

# LEARNING WITHOUT WALLS

2022  
NEWSLETTER



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# CONTENTS

About Stewards Pooi Kei College .....	02
Words from the Principal .....	03
Foreword .....	04
Awardee List .....	05
Servant Leaders .....	08
Love Performance, Perform Love 愛演、演愛 .....	09
Understanding Minorities and Refugees in Hong Kong 香港這一家：少數族裔與在港難民 .....	11
Teen Carer: Experience the Life of the Social Vulnerable Group 青年關愛大使：體驗弱勢社群之旅 .....	13
Seven Lessons From God In HONG KONG 上帝的七堂課 (香港) .....	15
Social Worker Trainee Life Education and Service Learning Programme 「見習社工」生命教育及社區服務學習之旅 .....	17
Explorers .....	20
Multi-intelligence Training Scheme 多元智能訓練計劃 .....	21
MasterChef @ SPKC 我要做咖啡大師 .....	23
Intangible Cultural Heritage of Hong Kong 傳統手藝在民間 .....	25
Visible and Invisible Life in Fishing Village 「看得見」與「看不見」的香港舊城社會生活 .....	27
Boundless Universe - The Exploration of Astronomy, Nature and Ourselves 無邊宇宙：天文生態自我探索 .....	29
Smart Campus & Smart City 智能校園 .....	31
Upcycled Sea Wave Stool Workshop 香港回收木海浪板凳體驗課程 .....	33
【The Shapes of...!?】@Physical Theatre 【身體說故事...!?】@形體劇場 .....	35
Adventurers .....	38
Mission Possible - An Adventure Challenge Accepted 奮青野外歷奇行動 .....	39
Ride Mountain Bikes! Buddy! 山地單車初體驗 .....	41
Sailing Classroom 航海教室 .....	43
Pooikeinians vs Wild 培基人在野 .....	45
Venice in the East - Tai O 東方威尼斯 — 大澳水鄉之旅 .....	47
Flying Fish - Kayaking LIFE Adventure 飛魚 - 獨木舟生命旅程 .....	49
Karatedo : Way To Live A Positive Life 正向人生：空手道體驗營 .....	51
Rainbow Touch - Holistic Leadership Training Journey 整全領袖訓練之旅 .....	53
Life Planners .....	56
✦Emotional First-Aid✦ Drama Workshop ✦情緒急救✦ 戲劇工作坊 .....	57
Career Live: Architects 生涯職業體驗活動—建築考察及模型設計 .....	59
Coffee Life Master - Mastering Your Life 咖啡生命大師 — 學習成為自己的生命大師 .....	61
Discover Your Dream: Dream it, Live it! 探索夢想 4D Camp .....	63
My Pet Grooming Diary My Pet Grooming Diary 我的寵物美容日記 .....	65
360 Degree Image Design Workshop (Hairstyle and Makeup) 360度形象大變身(髮型與化妝) .....	67
Be a Startupper: Hong Kong Business Exploration 初創新入王 .....	69
Scholars .....	72
STEM Magic Performance STEM @ 舞台魔法王 .....	73
Shall We TED Talk? 你講我講全球講 .....	75
Little Hong Kong, Big World 小香港大世界 .....	77
Chinese Culture in the Camera 聲影中的中華文化 .....	79
Experience Mathematics in SPKC 培基書院數學遊 .....	81
Life Writing: Telling Our Untold Stories 生活寫作：講述我們不為人知的故事 .....	83

## 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 that 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
- Life-long Learning 終身學習
- Love and Care 關懷愛顧
- Christian Values 基督價值
- Globalized Vision 全球視野





## Words from the Principal

In the past couple of years with all kinds of jaw-dropping situations in our world – pandemics, wars, natural disasters, fall of great figures, etc., we put the suffering regions and people in our prayers. On the other hand, we Pooikeinians should be thankful for our swift adaptation to the new normal and the unceasing opportunities to explore and learn.

I believe learning is sometimes a process of **“wall-breaking”**. Throughout your learning process, you may find that at times you are breaking a wall built earlier by prejudices and biases. You may also have to break some walls built by false knowledge in the past before you could finally see the facts and the truths. These walls can be **the wall of our fear, the wall of our ignorance, and sometimes, the wall of our laziness**, or we call it our “comfort zone”.

Remember, only by breaking these walls can we be truly connected to the rest of the world as global citizens. We are reaching out to bring humble services to those in need. We Pooikeinians are embracing the beauty of diversity. As more people follow suit, other walls made of fear, ignorance or prejudices will also collapse.



**“Learning Without Walls” (LEWOWA)**, as its name suggests, literally means that we learn outside our regular classroom setting. For a more in-depth meaning, Pooikeinians’ LEWOWA not only aims to **equip everyone in this school as Christian leaders with globalized vision and love and care**, but

it is also an opportunity for us to pull down all these shapeless walls **through the wonderful life-changing learning experience**.

Behind all the stories, there are lots of people who spare no effort in preparing such wonderful programmes for us. Ms. Miranda Tang, Mr. Simon Leung, LEWOWA committee teachers, all teachers and supporting staff. Their determination and proactivity in braving unprecedented challenges deserve commendation and appreciation.

Last but not least, the coming year, 2024 marks the 20th anniversary of the establishment of SPKC. I look forward to seeing Pooikeinians discover each other’s growth and meaningful journeys of learning without walls!

Mr. William LEE  
Principal



## Foreword

There is a famous saying from Kung Fu Master, Bruce Lee: **using no way as way; having no limitation as limitation**. It is an important tenet for me as the coordinator of Learning Without Wall (LEWOWA) programmes in recent years. Facing an ever-changing environment and unpredictable anti-pandemic measures, we had to break from routines and move forward in order to make impossible LEWOWA 2021/22 become possible.

We acted as ‘practical dreamers’, actualizing various dreams into **thirty-four LEWOWA programmes in five categories**. Being limitless fostered us to plan **new programmes** and bring Pooikeinians unusual learning exposure like pet grooming, personal image design and Karatedo. While most programmes were held in a half-day mode in-campus, we also tried our best to offer hand-picked **outing activities** in view of the relaxation of social distancing measures.

Countless memorable life-changing experiences can be found in S.E.A.L.S. categorized LEWOWA programmes. I would like to share some highlights with you.

**Servant leaders:** Pooikeinians spread their love by showing empathy and spending quality time with the disabilities like those visually impaired and hearing impaired.

**Explorers:** Pooikeinians mastered the skills of upcycling sea wave stool from yard wastes.

**Adventurers:** Pooikeinians challenged themselves in high ropes course.

**Life-planners:** Pooikeinians played the role of pet groomers, helping dogs brushing and trimming.

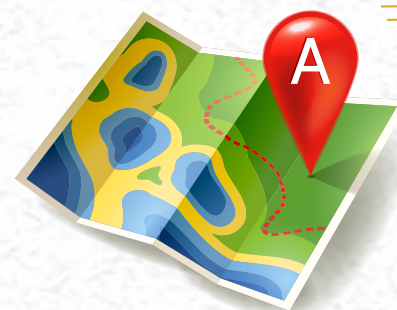
**Scholars:** Pooikeinians applied mathematics in daily lives from drawing to baking.

**LEWOWA fosters Pooikeinians’ growth by guiding them adapting to the ever-changing world.** More challenging but meaningful Pooikeinians’ stories of growth await you.



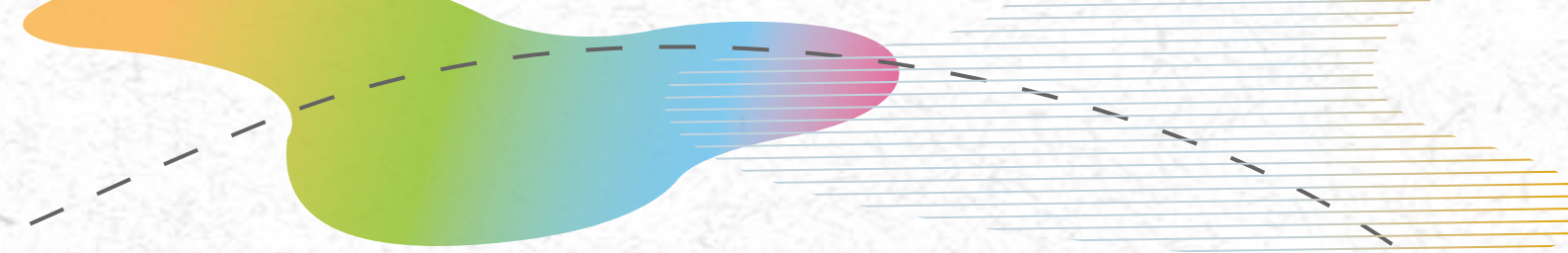
Mr. Simon Leung  
Head of Global Education & LEWOWA Committee





## Awardee List

Prog. Code	Programme Name	Student Name
2122-01	Multi-intelligence Training Scheme	TSUI Ka Hei
2122-02	Coffee Master @ SPKC	LIU Pui Huen
		CHUNG Long Yan Melanie
2122-03	Intangible Cultural Fitage of Hong Kong	LIN Yat Ka
		OR Cheuk Yue
2122-04	STEM Magic Performance	TO Long Yui
2122-05	✦Emotional First-Aid ✦Drama Workshop	POON Ho Yan Lia
2122-06	Career Live: Architects	LAU Mei Lam
2122-07	Visible and Invisible Social Life in Old Hong Kong	YEUNG Lor Sum
		WONG Yu Ching
		SIU Tsun Cheong
2122-08	Love Performance, Perform Love	LEE Zuri
		KWOK Ming Hei
2122-09	Understanding Minorities and Refugees in Hong Kong	LAM Timothy
2122-10	Boundless Universe - The Exploration of Astronomy, Nature and Ourselves	CHAN Hong Shou
2122-11	Mission Possible - An Adventure Challenge Accepted	YAU Ngo Long
2122-12	Ride Mountain Bikes! Buddy!	WONG O Sen
2122-13	Teen Carer: Experience the Life of the Social Vulnerable Group	WONG Ho Long Terrance
2122-14	Sailing Classroom	IP Ka Man Carmen
		WONG Chi Ho
2122-15	Seven Lessons From God In HONG KONG	LAU Angel
2122-16	Shall We TED Talk?	YIM Pak Ho
2122-17	Little Hong Kong, Big World	SO Man Ching



## Awardee List

Prog. Code	Programme Name	Student Name
2122-18	Coffee Life Master - Mastering Your Life	WONG Chung Yan
		YIU Kwan Chun
2122-19	Chinese Culture in the Camera	CHAN Hau Yau
		LEE Yin Hei
2122-20	Smart Campus	LUK Hoi Tong Nerita
2122-21	Upcycled Sea Wave Stool Workshop	LEE Tsz Ying
2122-22	【The Shapes of...!?】 @Physical Theatre	LAW Ho Lam
		TANG Cheuk Nam
2122-23	Pooikeinians vs Wild	WOO Chin Shing
2122-24	Venice in the East - Tai O	KWOK Ka Man
2122-25	Discover Your Dream: Dream it, Live it!	CHAN Oceana
2122-26	Experience Mathematics in SPKC	YUNG Tsz Kin
2122-27	Flying Fish - Kayaking LIFE Adventure	CHAN King Chee
2122-28	"Social Worker Trainee" Life Education and Service	WONG Lok Sam
2122-29	Life Writing: Telling Our Untold Stories	LEUNG Sung Lai Roland
2122-30	Karatedo : Way To Live A Positive Life	CHEUNG Mei Wai
2122-31	My Pet Grooming Diary	NGO Sheung Suet
2122-32	360 Degree Image Design Workshop (Hairstyle and Makeup)	CHAN Yat Ka
2122-33	Rainbow Touch - Holistic Leadership Training Journey	LAU Siu Fung
		CHAU Tsan Yin
		PAK Lai Ching
		LOK Wing In
2122-34	Be a Startupper: Hong Kong Business Exploration	YEUNG Tsz Kiu





## SERVANT LEADERS

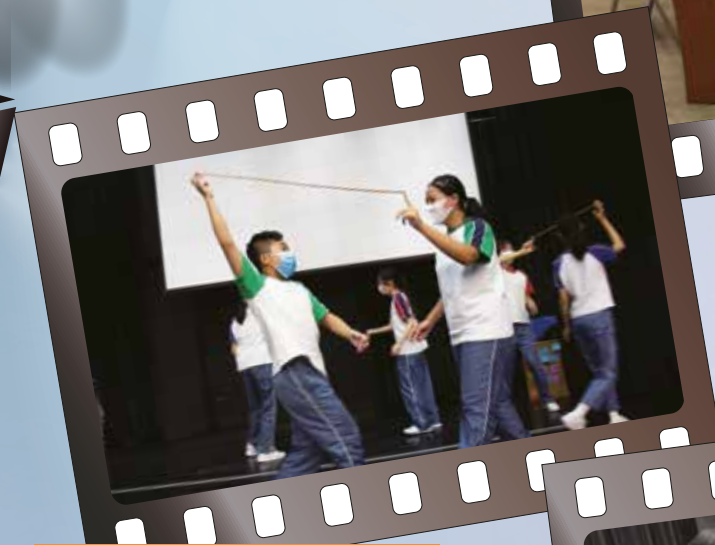
SERVING IN COMMUNITY WITH  
CHRISTIAN VALUES



LEWOWA-08 S1-S5  
LOVE PERFORMANCE, PERFORM LOVE  
愛演、演愛



Acapella practice



The importance of interaction



Team buliding



Wonderful Acapella Team

A fruitful programme



2P KWOK Ming Hei & 1F LAI Tsz Him

Both acapella and drama students are in one team and everyone performed very seriously. We must carefully listen to others to perform a good show. Given that mistakes could easily happen anytime, we had to improvise and think of a way to bounce back from the mistake. Drama skills, communication, collaboration and critical thinking were important to us. I was proud that all of us could remember our lines and roles in the play. I did not have much chance to work with others often, so this was definitely a new learning experience.

