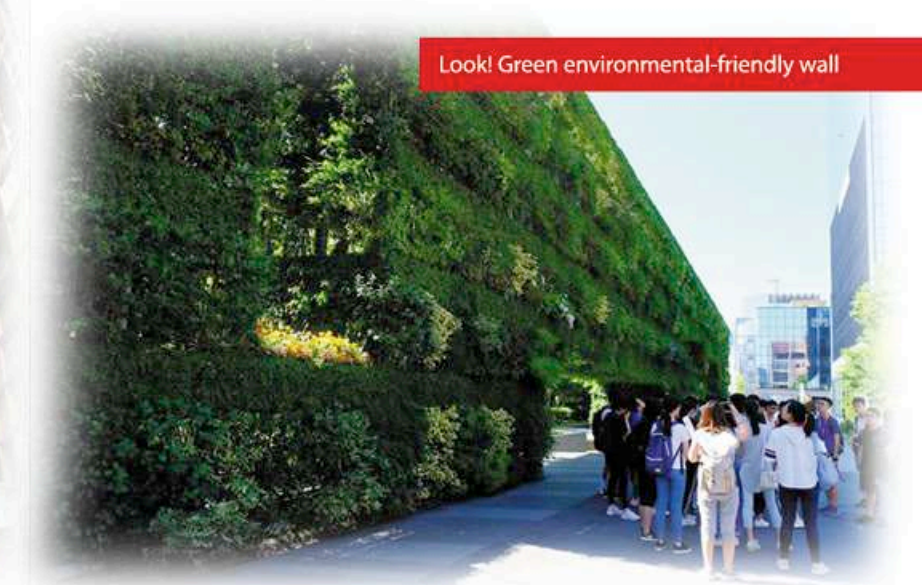
Guess! Who am I



Sketching inside a museum

Our students visited Osaka Port, Osaka Prefectural Chikatsu Asuka Museum, Osaka Prefectural Sayamaike Museum, Shiba Ryotaro Memorial Museum, Universal City Station, etc. – to learn the elements of architectural structures. Upon every visitation, students are required to appreciate, analyze and sketch. Through the above, students began to grasp the elements of architecture which are: light & shadow, form & function, [I'm sorry but you simply have to attend the program to find out more].

The initial experience may be frustrating and challenging for students, they have made breakthroughs and improved their skills. With all the practices, visitation to sites and guidance of architects along the trip, students are able to apply what they have learnt in their final project – a building of their own design. On the last day of the program, little architects all made use of their creativity to actualize delicate concept models from sketches. Some are very impressive! All in all, it's a fruitful journey.



Look! Green environmental-friendly wall



Cheers!



Listening to the explanation by an architect



Sketching fairies in the woods

# Seven Lessons from God in Seoul 上帝的七堂課 (首爾)

Eligible Form: S3-S5

Destination: Seoul, South Korea



Owner of this store sold us his buns for breakfast



Moments before we sweat and run in the Running Man playground



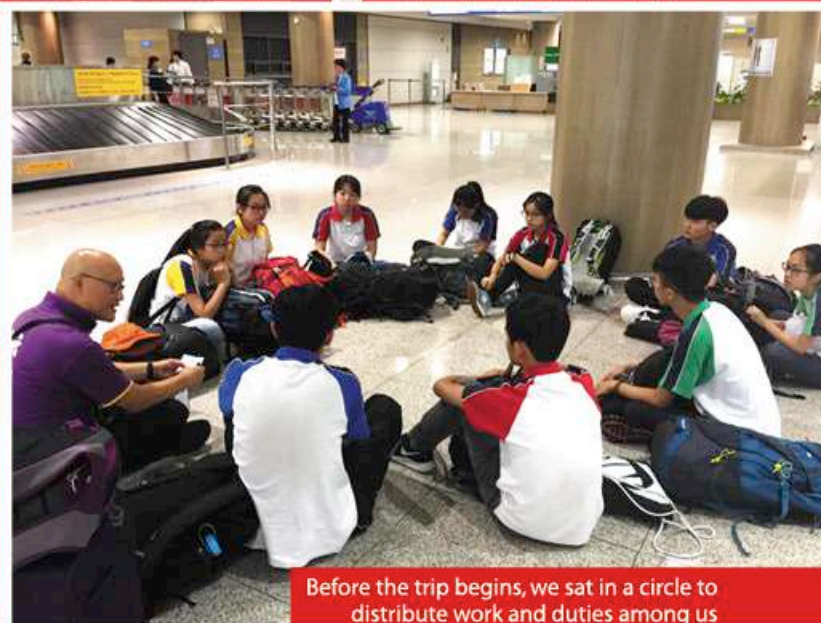
Hot weather outside GyeongBokGong



We have joy on our face as we could find our way to our hostel, G Guest House, on time

