

LEARNING WITHOUT WALLS



Spkc
LEWOWA
Learning without walls
Newsletter



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ABOUT SPKC

關於香港神託會培基書院

Founded in September 2004, Stewards Pooi Kei College is one of the three secondary schools under Stewards Limited, a registered Christian charitable organization founded in 1962. The School is a co-educational Christian school 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。



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QUALITIES OF TOMORROWS' 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

Learning Without Walls: Shaping Global Christian Leaders for the Future

Education is most meaningful when it shapes not only what young people know, but who they become. Learning Without Walls (LEWOWA) are designed to **grow globalised Christian leaders through life-changing learning experiences.**

As a **school-based curriculum**, LEWOWA provides opportunities for cross-class and cross-form participation. Pooikeinians learn alongside peers to develop collaboration and mutual respect. Through carefully designed **experiential learning** journeys, Pooikeinians step beyond traditional classroom boundaries and engage with authentic communities and cultures.

LEWOWA nurtures all-round Pooikeinians through five developmental pathways: **Servant Leaders, Explorers, Adventurers, Life Planners, and Scholars.** Pooikeinians are encouraged to accept challenges and move beyond their comfort zones. Like Jesus, who left beautiful footprints wherever He went, we hope our Pooikeinians will learn to serve with humility, lead with integrity, and bring positive impact to every community they encounter.

Learning in LEWOWA is supported by **diversified assessments** across preparation, experience, and reflection. Through these journeys, Pooikeinians learn not only to achieve but also to contribute in an ever-changing world.

Ms. Doris Leung
ASSISTANT PRINCIPAL

Journeys That Shape Pooikeinians: Highlights from LEWOWA 2024/25

The 2024/25 LEWOWA year was a celebration of **courage, curiosity, and compassion in action.** Across local and overseas programmes, Pooikeinians stepped beyond familiar environments and experienced learning in its most authentic and transformative form.

On the slopes of Japan, Pooikeinians in "Braving the Top – Fuji Mountain" discovered perseverance through every step of the climb and learned that resilience is built through teamwork and determination. In Korea, Pooikeinians in "Rhythm of Seoul – A K-pop Star Quest" experienced how discipline, creativity, and culture come together to shape global performing arts.

Service learning remained a defining heartbeat of LEWOWA this year. Through "A Trip to Love and Serve in Vietnam", Pooikeinians witnessed how compassion can be translated into meaningful action. Closer to home, "Forest School: Spark Adventure in English Creative Writing" reminded Pooikeinians that powerful learning can begin in nature, where creativity and language develop together.

In Europe, Pooikeinians participating in "Next Station – Exploration of Art, Culture and Architecture in Spain" explored living history and cultural identity through immersive learning experiences.

LEWOWA continues to open doors, not only to the world, but also to the potential within every Pooikeinian.

Mr. Simon Leung
HEAD OF LEWOWA COMMITTEE

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 |
|------------|--|--|
| 2425-01 | Multi-intelligence Training Scheme 多元智能訓練計劃 | 5F17 LEE Tsz Ying |
| 2425-02 | Exploration of the Nature, Astronomy and Ourselves 探索自然生態、天文及自我 | 3P08 CHENG Sze Nga Alissa |
| 2425-03 | Animate Me: Lessons in 3D Computer Animation Animate Me: 3D 電腦動畫課 | 1J35 ZHU Andy |
| 2425-04 | How to become a Shakespearean actor 做個莎劇演員 | 3H28 YAU Sin Hang Wyatt |
| 2425-05 | Forest School: Spark Adventure in English Creative Writing 森林學校: 燃動創意寫作理想 | 4P23 WONG Yat Shun |
| 2425-06 | Tailor-made: Cheongsam and Chinese Culture 度身訂造: 長衫與中國文化 | 1J31 TAI Ching Hei |
| 2425-07 | Behind the Scene: Savouring Coffee Craftsmanship and Bakery 咖啡店的背後: 從心品味咖啡工藝及烘焙 | 3H14 LEI Claire Adrienne |
| 2425-08 | Be the Next Pop Hit Songwriter 由你撰寫... 下一首熱播歌曲 | 4G03 CHAN Kei Wing |
| 2425-09 | Hong Kong Stories: Undiscovered Treasures 尋「寶」: 被遺忘的香港故事 | 1J20 LEUNG Ching Hei |
| 2425-10 | Teen Carer: Experience the Life of the Social Vulnerable Group 青年關愛大使: 體驗弱勢社群之旅 | IP28 TSE Oi Ching |
| 2425-11 | Pushing the boundaries- Challenge accepted 挑戰極限- Challenge accepted | 3H24 WONG Ngo Oden 4F11 LAM Cheuk Kiu |
| 2425-12 | Outward Bound Hong Kong - Teen Explorers 香港外展訓練學校 - 青年探險家 | IP24 PONG Hei Man Sofia |
| 2425-13 | 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 | 1H24 SUEN Chun Ho 3H25 WONG Ngou Hei |
| 2425-14 | Flying Fish - Kayaking LIFE Adventure 飛魚 —— 獨木舟生命旅程 | 5G20 NG Yuk Lam |
| 2425-15 | Discover Your Dream: Dream it, Live it! 探索夢想 4D Camp | 2L07 CHEUNG Sau Chin |
| 2425-16 | Forefront of Hospitality and Tourism 3.0 旅遊款待最前線 3.0 | 3G22 MA Chung Yi 4F02 CHAN Kwan Ho |
| 2425-17 | The journey of the heart from deposed officials and disheartened literati to benevolent individuals 從遷客騷人到古仁人的心路歷程 | 4L12 MA Tin Long |
| 2425-18 | Jiangnan Cultural Journey: An Exploration of History and Charm 江南文化之旅: 歷史與風情的探索 | 3H23 TSANG Kin Hei |
| 2425-19 | Service Trip and Panda Conservation in Sichuan 義遊四川 —— 保育國寶大熊貓 | 3L07 CHOW Au Hong 3J09 FAN Hiu Tung 3H08 IP Yu Hin |