The story discussed the threat of bullying in school, which might even bring suicidal thoughts to the victim. I hope that all students can become friends so we have more friends and enjoy better school life. Teamwork building made everyone joyful and delighted. I am so proud that we had great memories. In terms of my achievement, I did successfully "open myself" as it was my first time being a lead character. I worried about things going wrong or being embarrassed. Gradually I found myself enjoying the process. The team recognized my performance and I gained many fans surprisingly.





Trying Tinga-Tanga



A receptive audience



Interviewing refugees in Hong Kong



Practicing the African drums

## UNDERSTANDING MINORITIES AND REFUGEES IN HONG KONG 香港這一家：少數族裔與在港難民

LEWOWA-09 S1-S5

3L PO Cheuk Wang

During these five days of LEWOWA, I have learned so much and met many different minorities. I think the most memorable experience in the programme is talking to different kinds of refugees and minorities. I think it is a very precious experience because I seldom talk to people from other countries in daily life. Besides, I don't usually ask questions, especially to someone I have never met. So, this time is quite challenging for me because I also need to speak in English, which I am not good at, in addition to talking and asking questions to other people. At first, I wondered if I could use English well and have the courage to ask questions.

Luckily, it wasn't too hard for me to talk with ethnic minorities. Somehow after I asked the first question, I became confident and not afraid to talk to them

in English. The other thing that makes me have the courage to talk to people is that I know that I am not alone. I got my group mates with me so I wouldn't be afraid to ask them questions because I know if I say something wrong, they will correct me. After all, I would not be scared to ask questions anymore even though maybe I am not very good at speaking English, but at least I have tried.



Trying Tinga-Tanga

In this programme, I also discovered some exciting things. When the ethnic minorities and refugees talk about their lives and stories, I know that suddenly adjusting to some new places is tricky. Likewise, getting reacquainted with a different culture is also quite hard for them. However, as they say, the most challenging difficulties they face are discrimination and communication issues. Even though Hong Kong has a high educational level and many nationalities live here, some still resist living with ethnic groups just because their skin colour is different. Moreover, most refugees are from Syria, Venezuela, Afghanistan, South Sudan and Myanmar. They don't know how to speak Chinese or English, so it was challenging for them when they first came to Hong Kong.

Initially, I was disappointed that this programme had picked me because I thought it was boring, but now I am glad it wasn't. Also, I met new friends and was willing not to be afraid to talk to others.



Getting to know the symbols of different cultures



LEWOWA-13 S1-S5  
TEEN CARER:  
EXPERIENCE THE LIFE OF THE SOCIAL VULNERABLE GROUP  
青年關愛大使：體驗弱勢社群之旅

Have you ever imagined you do not have any electronic devices such as mobile phones in your daily life?

3L CHAN Tsz Ching

Many people do not have their own houses and do not have enough food to eat in our society. There are over 2500 people in social vulnerable groups in Hong Kong. This is such a large number! Therefore, I think we should help them. To be simple, we can just chat and care about them. This action is already caring about them. We should not discriminate and shout at them. Actually you are a human and they are also. They also have sanctity and feelings. So we should respect different people in the world whether they are rich or poor, strong or weak. We should not judge people by appearance. We should listen to them because everyone has their own story. Everyone is experiencing different things and difficulties. You won't know what the other's are experiencing when you only look at the other's appearance.



We simulate how hawkers sell their goods in school



Carrying goods to the night hawker



Go to Sham Shui Po

To sum up, we should care and respect the socially vulnerable. Socially vulnerable groups include McRefugees, the homeless, and hawkers at the Night Market. The last day of this programme, we went to the Night Market in Sham Shui Po to visit hawkers. Also we brought some materials to them for profit making. Around 8:30, they were starting to pack their things because they are unlicensed hawkers and will be punished by the Hawker Control Team. I feel sad for them, they only have a short time to sell their products and they need to pack their products quickly. So I think we should help them more.



Group photo



Transforming our ideas into a poster



LEWOWA-15 S3-S5  
SEVEN LESSONS FROM GOD IN HONG KONG  
上帝的七堂課 (香港)

如何發現真我及信仰如何幫助你達到人生的目標？  
自己又如何可以實踐定立了的SMART原則？

3F LAU Angel 劉臻希

很多人認為發現真我最好的方法是探究自己的內心，要從內心尋找答案。例如嘗試不同的活動來探索自己的興趣，或做一些如十六型人格測試來認清自己的性格。雖然我也這樣認為，但有時我會被外在因素影響而懷疑這究竟是不是真實的我、或那其實只是在人群中偽裝的我。我嘗試在禱告中仰望那位創造我的神，慢慢地發掘出很多以前不為人知的我。我認為發現真我除了需要相信內心、跟著感覺前行外，也需要在迷茫的時候抬頭仰望創造我們的那一位神。

每個人在不同階段或許都有不同目標。在「上帝的七堂課」活動過程中，第三四天進行的繩索挑戰讓我反思最多，也是最幫助我達到目標的一環。在活動中，無論你是在上爬還是在下降，都要堅定相信那條繩索可以支撐到我們自身的重量，從而學會放手，完全依靠那條繩索。這樣在上爬的過程中容易用雙手完成目標；在下降的過程中玩得更盡興。這條繩彷彿就像我人生中的慈繩愛索，讓我學會只要將自己的未來交託於上帝，除了讓我不再憂慮和掙扎在未來可能會發生的不確定情況中，也能讓我與他一起同工，乘載著他賜給我的能力、智慧、勇氣，更有力量去達到目標。

第二組上攀成功後的合照



為上攀同學提供支援



為同伴助力



與實體火車票合影



凌空懸掛

整個活動中，無論是老師還是同學們之間大家都互相鼓勵和打氣，也因此給了我超凡勇氣去完成一些自認為不太可能的事情。例如當我在五樓心驚肉跳地向地下望去的時候，真的感覺自己不太可能會踏出凌空的那一步、或許就算是踏出了這步也會害怕得想馬上逃離……但最後，我竟然成功了！這多得有同行者的陪伴啊！大家都非常享受這次的經歷，我也在這次的活動中得著很多。

根據SMART原則，我立下了要在DSE中至少其中一科拿到5\*\*和所有科拿到5或以上的目標。在達成這目標的過程中，我需要擁有如何解決問題、自我管理和學習的技巧方法。解決問題的能力可以讓我在達成目標的路程中遇到困難不僅不輕易放棄、還要想辦法去解決跨過這些障礙。我也需要擁有自我管理的技巧來平衡學習時間和休息時間，不能因顧著玩樂而不溫習，卻也不能只顧著學習而忽略休息，讓自己長時間在高壓下，不然只會弄巧反拙。當然，我還需要學習技巧來維持自己的學習效率及成績，尋找屬於自己的溫習方式和學會找出課文的重點。

總而言之，這個有意義的活動真是太有收穫了！



努力上攀



LEWOWA-28 S1-S5  
 "SOCIAL WORKER TRAINEE" LIFE EDUCATION AND SERVICE  
 LEARNING PROGRAMME  
 「見習社工」生命教育及社區服務學習之旅



5F CHIU Davin Won Chung

There are some memorable learning experiences during these five days. We chatted with ethnic minorities and grassroots citizens. There is a big variation between these two activities. As far as chatting with ethnic minorities, I found that they are really open-minded and willing to share their situation and experiences in Hong Kong. After that we even tried to learn about their languages and different cultures' greeting methods, it was fantastic. However, for the activity of chatting with grassroots citizens, I found that the speakers are quite hesitant to share their experiences as both of them are ashamed of themselves but I think it is also a great learning opportunity. As being a Social Worker, there will be different cases and each of the patients has a different background so we should learn skills of asking questions and be polite and kind to them.



Caged-home experience



Pace makers for the visually impaired



Drawing with a disability



An exhausted but happy dragon boat team



Group photo with the ethnic minorities guests

Being a social worker is not that easy to cope with, I have learned to be individualized, purposeful expression of feeling, controlled emotional involvement, acceptance, non-judgmental attitude, client self-determination and confidentiality. For my dream to be a social worker, I will definitely apply these rules in my daily life communicating with people. Also, I have learned to share my own feelings after trying to be visually impaired and with physical disabilities. I appreciate Mr. Andy for encouraging me to have my own feelings with classmates every time after I listened to the speaker and after I experienced that. The programme has ended, but the passion of being a social worker and the skills that I have gained these days will always remind me to be sympathetic when facing different cases in my life later on.



Learning Hindi



Dragon Boat activity

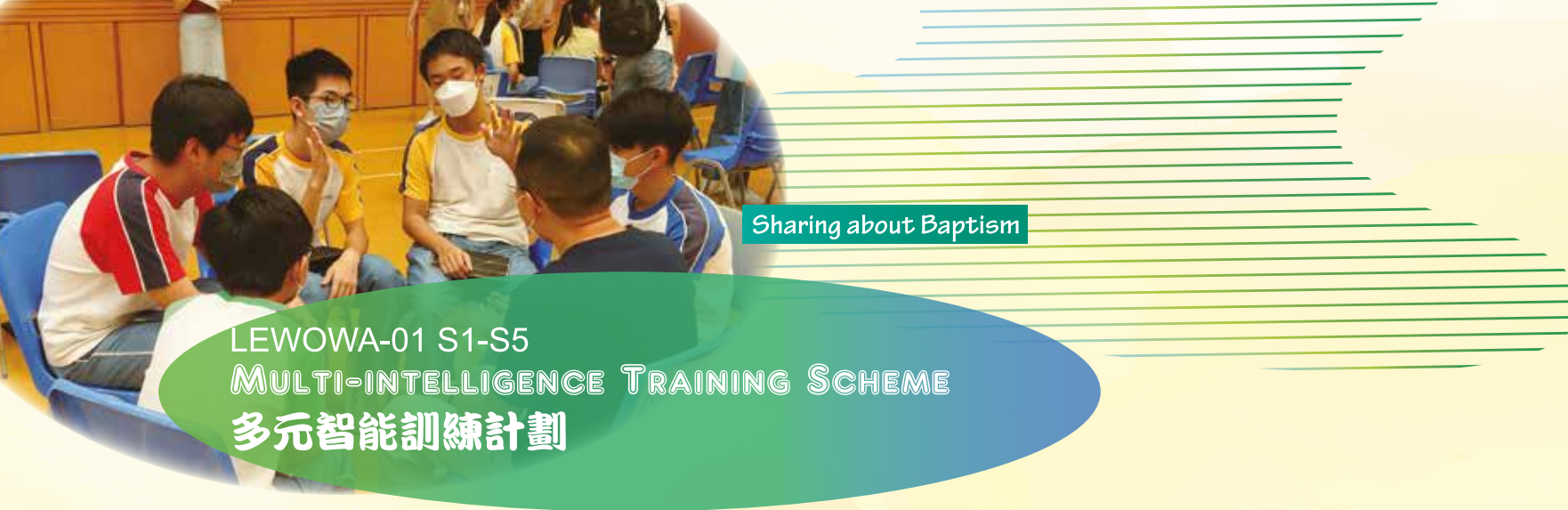




EXPLORERS

EXPLORING VARIOUS  
INTERESTS AND CULTURES





Sharing about Baptism

LEWOWA-01 S1-S5  
MULTI-INTELLIGENCE TRAINING SCHEME  
多元智能訓練計劃

4F TONG Lok Huen

Through this LEWOWA activity, I've achieved two goals. In communication skills, I've learnt to be active and to be sociable. As a group leader, while meeting the members at the beginning, I needed to give instructions and guide them to finish different tasks actively. Also, I had to get to know my group members quickly, so I took the initiative to talk with them. Furthermore, I made friends on day one already. We chatted a lot and knew more about each other. My interpersonal intelligence has improved and these experiences will be useful for me to collaborate with others.

