

LEARNING WITHOUT WALLS

Newsletter **2024**



56 Siu Lek Yuen Road, Shatin, N.T.

2345-4567 2635-0100

info@spkc.edu.hk www.spkc.edu.hk

Content

About Stewards Pooi Kei College	03
Foreword	04

SERVANT LEADERS

Multi-intelligence Training Scheme 多元智能訓練計劃	09
Understanding Minorities and Refugees in Hong Kong 親親少數族裔及在港難民	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
Traveling through the past and present of Guizhou, leaving footprints for others 穿越貴州古今，留下事人足跡	15
Seven Lessons from God in Seoul 上帝的七堂課（首爾）	17

EXPLORERS

Intangible Cultural Heritage of Hong Kong 傳統手藝在民間	21
Exploration of the Nature, Astronomy and Ourselves 探索自然生態、天文及自我	23
Travel Through the Modernized Chinese Ancient Cities: East China 穿梭現代化的古城：華東	25
Beijing: History, Antiquities and Cultural Exchange 北京：穿越歷史、古物、文化之旅	27
Exploring the Historical Sites and Modern Architecture in Keihanshin 日本京阪神：從千年古蹟走到現代美學建築	29
A Final Reveal of Kyushu Mystery 揭開九州蛻變之謎	31

ADVENTURERS

Sk8er: Thrive on Wheels 滑板少年：飛輪傳	35
Into the Unknown - The New Generation of Ice Hockey 向未知探索 - 冰球新世代	37
Thriving beyond comfort zones - Challenge accepted 跨越安舒區 - Challenge accepted	39
Embarking on the Journey of Martial Artists - First Encounter with Karate 香港外展訓練學校 - 青年探險家	41
Outward Bound Hong Kong - Teen Explorers 香港外展訓練學校 - 青年探險家	43
Flying Fish - Kayaking LIFE Adventure Flying Fish — 獨木舟生命旅程	45
South Korea Dynamic Cultural Adventure (Soccer and Adventure) 南韓動感文化之旅（足球、歷奇）	47

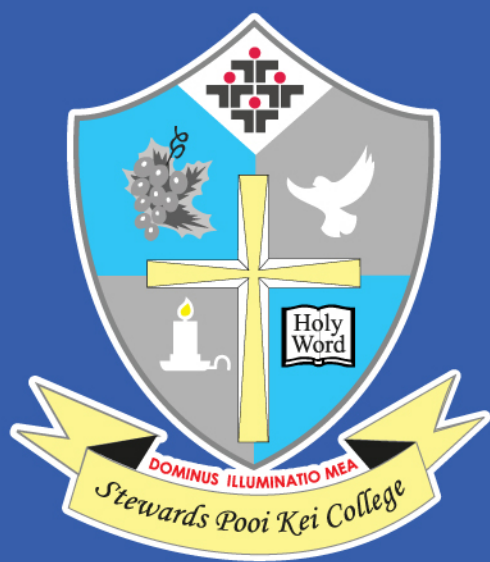
LIFE PLANNERS

MasterChef 我要做廚神	51
Pawsome Pals: Pet Grooming Masterclass 寵愛無限：寵物美容大師班	53
The Style Lab: A hands-on approach to makeup and hairstyling 時尚研究所：彩妝和髮型設計的實戰體驗	55
Animate Me: Lessons in 3D Computer Animation Animate Me: 3D 電腦動畫課	57
Forefront of Hospitality and Tourism 2.0 旅遊款待最前線 2.0	59
Academia Without Borders: Malaysia and Singapore Culture Visit 升學無疆界：馬來西亞新加坡升學及文化探索	61

SCHOLARS

Romeo & Juliet: Play Analysis, Adaptation & Performance 羅密歐與朱麗葉：經典劇本分析戲劇工作坊	65
Exploring Silk Road: History and Cultural Exchange of Xian and Dunhuang 探索絲路：敦煌、西安歷史文化之旅	67
Taiwan: Tiny citizen roaming the nature among the borderless cosmos 回歸自然：從繁華渺小走向星海蒼穹（台灣篇）	69
Taste, Think and Appreciate: Explore the Cultural, Creative and Business World in Taiwan 嘗想賞：探索台灣文創商業世界	71
MATHSKY: Australia 天空之乘：澳數與飛行體驗之旅	73
German Gallop: Exploring History, Culture & Technology 奔馳・德意志：歷史文化科技探索	75
Advantageous! - @Vancouver, taste the gorgeous! 「溫」情密「議」 - 探索溫哥華作為最宜居城市之因素	77

Post-Learning Stage: Exhibition Booths & Variety Show	79
Awardees List	81



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。

Qualities of
tomorrow's
leaders
明日領袖特質

SERVANT LEADERS
僕人領袖

KEEN LEARNERS
熱愛學習

POSITIVE THINKERS
正向思維

CONFIDENT EXPLORERS
勇於探索



Foreword

"Spring returns to the earth and a hundred flowers bloom," echoes the vibrant tapestry of the 2023/24 Learning Without Walls (LEWOWA) programme. This year we celebrate the 20th anniversary of this school-based experiential learning curriculum, which offers students a kaleidoscope of **31 life-changing journeys**.

Nearly half of our programmes ventured beyond Hong Kong's borders, fostering **cultural immersion** and **global citizenship**. Students could explore the ancient Silk Road in Xian, China, engage in business and cultural exchange with Taiwanese students, train as pilots in Melbourne or delve into engine technology in Germany. We also offered new local programmes in 3D animation design and ice hockey, allowing students to explore their creative and sporting talents. As we celebrate the 20th anniversary of LEWOWA, we hosted a reunion of Pooikeinians who participated in the program's early years in Australia and Canada, fostering a sense of community and shared experience.

Among the many highlights of this year's programmes in **five categories** are:

SERVANT LEADERS

Pooikeinians dedicated themselves to caring for vulnerable communities in Sham Shui Po and Guizhou, contributing to society through active community service.

EXPLORERS

Pooikeinians immersed themselves in the vibrant modern art scene of Keihanshin, Japan, and experienced the harmonious blend of tradition and technology in Hangzhou, China.

ADVENTURERS

Pooikeinians underwent intensive football training in South Korea pushing their physical and mental limits.

LIFE PLANNERS

Pooikeinians charted their future paths by visiting prestigious universities in Malaysia, gaining valuable insights into higher education.

SCHOLARS

Pooikeinians delved into the wonders of nature in Taiwan, studying from the sky to the sea and exploring urban planning in Vancouver.

LEWOWA fosters Pooikeinians' growth by guiding them to adapt to an ever-changing world. More challenging yet meaningful stories of Pooikeinians' growth await you. We invite you to join us on this extraordinary journey of learning and discovery.

Mr. Simon Leung

HEAD OF GLOBAL EDUCATION & LEWOWA COMMITTEE



What is

S.

F.

A.

L.

S.



Servant Leaders

Serving in Community
with Christian Values



Explorers

Exploring various
interests and cultures



Adventurers

Adventure Sports
in rural & urban
environment



Life Planners

Life & Career planning



Scholars

Subject-based
Academic Research





Servant Leaders

Serving in Community with Christian Values



LEWOWA 2324-01

Eligible Form : S.1-S.5

Multi-intelligence Training Scheme

多元智能訓練計劃

3J Jasmine CHAU

Introduction

This year, I joined the multi-intelligence LEWOWA program. At first, I thought it would be a very boring program. However, over the days, I changed my mind.

Memorable things

I have had memorable learning experiences, especially on Days 1 and 2 during these five days. We learned about the skills we use when making flour figures and the history of Hong Kong. As I am so interested in making

dolls and listening to stories, both of them were unforgettable and great. The tour guide was intelligent and could tell us the whole story within two hours. Our history is indelible and attractive. This museum could give us something we didn't get in our textbooks. We should inherit these wonderful stories from our generations. The flour figurine workshop has opened my eyes to something that we cannot learn in textbooks. It is so interesting, and I am pretty sure that I will continue to do this kind of stuff.

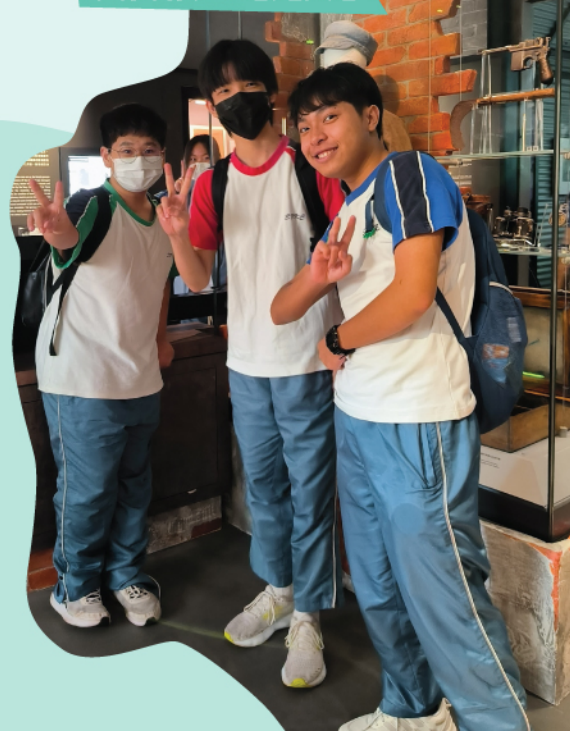
PLAYING BUBBLE SOCCER



ART WORKSHOP AT ZONE D ORGANIZED BY THE CHURCH



MUSEUM OF COASTAL DEFENCE



BLIND X-PERIENCE AT CROSSROAD



PLAYING AIR STORM



PLAYING GAMES WITH THE ELDERLY



Goals

Before the LEWOWA program started, I set three goals for myself. I am so grateful that I achieved all of them. In my communication skills, I tried my best to communicate well with others and make sure other people had a chance to speak. As a group leader, it is so important that I can create better ways for our group mates. I used to only think about myself and never care if others had a chance to speak. However, in this LEWOWA, I always asked other members their thoughts, especially when we were making a decision. I had to understand their thoughts so that I could understand them and improve our collaboration.

I also set my second goal for collaboration skills. I did not argue with or interrupt others. This could reduce lots of hard work from teachers or coaches. It is so important to be a respectful student and appreciate the people around us. Interrupting is an annoying thing. Also, you cannot listen to or understand others' thoughts and needs if you are interrupting. I controlled myself to listen first, then find the right time to ask. For example, there were Q&A sessions for me to pose my questions.

I set my third goal as improving my problem-solving skills. I tried to solve each problem myself first. I used to ask teachers whenever I had something I did not understand or when I had a problem. Sometimes, I might just complain and complain and not do anything. However, I solved the problem first. On the last day, we were supposed to clean the dishes we used. However, no one was washing them. In the past, I might have just complained and reported to the teachers that the group mates were not doing anything. However, this time, I was silent. I just quietly finished the washing and solved all the problems. Through this LEWOWA program, I have improved my skills and some abilities.

DESIGNING GAMES FOR THE ELDERLY



MAKING FLOUR DOLLS

Overview of this LEWOWA Program

I would recommend this LEWOWA to others since it gives you an image of things around us and you could help lots of people through this program. It also opens your eyes to something we had never seen: the bitter struggle behind the people who are blind or have AIDS, and we also learn about the histories behind Hong Kong, the emperors' lives, and pops. This LEWOWA is the most inexpensive one, and this LEWOWA gives us multiple things to try and learn. Overall, it is an unforgettable and fruitful LEWOWA, and I am so lucky that I had the chance to join it this year.

Conclusion

This LEWOWA program was fruitful and unforgettable. We have been to lots of places. These activities are really interesting and fun. I like this program very much, and I will rate it four out of five. I hope that I can have more chances to join this kind of activity in the future.

BEACH CLEANING



VISIT TO THE PEAK





SCAN QR CODE FOR VIDEO

Understanding Minorities and Refugees in Hong Kong

親親少數族裔及在港難民

STUDENTS TRYING
TRADITIONAL FOOD
IN A SIKH TEMPLEEATING WITH MIGRANT
DOMESTIC WORKERSSTUDENTS PRACTISING
THE ISLAMIC PRAYERREFUGEE SHARING
HER UNFORTUNATE
PERSONAL LIFE
TO THE STUDENTS

4H FONG Chung Yin

In just five days, the program profoundly changed my perspective on refugees and minorities in Hong Kong. I now approach them with respect and empathy, recognizing the stark differences in their lives. This experience has deepened my understanding of the challenges these marginalized communities face. Here are some unforgettable moments from the program.

On the first day, we explored the Wan Chai religious trail, visiting a Sikh Church. It was humbling to remove our shoes and socks before entering. We also indulged in delicious Indian cuisine, relishing the experience of eating with our hands. At the Islamic Centre, we learned about Islam's philosophy and traditional rituals, despite the scorching weather.

The second day introduced us to African drums and the diverse culture of Africa. We delved into the history, native tribes, and vibrant food culture of the continent.

STUDENTS PLAYING THE
AUTHENTIC AFRICAN DRUMS

On the third day, we interviewed refugees in Hong Kong, gaining insights into their living conditions, social status, and traditional cuisines. Their stories revealed the impact of political instability and conflicts in their home countries. It was disheartening to learn about the discrimination and social isolation they faced in Hong Kong.

with the Eagle Team, migrant domestic workers. We enjoyed learning the basics of rugby, sharing a meal, and hearing their inspiring stories of sacrifice and dedication to their families.

In summary, despite the challenges, this program provided a transformative experience, expanding my knowledge of the world and fostering empathy for marginalized communities in Hong Kong. I am grateful for the support of my teammates, as we shared a remarkable journey together.