| PROG. CODE | PROGRAMME NAME | STUDENT NAME |
|------------|--|---|
| 2425-20 | Beijing: History, Culture and Sister School Exchange 北京: 穿越歷史文化與姐妹學校交流之旅 | 5G06 CHOI Mun Yi 5P14 LIU Wing Lam |
| 2425-21 | Seven Lessons with God (Wandering Adventures in Taiwan) 上帝的七堂課 (台灣流浪之旅) | 3H22 SIT Rain Yan Yu 3G24 TONG Ka Ho 4F20 LEUNG Cheuk Hei 4F24 NG Tsz Hei 4J01 CHAN Hogan 4H25 YEUNG Yat 4L02 CHAU Jing |
| 2425-22 | Taiwan: Tiny citizen roaming the nature among the borderless cosmos 回歸自然: 從繁華渺小到星海蒼穹 (台灣篇) 二周目 | 4F10 LAI Tsz Him |
| 2425-23 | From Heritage to Horizons: Exploring STEAM in Osaka 從傳統到未來: 探索大阪的STEAM發展 | 4F22 MAK Sze Wa Mavis |
| 2425-25 | Braving The Top (Fuji Mountain) 勇闖生命高峰 (日本富士山) | 5L06 CHUI Yi |
| 2425-26 | Servant Leader: Explore the Lives in Japanese High Schools 僕人領袖: 日本高校體驗 | 3G11 CHU Hannah Hau Ching |
| 2425-27 | Rhythm of Seoul: A KPop Star Quest 韓國 KPop 音樂造星之旅 | 5F12 LAW Sze Ting |
| 2425-28 | Seoul: A Service Trip of Give and Take 義遊首爾 —— 施比受更有福 | 4H09 IEONG Sheung Chi Ingrid 4H22 WONG Lok Sam |
| 2425-29 | Mongolia Adventure: Capturing the Beauty of landscape, wildlife and starry night 遠征蒙古國: 大漠風光星野攝獵之旅 | 4F05 CHAU Tsz Ching |
| 2425-30 | Singapore STEM tour - Sustainability and Smart City 「星」級STEM之旅 - 探討可持續發展及智慧城市 | 4H24 YEOH Abigail Yu Yan |
| 2425-31 | A Trip to Love and Serve in Vietnam 「越南」超越愛義遊之旅 | 3F14 LAM O Fu |
| 2425-32 | MATHSKY: Australia 天空之乘: 澳數與飛行體驗之旅 | 4F25 NGAI Yi Shuet |
| 2425-33 | Next Station: An Exploration of Art, Culture, and Architecture in Spain. 下一站穿梭西班牙文化藝術世界 | 4F26 POON Pan Ching |
| 2425-34 | Enchanted Exploration of Eastern Europe's Enduring Charm 神醉東歐 · 探索魅力延續之旅 | 5L26 WONG Katie |



3P 20 | LI Pak Ngai
MATHSKY, Australia

Photo Competition Gallery



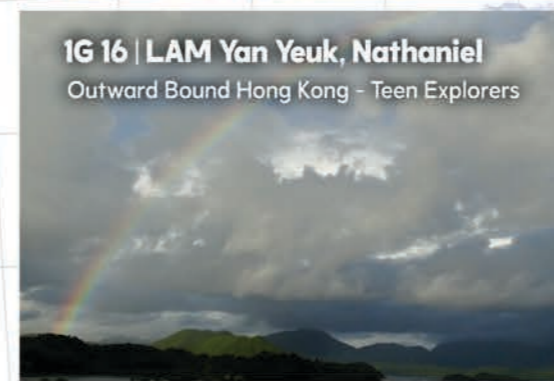
4F 05 | CHAU Tsz Ching Jasmine
Mongolia Adventure: Capturing the Beauty of landscape, wildlife and starry night



4H 06 | CHUNG Kin Hei
Servant Leader: Explore the Lives in Japanese High Schools



4F 19 | LEE Tsz Chun
Next Station: An Exploration of Art, Culture, and Architecture in Spain.