We started this journey with a heart of excitement. We went to the Yoido Full Gospel Church the next day. It was a nice stroll since we got to enjoy the street view, the cool temperature and summer breeze of Seoul Korea.

The following day, our quest was to go to 2 history museums in Seoul which used to house political prisoners. For the fourth day, our objective was to go to Nami Island. Out of all possible routes, we chose to take the subway. It was a long ride of more than 2 hours. We argued a little when we were deciding if we should take the bus or go to the pier on foot, as if we would save money by walking (although the afternoon sun was right above our head). We finally decided to take the bus there with the other 2 groups. The view of the island was stunning as we were surrounded by trees and we even saw an ice-cream eating squirrel.



Before the trip begins, we sat in a circle to distribute work and duties among us



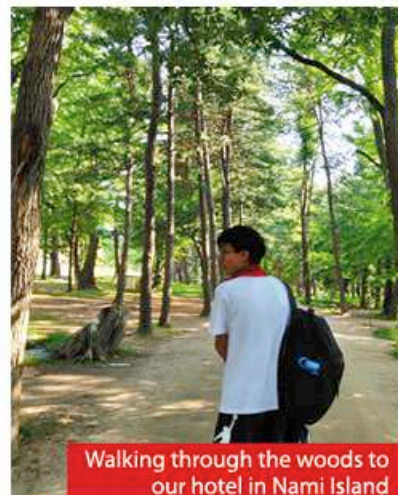
Cooking noodles for dinner in Nami Island



Asking locals for the way to the dyeing workshop



Leaving Seoul with our backpacks on our back



Walking through the woods to our hotel in Nami Island



Ice cream eating squirrel in Nami Island



View of the wet market where we had our dinner

On the fifth day, we had to leave the island and participate in a cloth dyeing workshop. The way there was the most tiring way of the entire journey as we were lost repeatedly and couldn't find our way up hill to the workshop. The venue was not easy to find and we had to continuously walk up and down hill. The crumpled piece of cloth we made was after all worth it because the patterns formed on the cloth can be interpreted in many different creative ways and we had a lot of fun doing that.

On the sixth day, we decided to go to the Running Man playground. We had a lot of laughs and sweat there. The journey ended here with love and joy.

YOUNG Cheuk Heng 5 Peace



Strolling through the Korean streets to get to the Yoido Full Gospel Church

Programme 26  
**STEAM @ Korea**  
**STEAM @ 韓國**

Eligible Form: S2-S5  
 Destination: Seoul, South Korea



鐵路單車體驗



泡菜DIY



首爾市民安全體驗館

七天的探索旅程可算讓我大開眼界，在七天裡瞭解到韓國在科學、科技、工程、藝術及數學五大方面的發展。例如，我們在Samsung Innovation Museum和Samsung D Light看到韓國如何利用科技便利人類，並將科技融入日常生活(如智慧家居系統、輕觸式鏡子、智慧家居電器等)中。透過參觀韓國著名電子品牌，看到韓國科學家在研發新科技不只是關注在科技突破，更多的是在於如何為社會作出貢獻，有利於社會發展。對比香港的科技，韓國的科技更著重於日常生活。



韓服體驗



VR體驗 @ SamSung D Light

這個旅程讓我對韓國認識更多，當中前往韓國學校交流及去4D體驗館讓我印象最為深刻。首先，我們在韓國學校交流沒有想到韓國學生那麼熱情的招待我們，更有一起打羽毛球的時間，這是讓我意想不到的。其次，在韓國學校中看到裡面不同的科學研發品及藝術作品，讓我覺得十分新奇。另外，在4D體驗館裡，有趣及生動的背景版讓我與朋友紛紛拍了不少照片。對比香港的4D體驗館，韓國的規模更大及其像真度及4D效果更為逼真。這七天探索之旅讓我獲益良多，讓我在最後一年的LEWOWA留下美好回憶。

5 Love 楊詠心



培基女主播@韓國電視台



K-POP 舞蹈速成班



首爾科學館外的火箭公園



3D相片@TrickEye Museum

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

Eligible Form: S2-S5

Destination: Fiji



## Bula Fiji

Eating such lovely original food,  
Living amongst true nature,  
Seeing true colour,  
Meeting true friends,  
Sharing true feelings.  
Listening to others and hearing our own true voice,  
Being in touch with our true selves,

We have all become "organic" Pooikeinians!  
Vinaka Yasawa!