The fourth day involved playing rugby

LEARNING RUGBY FUNDAMENTALS
FOR THE FIRST TIMEA KENYAN
INTRODUCING
HERSELFSTUDENT ENJOYING FACIAL TREATMENT
INSIDE CHUNG KING MANSION

LEWOWA 2324-12

Eligible Form : **S.1-S.5**

Teen Carer: Experience the Life of the Social Vulnerable Group 青年關愛大使： 體驗弱勢社群之旅

5L WONG Kit Ngai

This LEWOWA program is a vulnerable yet, unforgettable experience that meant a lot to me. I have learnt a splendid array of values and life morals after participating in this amazing program.

**BUYING SOUVENIRS AND RESOURCES
FROM THE HAWKERS
OF THE DOWN MARKETS**

Once I got back from a truly eye-opening experience volunteering I thought it would be a tragedy as everyone told me it would be the most exhausting and tiring program, yet it wasn't.

Through the amazing journey of LEWOWA, I was pleased to alleviate poverty in Hong Kong. For a week, we organized the vulnerable work whole-heartedly, listened to the instruction of teachers, introduced the minor community and poor people who lived in subdivided flats. Seeing the photos of them living in a tiny little house was upsetting.

**SPREADING LOVE
TO THE HOMELESS**

**GIVING A GROUP PRESENTATION
ON WHAT THEY LEARNED ABOUT...**

THE HAWKERS OF THE DAWN MARKETS

THE HOMELESS

I'll never forget sleeping at night along the Star Street Road. I was mesmerized by the magnificent scenery. Hong Kong is so beautiful. On the other hand, depravity still exists. Some homeless barely scrape by on their minimum wage jobs. This condition is terrible and unimaginable. We walked along and observed the McRefugees. The rich-poor gap was too wide and unacceptable to most, yet to them was a daily reality. Even, this experience opened my eyes to the systemic barriers that keep people trapped in the cycle of poverty.

As for me, I understand this volunteer stint was only a brief glimpse into experiencing a part of their life, but the LEWOWA program fundamentally changed my perspective to be a more caring, loving people, it also widen my horizon and exposed to different aspects in the world.

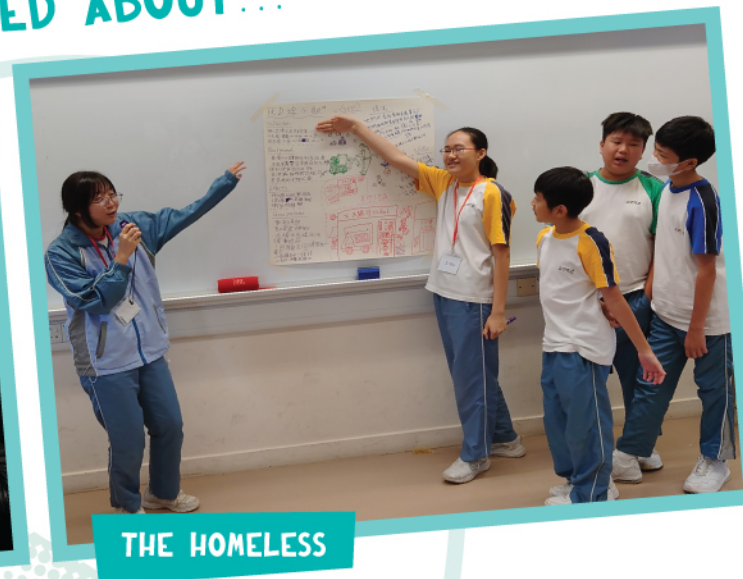
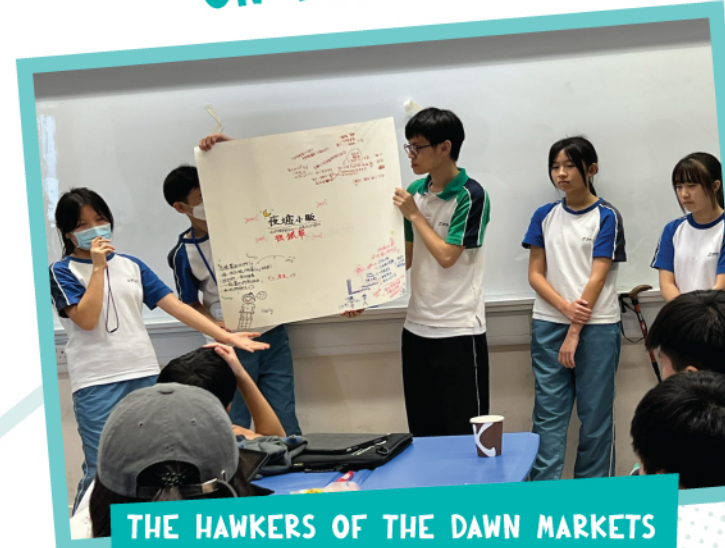
**GETTING TO KNOW ABOUT
THE LIVES OF WASTEPICKERS**

**INTERACTING WITH
THE HOMELESS AND
LISTENING TO
THEIR STORIES**

**REFLECTING AFTER A DAY
OF HARD WORK AND
BEING HOMELESS**



**COLLECTING CARDBOARD TO PREPARE
FOR THE HOMELESS EXPERIENCE**



13

14



LEWOWA 2324-18

Eligible Form : S.2-S.5

Traveling through
the past and present of Guizhou,
leaving footprints for others

穿越貴州古今， 留下事人足跡

中四希望班 龔俊誠

五日四夜的學習旅程中，我印象最深刻莫過於西江千戶苗寨。不只是它那奇妙夢幻的景色，還有那一襲襲具有傳統文化習俗的苗族特色衣服。

未曾去苗寨之前，我心中疑惑：「只是一堆木頭屋而已，怎麼會有五A風景區的稱號？」然而，當我到達苗寨之後，才發現用「五A風景區」也不足以稱讚它的獨特美。

我認為每個人都應該去一次煙雨籠罩下的西江苗寨走走，體驗一下苗家人的生活。白天流連在錯綜複雜的灰瓦木樓間，細看溪水潺潺流過；晚上站在吊腳樓上等待夜幕降臨，炊煙漸漸，裊裊四起，星光點點，月明清輝，燈火萬家後，苗寨就成了畫卷裏的模樣，而我是誤入其中的趕路人。如果可以，真的希望可以留在這個夢幻之地，哪怕是一趟美麗的錯誤。

同學們聆聽有關貴州
特色小食絲娃娃製作方法



同學齊挖折耳根



參觀中國天眼模型



同學製作絲娃娃



晚遊青雲市集

如果未曾親眼看過苗寨的夜晚，那應該是人生的一大遺憾。千戶苗寨「愈夜愈美」。西江千戶苗寨的夜晚既有王安石筆下「春色惱人眠不得，月移花影上欄桿」的細膩美好，也有歐陽修說的「夜涼吹笛乾山月，路暗迷人百種花」的靜謐舒適，更有辛棄疾筆下「東風夜放花乾樹，更吹落，星如雨」的萬家燈火。在美麗迷人的夜，步入苗寨街巷，穿梭在古色古香的吊腳樓之間，夜觀、夜食、夜購、夜宿……便能體驗奇妙夢幻的西江夜生活。

到訪貴州苗寨



到甲秀樓一遊



是次旅程改善了我的自我管理能力、協作能力和溝通技巧。在時間緊湊的旅程中，守時是必須的，不然就會影響整個團隊。同時，和自己不太熟悉的同學住在同一房間裏，必須要有良好的自我管理能力，不然也會導致他人的不便。而作為副組長的我，並不擅長和陌生人溝通，可是這次旅程卻讓我多了機會和就不太熟悉的組員們溝通，一度為我造成很大的「心理困擾」。可是經過他們耐心聆聽後，我發現自己的溝通技巧也提升了不少。最後，作為一個團隊，很多時候需要互相幫助和合作，才能完成大大小小的學習任務，也很感謝我的組長和組員們不遺餘力地付出和配合。

這次旅程令我獲益良多，不只是獲得更多朋友，也飽覽過各種奇幻風景，更重要的是，通過是次旅程令我抑壓着的心得到解放：多久沒有欣賞過大自然的風景？多久沒有如此平靜的心境？我忘記了。可是，這次旅程讓我重拾了對大自然的熱愛；也讓我的心「洗澡」了。

LEWOWA 2324-26

Eligible Form : S.3-S.5

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



NAMISEOM, A PEACEFUL ISLAND
THAT EVERYONE LONGS FOR



DANCING WITHOUT WALLS
WE MAKE TWO NEW
FRIENDS FROM INDIA

WE ARE HERE IN SEOUL
LET'S GO CHILL



IT'S ALWAYS LOVELY TO SEE
YOUR HOSTEL AFTER
A WHOLE DAY OF TRAVEL



DO WE HAVE ENOUGH
BUDGET FOR ALL
THESE INGREDIENTS



MAY WE HAVE
YOUR KIND SUPPORT
IN OUR WANDERING
JOURNEY



CHALLENGE ACCEPTED -
NAVIGATING WITH
A CELLPHONE IS
TOO CONVENIENT

4F CHAN Yat Hung Lawrence

The seven days of wandering around Seoul left me exhausted, both mentally and physically. However, I had a lot of fun during the programme and eventually I thought of this wandering experience as much needed training and soul searching (pun intended). It wasn't just physical training or survival training, but all of the above, as well as character training.

Throughout the seven days, we faced many challenges and difficulties, such as logistical problems, the language barrier, transportation, hunger, thirst, fatigue, and last but not least, a budget. On top of that, we had to complete missions such as arriving at an attraction or a new hostel while dealing with the above limitations. This is where our teammates stepped in. Each of them is unique and talented in their own way and they demonstrated their skills when issues arose. Some are talented in cooking, some are fluent in Korean, and some have a strong

sense of
direction and more.

Together as a team, we worked as one and overcame any difficulties that stood in our way. As a result, we completed the tasks we had each day through their contributions. I praise my teammates for their helpful support and their dedication. I wouldn't have made it this far without them.

I would also like to praise myself for not giving up, and remaining determined when things became exhausting and frustrating. I was resilient and optimistic. I pushed forward even when the situation was utterly grueling. Making jokes or talking to my teammates and teachers helped lighten the mood and helped me endure the hardships during each journey; this played a major role in the success and completion of this programme. Overall, I enjoyed the programme very much. Despite the fact that it was tiring and demanding, at the end of the day, it was very fun and interesting, and I will definitely recommend it to my friends!

WHY DON'T WE MAKE A
KOREAN LUNCHEON MEAT
AND KIMCHI KIMBAP





Explorers

Exploring various
interests and cultures

19



20

Intangible Cultural Heritage of Hong Kong

傳統手藝在民間

中一信班 林浩添

「文化」，可區分成「廣義」和「狹義」，可以是一種習慣，亦可以是一種藝術。但無論在什麼地方，這些文化都會有不同職業和身分，一代一代地傳承下去。這次「傳統手藝在民間」的 Lewowa 活動令我親身參觀和體驗香港開埠後的建築、圍村文化、戰後建築、當代及舊時的粵劇發展，令我更加了解自己的居住地——「香港」獨有的文化。

「香港開埠後」

為了解香港開埠後的文化特色，我們大部分時間和行程都是圍繞港島區進行。在參觀三個目標景點前，我對那些景點印象模糊，參觀後卻有新的發現：「元創方」(PMQ)裏面的文青商店比我想像中還豐富，周邊的街道亦瀰漫濃厚的藝術氣



製作傳統紮作中——魚形燈籠



製作傳統紮作——魚形燈籠



饒宗頤文化館欣賞戲曲表演後的合照

息；「大館」裏面有活化以前的監倉設施和法庭，加上展板，是藝術展覽或教育的理想場所；「海事博物館」則令我印象最深刻的，我先入為主，以為那裏只得船模型，後來卻發現那裏的文物、館藏比我想像中豐富很多，從導賞員介紹的「耆英號」模型得知詳細的航海歷史、「蠔柱」的用途和潛在危險。這天令我更加了解和感受當時香港作為殖民地的獨特建築風格、藝術。

「圍村文化和失落的傳統務農手藝」

這天，我們主要探討圍村文化和傳統手工農業的歷史及其衍生出來的產物。這是我第一次感受到圍村外面城牆的氣概，真是比影視作品中呈現的「有型」得多！途中見到不同完整或不完整的圍村。最後，我們在「松嶺鄉公祠」和旁邊的天后廟結束上午的行程，那裏的環境清幽，給人一種時空交錯的感覺，我開始學會欣賞一座祠堂裏面的文化痕跡。我們隨後試做了客家人的傳統糕點——「茶粿」，另外更體驗香港逐漸式微的傳統手工農業。

「香港戰後建築和文化」

我一直想親身設計一塊專屬的小巴牌，今天，我終於有機會完成這件事了！過程中，我腦海湧現不少名詞，最終選了「大埔火車站」——因為這是我自幼長大的地方。製作途中，我明白到這項傳統手工藝正在隨著紅色小巴的沒落而式微。

了解龍運頭文物徑的古代建築設計和結構



了解車公廟的建築風格

隨後我們就出去九龍公園遊覽，經導師介紹後，我更加體會到一個休憩設施潛在的多層用途，例如：吃飯、乘涼、休憩。遊覽過文化中心後，我對多用途設施與其內在的建築特色多了觀察和反思。

「粵劇在現代的發展」

粵劇在現今社會仍然佔有一定的地位，因為香港不斷有不同的新科技和設施去配合粵劇的發展，例如：2019年開幕的「戲曲中心」。那裏的空間和配套完全配合表演。在饒宗頤文化館，更讓我加深對粵劇和唱戲的認識，亦能分辨出粵劇服飾和身分，例如「大靠」代表「將軍」的角色等，這令我經歷可能是人生中唯一一次近距離欣賞粵劇、欣賞「生」和「旦」唱戲的體驗。

「粵劇在過去的發展」

這天，大部分參觀的地方都在「衝擊」我的大腦，我到現在才知道「車公廟」的信徒不是局限於中國人——還有很多泰國人專程參加旅行團來港參拜。在文化博物館內參觀，令我更加肯定有些我本身認為只是局限於某個地區的文化或活動，原來可以拓展到其他遙遠的國家，例如：在眾多粵劇表演之中，曾經有在非洲和秘魯登台的名伶

這次，人生中第一次的Lewowa不斷令我思考何謂「文化」，亦另我得到人生中許多的「第一次」體驗，例如設計小巴牌。這些都是平時不常接觸的地方和事物，但是所帶來的卻是寶貴的「遺產」。我感謝一眾組員和導師，帶領我們成功完成這次學習歷程。



參觀戲曲中心



到訪戲曲中心



男同學穿上花旦的裝束體驗粵劇文化



FIELD TRIP IN TAI PO KAU NATURE RESERVE

LEWOWA 2324-04

Eligible Form : S.1-S.5



SCAN QR CODE FOR VIDEO

Exploration of the Nature, Astronomy and Ourselves

探索自然生態、天文及自我



OBSERVING CHINESE WHITE DOLPHINS IN TAI O



OBSERVING CHINESE WHITE DOLPHINS IN TAI O



MAKING OF STAR CHART IN HALL

HUMAN LIBRARY

FOREST BATHING

EXHIBITION DAY



FIELD TRIP IN FA SAM HANG



NIGHT WALK IN TSU HANG NATURE TRAIL

1L HO Hiu Tung Nessa

When you think of Hong Kong, you usually wouldn't associate it with frogs, snakes, stars or bats, but as I reflected on my recent LEWOWA experience, I'm struck by the unexpected surprises that came my way. I didn't expect to develop a newfound appreciation for Hong Kong's wildlife, the techniques of stargazing and the aspects of myself I never uncovered until now. But that's exactly what has happened in these five days.