1G 16 | LAM Yan Yeuk, Nathaniel
Outward Bound Hong Kong - Teen Explorers



2H 10 | HO Affery
Outward Boound Hong Kong - Teen Explorers



3F 20 | LIU Wing Sum
Beijing: History, Culture and Sister School Exchange



4F 04 | CHAN Yik Lai
Enchanted Exploration of Eastern Europe's Enduring Charm



SERVANT LEADERS

SERVING IN COMMUNITY WITH CHRISTIAN VALUES



EXPLORERS

EXPLORING VARIOUS INTERESTS AND CULTURES



LIFE PLANNERS

LIFE AND CAREER PLANNING



SCHOLARS

SUBJECT-BASED ACADEMIC RESEARCH



ADVENTURERS

ADVENTURE SPORTS IN RURAL & URBAN ENVIRONMENT




**SERVANT
LEADERS**
SERVING IN COMMUNITY
WITH CHRISTIAN VALUES



Multi-intelligence Training Scheme

多元智能訓練計劃

5F 17
LEE Tsz Ying, Ann

As the name suggests, we have developed multiple intelligences through different experiences and meeting people from all walks of life during the programme.

On the first day, we learnt about intangible cultural heritage and tried Chinese dough modelling. We used flour doughs to make lion-dance and hamburger figurines. In the afternoon, we visited the Hong Kong Heritage Museum to see artifacts from previous dynasties and walked through an exhibition of Cantonese opera. Furthering our learning, we have learnt from a Cantonese opera actress and tried putting on their stage makeup the next day. Through her presentation, we had a glimpse of the immense amount of hard work

performers dedicate to in order to appear effortless on stage. I originally thought that Cantonese opera was hard to understand and even appeared to be foreign and boring, but after that experience, I started to appreciate more of the beauty and creativity expressed in this craft. On the next two days, we have learnt more about the minorities in society. At Crossroads, we walked through the lives of people with HIV and AIDS and had a blind simulation experience. We have learnt that HIV and AIDS are not transmitted by daily interactions, so we shouldn't resent people who are suffering from them. I was deeply touched by the strength everyone exhibited to tell us their story and how they cope with daily inconveniences. I was also very inspired by both of the grandmas we visited. They didn't have any opportunity to go to school, yet they still managed to teach themselves to read. They are true SEALS – even though they don't have the best environment and the best health right now, they try their

best to stay active, positive, and healthy. These dialogues made me a better servant leader.

After that, we went to the Hong Kong Wetland Park to put our photographic skills to use. Through our camera lenses, we have learnt to observe nature in the forms of sound, smell, and shape. We each took photos and shared our thoughts behind our object of choice and composition.

Lastly, we have tried newly emerging sports. This was unquestionably the "explorer" part for me. I am not a bodily or kinesthetically smart kind of person, so I didn't expect myself to enjoy the war game with bows and arrows that much. This helped me realize that learning requires some level of challenge and discomfort because I wouldn't have known the fun if I hadn't let myself experience the game.

In the afternoon, we participated in the student fellowship and had a thought-provoking talk about

managing spending in games. It was a great lesson on budgeting and being aware of addiction. I think the addiction to spending money on mobile games is just like any other type of addiction, so it was a great opportunity for me to reflect on my habits and identify whether they are healthy or not.

The amount of reflection and inspiration gained from this LEWOWA was way out of my expectations. As my last LEWOWA, this program turned out to be the best chance for me to not only gain motivation to work harder but also to take a step back and think of the kind of person I want to become.



LEWOWA2425-01



LEWOWA2425-01



SERVANT LEADERS

Teen Carer: Experience the Life of the Social Vulnerable Group

青年關愛大使：
體驗弱勢社群之旅



1J 11
CHOI Shing Chun

At the beginning of the activity, 'I experienced the life of homelessness,' which deeply shocked me. Facing the heat and hunger, I began to understand their hardships. When heavy rain struck or illness arose, life became even more difficult, making me realize the

troubles they endure during extreme weather or special circumstances.

Behind every homeless person lies their own story, yet they are often overlooked by society. During the activity, I noticed the property prices in Hong Kong's luxury districts. Those



SERVANT
LEADERS



high-priced residences not only reflect the superior geographical locations but also highlight the concentration of resources.

Through this activity, I learned how to solve problems more effectively, how to communicate efficiently with team members, respect their opinions, and promote open dialogue, thereby strengthening team cohesion and ensuring the smooth progress of the activity. This experience gave me a deeper understanding of how to apply these skills.