Ms. Karis KAM



This year, I went to the second largest Fijian island of Vanua Levu and stayed in a small coastal village called Yasawa. In Yasawa, I met many enthusiastic villagers. They gave us a Sulu. A Sulu is like a sarong, or wrap-around skirt. In Fiji, the Sulu is an expression of ethnic Fijian identity. It means they really welcome and accept us.

Students were paired to stay with a family in the village. The villagers are really nice! They always helped us and took good care of us. Because of this, I really felt that I had become part of a family.



## Day 1 - Day 2

Mr Yuen, our school principal, came to airport to set us off. He also prayed with us for a fruitful experience in Fiji. Our prayers certainly came true!



After our arrival in Yasawa, the enthusiastic villagers brought us to their community hall. They welcomed us in a very grand way. The dinner was delicious! Fresh fish, bread, rice and breadfruit!

## Day 3 - Day 4

We visited the primary school in Yasawa three days in a row! It is called Vatuva Primary School. I started teaching them Chinese calligraphy and Japanese origami, I found that language is not a boundary.

Next, we danced together. The children in Yasawa like dancing very much. When they were performing, we went out and wanted to join them. They turned around and taught us how to dance. They are really caring and considerate children!



## Day 5 - Day 7

On day 5, we watched the sunrise together. It was beautiful!

We stood there in silence, looking up to the sky, contemplating how amazing life is.

We next visited the International Date Line in Yasawa. It is the line of demarcation on the surface of Earth that runs from the North Pole to the South Pole at 180 degrees. It demarcates one calendar day from the next. It is amazing!

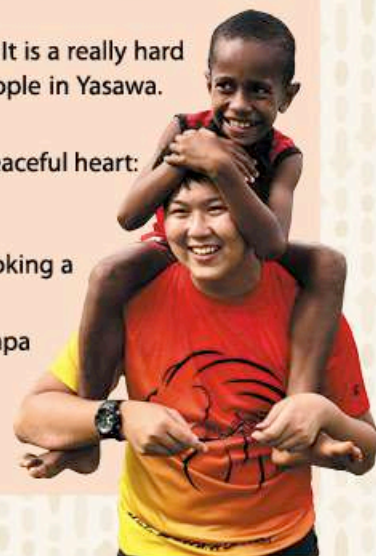
When we were walking back, a beautiful rainbow suddenly appeared!

We were also taught how to weave baskets. It is a really hard job. I could really appreciate the skill of the people in Yasawa. They can weave such beautiful baskets!

Weaving baskets requires patience and a peaceful heart: these are skills I lack.

Cooking Section! This was my first time cooking a curry for my Fijian family.

In the end, we cooked a very delicious curry! Mama, Papa and the children all loved it!



## Reflection

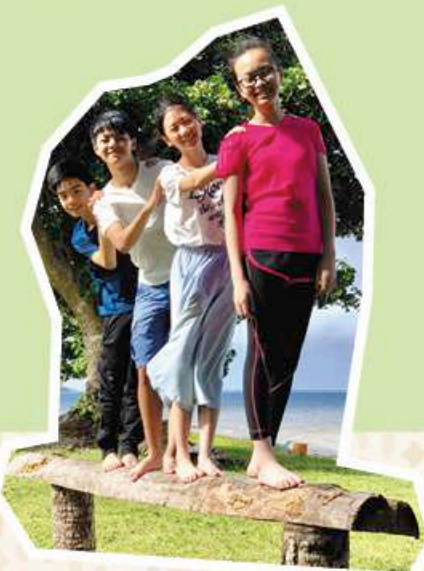
I enjoyed my time in Yasawa. A lot! First, I was able to establish a relationship with the villagers. Everyone has become a part of my new extended family. I made so many new friends, both Pooikeinians (students and teachers!) and Fijians (kids and adults!) Throughout this journey, we all supported each other and learnt with and from each other.