We were put in groups with different classmates from different forms. I was initially concerned about potential conflicts, but to my surprise, we worked seamlessly together. My communication skills were really put to the test as we had many activities that really leaned on us working as a team and not as an individual. The best example of this was the third day of our programme, we

had to walk in the dark with only flashlights, to avoid getting separated, we had to stick together tightly and communicate where we were headed.

I experienced many firsts during this program - walking through the night with classmates, observing frogs, snakes, and bats in their natural habitat. We even got to make wishes upon shooting stars! Our partnership with the Hong Kong Dolphin Conservation Society was a highlight, as we spotted three groups of Chinese White Dolphins and their babies. This was truly an once-in-a-lifetime experience.

Through LEWOWA, I've emerged as a more confident explorer and leader. I've developed a greater interest in learning about and conserving Hong Kong's natural

beauty. The games we played on the final day helped me clarify my future plans and aspirations.

I think this programme really encouraged me to know more about everything and gain knowledge in all perspectives possible. Although this is my first year of LEWOWA, it was definitely an unforgettable experience, and it won't be the last either.

THE SCORPIUS CONSTELLATION (PHOTO TAKEN IN TAI MEI TUK)



STAR GAZING IN TAI MEI TUK

HOBBYHK 觀星活動進行中

天文教育/望遠鏡查詢: 6759 9259

HOBBYHK 觀星活動進行中

天文教育/望遠鏡查詢: 6759 9259



烏鎮真的很漂亮，
真希望可以多留一天

烏鎮非常燦爛的夜燈



我們來到杭州之門



這家火鍋店主菜美味，
最後竟然送上獨特的「甜品」：
一碗煲仔飯



我們都很想到稻田嘗試插秧



烏鎮沿河風景一流



魯迅故里是紹興必到的「打卡熱點」



這景點令部份學生對考古學產生興趣



晚上的雷峰塔的確美不勝收

LEWOWA 2324-19
Eligible Form : S.2-S.5

Travel Through the Modernized Chinese Ancient Cities: East China 穿梭現代化的古城：華東

中四愛班 鄭穎瑤

打開一本嶄新的歷史卷冊，逃離繁忙的塵囂，落腳在華東之中，細味藏在身旁的古韻。在旅程之中，我穿梭古城，看遍中國的優美景色，更得到了意想不到的收穫。

華東的旅程停留在雷峰塔，我們需邁上一級級的石階才能到達塔之中，適逢遇上梅雨季，雨水似是不曾停歇一般，打落在雨傘上，聲聲入耳而明晰。難道這不就如中國的發展過程一樣嗎？路途艱辛，卻深刻。我終於登上了歷史性的雷峰塔，俯瞰美麗的山山水水，也眺望遠處的風景，我在那一刻才真正地感受到那種幸福美滿之處，專屬於中國人的自豪感油然而生。

然後我到了烏鎮，坐上擺渡船的時候產生的體會也如出一轍，船夫前後划動船槳，推動著小舟前行，楊柳飄揚，低垂下來，輕刷綠水而後泛起漣漪，水鄉景色不再是虛構，而是真實地重現在眼前。我看著依水而築的房屋，似是沒有盡頭，那些富有中華文化與傳統的建築不曾被時間磨滅，他們代表著中國輝煌的根基與成就，亦見證了一路上的成長。我觸摸著這一磚一瓦，感受著中華文化與我們的關係，我想，那種共鳴，一早已成為了一種認同，認同著那讓人自豪的中國人身份。

歷史的足跡未曾褪去，我在華東看見了中華文化的一角，而這些被保存下來的歷史必定會被保存下來，在更久遠的未來再次與我們相遇。

這班小男孩正在尋找自己寫字的風格，
像那一位中國著名書法家



為我們介紹浙江大學的哥哥，
很自豪身為大學的一份子

LEWOWA 2324-21

Eligible Form : S.2-S.5

Beijing: History, Antiquities and Cultural Exchange

北京：穿越歷史、古物、文化之旅



SCAN QR CODE FOR VIDEO

潞河中學校園環境優美



故宮博物館－認識故宮歷史，欣賞文物



新奇初次體驗：
乘人力車遊什剎海胡同

臨別儀式：
相逢匆匆，臨別依依；
但願友誼長存

香港神託會培基書院
交流會歡送儀式



北京名菜：涮羊肉



一同共進午餐－
品嚐、體驗當地學生飲食文化

後海荷花市場－
首次走進北京的市場

中五和平班 游翹朗

這次活動讓我們有機會探索中國豐富多樣的歷史遺跡。俗語有云：「讀萬卷書，不如行萬里路。」我們大家都聽說過紫禁城、天安門、頤和園和圓明園，但卻鮮有親身踏足的機會。這次活動正好讓我們得以一睹這些歷史遺跡的真容。

這些遺跡不僅完好保存了珍貴的文物，還有專業導遊為我們提供詳盡的介紹。走進這些歷史遺跡，彷彿穿越時空，親身感受中國從古至今的發展歷程，令人歎為觀止。而其中最令人震撼的，當屬圓明園。踏進其中，殘破不堪的建築宛如在述說當年第二次鴉片戰爭中英法聯軍的焚燬，當年的歷史情景歷歷在目。我們都不禁唏噓，這曾被譽為「萬園之園」的美麗庭院，如今無法重現當年的風采，在歷史洪流中消失無蹤，實屬萬分可惜。

是次課程的另一個亮點，是與培基書院的姐妹學校北京市通州區潞河中學進行交流。我們不僅有機會與當地學生交流切磋，更可以親身體驗當地的課堂氛圍。儘管兩地的教學內容、語言、課堂模式和考試範圍有很大不同，但我們卻能夠從彼此的學習方式和態度中受益，互相學習進步，經驗難得。他們認真聆聽、力求上進、把握機會，以及同學之間互相討論的態度，正是我們最需要學習的。更重要的是，我們在交流過程中建立了真摯的友誼，收獲了意義非凡的跨文化、跨地域的交流體驗。

總括而言，這個課程不但讓我們親身深入了解中國悠久的歷史，更讓我們有機會體驗北京的校園生活，這實在是一個難得的機會。其中不僅有專業的導遊向我們詳細介紹各種歷史文化遺產，更可以與北京的學生交往，結交新朋友。對中國歷史文化和教育感興趣的人來說，這無疑是最佳的選擇。

體驗內地中學生活－
學術交流





VISITING ARASHIYAMA



EXPLORING TEAM LAB



SKETCHING IN KYOTO



LEARNING THE JAPANESE
TEA CEREMONY (SADO)



VISITING THE EXHIBITION
OF TAKASHI MURAKAMI



VISITING THE
COASTAL IN KOBE



VISITING AKASHI
KAIKYO BRIDGE

LEARNING THE JAPANESE
TEA CEREMONY (SADO)



EXPLORING TEAM LAB

5P TANG Tsz Nok

As someone who considers Japan as a sort of "second home", when I first saw the schedule and plan of this Lewowa, I was concerned that it would be fairly mundane or even boring for me as many of the places and landmarks were not unfamiliar to me. Yet, somehow, I was able to experience and see a completely new side of these places and get a brand new perspective.

One of the major aspects that set this Japan trip apart from my other ones was the many, many museums that we visited. From modern pieces of art to the more traditional, historical temples and architecture, all of it showed just how creative and influential art is in society, especially in Japan. Although in modern times, traditional temples aren't considered as important as they were in the past, they are still symbols of history and reminders of the traditional, more Buddhist-inspired values of Japan. The more modern pieces of art such as Tadao Ando's iconic green apple structure show the more unconventional sides of Japanese culture as well, showing that while Japan is usually known



LEWOWA 2324-24

Eligible Form : S.2-S.5

Exploring the Historical Sites and Modern Architecture in Keihanshin 日本京阪神：從千年古蹟走到 現代美學建築

for its structure and collectivism, there are still ways that the Japanese use to show off their distinctive style and creativity that is unseen in any other place.

The most memorable and valuable part of this Lewowa for me was definitely the urban sketching and drawing. Being able to stop, to pause and to fully appreciate and admire a landscape or a piece of artwork, and then try to sketch the key details on paper enabled me to see these familiar places in a different light. Before this, I had never noticed just how carefully designed the Togetsukyo Bridge in Arashiyama was, or how particular Takashi Murakami in using graphics and colors in his art to fully allow his style to pop. It made me realize just how important it is to slow down sometimes, in order to fully appreciate your surroundings.

All in all, this programme was extremely valuable and memorable to me, especially as my first outbound, but also last Lewowa. Not only did it allow me to experience Japan in a new way, it also improved my artistic skills both in a practical and an analytical sense, teaching me ways to appreciate and understand art techniques, while also giving me insights into Japanese culture and history.



VISITING OSAKA CASTLE



SKETCHING
IN KYOTO



SKETCHING IN
OSAKA CASTLE



EXPLORING THE TODAIJI TEMPLE

LEWOWA 2324-25

Eligible Form : S.2-S.5

A Final Reveal of Kyushu Mystery

揭開九州蛻變之謎

UMEGAE MOCHI KITCHEN
WE ARE READY



HOMESTAY EXPERIENCE



TAKING A FAREWELL PHOTO
IN THE CLOSING CEREMONY

3L LAI Tze Yau Charyss

Unforgettable experience

The homestay experience was an invaluable learning experience. We made Japanese style sushi and learnt about the ingredients needed to make it. Moreover, we went to an onsen to enjoy hot springs. I understand more about hot spring culture and that the reason people go is to relax themselves and bond with others. After this trip, I realized that Hong Kong and Japanese people have different lifestyles. Hong Kong is more fast paced, whereas life in Japan is relatively slow paced: they live, and treasure small moments and time with family. I enjoyed this peaceful pace of living.



HOMESTAY EXPERIENCE



VISIT TO DAZAIFU
A TEMPLE FOR
ACADEMIC AND CAREER

3L WONG Lok Sam

Self-recognition and changes

An achievement I have to mention is undoubtedly my bravery in using Japanese in daily life. Being the shy person that I am, I went from being not confident enough to speak Japanese, to speaking Japanese in public for the first time in Nakasu Y atai (中州屋台), and gradually, I became a lot braver and even chatted with locals. Although I am still not fluent in Japanese, I realized that I have the ability to do basic communication like ordering food in restaurants, which boosted my confidence in using the language a lot. This experience firmly strengthened my wish to continue to learn and master Japanese. この経験の後にも日本語の勉強を続けたいですねー

WE MADE
THE UMEGAE MOCHI



VISIT TO
MACHIYA FOLK MUSEUM



VISIT TO KUSHIDA SHRINE
A TEMPLE FOR HEALTH AND LONGEVITY



EXPLORING THE TODAIJI TEMPLE

4P LEE Hung Ching Oscar

Inspiration from the program

During the program, I noticed that the Japanese have much better etiquette than Hong Kong people. During the home stay, my host family were very hospitable and friendly. Whereas in Hong Kong, people are less likely to care about manners. The reason behind this is the fast pace of life in Hong Kong. Also, I found out that Japanese people tend to spend most of their time with their families, while Hong Kong people would spend their time to achieve their own goal. After the experience, I would try to care more about my manners and the time spent with my family.

LEWOWA



33



34



Adventurers

Adventure Sports
in rural & urban environment

Sk8er: Thrive on Wheels

滑板少年：
飛輪傳

SCAN QR CODE FOR VIDEO

COLOURFUL CHAIRS
MADE BY STUDENTS

Yeah

2G HO Hiu Yan

On the first day, I was nervous because I did not know anyone at all. Everything was new to me and of course it was even more difficult to get used to waking up so much earlier and spending so much time commuting to Tsuen Wan. I have never learned or even touched an actual skateboard, so when I first stepped onto the skateboard learning how to skate forward, the whole thing was nerve wracking. The first thing I learned to do was to get on and off of the skateboard. Then after a while, I learned how to skate forward. After practicing over and over again, I could easily go forward or get on and off the skateboard.