I've also set my second goal to be creative and I gained it on day two while making the dough figurine. While making tiger clay, I used my creativity to make it like a real tiger. By visualizing the product in my mind, my visual-spatial intelligence has improved. This experience could help me do better in art. Via this LEWOWA programme, I had better interpersonal relationships compared to before as I met new friends within a short period of time and I'm being more active in front of others.

Dough sculpture workshop



Worship with Abundant Grace Church

During these five days, I also had memorable learning experiences, especially on day four, learning how to play pétanque and spikeball. As I'm interested in sports, I think these two sports attracted me a lot and I played spikeball with my teammates seriously during the match. During sports time, my bodily-kinesthetic intelligence improved.

Also, I discovered that I'm not good at learning about first aid, as I'll feel afraid while dealing with blood. Also, I will be fearful of hearing the bad news.

Among these, the knowledge I've gained can apply to my daily life. As I learned the basics of first aid on day 4, I'll definitely help the patient if there's suddenly an accident. For example, to stanch the bleeding blood and to comfort the patient before the ambulance comes, which helps to reduce the panic in him. What's more, I may become a host during my friends' wedding since I've acquired the knowledge of being a host. Besides, if I'm a host, I'm sure that I have the ability to control the time when the event is over-running.



Creative sculpture



Emcee workshop



Learning life-saving skills





LEWOWA-02 S1-S5

MASTERCHEF @ SPKC  
我要做咖啡大師

coffee  
PREMIUM ROASTERS

Fair Trade  
**COFFEE**  
ALWAYS GOODS

#### 4G CHUNG Long Yan Melanie

During the whole Coffee Master Programme, it wasn't only teaching us about brewing a cup of coffee or doing the latte art, but also letting us know about the relationship between coffee and humans. In the first two lessons, 2D and 3D latte art were taught by the professional barista. Surprisingly, I think creativity is the most important factor instead of some professional skills during 2D and 3D cartoon drawing because there was no specific sample for us to follow and we had to create our own one, which made the whole thing more memorable and interesting.

Subsequently, we learnt how to pour a solid heart, the Rosetta, and a simple tulip, of which the Rosetta is my favourite one as it's the easiest among all for me. It created a sense of satisfaction after pouring it with a clear and pretty shape, but I believe I still have lots of room for improvement. Moreover, numeracy skills are needed as we had to know the ratio of espresso to milk in order to have a flavorful cup of latte, and this even increased the difficulty of pouring latte art.

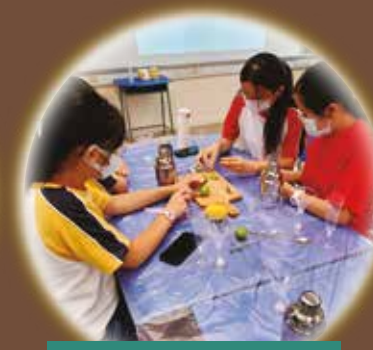


Group photo

On the last day, we learnt about making soda drinks and iced shaken tea. Collaboration skills are super vital. Me and my group mates had separate duties. For example, I needed to cut the lemon into slices for use and other group mates had to prepare other ingredients. Because of our great teamwork, a drink was made without any mistakes and we even had some extra time to enjoy the drink we worked together. Here, I would like to say thank you to my dear groupmates.



Drawing 3D latte art



Slicing lemon to make a non-alcoholic drink



Lecture on the skill of brewing coffee

Last but not least, we learnt about how the coffee fair trade works in the world and the usage of coffee ground. These two meaningful topics have widened my horizons. For instance, I learnt that the wages for the workers working diligently in the coffee industry are unacceptable compared to the high demand and supply of coffee. This broadened my coffee knowledge and increased my interest in learning more about both coffee and latte art. Thank you for this program, which embarked on my journey to being a real "coffee master"! I will never forget the time we spent together on these few joyful days.



3D latte art of a lovely cat

Taste test





LEWOWA-03 S1-S5  
INTANGIBLE CULTURAL HERITAGE OF HONG KONG

傳統手藝在民間

5J 柯卓瑜

香港擁有着各種各樣的傳統習俗及文化。不論是新年還是端午，又或是重陽或中秋，傳統節慶當中總衍生出不同的傳統手藝，在民間一代一代地傳承下去。這幾天的課程中，我們親身體驗學習了不同的傳統手藝，包括剪紙、製作印章和燈籠等等，獲益良多。

短短幾日，我已明白了非物質文化遺產的定義，那是國際組織認定對某地區文化傳承有重要意義的智慧財產。在真正體驗時，例如製作印章和燈籠的過程中，發現實際製作可絕不簡單。不論是黏貼玻璃紙的完整度、或是雕刻時的力度把控，各方面的掌握都要十分小心可以說是非常艱難，不時地要師傅們手把手的教導才行。但當你耐心地逐步完成作品後，心裡是十分滿足，非常有成就感。

過程中，我們不但了解了更多關於香港的文化傳承及事跡，更認識到這些傳承知識或手藝的珍貴。這個課程也啟示人們不要只看着輝煌的未來，亦要緊記過往承傳及教誨。在此，衷心感謝師傅們寶貴的指導。



完成剪紙活動後的大合照，衷心感激師傅們的教導。



用心地在瓷碟畫上荷花圖案，  
為白色瓷碟增添勃勃生氣。



導師們因材施教、熱心教學  
同學們學得不亦樂乎！



學習耍揮槍，不容易呢！



專注雕刻自己專屬的圖章。



同學們為香港傳統的小巴牌寫上潮流文化字句，賦予傳統手工藝新定義。





LEWOWA-07 S1-S5

## VISIBLE AND INVISIBLE LIFE IN FISHING VILLAGE 「看得見」與「看不見」的香港舊城社會生活

3H 王宇晴、2L 楊樂心

在幾天的「學習無疆界」活動過程中—「看得見」與「看不見」的香港舊城社會生活，使我們認識了香港的無障礙設施以及縱覽了香港舊城文化與歷史，令我們深入探討香港歷史的文化價值、了解殘障人士的難處並增進舞台技巧的知識，可真是獲益良多。

第一天，導遊到校向我們簡介屏山文物徑、黃泥涌峽徑等香港歷史文化景點，也提及了香港的舊城文化，如手雕麻雀、手造鳥籠等，讓我們明白保育舊城文化的重要性。然後，我們遊走於校園，了解學校的無障礙設施。

### 參觀天后古廟

### 參觀保良局歷史博物館

第二天，我們親身到銅鑼灣實地考察，沿途前往天后廟、蓮花宮、火龍徑以及保良局歷史博物館參觀。也有同學在天后廟成功求得一籤呢！設身處地體驗了一把香港舊式文化。而蓮花宮香火鼎盛，因深受善信景仰而立廟供奉，從而祈求事事如意，一帆風順。我們還到訪了保良局歷史博物館，為整日的行程畫上圓滿的句號。其中最為深刻的是牆上掛着一幅幅昔日的善長畫像，感謝他們當時的鼎力襄助，貫徹保良局「保亦安良」的宗旨。

保良局博物館的外貌採用了歐式建築風格



在天后古廟面前拍的團體相

題字：「潤物細無聲」

鄧氏宗祠外圍

至於第三天，我們就利用了虛擬導賞的模式，遊覽古樸的屏山文物徑，導遊一路上用心地講解元朗屏山的歷史背景，反映新界的傳統風貌。古意盎然的上璋圍屹立如昔，是屏山文物徑沿線唯一的圍村，我們尚可依稀辨識傳統圍村的風貌；「潤物細無聲」五字掛在學校牆上，這些題字也是遊客觀賞的一大特色。透過參觀，我們了解到當時的建築風格，例如以三進兩院式建築的鄧氏宗祠，建築物各進的樑架均雕刻精美的動植物和吉祥圖案，屋脊則飾有石灣陶塑鯨魚和獅子。縱使是透過網上形式參觀，我們也能感受屏山鄧族此豪門府第的氣派！

在整個學習旅程的尾聲，我們還參與了押字押花玻璃碟工作坊，學會如何運用顏色的配搭和不同的花款來設計。我們也運用定下smart goals裏的創意力，將清朝視障人士的遭遇融入無障礙短劇中，有組別更加將「香港舊城文化」與「無障礙設施」兩大主題融為一體，並且運用溝通技巧與組員在短時間內排練一套短劇，過程中主動表達自己的意見，帶出社會各界應為殘障人士提供更多協助的理念。

### 參與押字押花玻璃碗碟工作坊

### 於學校禮堂演出無障礙短劇

五天的活動裏，感恩在疫情肆虐下仍然有機會到戶外實地考察，令我們更深入了解香港的舊城文化與習俗，又明白到殘疾人士的艱辛。尤其在無障礙短劇的演出中，一顆顆友誼的種子在組員之間的合作無間中慢慢萌芽，每人發揮自己所擅長的領域，在短劇中擔任旁白、編劇、主角等不可或缺的角色，同時培養我們的團隊精神。到了回顧分享的那一天，大家都衷心感謝老師與組員的付出，一起為這次「學習無疆界」的課程留下最難忘的回憶。



LEWOWA-10 S3-S5

## BOUNDLESS UNIVERSE - THE EXPLORATION OF ASTRONOMY, NATURE AND OURSELVES

### 無邊宇宙：天文生態自我探索



Getting ready to go inside the Starlab dome



Group photo with a lizard



Stargazing at Tai Mei Tuk

#### 4F LAI Wing Him

In this year's LEWOWA, I joined a programme named Boundless Universe - The Exploration of Astronomy, Nature and Ourselves. Overall, the experience of these 5 days were very memorable and useful, giving me insights to knowing more about ourselves and the meaning of life.

In my opinion, one of the most memorable parts of the programme is interacting with reptiles. Knowing that those little reptiles are not hostile, was a fun experience as well as touching and holding them in the arms. Not only was it a fun experience, it was also a great lesson learned. Usually when we see wild animals in the countryside, our first instinct is to kill them; whereas we often neglect the fact that some wild animals are not hostile to us. We should learn to coexist with them instead as all animals are a vital part of the environment.

The other most unforgettable part of the program is the stargazing and astrophotography session. I never knew that there is such a place in Hong Kong where it has little light pollution and we are able to see many stars from the universe with our own vision. The feeling of being surrounded by stars in the universe was very relaxing and humbling that mankind is not as great and powerful as we thought. I could also have a chance to see the Big Dipper in real life.



Holding a snake



Interviewing the tutors



Introducing how to use a telescope

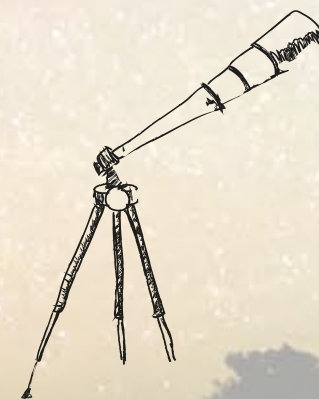


Outing activity at Tai Mei Tuk



Happy ending

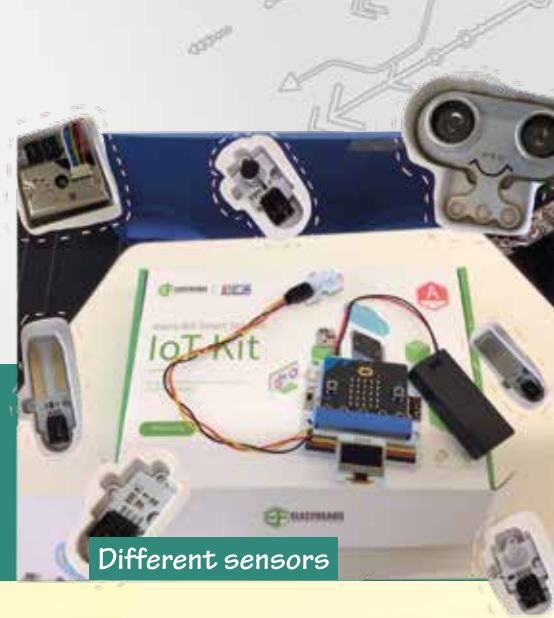
Through this programme, I improved my collaboration and communication skills by working with newly met schoolmates. In the past, most of the time I was only doing what I was assigned to. After joining this programme, however, I am more confident as I know that I am able to lead a discussion within our group to enhance our connection and communication, and make everyone feel involved.