I learnt so much on this service trip: about Fiji, culture, nature, humanity and spirituality. For example, every start has an end. Just as there was an end to this service trip. However, love is eternal. Even if we do not live in the same place, we can always remember each other. Goodbye is NOT forever. Of course, I can also write a letter to my host family to keep in touch.

In addition, I saw that Yasawa's beach is beautiful. Then, when I looked more closely, I found there were many plastic bottles on the beach. Actually, the tiny community shop in Yasawa did not sell any plastic bottles. Those plastic bottles were washed to Yasawa from across the sea. I feel so sorry about that. I hope that we can pay more attention to our environment, protect and respect it.

Thank you dear Fijian family and friends! Vinaka vaka levu!

WONG Wing Nam Vennie 3 Grace



## Programme 28

# From Pictures to Words - The 2<sup>nd</sup> Travel Journal of Australia

## 從圖像到文字 - 第二本澳洲遊記

Eligible Form: S2-S5

Destination: Brisbane, Australia

今年我參加了《從圖像到文字—第二本澳洲遊記》這個課程。在短短七天裡，我更深入認識澳洲這個地方的動物和文化。其中藍光螢火蟲的夜遊之旅最令我難忘。牠們是森林裡的星星，是森林裡的精靈，在森林裡發出一閃一閃的光芒。

那一天晚上，我們穿著黃色的便利雨衣，手上拿著小小的，分別發出紅色和白色光芒的手電筒，一步一步地走進國家保護的森林。我們在伸手不見五指的森林裡拿著手電筒，照著地下，小心翼翼地尋找螢火蟲的蹤影。同學們一邊走一邊留意台階，並提醒走在後面的同學。伴隨著樹上的雨水掉落在雨衣上的「滴答」聲，我們走進一個山洞。聽從導賞員的指令，同學們相繼關上電筒。在黑漆漆的山洞裡，螢火蟲們發出藍晶晶的光芒。雖不像太陽耀眼，但牠獨有的光芒吸引了所有人的注意力。同學們都目不轉睛地看著這些森林裡的精靈在黑暗中發光發亮。



樹熊就是我



努力寫作，賣力抓格



餓了！是時候吃午餐



來澳洲就是要吃海鮮

為了解澳洲農莊的生活，我們到了農莊學習甩皮鞭和擲飛鏢。只見負責人輕輕一甩手上的皮鞭，捲起了地上的沙土，嚇得遠處的牛羊紛紛躲到一角。許多同學前往體驗卻發現不像預期中容易。餓過可愛的小羊吃早餐後，農莊為我們準備了他們每天都會喝的比利茶和熱騰騰的麵包。

在澳洲，我們近距離接觸袋鼠、樹熊等動物，牠們與人和平共處。澳洲的農莊不像其他國家，不會刻意搭建圍欄限制動物，而是給予動物一大片活動空間，給予他們自由。澳洲政府注重大自然的生態保育，讓澳洲的人和動物可以有良好的環境生活，也造就了澳洲的生物多樣化。



農場眾生相



奔跑吧！袋鼠



自己餡餅自己做



批呀批，你還要弄製多久

# Programme 29 Kazakhstan x Uzbekistan: More Than Belt and Road 哈薩克x烏茲別克：一帶一路的背後

Eligible Form: S3-S5

Destination: Kazakhstan & Uzbekistan



著名的天山鋪滿白雪

這是首次學校舉辦中亞國家的「學習無疆界」活動，所有學生也是首次到訪中亞國家，因此學生抱著很大的好奇心參與次考察，猶如進入了神秘國度。

哈薩克和烏茲別克曾是前蘇聯「衛星國」，因此具濃厚的蘇聯歷史文化氣息，學生眼界大開。學生首先抵達哈薩克的阿拉木圖，被壯觀的雪山及蔚藍的天空深深吸引。與香港相比，當地有更多博物館、裝潢華麗的宏偉建築物，如紀念在二戰時前蘇聯軍人勇士的雕像、長明火、紀念碑，可見當地人十分重視他們的民族特色。而且當地宗教氣氛十分濃厚，學生有機會參觀東正教及伊斯蘭清真寺，學生發現當地人民十分忠於自己的宗教，教徒十分虔誠，國家會為此興建和維修教堂，感覺像大家齊心合力做好一件事，令學生對當地的文化有更深刻的獨特認識。更難得是學生有機會學習繪畫傳統陶瓷製品，以及往烏茲別克的沙漠地區，入住蒙古包，體驗草原民族的生活，看日出日落，再在夜晚享受星空及營火，經驗難忘。