The next day, I went to Tsing Yi to go to a bigger outdoor skate park. It was like a humongous bowl made out of concrete. The weather was humid and very hot, but honestly it was not too bad, it was more fun than I thought.



SUCCESSFUL SESSION

FINGER SKATEBOARDS

On the fourth day we all made a skateboard chair. This was probably one of my favorite activities throughout the whole of the Lewowa programme. I was given a skateboard without the wheels and two steel stands, then it was time to paint and attach the steels to the board to form a chair. The next day we made tiny skateboards called fingerboards. I was astounded when I found out we were going to learn how to use a fingerboard, it was actually harder

LEARNING HOW TO CREATE
THE REELS WHEN SKATINGREADY TO MAKE THEIR OWN
SKATEBOARD CHAIR

than I thought.

In summary, I have learned so much during this programme. The coaches and instructors were so friendly and supportive. I might not be skateboarding daily or even for a long time, but at least I tried my best and had actual fun. In my opinion, everything that those five days have taught me

BUILDING AND CUSTOMIZING SKATEBOARDS



BALANCING



will remain in my memories for a long time, such as being patient, being bold and brave, and of course, being respectful and polite.

BUILDING AND CUSTOMIZING
SKATEBOARDS WITH THE TEACHER

FIRST STEP ON A SKATEBOARD





**FIRST TIME IN FULL GEAR!
GOOD TEAM SPIRIT**

4H LAI Tsz Wing

In this five day LEWOWA programme , I must admit that I've learnt a lot of stuff. At first, I did not know how to skate, but as I tried stepping out of my comfort zone and kept skating, I found out that skating is actually very fun, and this made me want to skate more even after this programme.

At first, I was a bit worried about communicating with my teammates as we barely knew each other. However, they are all very

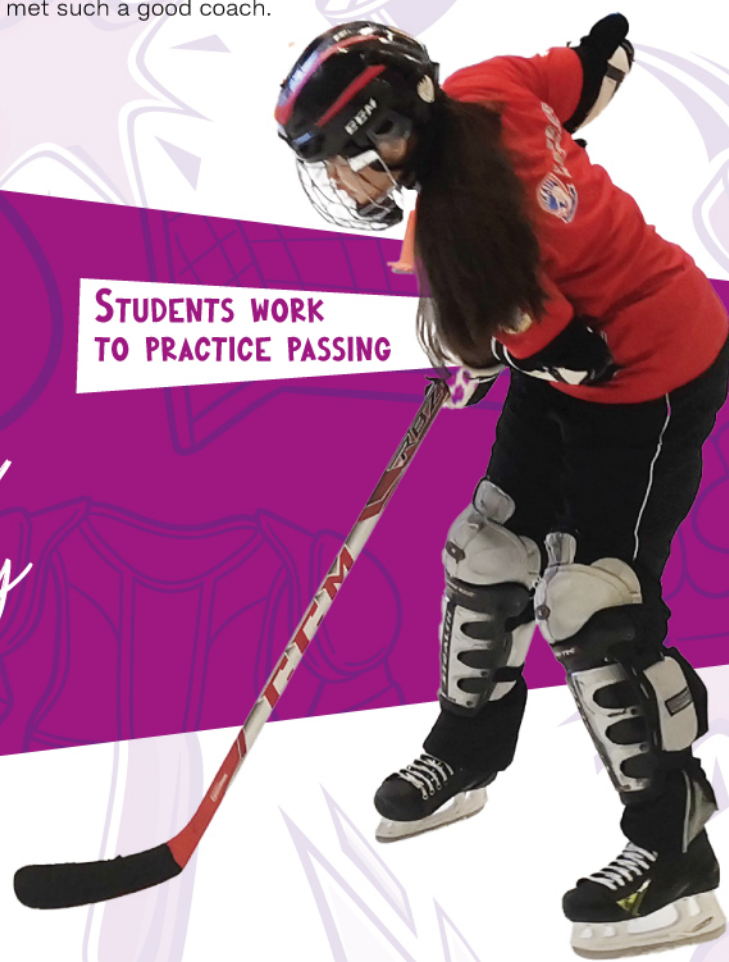
friendly and I think we made a good team. During these few days, our coach would discuss different ice hockey techniques like how to carry the puck more steadily or how to shoot the puck more accurately.

One thing I must say is that all the coaches are very nice and the coach of our group really helped us a lot. He would immediately commend us when we did great, and point out what we did wrong. Nonetheless, he also taught me more about teamwork like how to cooperate with teammates in order to win the match. I am really glad to have met such a good coach.

LEWOWA 2324-06
Eligible Form : S.1-S.5

*Into the Unknown -
The New Generation
of Ice Hockey*

**STUDENTS WORK
TO PRACTICE PASSING**



GROUP PHOTO WITH GREAT SPIRIT



WENT THROUGH FITNESS TRAINING



The most amusing part is that we finally get a chance to work as a team on the last day. We play different games together to compete with the other three teams . At the last session, we did a kind of shooting competition where each player would stand in a circle and pass the puck to their teammates in order to score a goal. We all had so much fun and I was thrilled knowing our team had won the competition throughout the day.

**THE COACH HELPING
TO IMPROVE STUDENT SKILLS**



**STUDENTS LEARNING
HOW TO SKATE ON ICE**



In this programme , I really enjoyed having fun on the ice and had learnt things like communicating skills, the importance of team spirit and being brave to step out of your comfort zone.always superior to textbook knowledge.

**STUDENTS ENJOY
THE TRAINING**



LEWOWA 2324-13

Eligible Form : S.1-S.5

*Thriving beyond
comfort zones -
Challenge accepted*

跨越安舒區



**WATCHING THE BEAUTIFUL VIEW
ON TUNG YEUNG SHAN**

2G CHENG Kiu Fung

As I was heading home, I thought about the past 6 days, away from home, and away from my comfort zone.

These past 6 days have truly been a unique experience for me and others. We have experienced many difficulties together, but we have overcome all of them, one by one.

Day 1:

The day started off by me heading to school, carrying my gear for the days to come. After the teachers and instructors gave us our briefings, we set off to Gilwell campsite, a camp in the middle of nowhere infested with spiders and ants. We first set up our tents and cooked our dinner. Unfortunately for us, it rained and all our belongings were soaked. Later, we just slept on a floor inside a very old building with dirty chairs and spiders.

Day 2:

As we all started to wake up, we received our breakfast and not long after, we had to listen to a lecture on

BEFORE GOING TO SEA

ABSEILING

A STRONG TEAM

compasses and maps. After that we went hiking. At first I was slightly worried about my shoes being drenched in mud and dirt, but I just dealt with it and continued on. The journey was hard, it was hot and the road was steep, but the view we saw on the mountain was great, paired with the cool winds and clouds, we could stay here for ages. Later, we got down the mountain and took the coach to the HKAYP Jockey Club duke of Edinburgh training camp. At that point I was so tired I was glad I got a proper bed even though it was not the most comfortable.

Day 3:

Today, we went up to the roof of the camp to try descending on ropes. It was fairly challenging as the knots are a little bit complicated and me being slightly scared of heights. Almost all of us finished all 3 of the levels with 3 different methods. The easiest in my opinion was the Industrial descender, basically a tool that helps you descend ropes with ease.

CHECKING THE EQUIPMENT

Day 4:

Similarly to yesterday, we went to the roof of the building, but this time we are doing a rope course. I have played quite a few rope courses in my life before so I didn't really have much of a problem on it. However, some of my groupmates probably have a problem with it. This is an example of the importance of teamwork, helping your groupmates is very important.

OVERCOMING THE FEAR TOWARDS HEIGHT

Day 5:

As the sun went up, we were mostly hyped for the activity coming today, which is kayaking. After the coach dropped us off, we learnt from the instructor on how to properly kayak a kayak, then we set off into the ocean. During the trip, I and my groupmate accidentally drove the kayak into a rock but luckily the kayak stayed intact until the end of our trip.

ARRIVED ON THE FIRST ISLAND

Day 6:

This was the last day of our camp and LEWOWA, and quite a few of us were kind of sad to leave. Our last activity was lunch, but the activity before that was pretty challenging. We had to raise each student up to a 3 meter high mark to stick a piece of paper onto a big piece of paper.

This was yet another example of teamwork being important.

Overall, this LEWOWA was very memorable and special. I got to know some new people and have quite some fun there.

SUPPORTING EACH OTHER AT SEA

GROUP HIKING IN TUNG YEUNG SHAN

Embarking on the Journey of Martial Artists - First Encounter with Karate

踏上武林高手之路 - 空手道初接觸

2G LO Vince Newton

This has been quite an interesting experience, not life-changing but definitely challenging. Over the past few days of face-to-face karate training, I have developed and enhanced my personal skills, and have made progress towards my goals following the SMART principles, particularly in collaboration, studying, self-management, and creativity.

First and foremost, although karate may not appear that way, it is a visual sport and art form with intricate details and precision, especially with kata, which is the most challenging aspect of LEWOWA. Kata consists of predetermined moves, precise steps, arm movements, rhythmic breathing, and shouts. Due to its complexity, learning the kata "SanChin" (三戰) has required me to dedicate time and effort to study the form, patterns, and timing from the master and my fellow students in the program. This experience has allowed me to develop imagery training for the first time, enabling me to capture visual details and study them at a faster rate.

Secondly, during this experience, we participated in a training camp in Cheung Chau. We started our days with rigorous training sessions and rehearsals. The constant sense of urgency and lack of downtime throughout the two days pushed me to manage myself in ways I never had before.

Lastly, when working with teammates to perfect our kata for competition, collaboration skills and patience were essential. Finding a balance and synchronizing our breathing tempo required actively listening to others and thinking creatively about our movements. In addition to collaborating with teammates, I also learned to collaborate with the LEWOWA program itself and be compliant. One aspect that motivated me to collaborate more was discovering that "KiAi" (気合), the term for shouting in karate, actually represents "spirit" - the spirit of karate and unity.

In conclusion, this year's LEWOWA program has been challenging, but it has significantly aided my personal development.



GROUP PHOTO
BEFORE ENTERING THE CAMP



GROUP PHOTO UPON
LEAVING THE CAMP



STUDENTS SHOWING
RESPECT TO
THE JUDGES

KICKBOXING TRAINING



WRITING EXAM FOR YELLOW BELT



42

ENJOYING RECESS



HAVING KOREAN ARMY STEW
AFTER THE FRIENDLY MATCH



AFTER THE
CONTEST



41



LEWOWA 2324-15

Eligible Form : S.1-S.5

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



JETTY JUMPING

1F LAW Wing Tak

Outward Bound Hong Kong offers a unique program called Teen Explorers that focuses on helping young people discover their passion for life. Through challenging outdoor activities and team-building exercises, we are encouraged to step out of their comfort zones and explore new experiences. This program aims to enhance their adversity quotient, which is the ability to overcome obstacles and difficulties with resilience and determination.

goals. In order to achieve these goals, during the course of programme, we are told that there is no right or wrong, but just yes or no. Teachers and trainers are just supporters. By facing and conquering challenges during the program, teenagers can develop a sense of accomplishment and belief in their abilities. This new-found self-confidence can serve as a driving force for personal growth and motivation in all areas of their lives.

Teen Explorer also aims to build up participants' self-confidence by providing them with opportunities to push themselves beyond their limits and achieve personal

43



READY TO KAYAK

**HELPING EACH OTHER
UP THE GIANT LADDER**



**LEARNING TO USE
THE PADDLES**

KAYAK CAMPING



44



**TIRED BUT SATISFIED
AFTER THE JOURNEY**



**A CHALLENGING
KAYAKING JOURNEY
FOR 3 DAYS**



FEELING COOL IN THE WATER



**THE FOOD FOR
THESE THREE DAYS**

LEWOWA 2324-16

Eligible Form : S.1-S.5

Flying Fish Kayaking Life Adventure 獨木舟生命旅程

1H LAM Shun Yin Alvin

These five days of LEWOWA were fun, interesting and exciting. It is true that this journey was a life changing trip.

For achievements and changes, I have learnt to persevere, to perform teamwork and to train up my leadership skills. Before, I was a person who would easily give up and say that is the end; during LEWOWA, I couldn't afford to let my partner down so I had to push past my limits so we could all safely reach our destination. Before, I was a person who didn't like to work as a team, but after the cooking experience with my group, I learnt that teamwork is very important, and saw that we as a group and a team had improved our cooperation and

PORT ISLAND!



SETTING OFF FOR PORT ISLAND

LEARNING TO BOARD IN DEEP WATER



SCAN QR CODE FOR VIDEO

efficiency day by day.

Before, I was a person without much in the way of leadership skills; I just felt like an outsider, doing nothing, but through the five days of LEWOWA, I tried more and more to guide and give instructions to my team, and gradually built my leadership skill. Perseverance will get me over any challenge; teamwork will let me work in a team effectively, and leadership skills will lead the whole team to success.

The most memorable learning experience of this LEWOWA was the "capsize", a skill to get back into the kayak after we fell into the water. I was most scared of going underwater as I have never swam in saltwater; the fact that saltwater kept running into my nose and eyes while I had to go through different steps meant I couldn't keep myself calm, and it was quite difficult to follow the order. This learning experience was really memorable and I will never forget this moment.

I discovered that kayaking was an entirely new world compared to my imagination. Everything I had expected about kayaking was totally different. I thought the paddle would be parallel to the other side, but it is not and I had to turn the paddle after every stroke. I also did not know there would be a rudder until I actually saw a real kayak. All these interesting discoveries were made through first-hand experience, not just from a book, so I realized that experience is always superior to textbook knowledge.