Amazing image inside the starlab



## LEWOWA-20 S1-S3 SMART CAMPUS & SMART CITY 智能校園



Different sensors



Coding



Connecting the  
Microbit to my iPad



It's not easy to fix

### 2G LUK Hoi Tong Nerita

In this programme "Smart Campus", I have learnt a lot about Internet of Things (IoT). IoT refers to connected objects or devices that are equipped with sensors, software, and other technologies which allow them to transmit and receive data to and from other things and systems so as to automate an action or inform users of the updates. Here are the things I have learnt.

### Sensors

A smart campus needs many different kinds of sensors so that it can work efficiently. We have learnt about 9 sensors. For example, noise sensors are used to collect and measure the loudness of sound; water level sensors are used to detect the level of substances that can flow; ultrasonic sensors are used to measure the distance of a target object by emitting ultrasonic sound waves, and converts the reflected sound into an electrical signal. These are definitely something new and fun for me!

### Programming

To make the sensors function according to our needs, we have to programme them. I have learnt to write different programmes for different sensors. I have also learnt some shortcuts and tips for programming. I was excited every time when I transferred my programme to the micro:bit to make my sensors work.



We can do it

### Building the model

As our goal was to create a smart campus, we had to build our own mini campus models, a classroom and a laboratory. We used cardboards, paper and glue to make the models. We need different sensors for a classroom and a laboratory. It was challenging for me because I am not good at building and design. The most difficult part was to stick the sensors onto the models because the glue was not adhesive enough to fix the sensors. It was quite tiring. But I was really happy when finally I could do it nicely.



Building my model bit by bit

### My SMART Goals

Through this programme, I have learnt a lot. First, my problem solving skills have been enhanced through debugging programmes. Second, my communication skills have been enhanced through teaching my groupmates and discussing the presentation with them. Last but not least, my information technology skills have been obviously improved through the use of different sensors and programming.



Does the sensor work

### Comments

The learning in this programme took me a lot of energy every day as we had to think a lot. It was very tiring although we just sat in front of our models for hours. Nevertheless, I was satisfied as I could learn some new things.



LEWOWA-21 S1-S5

UPCYCLED SEA WAVE STOOL WORKSHOP

香港回收木海浪板凳體驗課程

Coating epoxy on the wood



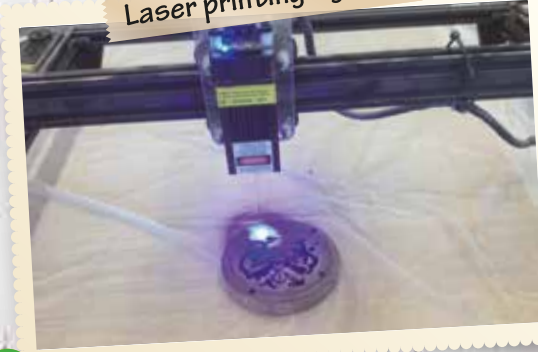
Drawing a line with epoxy



Installing legs using drills and screws



Laser printing figures



1L FAN Bless

### What are the differences among reuse, recycle and upcycle?

We must first know what is reuse, recycle and upcycle. To reuse means 'use again or more than once.' To recycle means 'convert (waste) into reusable material.' To upcycle means 'reuse (discarded objects or material) in such a way as to create a product of higher quality or value than the original.' The differences between them is they are spelt differently - just kidding. Reuse is different from recycle and upcycle because in reusing, the original object or material does not get converted or 'upgraded'. Think of it as the object simply having a second life. Recycling is different from reuse and upcycle because during recycling only some of the material can still be used, unlike reuse, which is using it again in the same way it's designed for, and upcycle, which is converting the material, not taking the bits that are still usable. Like melting recyclable car parts into usable steel. Upcycle is different from reuse and recycle because its use is more important than before, unlike reuse and recycle. Like taking an old car seat and turning it into a chair.

Painting sea waves with varied shades of blue



Showcasing a finished wooden stool



### Is the value of art quantitative?

There are two answers. The long one and the short one. The short answer is the value of art is not quantitative, like you can't just measure it. The long answer is that art does have some measurable bits, like the value of the material used to make it, but its meanings and cultural values ect are endless in that regard. For example, a mural may cost around \$30-40 dollars per square foot, but the value of the painting itself for what it represents cannot be measured.

### How should we balance between human consumption and environmental conservation?

I think we should balance it so both party's needs can be satisfied. It sounds impossible, as needs keep growing all the time, so realistically i would say we should balance it so all living things can survive without too much trouble.

### What generic skills have I targeted to achieve in this LEWOWA?

3 generic skills I targeted to achieve were creativity, numeracy and communication skills.

I achieved creativity by using colors different from what an actual ocean would look like as the wave design for my chair. For numeracy, I achieved that by correctly calculating the amount of plastic A and plastic B I need to make the epoxy so that the chair will dry. It has already mostly dried. I achieved communication by commuting with my groupmates to plan who would do what during when and it was quite successful, we didn't end up in chaos.





LEWOWA-22 S3-S5

【THE SHAPES OF...!?】@PHYSICAL THEATRE

【身體說故事...!?】@形體劇場

3H NGAN Chi Ho, 4H MAK Cheuk Yin, 5J LEUNG Yu Pui Nicole

### Memorable experiences in the programme

One of the most memorable events has to be the “farting show”. During this show, we pretended to be at a music concert while someone farted throughout the concert. We needed to act as the audience who smelled the fart with physical expression by using our body language. There were many memorable moments during the “show”. For instance, when the other classmates falsely accused me that I was the one who was farting, I clarified that I was not the one who was farting by using my hands to make a cross and pointing at myself. Although I expressed my emotion in an exaggerated way, I did not feel as embarrassed as usual because I know that expressing my emotion in an exaggerated way means I ‘believed’ in the fake event as a performer and I was acting whole-heartedly.



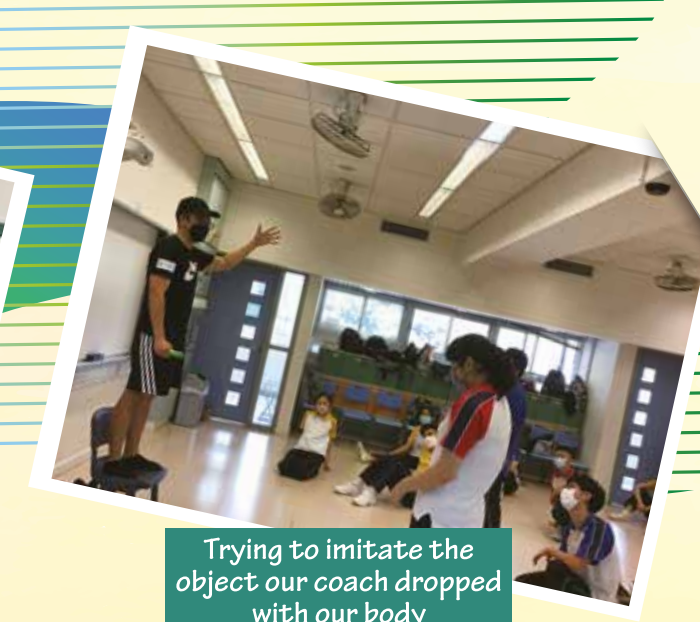
inviting the coach to take selfies



Imitating a falling object



A girl reading and...a homeless man



Trying to imitate the object our coach dropped with our body

### Self-recognized achievements /changes

After participating in the programme, I noticed that I can actually control my body and can express my own feelings in many different ways. I also realized the fact that performances aren't what we think they are. It's not about being cringy or exaggerated, but it's about how actors express themselves and let the audience have an imaginative space.

The most challenging part of this program for me was that I had to not question or think about the intention and purpose of the activities. During games, I struggle to not get lost into my own thoughts and questions which became an obstacle to my engagement and enjoyment. Through this program, I have learnt that I have to actively engage in the present and be aware of my surroundings to fully take in materials that I can learn from. I have also learnt to be more expressive as I am a more passive person, this program allowed me to be engaged greatly even though there are mental obstacles that I have to overcome. I have learnt that I can also depend on myself physically and motivated me to be more active in order to express myself.

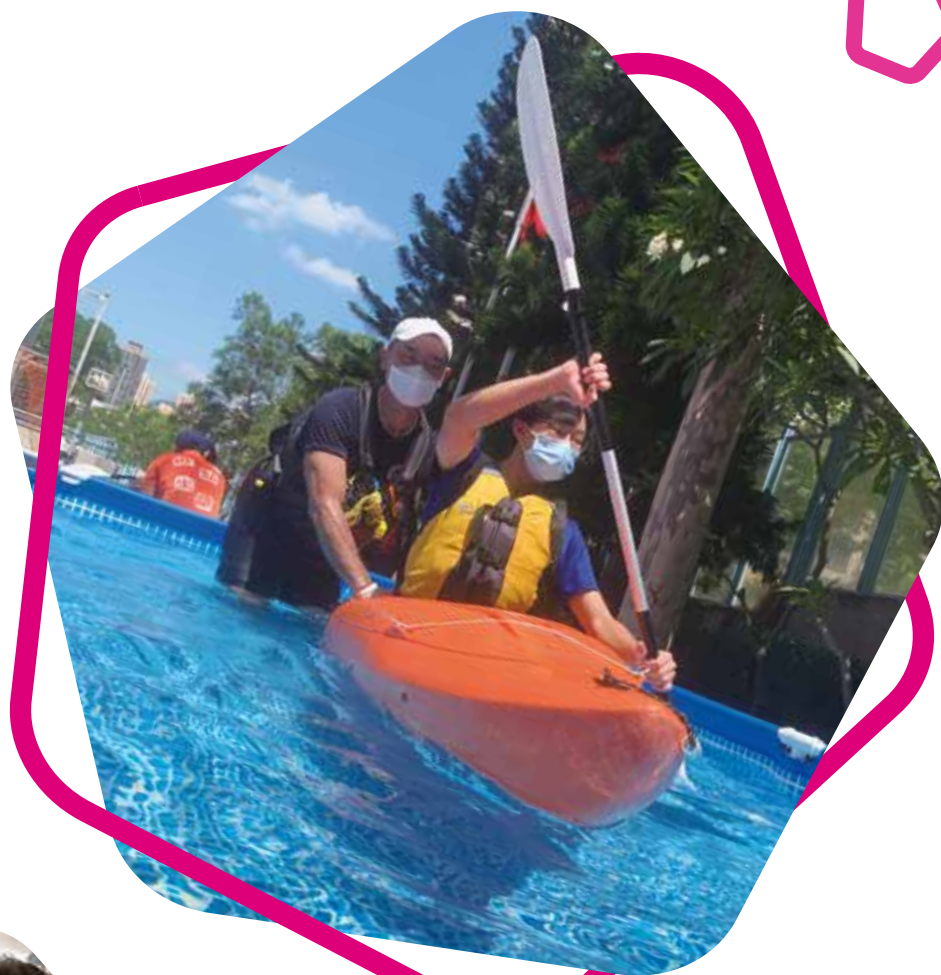
### Inspirations from the programme

For a long time, I thought that acting and performing is a very hard task as we need to prepare ourselves internally and externally, but on the last day of the LEWOWA, we created our own performance and did a very nice job in letting the audience know what was happening without words.



Briefing session





ADVENTURERS

ADVENTURE SPORTS IN RURAL  
& URBAN ENVIRONMENT





Let the games begin

## LEWOWA-11 S1-S5 MISSION POSSIBLE - AN ADVENTURE CHALLENGE ACCEPTED 奮青野外歷奇行動

### 2L KONG Yui Ching

以為第一天就會看到室外進行活動，想不到竟是在禮堂做有關性格透視的活動。一向不喜歡自己的性格被人定義的我，開始時表示得頗為抗拒，但經過導師的耐心解釋，原來性格透視已有一定歷史。在同學們大方地展示自己的性格顏色後，我亦漸漸地接受了它，並發現自己的轉顏色是金色組織型。我學會了我們不應因對方的性格跟自己不合就厭惡他們，反而應該接納他們，並且學懂互補不足。

在歷奇公園，我們第一組是最後出發的，然而，所剩無多的時間並沒有破壞我們的興致。我們反而通過觀察前兩組的動作，提醒自己。我和組員在凌空的木板粗索上互相扶持，我從今次活動學到實用的安全知識，吸引與人互相扶持的重要性。

The coaches have got my back



打和! 3 teams competing on Kin-ball at the same time.