In the future, I hope to help disadvantaged communities through donations and volunteer work. I plan to participate in fundraising activities, donate my pocket money to local charities, and actively engage in volunteer services to interact directly with those in need. Through these efforts, I hope to improve the quality of life for vulnerable groups within my capacity.



LEWOWA2425-10

Service Trip and Panda Conservation in Sichuan



義遊四川 — 保育國寶大熊貓

3G 08
張卓謙

在我參與過的義工服務中，最令我印象深刻的是探訪安養院的經歷。在活動開始前，我們經過數日詳細的討論，對服務內容有了基本認識——要教導長者們摺紙花，並與他們一同歡唱歌曲。

服務當天，我懷著些許緊張與忐忑，選擇了一位長者作為互動對象。他自我介紹曾是體育系教授，年輕時曾在英國馬拉松比賽中奪得冠軍，每日堅持訓練跑五十公里。在交談過程中，我逐漸感受到一股暖流，體會到他對分享生命經歷的熱情與投入。而他對我們的勉勵——「只要持之以恆、堅持不懈，終會成功」——更讓我深受鼓舞。



過去，我總是不太懂得該如何與長輩相處，難以理解他們內心的想法與牽掛。但透過這次探訪，我領悟到：即使只是一個微小的動作、一句溫暖的問候，或是一個真誠的微笑，我們渺小的力量，其實已足以為長者帶來喜悅。儘管他們年事已高、行動不便，但只要我們願意付出關心與體諒，即使是一個簡單的傳球遊戲，我們也能牽著他們的手，協助他們完成動作，最終讓每位長者都積極參與其中。

整個活動過程中，我心中充滿喜悅與感恩，慶幸自己能以實際行動，為長者帶來溫馨的時光與美好的回憶。我由衷期盼未來能持續參與這樣有意義的服務，為社會中的弱勢群體盡一份心力。



4G 19
劉肇洋

在這次LEWOWA四川義遊團中，我們深刻體驗了成都獨特的飲食文化、溫暖的人文關懷與深厚的歷史底蘊。



參觀汶川大地震紀念館與建川博物館的經歷，讓我們不僅理解了當地的歷史脈絡，更感受到中華民族深厚的家國情懷。無論男女老少，無數人都曾為了後代的安定生活，義無反顧地付出生命。這讓我聯想到近代戰火帶來的創傷——戰爭造成的損失遠超其利益，使無數家庭破碎、生活顛沛。在這般對照下，我更加體會到眼前平靜安穩的生活何其珍貴，這些都是前人用血淚換來的成果，因而格外珍惜現有的一切，決不辜負這份沉甸甸的奉獻。



特別令我印象深刻的是「霖雨學堂」的留守兒童。他們的生活境遇與我截然不同，家境清寒，父母長年在外，全靠自願照顧他們的劉老師陪伴成長。透過與孩子們遊戲互動、真誠交流，我發現儘管他們難得與父母團聚，卻依然保持著樂觀與純真，不僅沒有因環境艱難而自暴自棄，反而更加勤奮學習。其中一位年僅六歲的孩子，已能將《千字文》背誦得

滾瓜爛熟，從他身上，我看見了他們渴望突破困境的堅定決心。

更讓我感動的是他們展現的獨立與責任感。午餐過後，孩子們會主動輪流清洗碗盤、整理桌面，展現出超越年齡的擔當與互助精神。這讓我反思自己擁有更優渥的家庭環境、完整的童年與家人的關愛，實在彌足珍貴。因此，我更應該主動分擔家務，學習他們的自立精神，不讓家人為我過度操心，特別是希望能減輕母親的負擔，讓她能生活得更加從容自在。

這次探訪經歷讓我變得更加堅強。見證這些孩子在困境中依然努力生活的模樣，我告訴自己絕不浪費所擁有的資源，並立志將來貢獻社會，為世界帶來一份溫暖與光明。





上帝的七堂課(台灣篇)

Taiwan: Seven Lessons with God



3H 22
薛欣雨

在此為您呈現的，是我於台灣首日，以相機凝駐的首個瞬間。此刻，我正安坐於從高雄奔赴台東的新自強號列車上。作為首次隨「學習無疆界」離港學習的學子，內心若說全無惶惑，未免失實。更何況此行名為「流浪」，且我素來拙於言辭，諸般顧慮交織，曾讓我對這趟旅程不寄厚望，唯願時光飛逝，早日返家。然而，車窗之外，寶島的風光卻如無聲的叩問，以它的開闊提醒我：勿在啟程前，便鎖上所有可能。於是，我決定放下預設，正式接納這一切——以鏡頭，以步履，以敞開的心。

抵達台東的次日午前，我們小組於自由活動時間決意漫步至海濱公園。沿著海岸徐行，清新海風輕拂面龐，遼闊景致盡收眼底。途經溪流時，我們遇見一座天然石錐，正當駐足之際，組員們不約而同地發現了前人堆砌的石陣遺跡——想必是某位過客曾在此留下的印記。