1J WONG Joy Yeuk Jacey

Hello everyone I am Jacey and today I'm going to share my first LEWOWA experience and what I learned from it. So first of all, my LEWOWA this year is called "Fishing Fish-Kayaking Life Adventure" and of course is a program that teach us how to kayaking, but that's not all of the things I learned from it, I also learned about taking good care of myself and my teammates and have a better time management.

I have a lot of self-recognized achievements and changes during and after this program too! Firstly, I thought I'm too weak to kayaking for a long distance but after this program, I discover that I have enough strength to be able to kayak for a long distance such as 13 kilometers or more and I'm proud of it. Secondly, I know that there are many new things that I am able to do and should try out with positive thoughts but not just thinks how bad things will be before trying them. Lastly, I know that I need to be extremely careful about my belongings as I keep losing my stuff during this program although I found most of them at last luckily.

My most memorable learning experience is when the coach teaches us what we should do when capsizing. It is not that hard to understand but is very important as it can

RETURNING TO TAP MUN FROM SIU TONG CAMP



LATE NIGHT SINCERE SHARING SESSION



ENJOYING BEING IN THE WATER



save our lives and it helps us not to panic if it really happens. I was very nervous when it was my turn to try to capsize but after trying is not really that scary and it increases my confidence in kayaking as I know what to do if I have an accident.

One of the interesting discoveries is that I found out that if you want to kayak faster, it is not just about the speed of grilling but how good your posture is when kayaking. Another interesting discovery is that we don't need too much seasoning when cooking food as the food itself already contains its own flavor.

FINALLY ARRIVING AT SIU TONG CAMP AFTER A FULL DAY OF KAYAKING



LEWOWA 2324-27

Eligible Form : S.2-S.5

South Korea Dynamic Cultural Adventure (Soccer and Adventure)

南韓動感文化之旅 (足球、歷奇)



SCAN QR CODE FOR VIDEO



與當地球隊合影

中二和平班 楊晞朗

由6月25日到達機場開始，到6月30號從仁川國際機場抵達香港國際機場的這六日間，我的心情像是一張心電圖，起伏伏。沿途走過不同的景點，以及那些陪我走過這段旅程的人，已經在我心中站穩了陣腳，成為我中二生涯中不可缺少的一部份。

我們這次旅程的行程可以說是十分緊湊。第一天在下午到達南韓時，就要馬上前往華城行宮觀光，隨後便要觀看一場比賽。第二天要早上6:15起床，到達訓練場地後一直訓練到午餐前，短暫觀光植物園後繼續訓練。第三天行程相對沒那麼緊湊，早上參觀完青瓦台，便去參觀現代汽車生產過程體驗館，隨後與安養中學校進行友誼賽。第四天早上分別參觀了松月洞童話村及益善洞韓屋商園後，便繼續進行訓練直到晚飯前。第五天是在放鬆的一天，我們不用再進行足球訓練，而是前往Sports Monster體能挑戰障礙樂園遊玩，在前往超市購買手信。第六天短暫吃完午飯後便前往機場了。

這段旅程，為我帶來不少回憶。由第二天到第四天，我們都一直進行不同的足球友誼賽，以我發現他們都有一個共通點，就是他們就會像一群生長的竹林一般團結；看他們訓練時，通常每隔數秒，他們就會發出獅子般的怒吼，聲音之大，足以媲美樹木倒塌下的聲音。一聲，一聲的「啊！」

伴隨着他們每一次的訓練，不論是弱隊或還是強隊，他們的團結總會令人心頭一緊。

而且，透過這段旅程，我發現韓國的文化和科技也遠遠拋離了香港。我們在第三天參觀了高陽現代汽車生產過程體驗館，我看到他們會用礦石製造汽車，在利用不同機械人，以達到環保、安全，以及快捷三個目的；這些完全沒有的技術。更重要的是，我們在第四天參觀了松月洞童話村，在這裏有來自世界各地不同的動畫人物，例如冰雪奇緣等來自海外的動畫人物，可見他們有多麼國際化。

令我最難忘的則是第五天。我們去了一個名為「Sports Monster 體能挑戰障礙樂」的地方。在這天，我玩了很多虛擬運動，或一些涉及到人工智能的運動，例如籃球，排球，足球，手球，高空障礙等等的刺激運動，讓我大汗淋漓。而令我最開心的，是我認識了很多新朋友，一起挑戰不同的活動，那天我是真的樂而忘返。

雖然這幾天密集的訓練和運動令我感到身心俱疲，但是我還是對於行程感到滿意，也十分喜歡這個旅程。期待下年還有相似的課程吧！

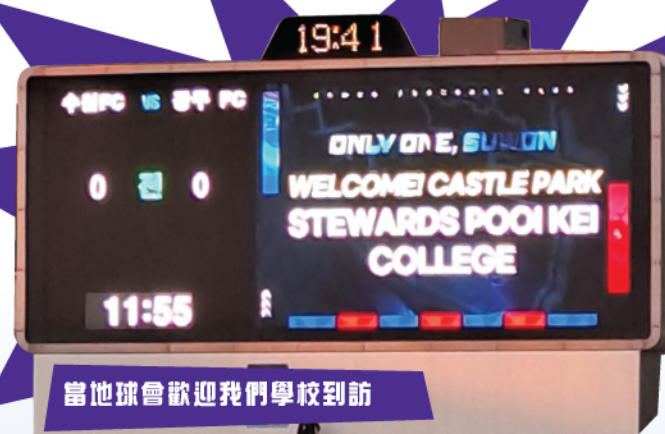
賽前由韓國教練指導的十一位足球新丁



球員們進行環形傳球



參觀汽車博物館，了解汽車製造過程



當地球會歡迎我們學校到訪



與安陽中學足球隊友誼賽前的合影



與韓國球員和教練交流



友誼賽後享用韓國部鍋

賽後球隊合影





Life Planners

Life & Career planning



LEWOWA 2324-07

Eligible Form : S.1-S.5

MasterChef 我要做廚神



DELICIOUS STEAM CAKE

5F CHEUNG Chi Him

Over the past five days, I have had the opportunity to immerse myself in the vibrant and diverse food cultures that converge in Hong Kong. From savoring the bold, spicy-sweet flavors of Thai cuisine to indulging in the hearty comfort of Western-inspired dishes, this culinary journey has been a true eye-opener.

Hong Kong's food landscape is a testament to its status as a global hub, where culinary traditions from around the world come together and are reinterpreted with a local flair. On Friday, I started off with classic Thai dishes like Grilled Pork Neck and Red Curry Chicken, which showcased the perfect balance of sour, sweet, and umami flavors. Observing how Hong Kong chefs have adapted these traditional Thai specialties to cater to local preferences has enhanced my cross-cultural awareness. I now have a deeper understanding of how food can serve as a bridge, blending the traditions of one culture with the tastes of another.

BOYS COOKING



EFFECTIVE TEAMWORK IS ESSENTIAL IN THE KITCHEN



In the week, I had the chance to explore the world of fusion cuisine, exemplified by the Beef Burger with Cheese Filling. This dish showcases the creative ways in which Hong Kong's culinary innovators have reimagined a Western staple, infusing it with local flavors and ingredients. Analyzing the process of adapting and blending culinary traditions has honed my critical thinking and problem-solving skills, as I've learned to consider multiple perspectives and identify novel solutions.

COLLABORATION IS IMPORTANT FOR JAPANESE DON AND TEMPURA



MAKING SHANGHAI DUMPLINGS



MAKING AMERICAN BURGERS

As I reflect on this culinary exploration, I am shocked by the richness of Hong Kong's food landscape. It is a showcase to the power of cultural exchange and the boundless creativity that can emerge when diverse traditions converge. In the future, I will continue to

embrace this spirit of exploration that I had learned from this LEWOWA, enhance my understanding of the world around me and to further develop my critical thinking, communication, and cross-cultural skills.

EXPLORING THAI CUISINE



NOTHING BEATS THE FLAVOR OF A MEAL YOU'VE COOKED YOURSELF

STUDENTS NAILED IT ON THEIR FIRST TRY BAKING COOKIES AND SCONES!



WHERE LEARNING MEETS COOKING · THE KITCHEN AS OUR CLASSROOM



Pawsome Pals: Pet Grooming Masterclass

寵愛無限：寵物美容大師班

LEARNING HOW TO
TAKE THE PET DOG
ON A WALK

4P LAU Yu Sum Katie

Pet grooming at first to me was something that seemed quite easy and not very challenging especially considering how I have had a variety of different pets before, but this LEWOWA really changed my mind and opened my eyes to the difficulties and obstacles people in this line of work can face. I was also extremely fascinated with all the different things I was able to learn from this LEWOWA, not just from a classroom desk, but in practical experience too!

LEARNING HOW TO
CUT NAILS

CALMING THE PUPPY
WHILE OTHERS TRIM
ITS NAILS

MASSAGING THE PUPPIES

TAKING CARE OF THE PUPPIES

Handling animals, even if they're just domesticated dogs and cats, is beyond hard, even managing dogs and cats each have their different sets of skills we must learn. For example, cats are much harder to control, so sometimes we must put them in a net bag to calm them down and get things done.

As someone who wants to study zoology in the future and pursue a career related to animals, I found this experience to be really rewarding. Not only did I make some new friends across different forms, but I also managed to gain some knowledge into how to communicate and handle different animals, as well as common diseases and information about pets in general. This LEWOWA programme also further cemented my decision to work in a field dedicated to animals, as if I wasn't already sure of my future career path.

TRIMMING FUR FOR THE PUPPIES

LEARNING HOW TO COMB HAIR

LEWOWA 2324-09
Eligible Form : S.1-S.5

The Style Lab: A hands-on approach to makeup and hairstyling

時尚研究所：彩妝和 髮型設計的實戰體驗



THE INSTRUCTOR DEMONSTRATES
HOW TO EYE MAKEUP

STUDENT
PHOTOSHOOTS



3J MAK Tsz Yau

Despite some ups and downs throughout the LEWOWA programme, it has overall been an amazing experience. This program has covered a wide range of makeup styles, including beginner-level application, Korean-style makeup as well as special effect makeup involving blood. Not to mention that we've also explored several popular hair styling methods.

At first, I found it a little difficult to pick up the pace, as I struggled with identifying various makeup brushes and makeup application techniques. Fortunately, my group mates were helpful and friendly, guiding me through the process step by step. I was surprised to discover over ten different makeup brushes with similar functions. However, with the support and help of my group mates and teachers, I've improved bit by bit. One partially memorable experience was the photo shooting day, where everyone showcased outstanding creativity in matching different makeup themes and looks.

Additionally, this program helped me discover different sides of the role of makeup, to be precise – boosting confidence and self-acceptance. I realized that applying makeup is not solely about achieving an appealing visual image, but also about enabling individuals, those with skin issues, to feel comfortable and confident in their appearance whether or not they choose to wear makeup, allowing them to feel they have choices in how to present themselves rather than feeling insecure. As well as to discover their unique features.

HELPING EACH OTHER TO
GROOM THEIR EYEBROWS



USING CURLERS TO STYLE HAIR



PRACTICING SPECIAL EFFECT
MAKEUP SKILLS (BRUISES)



PRACTICING
SKINCARE PROCEDURES



LEWOWA 2324-10

Eligible Form : S.1-S.3

Animate Me: Lessons in 3D Computer Animation

3D 電腦動畫課



SCAN QR CODE FOR VIDEO



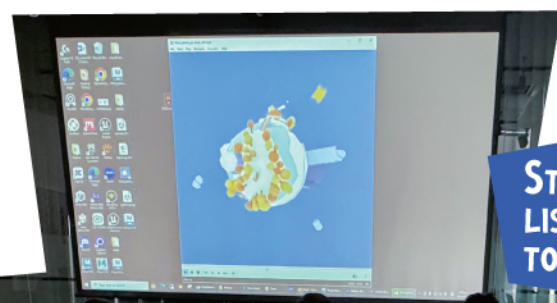
GROUP PHOTO AT THE STUDIO

2P YU Lik Shun Lexis

During the LEWOWA program, I primarily learned about the process of creating 3D animations. Prior to starting the program, I had set several personal goals for myself. These included improving my creativity, critical thinking, and collaboration skills. I was motivated to develop these capabilities, as I believe they are crucial for becoming a more knowledgeable and capable individual.

Through the experience of producing various animation projects, I was able to enhance all the skills I had hoped to strengthen. I experimented with many different and novel techniques throughout the LEWOWA program. In the process, I acquired a wealth of new skills, and thoroughly enjoyed my participation in the program. In fact, this was undoubtedly one of the most fun and rewarding programs I have been a part of this year.

Unfortunate events are bound to happen, even if we cannot predict exactly when they will occur. During this program, I experienced several such incidents. For example, there were times when I failed to save my file properly, requiring me to redo my work. On other occasions, the software would crash unexpectedly. I also made the mistake of saving a file with the same name, accidentally overwriting a better version.



STUDENTS LISTENING TO TUTORS

A STUDENT HELPED OTHERS



TUTORS HELPING STUDENTS



However, I have learned from these experiences. I now make sure to save my project files every 5 minutes to prevent data loss. Anticipating and preparing for potential problems is crucial, as it allows me to respond effectively when something goes wrong. While we cannot completely eliminate mishaps, developing the habit of regular saving has helped me mitigate the impact of unexpected accidents during the program.

During the animation creation process, my primary goal was to successfully complete the project. However, I often struggled with the technical aspects, such as scaling and working with vertices. Fortunately, whenever I encountered difficulties, the instructor was there to provide guidance and support. Thanks to their assistance, I was ultimately able to finish the project.