Brotherhood



Oasis during challenges

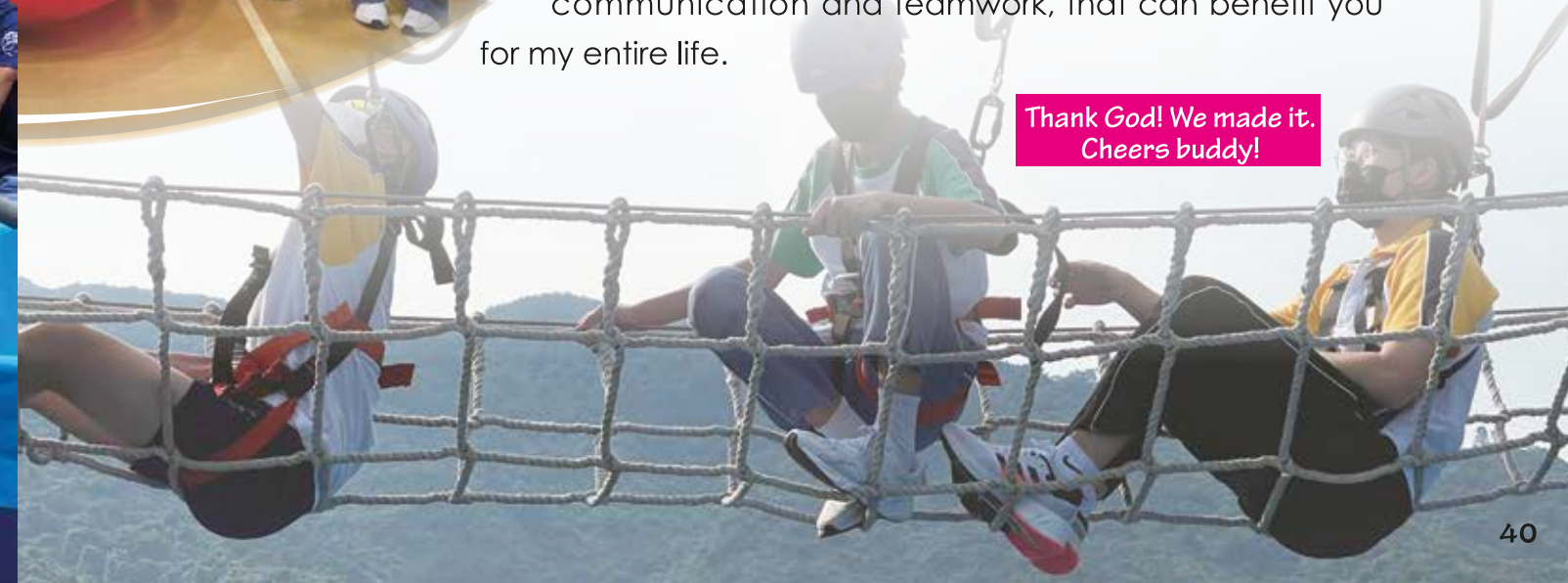
### 3P LEE Ho Chun Markus

On these 5 days, I've learnt numerous skills, such as good communication between teammates and building an unbreakable team spirit. At first, I was not really paying much attention to the activities we were doing, but by the end I opened up and was all in for upcoming activities.

One of the most memorable experiences was also on Day 3, we had to work together as a team to cross the shaky wooden boards from platforms to platforms. This without doubt was a hectic experience for me.

Overall, looking back on these past couple of days, it was undeniably much more fun than I first expected it to be, I'm grateful for this wonderful team and this bond we had. That said, this LEWOWA program taught us some priceless skills like communication and teamwork, that can benefit you for my entire life.

Thank God! We made it. Cheers buddy!







## LEWOWA-12 S1-S5 RIDE MOUNTAIN BIKES! BUDDY! 山地單車初體驗

1F YAU Chun Ngai

After joining this project, the most important thing I learnt is perseverance which is the key to success.

Throughout this week, I had learnt many mountain bike skills and they were not as easy as I thought. For example, learning to pull up the front wheel of the bike is difficult as I am not strong enough to do so. After knowing that other teammates have succeeded and I was the only one who struggled, I really wanted to give up. However, the coach immediately came and helped me. He told me that I can do a deeper squat to store energy for lifting up the wheel. I know I cannot give up on this challenge. After trying several times, I finally succeeded.

SPKC with bicycles



keep the straight line



Understand bicycle structure



We finally did it



Mountain Bike Warriors



This project also taught me the history of biking and the structures of a bicycle which broadened my horizons. I have also learnt how to deal with bicycle problems, for example fixing a flat tire. This knowledge is very useful when we face accidents in daily life.

In conclusion, I really enjoy this LEWOWA activity. During these five days, I do not merely learn bicycle skills and knowledge, I also have lots of fun with my friends. It has been one of the most fruitful days for me in SPKC.





LEOWA-14 S1-S5

SAILING CLASSROOM

航海教室

### 3G WONG Chi Ho

This year I joined the LEOWA - Sailing Classroom. Based on the programme name, I first guessed it must be about how we sail. However, this is a whole new experience for me. It is much more about sailing.

On the first day of the programme, I was amazed by how informative the programme is. We started by folding a piece of aluminum foil into a ship and putting something in it to keep it afloat. I thought that was easy to do but considering the buoyancy and the weight was tricky.

While working on our sailboat, I discovered that I lack many skills required to build a sailboat, like taking detailed measurements, cutting and even mathematics. When my group and I encountered various difficulties, we chose to tackle them with different approaches with different tools. The importance of teamwork made our work faster and more precise despite the fact that we are falling behind compared with other groups during the first day. In my five days of learning, I met with expectations that I was made during the first day.



The most hardworking group of the day



Although our product may not be perfectly designed, I learned many skills that I cannot learn from the textbook. I can apply my newly learnt knowledge to more areas in my future studies. The Sailing classroom is a fruitful experience for me.



Testing the boat



Designing a boat



Discussing how the boat can be better



Making final adjustments



Ice-breaking game





Sharing and debriefing

LEWOWA-23 S1-S5  
POOIKEINIANS VS WILD  
培基人在野

3F YU Hiu Ching Venus

Abseiling and setting a wild campfire? Who would ever think they can be done in a familiar learning environment, our school campus?

I'm always an outgoing person and would like to challenge myself in the last stage of my secondary three school life, a period in which I'm still allowed to play hard without too much academic stress. As a result, I decided to join this adventurous program, "Pooikeinians vs Wild". It's truly a fresh and memorable experience for me, so let me share some extraordinary moments of this LEWOWA with you.

Firstly, the tent and wildfire setting experience. This happened on day 1 and 2 when we had limited resources to achieve our target like building our protective shelter or setting up a sustainable fire for us to barbecue. During the process, we did lots of trials and faced numerous obstacles. Nonetheless, I found great enjoyment throughout as well as knowing how vital teamwork is.



One team, one goal



Staying in our DIY tent

Furthermore, abseiling is one of my favorite memories. Unexpectedly, I surmounted my fear of heights after encountering abseiling. At first, when the coaches were showing us the steps and the safety measures, I was kind of frightened and nervous. However, with my teammates' encouragement and support, I stepped out of my comfort zone and confronted my fear and tried abseiling. I was surprised that it was not as horrific as I thought, I underestimated myself! This is truly a great improvement that boosts my confidence when I face future challenges.



Checking safety gear before abseiling



Teamwork

Participating in these five audacious days, I enjoyed spending time with my teammates who are friendly and genuine. They are solicitous while sometimes they can be hilarious or even childish, yet this brought us countless waves of laughter.





LEWOWA-24 S1-S5

## VENICE IN THE EAST - TAI O 東方威尼斯 — 大澳水鄉之旅

4G 郭珈玟

「智慧是知識凝結的寶石，文化是智慧綻放的異彩。」這是我今年參加LEWOWA-「東方威尼斯——大澳水鄉之旅」的總結。說實話，沒想過今年自己會抽中它，我最初甚至有些沮喪。可是，在這五天的活動中，我收穫了很多體會、領悟到很多道理。我對大澳的本土文化更深入了解並產生了濃厚興趣，現在，我十分慶幸能參與這個活動。

當中有一個令我記憶猶新的遊戲，那是大澳人兒時玩的集體遊戲，叫-擲太公，僅僅只是幾枚硬幣而已，可已經神奇地燃起了同學們的鬥志以及營造出不亞於奧運比賽的緊張感，當我巧妙一擲奠定了我隊的勝利時，那一刻所有人都歡呼起來，這體驗太讓人興奮、激動，我真喜歡這種樸素的生活，不需要甚麼金錢、不需要奢侈電子產品，卻可獲得相等甚或乎更多滿足感。以前的人物質、資源都相當清貧、匱乏，但他們善於動腦、勤於動手，集合所有智慧、創意及觀察力，令平平無奇、甚至我們覺得是垃圾的物品，「化腐朽為神奇」變成一個個或有趣或好玩、帶給人無限歡樂的遊戲。不僅是遊戲還有很多玩具，都是自己動手創作。無論是折紙飛機、還是制作舢舨模型，導師都手把手的用心教導，讓我們很快樂地體驗了一把。我很感慨，那時，人們生活被資源所限，但想像力和動手能力卻不被限制；現在的人生生活不被資源所限，但頭腦和手腳反而被豐富的資源所限制了，令人唏噓啊！

「Learning without walls，不僅僅是要打破物理的牆壁，更是要打破我們心理上的牆壁。」這是導師梁sir常常掛在嘴邊的話。

他常稱自己是「陀地」，就是大澳本地人的意思，他對大澳的熱愛以及對傳承大澳文化的使命感，常深深打動我。在我看來，他更像是一個人生導師。因為疫情嚴重，我們無法像之前規劃的那樣親身去到大澳，導師們為了使我們能有更身臨其境的體驗，活動第三天，做了一件令人瞠目結舌的事情——梁sir他回到大澳，頂著30多度高溫天氣，全程

以直播形式給坐在清涼舒適課堂上的我們，介紹講解大澳的一點一滴。

大澳的網絡常不穩定，在舢舨和棚屋上拍攝又很容易手滑令電子器材掉入水中，可以說是困難重重，梁sir他為什麼要那麼自找麻煩，事先錄好影片再播放不就省心又安全了？聽說就連梁sir的同事開始也是持反對意見，但梁sir堅持這樣做，事實證明他這樣做是有多麼好了！



龍舟訓練



我們的小船製成品

學習織漁網

我們彷彿置身其中、跟隨在他身邊一樣的所見所聞。直播中他樂此不疲、熱情洋溢地介紹著，包括大澳棚屋所使用的材料；每一條橋的歷史、典故；方便所的鬼故事和展示造船師傅精湛的技藝……我真真切切感受到他身為大澳人的自豪，他對大澳瞭如指掌，在這個地方他有許多深刻回憶-那是艱辛和快樂的童年、那是富人情味的人際關係，他對這地方有著深沉的愛，以至於他走過大澳的每一寸土地時，嘴裡都滔滔不絕、眼裏都閃閃發光…這樣的愛傳達出來，讓人動容、再引起共鳴、後深受感染。這樣的力量是驚人的、是可以一直一直地傳承下去，鑿破他人心中的牆壁，為下一代、又一代帶來強烈的歸屬感。

梁sir說以前生活艱苦。講他們如何學游泳一父母會在孩子很小時只在胸前綁根繩就扔進海中，快要淹死時才撈上來，待到回復血色，又再次扔進去，反復數次直到他可以游到最近的柱頭。放現在的話這樣的父母大概會被告虐待兒童吧？而梁sir說：「雖然做法看似不人道，但其實我們都明白，在那樣惡劣的生存環境裡，大人恰恰是為了保護我們、令我們可以自救才這麼做，這是最快的方法啊！」。

講從前他們上學時大橋沒有建成。他們的艱辛上學途徑：1.游泳上學、2.待到潮退經河涌踩泥上學、3.繞一大個圓圈上學。我慚愧地想：現在我們上學可方便許多了：無論乘搭巴士、地鐵、小巴或者校巴，都很舒適快捷，卻還常常聽到有人抱怨上學不方便等等牢騷話。

我在思考一人都追求安逸的生活，可是人的意志和耐心，會被這種安逸一點一點磨蝕。現代人真是被過分保護了，養尊處優以至於什麼都不敢嘗試，動手能力極差；抗壓能力也差，遇到一點雞毛蒜皮的事就要死要活的；稍為辛苦點便會怨天怨地，說白了就是被寵壞了！我不希望自己成為這樣的人。我希望遇到困難我懂得自行想辦法解決、也能有方法處理；我希望自己不怕事、敢於面對挑戰；我希望自己不怕辛苦、有抗壓能力。我還希望做為現代人的我，能成為具包容性、願意去了解學習、尊重不同時代文化的人。梁sir給了我一個很好的示範，這才是我心目中的一個優秀出色的人所具備的條件。

小船製成品





LEWOWA-27 S3-S5  
**FLYING FISH - KAYAKING LIFE ADVENTURE**  
**飛魚 - 獨木舟生命旅程**

**3H CHIU Ching Hang**

"Flying Fish-Kayaking LIFE Adventure" is an exciting and very meaningful program for me; it not only taught me about kayaking but also meanings for life, there is no doubt that this program is inspiring.