我們心有靈犀地俯身拾石，共同疊砌起屬於此刻的記憶。其後靜坐岸畔，或沉思或遠眺，任憑思緒隨海風流淌。雖未完成驚天動地之舉，卻在這片寧靜中，悄然織就了團隊間相知相契的紐帶。那些無聲堆疊的石塊，彷彿也將我們的心意層層疊起，凝聚成超越言語的默契。



翌日，我們來到了池上。雖未逢此地最美的時節，卻在此締造了無可取代的回憶。當日我們租借單車，結伴穿梭於這座陌生城鎮。沿途風景如畫，然而，就在這未竟的途中，我們卻收穫了整趟旅程最珍貴的饋贈——天邊那一抹為我們而亮的、溫柔而絢爛的暮色天光。然而，若非曾勇敢踏上這條路，又怎能邂逅如此絢麗的景色？我由衷感恩，能在这段旅程中與小組成員相遇相知，共同編織這份獨特的溫暖。

這張照片攝於我們前往池上住處的途中。尋路的過程雖頗為周折，但我深感幸運，能與這群默默付出、從無怨言的組員同行。在團隊中，我自認並非貢獻良多的一方，更多時候是接受幫助的角色，為此我由衷感激他們。

當晚，我們在宿舍大廳暢談至深。向來不輕易敞開心扉的我，在組員們循循引導與用心傾聽下，終於願意分享內心所思。正是他們，讓我真切體會到何謂團隊精神，他們所帶給我的啟發與感動，遠超過言語所能盡述。



這趟旅程，如同被潮水送上岸的貝殼，終將帶著其獨特的紋理，成為我記憶中永恆的珍藏。初抵台灣時，我宛若一枚瑟縮於石縫間的貝殼，心中充滿忐忑。如今，我學會了在陌生的環境中，如貝殼順應潮汐般調整自己，這是在啟程前未曾想像的從容與韌性。

在與小組成員相處的時光裡，我起初緊閉心扉，如同緊合的貝殼，深怕言語出錯。如今，我學會如張開的貝殼迎接海浪般，誠摯地聆聽與分享，更願與夥伴們共同面對風浪。這趟旅程賜予我的，是溝通的藝術，以及一顆與眾人緊密相連的團結之心。



SERVANT
LEADERS

在布農部落的首日，我們便迎來前所未有的挑戰——生火烹食。經過數日旅程的洗禮，我深知更應勇敢嘗試、直面未知。這一日，我主動投身其中，無論是與人交流還是動手實作。

我與組員協力拾柴生火，架起樹枝，置上鐵網，共同烤炙食材。這無疑是新奇而難得的體驗，我深知這樣的機會人生難再。因此，我格外珍惜這段時光，這份無可取代的體驗，已深植於心。



旅程的每一日，都如同翻開一頁未知的扉頁，其間充滿了有待探索的新奇風景。起初的我總習慣退縮迴避，如今卻學會了坦然迎向未知。這無疑是對冒險精神的磨礪，對應變能力的淬煉，更讓我逐漸成長為一個能夠獨當一面的人。除了實用技能與能力的積累，這段獨特的學習歷程更如同一面明鏡，讓我清晰地看見自己的輪廓——無論是已然閃光的特質，或仍需雕琢的稜角，皆構成了我之所以為我的獨特意義。這不僅是一場鍛鍊能力的流浪之旅，更是一項塑造生命的深刻工程。



LEWOWA2425-21

LEWOWA2425-21

Seoul: A Service Trip of Give and Take

義遊首爾 — 施比受更有福

4H 08
HUI Ka Yu

After the five-day LEWOWA trip to Seoul, I have learned several things that I did not expect. During the service trip, we visited the Hyundai Motorstudio Goyang, and got to know more about South Korea's safety technology and future motor vehicle technology. We also visited other places like the BABFOR Sharing Community by Yonsei University; a center for disabled youth. We did not only learn about their challenges in life, but also got a valuable opportunity to learn the basic skills of taekwondo there. It was an unforgettable and meaningful learning experience.

My most memorable experience was the activity on day 4. We visited the disabled teenagers at the Rounding & Heeaeul. I was sent to teach a group of two young people to make handicrafts. I was worried at first because I was not comfortable interacting with strangers and the language differences might exacerbate our communication barrier. Luckily, what I had been worried about didn't happen; the kids were polite and willingly followed my instructions. The little girl sitting next to me was shy and refused to speak at the beginning. However, she slowly became more open to communicating with us; she started to listen to my demonstrations and followed the steps I taught her.