I've come to realize that 3D animation is deeply connected to our everyday lives. From advertisements to games, movies to cartoons, the skills acquired in learning 3D animation can enhance our understanding of the world around us.

Creating animations requires an immense amount of patience. For instance, I spent nearly 3 hours just on modeling, coloring, and assembling elements for a single project. This experience has taught me the importance of effective time management, as it would be easy to waste a significant amount of time focusing on one particular aspect of the animation process.

AN EXPENSIVE MOTION CAPTURE CLOTH FOR RECORDING HUMAN MOTION INTO 3D

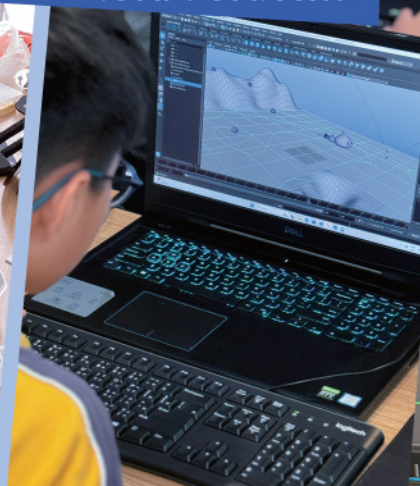


STUDENTS MADE THE 2D HANDMADE ANIMATION 'PHENAKISTOSCOPE' UNDER A TUTOR'S HELP

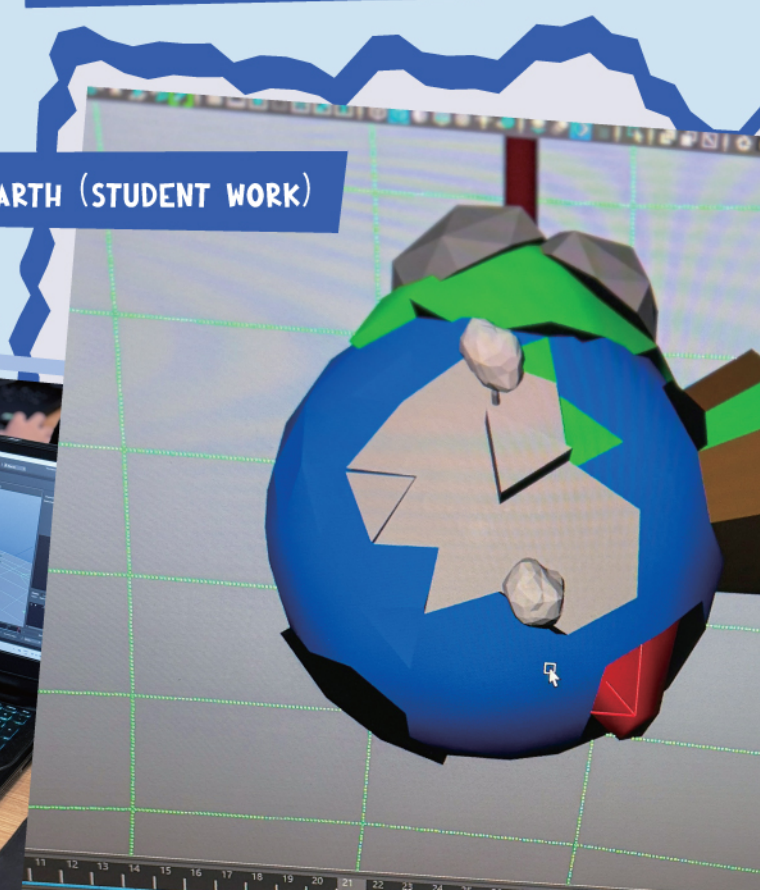
STUDENTS MADE THE 2D HANDMADE ANIMATION 'PHENAKISTOSCOPE' TOGETHER



A STUDENT WORKING ON MAKING ANIMATION



PLANET EARTH (STUDENT WORK)



LEWOWA 2324-17

Eligible Form : S.3-S.5

Forefront of Hospitality and Tourism 2.0 旅遊款待最前線2.0



在理工大學酒店及旅遊管理學院的美好時光

中三喜樂班 伍泳桐

縱觀整個LEWOWA課程，我在香港的各個地方了解到香港的旅遊業發展和旅遊款待，發現歷史和文化與旅遊業的發展息息相關。在學識上，我理解到旅遊款待的細節和要求等一些硬性知識；而在風土人情上，我明白到從業者的態度就是客人的第一印象，而要成為一個大眾稱之為「好」、親切體貼的從業者，同時還要提供一個優良的環境，絕對不簡單，需要的是對行業的認知和心態。除此之外，在這個獲益良多的星期，充分體現了香港的歷史和文化是如何帶動成個香港的發展，最後促成香港各個產業，尤其是課程中的旅遊款待。



與中環街市的總經理愉快交談

是什麼讓大澳成為受歡迎的旅遊熱點？



在派對電車上
度過一個有趣的下午



我們將普通的毛巾
摺成一隻可愛的鳥兒！



享受由同學帶領的電車之旅！



量度我們合適尺寸的蝴蝶麵！

我願稱這次旅程為人生中非常重要的一課，只因這裏不但有不同的學識和技巧，還有人們一張張的笑臉和待客之道存在。我十分慶幸能夠參與本次課程，縱然是辛苦，但也十分值得。最後特別感激兩位老師的陪伴，這幾天辛苦了。

今天是與退役飛機見面的最後一天！



Academia Without Borders: Malaysia and Singapore Culture Visit

升學無疆界： 馬來西亞新加坡 升學及文化探索



THE FIRST DINNER IN MALAYSIA

5P TSE Mok Ching

During the six days of LEWOWA, I familiarized myself with the local customs and traditions of Singapore and Malaysia. Additionally, I aimed to gain insight into the various universities in both locations. Furthermore, I intended to make early preparations for my future academic and career endeavors.

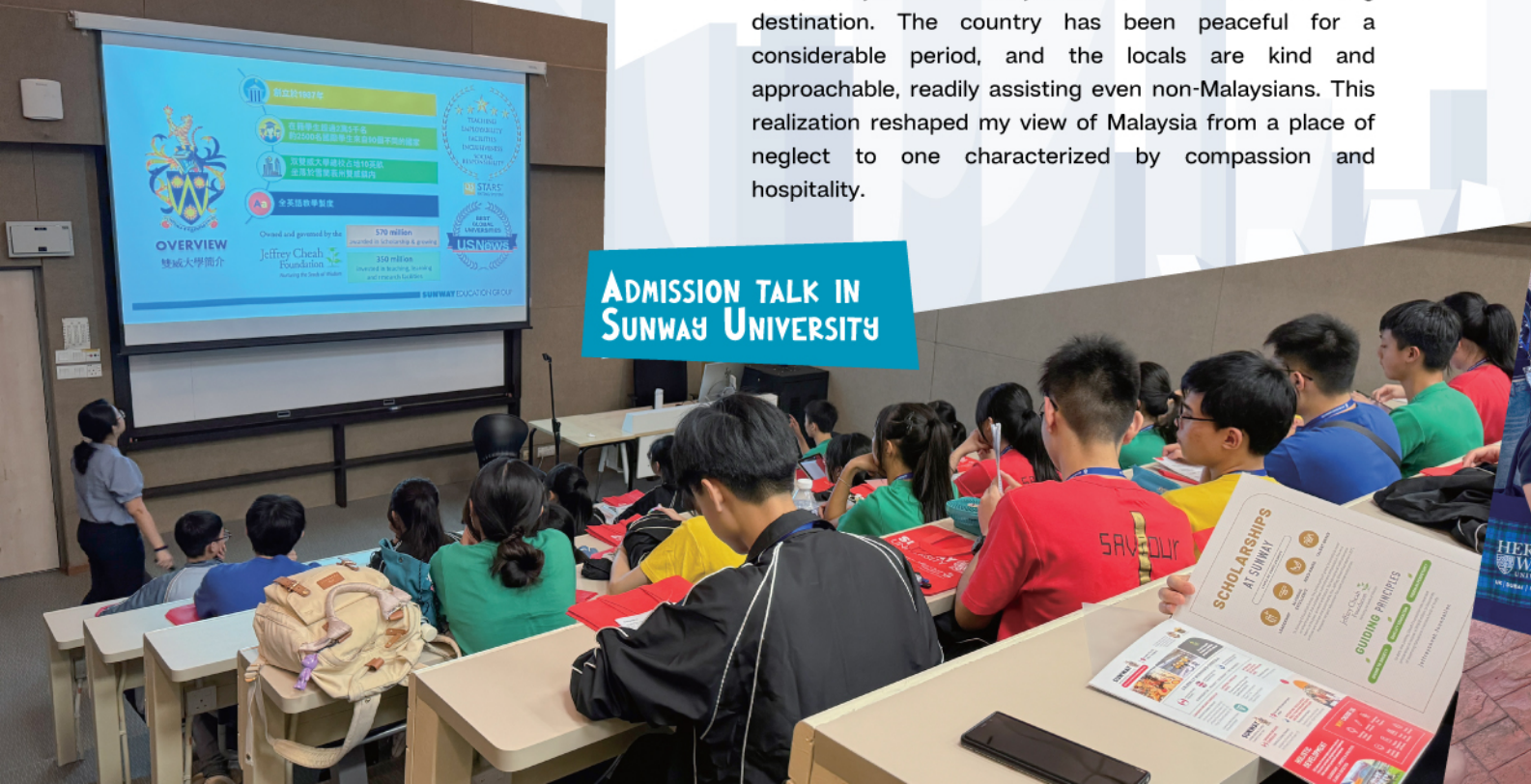
Self-recognized changes

Through the LEWOWA program, I experienced significant personal growth. Prior to my trip to Malaysia with LEWOWA, I held

preconceived notions about the country, assuming it was underdeveloped with unsatisfactory hygiene standards. However, my perceptions were proven wrong. Following the LEWOWA experience, I discovered the stunning architectural marvels in Malaysia's city center. For instance, we had the opportunity to visit the iconic Petronas Twin Towers on the first day, the tallest twin towers globally. The city also boasts numerous upscale shops that serve as hubs for financial activities.

Additionally, I found Malaysia to be a safe and welcoming destination. The country has been peaceful for a considerable period, and the locals are kind and approachable, readily assisting even non-Malaysians. This realization reshaped my view of Malaysia from a place of neglect to one characterized by compassion and hospitality.

ADMISSION TALK IN SUNWAY UNIVERSITY



Memorable experience

Visiting the National University of Singapore as part of the LEWOWA program was a privilege. The university, renowned globally for its academic excellence, impressed me with its state-of-the-art facilities. During the campus tour, I sensed a vibrant learning environment. Contrary to my expectations of a stressful academic setting, I witnessed students engaging in group discussions and forming strong bonds. Observing their camaraderie made me contemplate the importance of balancing academic pursuits with social interactions. I learned that incorporating relaxation into my study routine is crucial for optimal performance and well-being.

SEALS

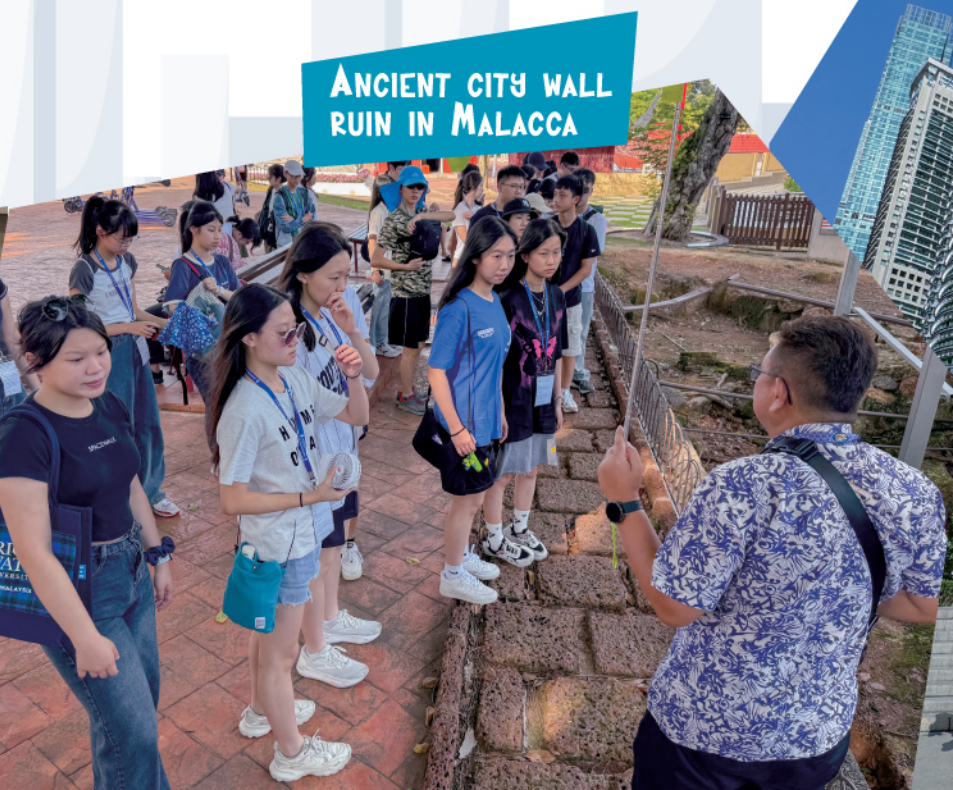
Life planner

Additionally, by visiting various universities in both locations, I had the opportunity to gain a deeper understanding of universities worldwide. I also made early plans for my future path, identifying various intriguing programs in universities such as the "Go Global" program



CONSTRUCTION LAB IN
HERIOT-WATT UNIVERSITY

ANCIENT CITY WALL RUIN IN MALACCA



at Heriot-Watt University, which offers the same schedule and syllabus as other branch campuses. This presents a valuable opportunity for students to immerse themselves in the learning environment of countries beyond Malaysia. Moreover, it opens up another pathway for those interested in studying abroad in Western countries.