During the first two days, we discovered more about different types of kayaks and equipment. These are new and fascinating discoveries to me since it was a sport unfamiliar to me. We also tried basic controlling skills such as going forward and changing directions.

The third day is the most memorable and exciting. We learned about sailing knowledge and what to do when we capsize. The climax of day 3 is a competition: to be the first team to carry the kayak back and forth and spill the water out of the kayak. Although our team did not win the competition, we developed a harmonious atmosphere in our group.

The fourth day was quite special since we were making ourselves a mini kayak model with patience. We learned more about a kayak's structure. Surprisingly, the final day was unexpected for me since some visitors shared their unforgettable experiences of sailing. I appreciate their effort and I hope that I could learn from their persistence.

Lastly, I want to thank all the teachers and education partners in this program for their supportive effort. This program is enjoyable and I hope I can join this program again in the future.

**Getting into a kayak**



**Fitness training**



**Kayak capsized**



**Emptying water**

**5L CHAN Yui Yin Carrie**

When the kayaking LEWOWA program was assigned to me, my first impression was feeling defeated as I wasn't athletic. Also, I believed that this program would be boring as it didn't align with my interests. However, I was proved wrong. What I learned was greatly valuable and informative.

The first skill I gained from this program was how to collaborate with my teammates. On the third day of this program, we were mainly assigned group activities. We had to each carry a kayak with another teammate, and scoop out water from the boat while some teammates were to keep on paddling. Not only has this taught me the importance of teamwork, but it also taught me how to utilize each person's strength and character.

The second skill I've bettered myself through was how to communicate. Through the process of carrying the kayaking boat, I've also learned to voice out what I think my strengths are to properly assign tasks within a group.

The last skill I honed through this program was how to manage myself mentally and physically during the process. When I was feeling tired during one of the challenges assigned, I went to my coaches and teachers for advice. They've taught me that athleticism can only be built with discipline and persistence. Besides, we learned the impact of external factors and how we should deal with issues of urgency. For example, how to remain calm while coping with an issue, which elevated my problem-solving skills.

To conclude, looking back on the previous 5 days, I've stepped out of my comfort zone and made new friends. This program has brought me enjoyable and unforgettable experiences that will always be in my mind. I would surely join this program again in the future if I have the chance!





LEWOWA-30 S1-S5

## KARATEDO : WAY TO LIVE A POSITIVE LIFE

### 正向人生：空手道體驗營

5L FUNG Ching Yan Yannis

#### My unique experience in approaching Karatedo

Whoever knows me knows that sports are my weaknesses. When I realized that I was assigned to Karatedo: Way to Live A Positive Life, I thought the school was making fun of me. But the spoiler is, I enjoyed this unique programme.

We began with learning the basics about karate, including kata and grappling in the first three days. On the fourth day, a competition was held for the best kata performance. Teachers and professional coaches were the judges to give us scores. Luckily, I ranked fifth and brought home a medal. A promotion exam was also held on the last day to evaluate what we had attained in this programme. Gratefully, everyone proceeded to the next level, from white belts to yellow belts.

Apart from the movements and skills, another meaningful lesson the coaches taught us was the importance of 'do', which means etiquette, in Karate. Being respectful to our coaches, seniors and fellows is crucial. At the beginning of every lesson, we bow to the coaches. Everytime we enter the court, we stoop toward the court. I believe the sense of humbleness that I learned in the program will make me a better person in my daily life.



From white obi to yellow obi



What a big challenge

Moreover, I discovered a fun fact about karate. It successfully warms the body up. My hands and feet tend to freeze quickly under air-conditioning. Nonetheless, doing kata makes me feel warm. I was doing the whole set of kata three times during the competition while my hands eventually warmed up. This will be a new alternative for me to keep myself warm and cozy in the winter.



Learning how to judge a match

Through this LEWOWA programme, my discomfort in doing sports eventually diminished. I am pleased to have such a golden opportunity to step out of my comfort zone and learn something I won't usually encounter. Despite the fact that my last LEWOWA in SPKC is not an overseas programme, which would have been a amazing, this rare opportunity is definitely a memorable experience, bringing a fruitful and meaningful ending to my LEWOWA.



Performing KATA SANCHIN in the competition



Learning how to kick





LEWOWA-33 S1-S5  
RAINBOW TOUCH - HOLISTIC LEADERSHIP TRAINING JOURNEY  
整全領袖訓練之旅

1H HUNG Tin Yi

What is leadership?

In this training programme, I learnt what true leadership is.

During the first day of ice breaking games, I had a better understanding of my friends. Although we encountered conflicts, we made effort to resolve it. Moreover, we keep improving our scores in the games, which was exciting and enjoyable. I also learnt how to communicate with others.

It was bittersweet in day 2 and 3 of the program, me and my teammates worked together to complete tasks such as grilling fish, packing a backpack, and setting up a tent. I have learn to tackle problems creativity and using multiple ways to solve problems. I also understand the importance of cooperation and critical thinking.



Packing camping bags

I encountered different challenges that were unforgettable!



Abseiling



Cooking outdoors



Purifying water



Simulating River rafting





LIFE PLANNERS

LIFE AND CAREER PLANNING



LEWOWA-05 S1-S5

✦ EMOTIONAL FIRST-AID ✦ DRAMA WORKSHOP

✦ 情緒急救 ✦ 戲劇工作坊

3G LAU Yu Sum Katie

Q: What is emotional first aid? Why is it important?

A: The programme designer was inspired by Dr. Guy Winch's "Emotional First Aid: Healing Rejection, Guilt, Failure, and other Everyday Hurts". While we typically bandage a cut or ice a sprained ankle, our first aid kit for emotional injuries is not just understocked – it is non-existent for most people. It is important for every one of us to become more resilient, build self-esteem, and let go of hurts and hang-ups that are holding us back.

Q: In what way is process drama helpful?

A: Process drama allows students to work together to create an imaginary dramatic world within which issues are considered and problems can be solved without the emotional damage. Not only does it allow students to go through the main character's emotional roller coaster in a safe and supportive environment, it also presents opportunities for students to explore alternative outcomes and acquire the belief of "choices".



Performance sculpture



Acting



Emotional first aiders



Body awareness exercises



Students working in groups to be detectives creators

Q: The programme has been re-run for several years. How do you keep it real and inspiring?

A: This programme was well-received after its launch and re-run for several years. The concept and intention of the programme has been consistent while the main character and his / her journey is different every year. Programme teachers decide the content based on SPKC students' needs and the latest trend so as to engage students more thoroughly.

This year, the story features a girl, Tiffany, who joined a WildTV audition to become a superstar. What kinds of ups and downs does she go through? How does she have her self-concept challenged and re-constructed throughout the way? This year's theme surrounds self-esteem and the craving for others' recognition.





Visiting Zero Carbon Park

LEWOWA-06 S3-S5

CAREER LIVE: ARCHITECTS

生涯職業體驗活動-建築考察及模型設計

**3G LEE Cheuk Ying, 3L CHAN Chung Kiu, 3L SO Pui Yan, 3P LI Lok Hei Karlie**

Have you ever dreamt or wondering how it's like to be an architect? We have learned and gained a lot of fun from the LEWOWA program – Career Live: Architects. During this program, we learned the techniques of designing and building different types of architecture, as well as the skills for personal development such as teamwork skills and problem-solving skills.

In the beginning of the program, we visited the Zero Carbon Park and studied different environmentally friendly components of a greenery building. We understand the importance of a sustainable architecture, which help to minimize the negative impact on the environment, such as using renewable energy in a high efficiency way.

Birds eye view of the student's model



Teamwork

Cutting foam boards for making our first architecture model

Coming back from the Zero Carbon Park, we learned how to be an architect by building an architectural model. Refining the model in correct sizes and making use of different kinds of materials to represent our thoughts and designs are the main challenging every day. However, throughout the program and the tasks, we try to collaborate with our teammates effectively and efficiently. Having about one model for each day is such complicated work for individuals so we must work together to finish it. That is why we can learn teamwork skills in this program.

Being an architect is a tough job, to be honest. An architect needs to sketch and design different styles of building ways, in order to be unique and stand out from the crowd. It requires creativity and problem solving skills. However, being an architect is fun. The feeling of being challenged is exciting. Building a big model with friends and working together was also enjoyable. It is so proud for us to completed the fantastic and lovely final building model.



All groups completed their final model!





## LEWOWA-18 S2-S5 COFFEE LIFE MASTER - MASTERING YOUR LIFE 咖啡生命大師 — 學習成為自己的生命大師

**3H NG Ka Kiu, Jessie, 3H TANG Hoi Ching, Bernice,  
4F NG Ming Hei, Silas, 4J WONG Tin Long, Justin, 5J LAU Wing Tung, Kathy**

Before taking part in this "Coffee Life Master" programme, we had no idea how and what to reflect on our lives by making coffee. However, after our participation in this programme, we realized that there were many similarities between life and coffee; and we gained many valuable insights from the sharing of the coffee tutors as well as the guest speakers.

Our first meaningful discovery was that teamwork is very important in society. On Day 3, we tried to roast coffee beans with some simple "household" tools, a gas heater and a steel net handler. In order to roast the coffee beans evenly we had to keep shaking the net handler. Since the net handler was

filled with raw coffee beans, it was quite heavy and tiring for us to hold the net handler for a long time. In order to solve this problem, we had to work together as a team, taking turns to hold and shake the net handler every five minutes. By doing that, we were able to roast some coffee beans. From this coffee bean roasting experience, it made us realize that things can be done way better with the cooperation of teammates, rather than doing by oneself.

Presentation



Grinding coffee beans

Brewing coffee

Making latte

Secondly, we understand that everything has two sides and we should not always think of the dark side. In the coffee bean roasting session, we were offered to use some household tools to roast some coffee beans. Because of the tools we used in roasting the coffee beans, our group's roasting time was much longer than the other groups who used the electric coffee beans roasting machine. The coffee beans which we roasted had an uneven level of roasting too. Despite all these difficulties, we worked together firmly as a team and were able to have some very good results of roasting coffee beans, which were lightly roasted and it created a unique wheat like flavored coffee.

Thirdly, through the process of brewing coffee every day, we gradually realized the importance of being "slow". In order to make a good cup of coffee, we have slowly and evenly pour in hot water to the filter, then to wait patiently for the coffee to drip into the cup. While we were waiting, we all felt very relaxed. Perhaps, it is because we are used to having a fast pace of life so we are always rushing here and there most of the time, so it is a great opportunity for us to slow down our busy life once in a while when brewing coffee, it may be a good way for relaxation too!

To our delight, apart from learning the importance of teamwork, thinking positively and to live a slower life, we also gained a group of good friends and teachers after taking part in this programme. We are glad that this LEWOWA programme pulled us together, with our new friends and teachers, they all made our coffee trip so memorable. Even though we may not be in the same LEWOWA programme again next year, this coffee learning journey that we had will always be in our hearts!

Selecting qualified coffee beans





LEWOWA-25 S1-S4  
DISCOVER YOUR DREAM:  
DREAM IT, LIVE IT!  
探索夢想 4D Camp

Ms. Victoria WONG

Compiling Lego blocks into shapes, building a sail boat that carries 10 people with newspapers, carrying schoolmates whilst walking on metal bars ... you might think they are merely typical team-building activities. Well, not at all. Do you have a dream? Sure, you do. Have you ever thought of pursuing it? But how? With your own effort? Our sailors would definitely tell you something different.

We spent a quarter of an hour picking the most treasured values of our own. We had to pick 10 cards from 40, then 5 from 10, finally 3 from 5. "Stop making us choose!" we screamed. We never realized "doing things we like with our favourite people", "good health", "friends that stay through thick and thin" were so dearly important to us until we shared it with our teammates in laughter and tears.

No one is left out



Walking on bars carried by our schoolmates was certainly a leap of faith, yet our hearts were at ease knowing that they would always be there for us. We had to yell our dreams out loud before walking. They could be a career we set our sights on, being a champion warrior in video games, or always being with our loved ones. No matter how big or small, or even when we were too shy to say it out loud, everyone always gave us their full support at full volume.

"My Dream", "My Life", "Myself" - these are not just team names. Instead, they drive us to arrive at our own destination. Planning our career is never a single big decision, but an array of small choices we make every day in our lives, just like picking the right piece of small Lego at a time. Only with our loved ones' help, the Lego of our life will be molded into the shapes in our dreams.