與塔吉克族的當地學生結緣



烏茲別克雷吉斯坦廣場大合照



此外學生亦深入了解「一帶一路」對中亞國家的影響，認識當地如何透過中國投資大型基建及提供獎學金，推動現代化。

哈薩克及烏茲別克均是俄語國家，學生最初也擔心語言不通的問題。但語言隔膜無阻學生與當地人交流，除了學生在出發前已學習一些基本俄文外，亦可利用英文與當地人士交流，加上在網上翻譯軟件的協助下，學生也能順利與當地人士交流。當我們被邀請與當地家庭共進晚餐時，我們不但能認識當地人的生活狀況外，更能感受到中亞人熱情好客。另外當學生到訪了當地一所著名的私立大學 - Kimep University，與該大學學生交換了聯絡資料，其中一位塔吉克族的學生不但在晚上往酒店探訪學生，大家作更深入的交談，在旅程的最後一天，她還特意來跟學生道別，並送上當地的特色小食，再一次讓學生見證中亞人真誠熱情。

今次旅程，學生能增廣見聞，獲益良多。



飛躍於烏茲別克塔什干哈斯特伊瑪目廣場



跟著民族服與哈薩克普名大學KIMEP大學生合照



模仿哈薩克潘菲洛夫英雄銅像的動作



享受特定中亞晚餐



與哈薩克China Studies學院學生用普通話聊天討論



在蒙古包前玩集體遊戲



烏茲別克塔什干哈斯特伊瑪目廣場大合照



齊齊展示創作成果

# Marvelous History x Maths Trip to Italy

## 意想不到的「歷史x數學」之旅

Eligible Form: S2-S5

Destination: Milan, Italy



Milan Cathedral

### Milan

I was full of excitement on the first day of LEWOWA as I could see the most elegant building in the world: the Milan Cathedral. After we landed at Milan's airport, we went to Stadium San Siro. It is one of the most famous soccer fields in the world which allows 80 thousand soccer fans. Later, we visited the Milan Cathedral. There are 52 pillars, equal to 1 week of the year. Also, there are some stained glass windows which tell stories about Jesus. I think this Cathedral is the most magnificent church in the entire world as it has been built for 6 centuries but is still not yet done.



San Siro Stadium



Verona Arena

### Verona

In the past, the Verona Arena allowed around 30,000 people witness some battles. Nowadays, it is a place for people to watch some action shows and performances. Later on, we went to Casa di Giulietta. It is the place where Shakespeare set his love story of Romeo and Juliet. The most interesting thing there was that some people say touching the Juliet statue's breast can bring luck and therefore a lot of people were lining up to do so.

### Venice

On Day 3 we went to Venice for a visit. We went to the Correr Museum to see some famous art and statues. They are important to the history of Italy. Later on, we visited Murano and saw how the people there make glass. The exhibits of glass are amongst the most beautiful and famous in all the world. Afterwards, we witnessed the process of making glass. Later on, we also went to Burano as that place is also very beautiful and elegant. Every building is painted a different color so people named this island Burano which means "colorful island".



Venice

### Florence

On Day 4, we went to the Uffizi Gallery. At the Gallery, there were different kinds of painting and statues. It shows the evolution of painting. At first, most of the paintings did not put emphasis on human facial expression. However, later on the artists started to focus on humanism so that we could know how those people felt at that moment. The most beautiful painting at that time was "spring". It used a lot of different colors and all the people there were celebrating the arrival of spring. This is one of the most beautiful paintings in the Gallery. After that, we went to Museo Galileo. This shows what Galileo thought about when he was alive. Also, a lot of people came to admire the scientific achievements and watch the "finger" of Galileo.

### Pisa

It was the last day of LEWOWA and we went to one of the most famous places in Italy which is the Leaning Tower of Pisa. We did the pose of pushing the tower of Pisa. Also, we tried to calculate the elevation of the Pisa Tower when we randomly stood at a place and tried to estimate the height.

CHAN Chun Yin 5 Faith



Protractor Measurement