Scholar

In addition to university visits, the LEWOWA program allowed me to immerse myself in the food and traditional culture of Singapore and Malaysia. For instance, I had the chance to try Peranakan and Bak Kut Teh, traditional dishes that gave me insight into the strong flavors preferred by Singaporeans and Malaysians. Furthermore, I gained a deeper understanding of the daily life and history of the local people.

Conclusion

In conclusion, the LEWOWA program taught me the importance of respecting other cultures and customs, while also providing me with valuable insights into different universities for my future career planning. As my time in secondary school comes to an end, I hope to have more opportunities in the future to learn about diverse cultures engagingly and enjoyably.

PETRONAS TOWERS - THE WORLD'S TALLEST TWIN SKYSCRAPERS





Scholars

Subject-based
Academic Research

63



64



LEWOWA 2324-11

Eligible Form : **S.1-S.5**

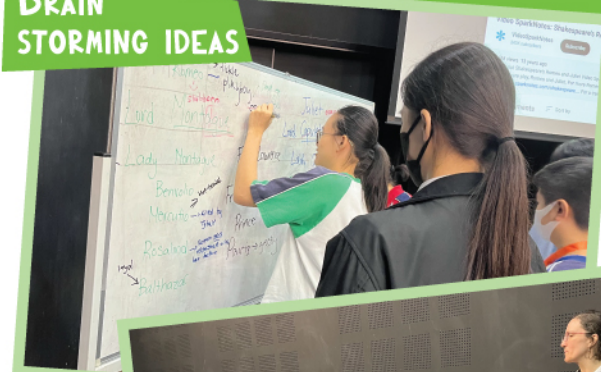
Romeo & Juliet: Play Analysis, Adaptation & Performance

羅密歐與朱麗葉： 經典劇本分析 戲劇工作坊

3H CLAVIJO Sebastian Alonso

I learned many things from our instructors. I learned that teamwork is very important in drama and in daily life; I was forced to work with a lot of people I didn't really know but in the end, I feel like I enjoyed it. I also learned to not be afraid to express myself in different ways, and how important it is to really communicate with other people. Overall, the activities were fun and I enjoyed them; the instructors were also very nice and I looked forward to the next day's activities throughout the week.

**BRAIN
STORMING IDEAS**



GETTING IDEAS



**PLAYING GAMES TO KNOW
MORE ABOUT THE PLAY**



GROUP PHOTO



CHECKING OUT COSTUMES



**TESTING OUT
LIGHT AND SOUND**



1G WAN Hoi Kei

This LEWOWA programme was such a meaningful experience. I made so many new friends. The instructors were very patient and put a lot of effort in teaching us, and I really appreciate that. The part I enjoyed most was the fight choreography; it really made the drama come to life. I look forward to the next programme!

THE CONTROL PANEL



4J CHOI Hei Man Hilary

On the day of the show, I was very excited and nervous about it. Performing in the show was very fun and interesting, and the after show party was a great chance to share what we had learned. In the show I had to perform stage combat with my team mate; it was my first time to fight with someone! I think the setting of our group was very special: Romeo was presented in a feminine style, and Juliet was masculine. We hoped the audience would like it. The final performance went well, and we were thrilled to have the chance to combine what we had learned in our LEWOWA programme.

DRESS REHEARSAL



66

LEWOWA 2324-20

Eligible Form : S.2-S.5

Exploring Silk Road: History and Cultural Exchange of Xian and Dunhuang

探索絲路： 敦煌、西安歷史文化之旅

中四喜樂班 江睿政

赴西安、敦煌的兩三天前，縱然深知是次學習無疆界的課程提供了深入地研究西安和敦煌的文物古蹟，以至全國的歷史文化的難得機會，我仍擔心著能否習慣當地的飲食，以及會否因西北酷熱的天氣而聽不進導賞員的講解。尚未到鳴沙戈壁，我的心底已然刮起沙塵，使我看不清前方的道路。

然而，惶恐只是出於未知。

到步後，我留意到西安和被沙漠環繞的敦煌，雖然兩地長期艷陽高照，但有涼風拂面，不似香港濕熱無風的氣候，我想這是西安和敦煌少高樓擋風的緣故。

第一天，我和團員到了西安地標——回坊美食一條街。在街上，隔代相傳數百年的美食遺香與人間煙火氣相互揉雜，似想悄悄溜進並盈滿身穿傳統唐漢朝代的行人衣袖，這種盛況是我始料未及的。在此後探索的景點中，作古裝打扮的人可說是星羅棋布。團員常打趣道，這是個龐大的虛擬世界，我們身處其中，猶如真人操縱的玩家。那些身穿古裝，美輪美奐的，更像是所謂的「非

玩家角色」，我們嘴上雖然如此嘻笑，卻均撫心自問：我們在香港，可敢身穿具有港式傳統服飾如長衫旗袍示人？因此，中國人樂於發揚本土文化，對傳統文化的熱愛，可見一斑。

幾乎包括我在內的所有團員都引頸期盼著第二天的行程。這是因為我們前往參觀被譽為「世界第八大奇蹟」的秦始皇兵馬俑。上午，我們先到了華清宮，那曾是唐太宗的「離宮」，一千多年後成為了蔣介石的居所，當年「西安事變」的槍戰彈孔仍保留至今，我就像回到了槍林彈雨的現場。我們其後東往驢山，秦始皇兵馬俑博物館座落其中，以及世界上最大的古代皇家陵墓之一——秦始皇陵。博物館呈現了由秦代留存至現今的古文物，例如部分陶俑碎片、武器的設計圖和塗漆云云，之後，我們便到了放置著兵馬俑的展示坑。然而，我們參觀時已經臨近閉館，導遊又熱情太甚，講解了很多，因此我們無法細心品味他口中一位掛著臉上從容神情，能與蒙羅麗莎的微笑媲美的將軍俑，所做的只能是盡量迫入人群中，在推嚷喧嘩中匆匆地拍下照片又匆匆地離去。當時之倉促實在難以言表！

兵馬俑複製體驗



參觀陽關博物館



雖然過程未免有點「走馬看花」，我反思後，卻不認為損失了多少，反而認為自己從中有所得著。首先，導遊講解的額外知識確實是課本沒有提及的，他說陶俑上的紫色顏料是人工合成而非從植物或礦石中萃取，又補充了兵馬俑坑裡出土的其中一把青銅劍為太空金屬打造，皆間接反映了秦代強盛的科技，這些知識大抵不是來自著重引經究典的學校課本，而是課外書教的。季羨林先生說：「自己專業以外的書也應該『隨便翻翻』。知識面越廣越好，得到的信息越多越好，否則很容易變成鼠目寸光的人。」往後數天的行程，我也漸漸地領悟到：我們不應拘泥於課本上的內容，因為無論多厚的課本也不能囊括全部的知識。數天後去往敦煌的莫高窟、鳴沙山的行程也印證了這個道理。

我先前僅在課本見過莫高窟的照片，心想也沒甚麼值得崇敬的：不過是寺廟的泥雕木塑搬到洞穴罷了。親臨現場後，我才感受到那「遲來的震撼」，猶如從森林深處返回的、來

最後的最後，我不敢稱自己因為是次課程而徹底「頓悟」了，我固然在旅途中明白了些少道理，但我更像是打開了一道房門，走進了大上數方寸的房間；我知道房間的另一邊還有未打開的房門、尚有無數房間等我探索，但我只可以循序漸進而非一蹴而就。走進更大的房間、踏入更廣闊的學習疆界，這便是每年「學習無疆界」課程帶給我的道理。

研究莫高窟石窟



觀賞皮影劇



爬鳴沙山登頂



欣賞壯觀的景色



月分泉一帶



華清宮



西安古城牆



鐘鼓樓廣場

LEWOWA 2324-22

Eligible Form : S.2-S.5

Taiwan: Tiny citizen roaming the nature among the borderless cosmos

回歸自然：從繁華 渺小走向星海蒼穹 (台灣篇)

中三恩典班 陳沂泓

今年我跳出香港，第一次參加海外課程。我們到台灣參觀遊歷，以如何能更好地達成可持續發展為學習目標。帶着這個目標，我懷着興奮期待的心情出發，與同學老師們一起展開七日六夜的行程。

下機後，我們便馬不停蹄地趕往清境，清境是位於台灣中部，四周群山環繞。我們住的民宿是位於海拔二千尺，人煙稀少，四周沒有大型工廠，空氣十分清新，若然有一種心曠神怡的感覺。

當然，我們在清境的行程，包括看日出和觀星，也是依靠有好的天氣才能順利進行，感恩大自然有聽到我們的心聲，每天都萬里無雲，陽光普照。讓我難忘的行程是，合歡山的日出。這是我人生第一次看日出，這個經歷對於平常晚睡遲起的我，可說是完

美錯過了。這次把握好機會，在山的最高點看到了太陽緩緩升起，橙光渲染了整個天空，真是一個壯麗的場景。

回到台北後，便到了慈濟環保回收站參觀當地的回收系統，他們有着完善的回收系統，清楚分類並有效率地執行，當中亦有一些機器把分類的資源重新塑造，然後造成全新的物件，捐贈到窮困的國家。在回收站內，有很多退休人士自願到回收站幫忙，為整個生態環境出一分力，盡力保育地球，達成可持續發展的目標。

藍天下的青澀歲月



學習環保和回收的工序



製作三星蔥派



之後，我們去參觀了台電核二廠，導賞員仔細地介紹了核能發電的過程，讓我們知道經過了不同的變電所，核能才轉化為電供給我們使用。核電廠中最重要的便是反應爐，反應爐在加熱時引發核分裂，蒸氣經過渦輪便能推動發電機。核能雖然產電效能較高，較環保，但我們亦明白到核能的危險，所以會在當中加入不同的保護措施（如防地震）和定期檢測，以保安全。

在這次行程中，比較遺憾的是在暗空公園觀星時，因為多雲而無法看到美麗的銀河，但經過老師的講解後，了解到更多天文的知識和星座的分佈，我們亦有借此機會跟女子國立蘭陽高中的學生交流天文知識，獲益良多。

經歷這次的學習無疆界課程後，我明白到在急速發展的城市中，亦需要找到方法保育大自然的環境，在兩者中找到一個平衡。現今，周圍的城市都有嚴重的環境污染問題，所以希望能有更多機會親親大自然，做好生態保育，珍惜這個美麗的地球。

參觀臺北市立
天文科學教育館



看海豚



感受台灣夜市文化



我是一個牧羊童



來拔三星蔥



野柳的風化石



LEWOWA 2324-23

Eligible Form : S.3-S.5

Taste, Think and Appreciate: Explore the Cultural, Creative and Business World in Taiwan

嘗想賞：
探索台灣文創
商業世界



參觀松山文創園區



71 中五恩典班 高憫盈

寶貴合作經驗：整個學習活動是要模擬一間真正的公司運作，我體驗到如果整個合作過程中，只要其中一個環節有差錯，雪球只會越滾越大，一環接一環地影響最後的結果。在這課程中，我們難得有寶貴的機會和台灣學生進行了連續六天的合作，我學到和來自不同地區、不同語言背景的組員一起達成目標。一間公司能暢順運作，重要的是員工之間的溝通，確保大家能夠做好自己的任務，順利完成。

同學使用7-11循環杯前
和台港食物交換



到達台北IOI參觀



同學試玩文創產品



同學認真紀錄如何使用7-11循環杯



到台北大稻埕參觀文創商店

個人改變：原本我對科技並沒有興趣，還十分不擅長。可是，在這個課程中，我成為了策展人。我學會了使用Gathertown，我體會到儘管是自己不擅長的東西，但只要堅持，努力嘗試，加上組員的協助，我仍是能夠完成的！這次使用Gathertown的經驗，使我做到探索未知，跳出自己的舒適圈，對掌握科技有了更大的信心。

72

展示結業證書



LEWOWA 2324-29

Eligible Form : S.3-S.5

MATHSKY: Australia

天空之乘：澳數與飛行體驗之旅



SCAN QR CODE FOR VIDEO



GROUP PHOTO TAKEN AT
BACCHUS MARSH AIRPORT



ANSON WITH ARI, THE INSTRUCTOR

4F LEE Tsz Ying Ann

As the name suggests, this LEWOWA programme provided us an opportunity to learn about "Maths" and the "sky". To be honest, I didn't expect much before joining this programme because I wasn't that interested and knowledgeable about aircraft and Physics. However, throughout the programme, my eyes, mind and heart became greatly broadened. There are countless moments that I would love to record with paper and pen to share. After a lot of consideration, I have selected some of the most memorable moments that had large impacts on me.

Following the first lunch we had in Melbourne, we had to make 3 NFTs and interview foreigners about the price they would pay for our work while filming. Just like on

the Open Day, I was quite nervous at first because I was uncertain of the things I should say and ask. Thankfully, our team was very supportive and encouraged each other. After a few times I felt more comfortable speaking in English and my confidence grew. I noticed that Australians are very open to communicating with other people and that they are eager to share their opinions, no matter your English fluency and accent. I realised that only by being more respectful, welcoming and open-minded, could we truly expand our horizons and become global citizens, which is definitely a lesson I could only learn through real experiences outside the classroom. This task laid the foundation for my learning in this programme too, because I became more brave to ask questions and thus deepened my understanding in manoeuvring a plane later on.