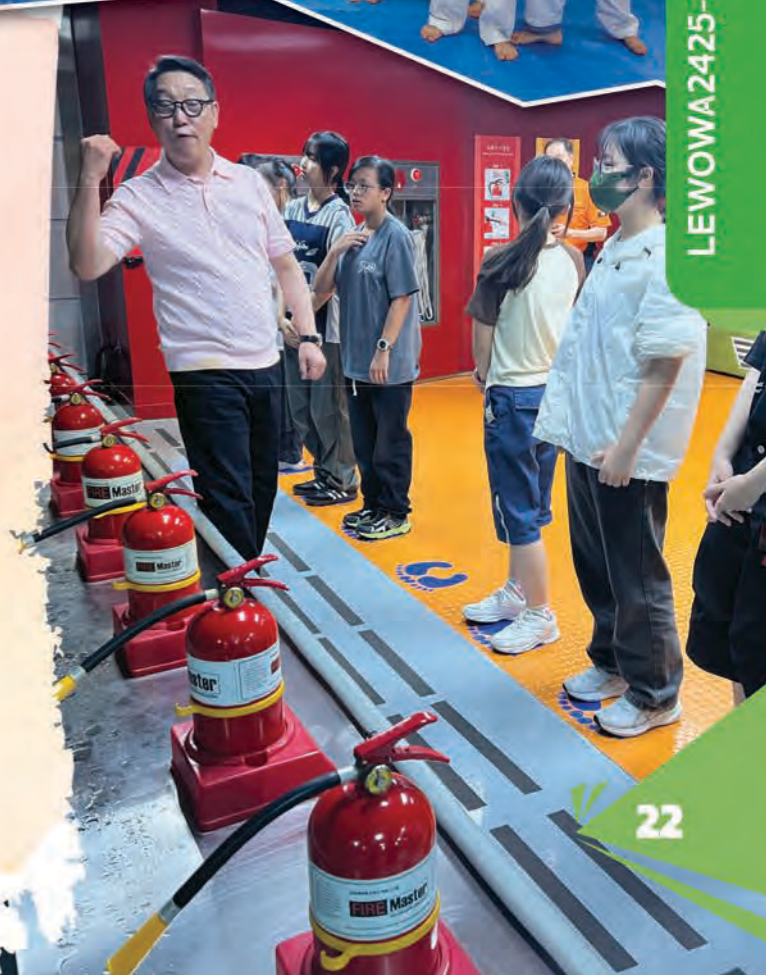
SERVANT LEADERS

KBS

Through observing the actions of the kids, I found out that most of them behave nearly the same way as 'normal' children. Some are very talkative and curious about everything while some are really shy and prefer to keep quiet. What makes me empathize with them and reflect deeply is the fact that people often view them through rose-tinted glasses simply because they are labeled as 'disabled,' even though the majority of them are actually no different from so-called 'normal' children.



After the LEWOWA program, I have learned more about the South Korean culture, including the cuisine, the language, the daily habits of Koreans and many other aspects. I believe this is a unique opportunity for me to improve my communication, self-management, and problem-solving skills. I've learned that every improvement is made by stepping out of one's comfort zone. Although I'm an introverted person, I still tried to speak with the children in the youth center. To me, it is a huge breakthrough. The service trip was a great experience for me to learn and improve. I will always be grateful for this rare experience and try to apply what I have learned in my daily life.



LEWOWA2425-28

LEWOWA2425-28





「越南」超越愛義遊之旅

A Trip to Love and Serve in Vietnam

4F 18
LEE Hoi Lam, Amber

To be honest, when I first received the result of LEWOWA, I was very disappointed as I thought Vietnam would be a boring country to visit. With no expectation that this would be a fun programme, I reluctantly embarked on this year's Lewowa, not knowing that this may be the most meaningful experience in my life.



LEWOWA2425-31



The most memorable experience was visiting an orphanage with most of the kids being diagnosed with Down syndrome who weren't mobile. I was very scared since I had no professional knowledge in taking care of this kind of patients. I worried that I would hurt them while I carried them around, but I knew I had to try. I was moved by the moment when a girl showed me an angelic smile after my friend and I gave her a stuffed toy, it was the purest and warmest smile I have ever looked at. When we parted, she gave us a big hug that my tears nearly fell. I still wonder how she is doing and I wish her well.



This LEWOWA may be one of the most inspirational programmes in my school life. I learnt to take a look in our community and to offer helping hand to the needy. Sometime a small kind act is what they need, and perhaps it is also what we need in this society where everyone prioritises themselves.

LEWOWA2425-31






EXPLORERS
EXPLORING VARIOUS
INTERESTS AND CULTURES

Exploration of the Nature, Astronomy and Ourselves

探索自然生態、天文及自我



EXPLORERS

3P 08
CHENG Sze Nga, Alissa

CONNECTIONS I FOUND DURING THIS 5-DAY PROGRAMME

In this 5-day programme, I noticed and appreciated many kinds of animals and plants in nature, and I learned that protecting them requires awareness and action from people to prevent extinction. In thinking about the meaning of life, I realised I need to understand my own self-worth and explore the things that bring me greater fulfilment.