Supporting each other as we reach for the stars



Designing a keyring



Students built their own ships with their teammates



# My Pet Grooming Diary

## 我的寵物美容日記

LEWOWA-31 S1-S5

### 4F TSE Nok Tung

After learning a lot about the pet industry in Hong Kong, first aid and the basic knowledge of diseases in dogs and cats, I've found that pet grooming is not as easy as I thought it would be.

The most memorable experience is washing the golden retriever's ears. Since he has ear mites in his ears, his ears are inflamed and contain a lot of black discharges, as well as having an unpleasant smell. Since the liquid ear cleaner we put in caused him discomfort, he tried shaking his head to get rid of the ear cleaner, which got all over the whiteboard and our clothes with the earwax. Also it is very difficult to clean all the black earwax as the owner hadn't cleaned his ears for a while. This makes me understand the importance of pet care including cleaning and veterinary care.

Group photo



Cleaning large dogs' ears using tools with the help of our instructor



Putting diapers on dogs



Cutting hairs of small dogs using scissors

Additionally, I have learned how to help dogs cut their nails, as their nails are black and it is hard to see where blood vessels are located. Although I was scared of hurting them by accidentally cutting their blood vessels at first, I eventually gained the courage to cut the golden retriever's nails, which left me feeling a great sense of accomplishment.



Designing images for pets

The interesting discovery is that I found that it is very time consuming to keep a dog with double coated fur nice and clean, as it takes a long time to untangle their long fur and they lose a lot of fur in the process. So I'm glad that my parents didn't decide to keep a dog with double coated fur.



First interaction with pets





LEWOWA-32 S1-S5  
360 DEGREE IMAGE DESIGN WORKSHOP  
(HAIRSTYLE AND MAKEUP)  
360度形象大變身(髮型與化妝)

1G CHAN Lok Sze

I participated in one of the LEWOWA programmes called “the 360-Degree Image Design Workshop” from the 23rd to the 29th of. At first, I thought it was only about makeup techniques and doing my hair. However, I soon found more to the programme than beautifying myself. I learnt collaboration, problem-solving, and most importantly, communication skills. These are skills essential for me to overcome future challenges and projects; they make me fine within.

Through the workshop, I was delighted to find positive changes in looks. Thanks to learning about the proper steps for cleansing my face. With the instructor’s help and demonstration, I learnt how to do makeup correctly. This programme changed the way I saw beauty. It was very useful because I discovered that “beauty is not only skin deep”, but a means to present myself to suit social contexts. For example, my casual attire when hanging out with friends would not be appropriate for attending a wedding ceremony.

Even though I only spent a week in the 360-Degree Image Design Workshop, I was pleased to discover my inner beauty. I learnt to be more appreciative of myself and others; I keener to acquire new knowledge. Before this LEWOWA programme, I used to feel self-conscious about my body and I was worried that people may find me not much to look at. After the programme, discovered that the human body comes in all shapes and sizes, and that I should confidently accept myself for who I am.

Are you sure this eye shadow matches my outfit



The science of skincare



Turning into a foundation pro!



Don't forget the nails

Which part of the LEWOWA learning experience was the most memorable for you? Mine was the day of the fashion show because it was one of my childhood dreams. In fact, walking on the catwalk was on my bucket list. On top of experimenting with a new image, I got manage my time and brush up my communication skills because in the fashion show, I needed to work out with my teammates a set of outfits that could convey our theme within a limited time. At last, we decided to create an ombre effect with various intensities of red fading to pink.



Improving their eyebrows

A pleasant surprise for me was finding out that I had an ace up my sleeve: I could apply the skills I learnt in Chinese ink painting on my face painting; I even used these skills to help my friends perfect theirs. Now, I realised that participating in co-curricular activities is not just for fun but also to equip myself with new skills and mindset for the future. Today, I understand why the senior schoolmates say the LEWOWA is a life-changing journey!

The duo





# LEWOWA-34 S2-S5 BE A STARTUPPER: HONG KONG BUSINESS EXPLORATION 初創新入王

5L YEUNG Tsz Kiu Monica

After five precious days, we had obvious personal growth and experienced a lot of memorable moments. We learnt more about what social enterprise is. It reshaped our expectation as we found out that they are not only making profit, but also helping the world by their own action and their kind heart.

Sharing of social enterprises



Design thinking through LEGO play



Besides, I had some new discoveries about myself after this programme. Lego Play, helped me to realize my own expectations towards the future. It is important to tell ourselves that no matter what obstacles we would face, we should never give up. Other than that, we also found out that we were actually able to do something that we were not good at. We were really bad at acting and never tried shooting a promotional video before, but during the process my group members gave each other a lot of support and they were willing to help and give advice, which made us more willing to try our best during the filming. We did a great job as a group and we truly believed that we all gained knowledge on communication skills, the importance of teamwork and also we all experienced wonderful moments with each other.

We were glad that we had a chance to enter this programme of LEWOWA. We learnt new things, met new friends and most importantly, we knew more about ourselves. This was a memorable experience for us and these happy moments would last a lifetime.

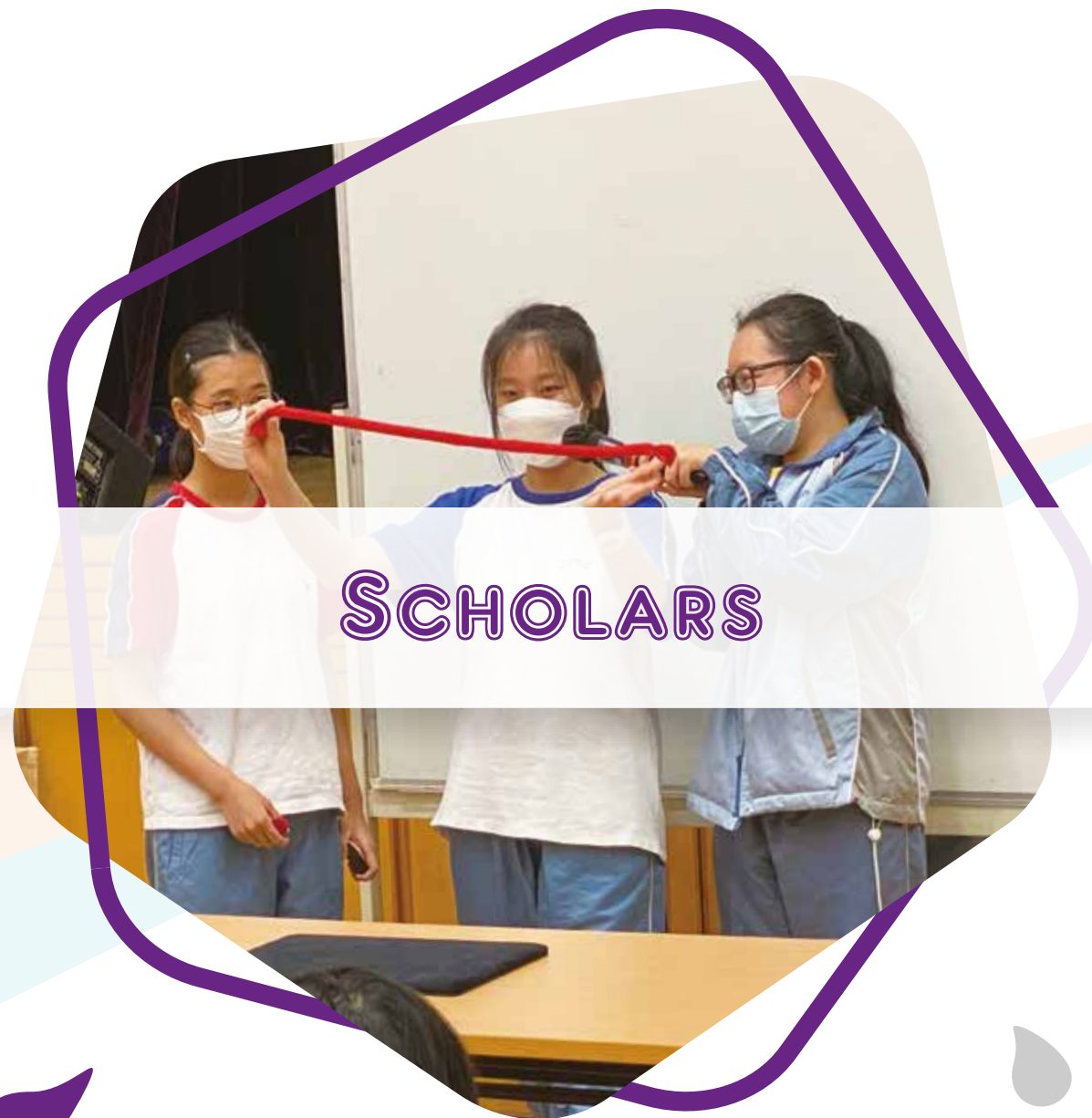
Group photo



Video shooting







SCHOLARS

SUBJECT-BASED  
ACADEMIC RESEARCH



Helping Ming sir to finish the playing cards trick



## LEWOWA-04 S1-S5 STEM MAGIC PERFORMANCE STEM@舞台魔法王

**4F TO Long Yui Toby, 3F LEE Chun Yat Rex, 2G MOK Yu Yat**

Magic is something that everyone has seen in their lives, but at the same time, we all know that magic isn't real. So that begs the question: what is magic? Well, LEWOWA this year had a program called 'STEM magic performance', which taught us how to perform magic using STEM.

So to answer the question above, magic is usually made with some unique tricks and engineering, and great execution, which causes an illusion that makes people think you've performed something no human can do such as making things disappear and reading people's minds. Through this LEWOWA program, we've learned to become a magician and experienced the joy of interacting with the audience and learning new tricks.

Most of the magic tricks that we learned have a theory behind them. Most of the theory has included STEM in it. STEM is a short-term for Science, technology, engineering, and mathematics. For example, in the magic of burning the balloon, we need to first fill a balloon with water and use a burner to burn it. You will find that the balloon does not pop. It is because the water will continue to absorb the heat from the flame. This magic trick uses Science from STEM.



Trying new magic tricks



Burning a balloon without popping it



Performing magic with cards



Magic duo



Performing magic



Piercing a balloon with a long needle

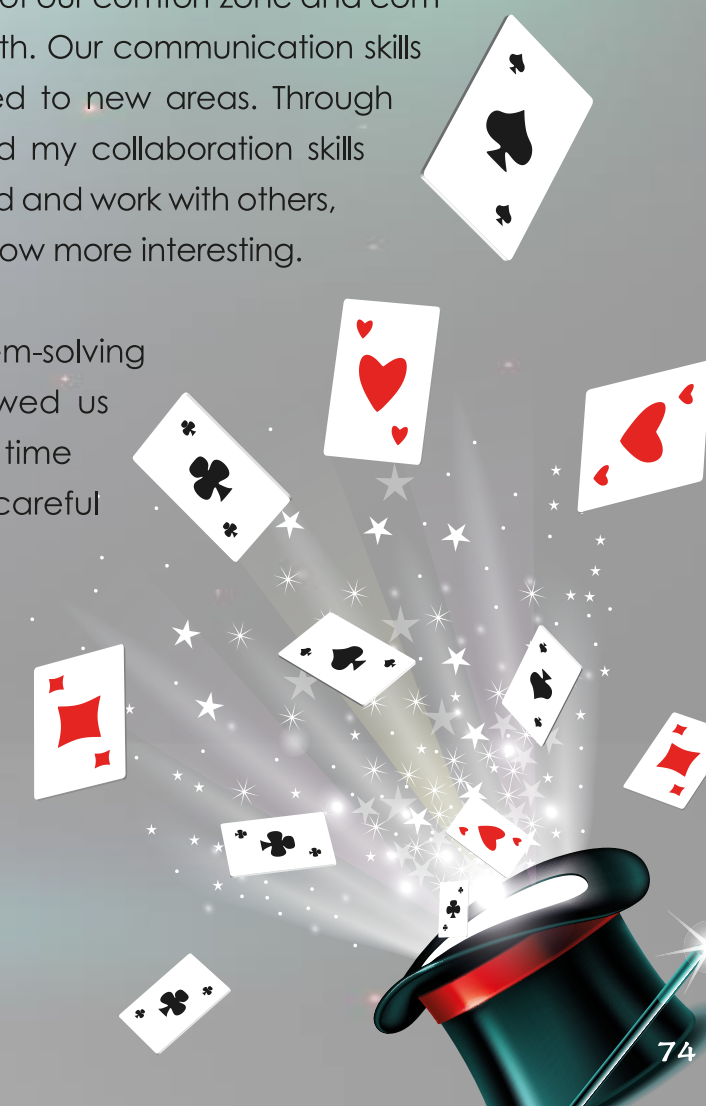


Making a metal ring rise by itself

In this program, we were able to step out of our comfort zone and communicate with people we are familiar with. Our communication skills were improved and made us more used to new areas. Through working with group mates, we improved my collaboration skills and creativity, learning how to understand and work with others, while using creative ideas to make the show more interesting.