PLAYING CHESS
WITH LOCAL PEOPLE
OUTSIDE THE LIBRARY



TAKING FLIGHT LESSONS
AT THE FLIGHT SCHOOL



FEEDING KANGAROO



GOLD PANNING



INTERVIEWING LOCALS



We learnt a lot of applied Mathematic skills by doing tasks throughout the programme, which really sparked my curiosity. On our flight to Australia, our task was to record 20 sets of flight altitude and corresponding temperature during take off and climbing. After plotting a scatter diagram, I saw that there was a negative relationship: the higher the altitude, the lower the temperature. I was very curious about the reason behind this relationship so I researched the reason, and learnt that it is related to air particles expanding and absorbing the surrounding heat energy. Other tasks introduced me to more Maths as well. For example, we got to learn the correlation coefficient using data on the sleeping time and lifespan of animals in the Ballarat Wildlife Park. This really deepened my interest in Science and Mathematics because I didn't know that I liked learning about statistics that much before. I believe that after this early introduction to more advanced statistics, I will be less resistant to more foreign topics in the future.

I would say that I'm more of a careful, cautious person. I like to rehearse my lines before actually saying them, and I tend to be nervous before important events. Well, flying a plane is definitely one of them. Through the flight training, I learnt how to better manage my stress and stabilise my mentality. To successfully take off a plane, we need to pitch up the nose by pulling the yoke when the airspeed of the plane reaches 60 knots. During my first take off, a lot of uncertainties flooded into my mind. What if this is not the right moment? What if I feel sick? Will we crash if I do something that I shouldn't have? However, Michael, the Principal of the flight school, told us during a brief afterwards that making mistakes is not bad, even in a plane: what's important is to learn and not repeat them again. This really inspired me, so at the second flight session I ignored my thoughts, focused on reading the panel, and just pulled the yoke

confidently and smoothly when I saw 60 knots on the airspeed indicator. I learnt that everyone has doubts and makes mistakes, but at the very moment when you have to make a decision, all you can do is to try your best. I'm really glad that the flight training helped me master fighting off my mental demons and grow as a person.

The road trip to the Great Ocean Road was one of my most memorable visits. The Great Ocean Road is famous for the Antarctic Ocean view and the lighthouse at the very end. Hearing this, I became very excited. I was determined to reach the lighthouse faster so I fully focused on looking forwards and rushing up the path. That's when I heard some gasps and turned around, just to realise that I had completely forgotten to look at my surroundings. The view was fantastic, with the ocean waves washing up the shore and greenery around the beach. The freedom and the lightness it brought me is something that words could not describe. Not until then did I realise that when chasing our goals, we often focus on the final outcome and pace ourselves to reach them as fast as possible. A lot of times we forget to stop for a while to enjoy the view and appreciate the journey we have been through, which is just as important as the destination. This visit was definitely a great reminder for us to be more grateful for the hard work we have done and to be thankful for what we have.

This LEWOWA programme definitely exceeded my expectations. I learnt a lot of valuable lessons in the flight training, Maths tasks, and sightseeing, which could only be learnt through first-hand experience outside the classroom. I also improved my soft skills, such as effective communication and time-management through group tasks, which I believe will benefit me in various aspects in my life. Most importantly, I now have gained even more lasting memories and precious friendships, for which I am immensely grateful.

LEARNING THE HISTORY OF
MILITARY AIRCRAFT IN THE RAAF



BEAUTIFUL SCENERY AT LAKE WENDOUREE



LEWOWA 2324-30

Eligible Form : S.2-S.5

German Gallop: Exploring History, Culture & Technology

奔馳・德意志： 歷史文化科技探索

5P LOH Chi Hang

Prior to this trip, I had never truly set foot on European soil, and had only observed bits of European life through videos and online posts. After this trip, I had learned more about the German way of life, how it differs from that of Hong Kong, and most importantly, what Hong Kong can learn from Germany.

For culture, one thing I noticed immediately is their slower paced lifestyle, as our tour guide often mentioned during the trip: "Wait and be patient". Starting from the long and slow queue at immigration, all the way to the long wait between courses at restaurants. Germans take things slow and don't mind waiting slightly longer for things. In contrast to Hong Kong, where efficiency is everything. Crowded MTR stations during rush hour and frequent overtime working are common sights. This difference in lifestyle can also be clearly shown in the difference in the types of

restaurant present in the 2 cities. Hong Kong restaurants like Cafe de Coral and Fairwood are fast food restaurants that focus on delivering set meals as quickly as possible, whereas German restaurants usually offer a 3 course meal consisting of an appetizer or soup, a main and a dessert. Although some transnational fast food restaurants exist in both cities, for instance McDonald's, they are much less prominent in Germany than in Hong Kong. This has led me to reflect on whether a fast-paced lifestyle is necessarily superior, as after my trip to Germany, I realized Hong Kong's fast lifestyle often leads us to miss out on the finer details, such as the weather, the beauty of the landscape and the architecture.

In the future, I will try to take things slower in order to not miss the best bits of life.



FRANKFURT CITY HALL

Another thing that I noticed was the extensive use of bicycles as a means of transport. Whilst we were walking around various German cities, there was always a red bicycle lane alongside the pedestrian path or the road, with many people, both young and old, cycling to work, home etc. At traffic light stops, there was also a dedicated traffic light for bicycle users. The government also educates the citizens not to step on the bicycle lane to ensure smooth traffic and to minimize the chances of accidents occurring. This is a huge contrast to the situation in Hong Kong, where many people disregard bike lanes entirely. I have had many close calls with pedestrians who randomly walked onto the bike lane. There are also no dedicated crossings or traffic lights for bike users. They have to dismount at every traffic light and cross the road using the same crowded crossing that pedestrians use. The stark difference between the two cities is mainly because of the bike policies adopted. Germany adopts a more commute-centric bike policy whilst Hong Kong adopts a more leisure-centric bike policy.



HAVING A TOUR AROUND THE WORLD'S
FIRST ENERGY-PLUS DISTRICT

In order to encourage more people to consider cycling as a commuting option, the Hong Kong government can learn from the example of Germany and consider allowing e-bikes, bikes that have integrated motors to assist the rider, onto streets. This can lower the barrier to entry for cycling and make commuting via bicycle more convenient and enjoyable. In addition, the government can also design cyclist-centric infrastructure, for example separated crossings and dedicated lanes on roads in order to further improve the ease of access for cyclists. These policies can make it easier for citizens to commute via bike in Hong Kong, and reduce the carbon emissions generated by private cars and public transport by providing a more sustainable alternative.



WWII MUSEUM



CUCKOO CLOCK WORKSHOP

AFTER ZERO WASTE
CAR-MAKING WORKSHOP



CAR-MAKING IN PROGRESS

A VISIT TO THE AUDI CAR MUSEUM



BMW CAR MUSEUM

LEWOWA 2324-31

Eligible Form : S.2-S.5

Advantageous! -
@Vancouver, taste the gorgeous!

「溫」情密「議」 - 探索溫哥華作為 最宜居城市之因素



REUNION DINNER!

4F CHUNG Yik Ting Ethan

During the Lewowa week, I deeply experienced the environment and lifestyle as a citizen in Vancouver. To dive into why Vancouver is a livable city, I will break it down into the three aspects of natural beauty, city planning and recreation factors.

CRAIGDARROCH CASTLE



To start with the aspect of Natural beauty, Vancouver has a good geographical location which allows the city to provide stunning natural scenery including lush forests, coastal mountains etc.

On the visit to VanDusen Botanical Garden and Lynn Canyon Park, the garden and park both showed many trees and a variety of flowers.

Therefore Vancouver offers a blend of natural scenery which allows locals to experience the beauty of nature.

In the aspect of city planning, Vancouver has a large area of space which allows the city to build more low cost sustainable buildings for the locals.

Besides, its transportation planning allows for a smooth transit system which manages and connects the buses and sky train system well.

Also, the broad roads allow the locals to ride their own bicycles; this can lower the carbon emission problem and lower the pollution problem.

At last, the location of the airport in Vancouver lets visitors travel to the metro in a short time.

THE NEWEST GARGOYLES AT CRAIGDARROCH CASTLE



POOIKEINIANS TRY THEIR HAND AT TAXONOMY UBC D2



ENVIRONMENTAL LEADERSHIP LECTURE RRU



GRANVILLE ISLAND MARKET



SUSPENSION BRIDGE



For the last aspect of recreation, Vancouver has different facilities which provide residents a diverse array of choices of activities in leisure time.

The cold climate of Canada and mountains offer locals or visitors a chance to enjoy winter sports; it also makes the city a suitable venue for the winter olympics, which can attract many tourists and provide entertainment for the locals.

In addition, the different themes of the museums and aquariums is a good way to display the unique animals of Canada and the history of the indigenous tribes which is popular and significant to Canadian society.

To sum up, Vancouver has good city planning and a variety of facilities and buildings which allow the locals to enjoy their lives and participate in different activities. Therefore the above reasons can show that Vancouver is one of the best livable cities in the world.

MURAL AT CHEMAINUS



UNDER THE SHADOW OF GIANTS





Exhibition Booths & Variety Show



DAY 4 日誌

1. 可反思今天的學習心得/
2. 參考問題：在京都文化博物館中保留了不同類型的文化，你最深刻是那一項歷史文化的保存？

I'd say that today's activities took a more artistic perspective.
We first arrived at 清水寺, though the architecture is really detailed and proves that the architects who were behind the place thought it through before executing it. However, I think that we could have even 15 minutes of free time to try the local delicacies.
But the highlight of my day has to be the Takashi Muralcami exhibition. I'm a big fan of his work as he has a unique way of expressing the craziest ideas. I even saw my favourite painting!
I'll mention (new) it in the next page. I really look up to his way of utilising the artistic aspects. Unfortunately, the Studio Ghibli exhibition tickets were sold out.
But that sums it up! Today was nice. ☺



LEWOWA

Awardees List

“AWARDEES PERFORMED EXCEPTIONALLY WELL IN THEIR LEWOWA PROGRAMMES. THEY CONSISTENTLY EXHIBITED ENTHUSIASM AND LEADERSHIP IN THE LEARNING ACTIVITIES AND COMPLETED THE REQUIRED ASSIGNMENTS WITH OUTSTANDING QUALITY.”

PROG. CODE	PROGRAMME NAME	STUDENT NAME
2223-01	Multi-intelligence Training Scheme	CHAU Tsz Ching
2223-02	Understanding Minorities and Refugees in Hong Kong	FONG Chung Yin
2223-03	Intangible Cultural Heritage of Hong Kong	LAM Tsz Yuet Eunice
		LEUNG Lok Kan
2324-04	Exploration of the Nature, Astronomy and Ourselves	CHENG Sum Yin
2223-05	Sk8er: Thrive on Wheels	LEUNG Cheuk Hei
		HUI Ka Yu
2223-06	Into the Unknown - The New Generation of Ice Hockey	CHUI Yi
2223-07	MasterChef	TO Tsz Tung
		TO Tsz Hei
2223-08	Pawsome Pals: Pet Grooming Masterclass	KOBAYASHI Natsuki Elena
2223-09	The Style Lab: A hands-on approach to makeup and hairstyling	CHAN Hau Yi
2223-10	Animate Me: Lessons in 3D Computer Animation	WONG Yuet Yin Isabelle
		CHAN Ching Yau
2324-11	Romeo & Juliet: Play Analysis, Adaptation & Performance	LEUNG Chung Yan
		FAN Joy
2324-12	Teen Carer: Experience the Life of the Social Vulnerable Group	TO Tsz Hin
		FAN Bless
2324-13	Thriving beyond comfort zones - Challenge accepted	WONG Ngo Oden
2324-14	Embarking on the Journey of Martial Artists - First Encounter with Karate	LEUNG Po Ying
		YAN Hoi Wai
		CHENG Lok Chee
		LIU Wing Sum
		SHUM Ching Wun

PROG. CODE	PROGRAMME NAME	STUDENT NAME
2324-14	Embarking on the Journey of Martial Artists - First Encounter with Karate	LEE Chiu Man
2324-15	Outward Bound Hong Kong - Teen Explorers	LAU Mei Lam
2324-16	Flying Fish - Kayaking LIFE Adventure	KWAN Shun Yat Jedidiah
2324-17	Forefront of Hospitality and Tourism 2.0	SHAM Hin Chung
2324-18	Traveling through the past and present of Guizhou, leaving footprints for others	LIU Wing Lam
		LEUNG Yan Nok Natalie
2324-19	Travel Through the Modernized Chinese Ancient Cities: East China	CHENG Wing Yiu
2324-20	Exploring Silk Road: History and Cultural Exchange of Xian and Dunhuang	WONG Yu Ching
2324-21	Beijing: History, Antiquities and Cultural Exchange	CHEUNG Ngai Ka
2324-22	Taiwan: Tiny citizen roaming the nature among the borderless cosmos	FONG Fei
2324-23	Exploring the Historical Sites and Modern Architecture in Keihanshin	KO Man Ying
2324-24	Taste, Think and Appreciate: Explore the Cultural, Creative and Business World in Taiwan	TSANG Cheuk Kiu
2324-25	A Final Reveal of Kyushu Mystery	WONG Lok Sam
2324-26	Seven Lessons from God in Seoul	LIM Belle Kyra
2324-27	South Korea Dynamic Cultural Adventure (Soccer and Adventure)	WONG Yat Shun
2324-28	Academia Without Borders: Malaysia and Singapore Culture Visit	KAN Tsz Kei
2324-29	MATHSKY: Australia	CHIU Yik Wang Edwin
		LI Lok Hei Karlie
2324-30	German Gallop: Exploring History, Culture & Technology	LOH Chi Hang Ian
2324-31	Advantageous! - @Vancouver, taste the gorgeous!	NGO Sheung Suet