WHY IS IT IMPORTANT TO TAKE CARE OF OUR PLANET?

It's important to care for our planet because it provides essential resources for people. By protecting biodiversity and ecosystems, we can help prevent extinctions, ensure that countless species survive, and allow future generations to learn from and enjoy them. Caring for the planet also improves the environment for those who come after us, reducing problems like climate change and global warming.

WHAT IS YOUR FAVOURITE PLACE IN NATURE, AND WHY DO YOU FEEL CONNECTED TO IT?

My favourite place in nature is the woods. Being there makes my whole body feel calm and peaceful, especially when I'm meditating during the programme. It helps me notice what I can see and hear around me more carefully.



HOW DOES LOOKING AT THE STARS MAKE YOU THINK ABOUT YOUR OWN LIFE?

Looking at the stars makes me reflect on my life—the memorable things I've done and the people I miss the most.



LEWOWA2425-02



LEWOWA2425-02

Forest School: Spark Adventure in English Creative Writing

森林學校：燃動創意寫作理想

2L 08
CHOW Ming Li, Lucinda

I honestly didn't have high expectations for this LEWOWA program; since I'm not someone who always enjoys being out in nature. I especially hate having insects around me and the heat during summer. However, after spending 5 days at such an amazing place — Ark Eden, my view on nature has completely changed.

Firstly, not only did I meet plenty of kind and helpful people, I also learned more about nature and the importance of teamwork. Many activities required teamwork. For example, in the 'Jungle Chef' activity, we had to split into groups to prepare a dish in the forest. Working with unfamiliar people encouraged me to keep working. I was actually worried about how the dish was going to come out due to the different environment for cooking. My team made stir-fried noodles and seeing

others enjoy it made me feel relieved. To my surprise, another team dedicated their mango sticky rice dish to me since it was my birthday. I was extremely grateful that people I was not very close with decided to do such a special thing for me. It made me look forward to going to Ark Eden every day!



Another important thing this program taught me is to enjoy, love and protect nature. At first, I hated being in nature because of the bugs but from my first to my last day, my reactions to insects have changed drastically—from screaming when ants approached me to observing their movements appreciatively. I have learned how important they are to our ecosystem. Another thing that made me fall in love with nature is its peace and beauty. One of my favorite days of the program was when we got the chance to visit a waterfall and clean up a beach. I started noticing the small details of nature when I found so many beautiful shells while I was collecting trash on the beach. This also made me realize how we humans are destroying nature. There was so much plastic at the beach.

Moreover, the waterfall was also something that changed my view on nature; the water was so cool and to have a chance to sit in it was something life-changing. It was so relaxing that I wouldn't mind sitting there for a few more hours, just thinking about life with the sounds of the water and the tranquility.

To conclude, I'm forever grateful for having had this experience because not everyone can experience the things we did. It has been an absolute life-changer for me. I have gained invaluable insights from this program, and received a significant boost in confidence, especially in presenting and speaking in front of others as I was given numerous opportunities to do so. The biggest reminder this program has given me is to diligently care for our environment because it is currently in peril. I have learned numerous ways to be eco-friendly and the remedial measures the government has set up to alleviate this concerning situation. I think we should all take action to protect our planet; it doesn't have to be a monumental effort, but if everyone contributes even a small part, there will definitely be a significant difference.



EXPLORERS

Banana flowers for our curry dish



Tailor-made: Cheongsam and Chinese Culture

度身訂造：長衫與中國文化

3H 21
潘嘉晴

去年我有幸參觀了一場旗袍展，從此對這種傳統服飾產生了濃厚興趣。作為一名藝術愛好者，我一直渴望能親手製作一件屬於自己的旗袍，因此非常期待參加這次非物質文化遺產傳承活動。

第一天

首日課程中，我們系統學習了長衫的歷史演變，並開始著手製作訂製長衫。最令我印象深刻的是老師傅的精準量體——只見他手法嫻熟地為我測量各項尺寸。隨後我們來到工作室另一區域學習縫紉機操作。雖然平時在家經常做手工，但我始終對使用縫紉機心存畏懼。在老師傅的悉心指導下，我逐漸克服了心理障礙，發現操作縫紉機竟能帶來如此樂趣。最後進行的布料裁剪環節讓我體會到專業與業餘的差距——老師傅刀走龍蛇般利落，而我耗時半小時才勉強完成半片布料裁剪，不由對傳統工藝人的精湛技藝肅然起敬。



第二天

今天我們正式開始縫製工序。首先要用針線固定之前燙好的褶襖，以便後續用縫紉機加固，這個步驟能讓平面布料呈現出立體曲線。接著我在衣襟處敷襯布，並在小襟定位縫鈕扣。與需要高超技巧的工序不同，今日製作更考驗耐心和眼力，稍有不慎便會影響成品質量。操作過程中我時常感到困惑，經向老師傅請教整套製作流程後茅塞頓開。經過兩日相處，組員們愈發熟絡，不僅在工作室互幫互助，還相約用餐暢談，結下了深厚情誼。