The hardest to learn was probably problem-solving skills. As we realised the program showed us where we performed carelessly. But as time progressed, we learned to be more careful and know how to change.

To conclude, a takeaway from this program is that we can think of applying the skills we've learned to other situations that we may encounter in the future. If someone is looking for an interesting LEWOWA that can impress others and have a lot of fun by using magic, then this one's for you.







LEWOWA-16 S3-S5  
SHALL WE TED TALK?  
你講我講全球講

Teamwork is important in helping each other improve

5L YIM Pak Ho

As a member of the English Debate Team, I once thought I was already quite capable of standing on stage and speaking in front of the public confidently. Nonetheless, debating is different from having public talks. That's what I have learnt and discovered in this LEWOWA programme "Shall We Ted Talk", about public speaking, global vision, and effective communication.

Our instructor was Till, a German passionate about cultures who leads a team of people from all over the world including Singapore, the Philippines and even Egypt. We enjoyed playing different ice-breaking games as a group such as "Giants and Penguins", "Hooyak" and the "Evolution of Trust". They were some silly games, but we are always refreshed to start the day and give us a strong sense of belonging and engagement. It completely broke my stereotype of "TED Talk" being boring, but actually, the programme was full of intriguing moments.



Warm-up games

More importantly, I have improved significantly in terms of having a globaliz vision. On Day 2, we had the chance to communicate with foreigners and learn various insights into foreign cultural differences and characteristics. In this global dialogue, I started respecting the diversity of different kinds of people and it started my topic of Ted talk: how we should respect diversity and achieve harmony between others. On Day 3, I gained further



Demonstrating the art of negotiation



100% engaged



Representing North Korea in a motion debate

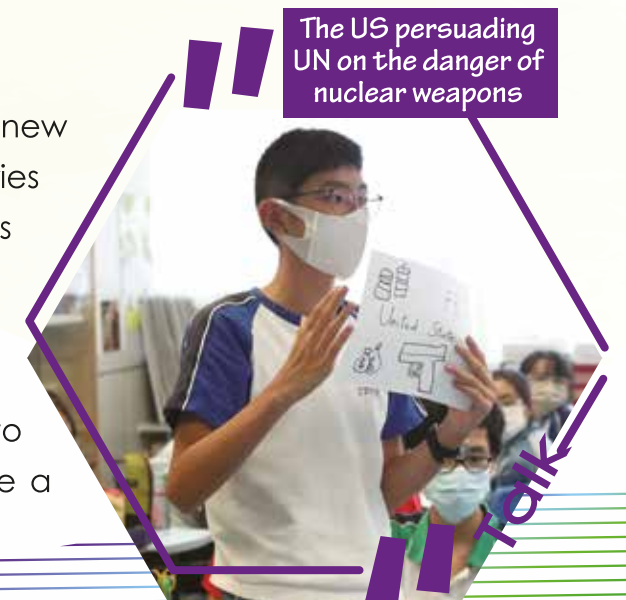
understanding of the world by having a mini UNITED NATIONS model. Our group acted as the representatives of North Korea and had a completely different perspective. It was quite fun while I was learning about how the political world operated.



Interacting with Kiran, a Pakistani born in HK

Lastly, we appreciated several Ted talks including talks by Till: about common bias and cultural barriers. These psychographic concepts interested us while his presentation style also provided a lot of insights on how to make it not so boring. Also, by watching Ted talks of different experts and styles, I have completely abandoned the "standardised", "boring" presentation style and started to make a more attractive presentation through a well-designed structure of attractive storytelling and effective delivery skills including eye contact and body gestures. On the final day, we performed on stage to give mini Ted talks. I enjoyed the feeling on stage, having a passion to spread my values to all members in the audience.

During my last LEWOWA, I met some new friends from different forms and countries while learning some very useful techniques and valuable insights. It is undoubtedly an unforgettable experience and I enjoyed it very much. I hope I can grasp what I have learnt in this programme to make a better presentation and become a better global citizen in the coming future.



The US persuading UN on the danger of nuclear weapons





Students visited the gate of the Kowloon Walled City park



The African drum teacher

## LEWOWA-17 S1-S5 LITTLE HONG KONG, BIG WORLD 小香港大世界

本課程讓學生透過接觸本地不同的多元文化活動，以探究香港為何成為一個多元文化社會。文化活動包括舞蹈、飲食、樂器及傳統工藝，如線上參觀中環「大館」及「西港城」，學習英式建築的特徵；也參觀了有「小聯合國」之稱的重慶大廈及拜火教、崇祿教墳場，了解中亞及波斯文化；我們更體驗了一回非洲鼓敲擊及印尼蠟染方巾，初探非洲及印尼文化；最後參與的俄羅斯娃娃及芭蕾舞工作坊還認識了俄羅斯文化。經過一連串豐富的文化旅程，學生能掌握促進香港文化共融的有利條件及深入分析可能導致文化隔膜的原因。以下是同學的學習心得：

### 4G 蘇敏晴

當天，隨行往九龍城的兩位泰籍人士跟我們介紹了位於這裡的「小泰國」兌換店、還有這裡獨有的「泰國土多」，這裡對於在港生活的泰籍人有重大作用。雖然我也曾到訪過這個號稱「小泰國」的九龍城，但以往並沒有留意到這些細節，所以感到很新奇有趣。經過一整天的實地導賞，我發現其中一個使香港成為多元文化社會的有利因素，那就是對其他國籍人士的尊重。透過接觸「小泰國」這個文化交融的地方，我了解了這裡富有特色的泰國店舖為香港泰國人提供了生活所需，借此泰籍人士也更能更易融入本地生活。同時，香港人也可透過兩地文化的比較，加深對自己文化的認識及反思。那天，自己的汗水和力量換來的體驗是使我難忘的。

經過這次「學習無疆界」的學習活動，我更慶幸自己能生活在多元文化社會中，可以有很多機會認識其他國家的文化。透過這幾天訪問不同國籍人士，發現他們普遍認為香港人友善、和藹可親，而且香港有更多工作機會供他們發展。他們說適應香港生活面對最大的困難是語言隔膜，令我們明白主動溝通是很重要的。親身與他們交流，使我更有勇氣及責任感去幫助每個來港人士，讓他們更易融入我們的多元文化社會。



Trying on traditional African clothing



Batik workshop



Preparing containers for coconut sago pudding using leaves



Ballet performance of the Nutcracker



Adding coconut milk on their puddings





## LEWOWA-19 S1-S5 CHINESE CULTURE IN THE CAMERA 聲影中的中華文化

3G 陳巧悠

LEWOWA的意思就是「Learning Without Walls」。這個學習無疆界的課程使同學們能夠體驗以及學習書本以外的知識。這次我參加的課程《聲影中的中華文化》，要求我們改編成語故事並將之拍成微電影。過程中我掌握了劇本創作和拍攝影片的技巧。

我一向喜愛攝影，平時喜歡將看到的事物用相機記錄下來。透過這個課程，我發現自己的攝影技術其實尚待改進。課程中導師細心教導、我認真學習，攝影技巧得以大幅度提升。而且，我還同時學習了劇本創作。要拍攝一套微電影，完整的劇本是不可或缺的。我們在改編劇本時要考慮如何保留原本成語故事的精髓。同時，劇情的邏輯性亦非常重要，不然的話觀眾就會發現情節中有矛盾的地方，難以投入欣賞影片。

在這個課程中，我體驗到拍攝微電影的工作並沒有我想像中的那樣簡單。不但要兼顧對白的連貫性，演員演出情緒是否一致亦非常重要。每當要轉換拍攝角度時，我們往往要將同一場戲再拍一次，稍一不留意，拍攝鏡頭就會不統一。這絕對是很考驗演員的專業素養。對我來說這一切都是非常有趣的體驗，因為自己以往只有舞台演出經驗，從未嘗試過在鏡頭前演出，這第一次的嘗試令我發現自己原來挺享受擔任電影演員的工作。

這次的學習無疆界課程使我獲益良多，從中不僅學到了團隊合作精神，同時也初嘗從事演藝或影片創作的工作。這份工作可絕對不簡單，但也十分有趣。我希望自己未來能有更多機會參加更多電影 / 影片的演出。



放映會



分組仔細研究拍攝鏡頭



分鏡劇本創作







LEWOWA-26 S1-S5  
EXPERIENCE MATHEMATICS IN SPKC  
培基書院數學遊

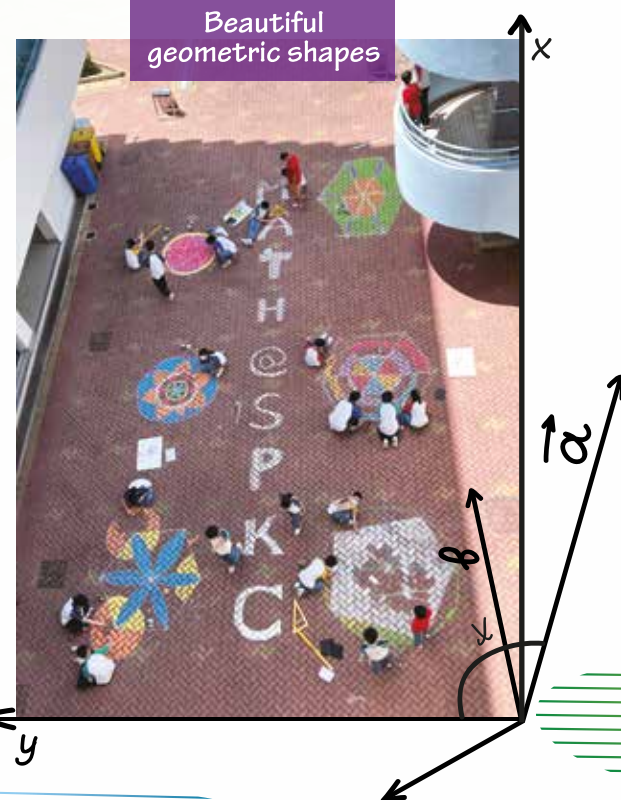
5P AU-YEUNG Man Hei

Once I got the LEWOWA allocation result, my friends told me that this programme would be quite boring. However, during these 5 days, I realised it was actually interesting. This programme brought me many memorable moments.

At first, we built a water rocket and launched it into the air in the playground to estimate the height of our school by a speed-time formula. We also made tiramisu by the measurement and estimation in cooking which was quite funny and interesting. Moreover, we learned about geometry to design some symmetrical artworks and drew them on the red brick area. At last, we constructed a password lock and a 3D figure from a 2D shape to understand more about encryption and space. That is very intriguing.



Making tiramisu



Beautiful geometric shapes



Drawing geometric shapes



Creating our own cryptex



Estimating the distance



Designing our geometric shapes

I realize that mathematics is very important in daily life. It is useful and helps me in all aspects of my daily life. This LEWOWA helps to improve my collaboration and communication skills a lot. I tried actively to participate in different group works to cooperate with my groupmates. Since I seldom talk to an unfamiliar person, my communication skills were quite weak. However, after this programme, by speaking more in the group, I found that communicating with someone is not that hard actually and my skills were a bit better than before! This is a meaningful and inspiring experience.



LEWOWA-29 S3-S5  
**LIFE WRITING: TELLING OUR UNTOLD STORIES**  
**生活寫作：講述我們不為人知的故事**

SL LEUNG Sung Lai Roland

For me, this five-day writing course was not merely a workshop to polish story-telling techniques, rather it was a life-changing journey for me to open up and to become a braver me. And surprisingly, my final year LEWOWA program turned out to be the most impactful one I have ever joined.

On the first two days, I was guided to probe into my personality traits and write about them. It was indeed a rewarding experience as I had a more thorough understanding of who I really am. But it was the third day when I went through the miraculous transformation. I was invited by my mentor, Ms. Stacy Ho, to write a letter to my future self. I collected all my thoughts, my dreams and ambitions, and all in a sudden, I scribbled all over to put down what my inner voice was telling me. It was as if God was beside me whispering and coaching. Not soon after I completed my work. It was for the first time I felt really good about myself. I realized that I have a vision for the future. I am the main character of my life. And I know, if I make good use of the precious gifts I possess, I can have a wonderful story to tell.

This year's LEWOWA program is truly unforgettable, and now I'm more than ready to go accomplish my goals.



Creating the loudest noise



Eating their prizes



Writing our life mottos



Zelene and herself



Let's walk down the catwalk