第三天

今日我將小襟的鈕扣與主襟對應定位，發現底鈕的縫固定位尤為困難。克服這個難題後，長衫雛形初現，接著進行立領製作與前腹襟片拼接。下午開始製作衣袖，原以為簡單縫合即可，未料這步最易出錯——若兩側袖片縫製手法不一致，就會出現左右不對稱的情況。隨後進行的挑褶手工環節堪稱製作長衫最難步驟，我在此經歷了無數次失敗，反覆拆線重縫。雖然老師傅認為成品已達標準，但我自覺線頭顯露不夠美觀，堅持重新縫製雙袖，最終做出完美成品並獲得稱讚，這份認可帶給我莫大的滿足感，也激勵我更加用心完成作品。

第四天

今晨發現小襟鈕扣位置偏差，只得拆除重縫。這個挫折令人氣餒——不僅要將雙股線穿過細密針孔，線長也需精確把控。下午首次試穿長衫進行最終調整，初著傳統服飾既感新奇又覺不適。經過這次試身，服裝大體已完成，僅剩部分褶襖需要精細調整。

第五天

在工作室的最後半天，我在同學們鼓勵下高效完成了裙擺褶襖的縫製。正當慶幸如期完工時，卻未察覺危機悄然臨近——當我興高采烈地為同學整理髮型時，竟未發現長衫鈕扣存在錯位且短缺一對。幸得英姐在我試穿時及時發現瑕疵，火速修改完善。最終我們順利前往荔枝角公園攝影留念，在嶺南園林中定格倩影，締造了終生難忘的美好回憶。

長衫不僅承載著環保理念與中式平和哲學，更凝聚著值得世代傳承的非遺文化精髓。



The Journey of The Heart From Deposed Officials and Disheartened Literati to Benevolent Individuals

從遷客騷人到古仁人的心路歷程

3G 31
胡敬謙

「然後知是山之特立，不與培塿為類」——柳宗元在《始得西山宴遊記》中的這句讚嘆，曾讓我對西山懷抱無限遐想。待親臨永州西山時，才發現這不過是一座尋常的山丘。

對香港高中生而言，DSE十二篇範文可謂共同的必修課題，其中文字常令人感到枯燥艱澀。這次 LEWOWA 課程卻讓我們走出教室，親訪柳宗元筆下的西山進行實地考察。本以為登臨山頂可能飽覽永州全景，不料峰頂林木環抱，景致與尋常丘陵並無二致。從法華寺遠眺，更難體會文中所述「超凡脫俗」之態，其山形甚至不易辨識。這引發我的深思：為何柳宗元將西山描摹得如此與眾不同？想必是將自身追求高潔品格、不與世俗同流的情操寄託於西山，從而排遣內心的憂懼。從西山矮小（文中卻描寫為高峻）而偏僻的特質中，不難窺見作者的影子。領悟此點後再細讀文章，

便較能體會柳宗元如何通過西山之遊，領悟到人在天地間雖渺小，卻仍可追求高尚情操的士人精神，進而超越相對得失，體悟宇宙自然之無窮意境。

除西山外，我們還造訪了岳陽樓。從杜甫《登岳陽樓》到范仲淹《岳陽樓記》，歷代文豪皆描繪過洞庭湖的浩瀚無垠。我們三十餘人乘船遊覽洞庭，但見浪濤輕拍船身，水天相接之景令人沉醉，頓時理解那些貶官謫臣、失意文人為何見此景象而心生悲喜。然而儒家「以天下為己任」的胸懷，則需更進一層的修為——唯有達到「古仁人之心」的境界，才能不因外物而輕易動搖，實現「先天下之憂而憂，後天下之樂而樂」的崇高理想。

EXPLORERS



此行最令人難忘的，當屬張家界三日遊。難怪韓國流傳著「人生不到張家界，百歲豈能稱老翁」的俗語。在此處，大自然的鬼斧神工令人歎為觀止：氣勢恢宏的天門洞、清澈見底的金鞭溪、天子山的奇峰異石、十里畫廊的怪石嶙峋……這些由三億年前海底石英砂岩經風雨侵蝕而成的奇景，讓人不得不敬畏自然造化。想來數千年後，此處又將呈現嶄新風貌。親臨張家界，方知人類生命的短暫與渺小，恰如蘇軾所言「寄蜉蝣於天地，渺滄海之一粟」。



热烈欢迎
香港神託會培基書院



LEWOWA2425-17

LEWOWA2425-17

Jiangnan Cultural Journey: An Exploration of History and Charm

江南文化之旅：歷史與風情的探索

5H 17
李柏林

此次上海實地考察，透過走訪多處代表性景觀，使我對這座城市的多元面貌有了深刻體會。從人文底蘊、歷史記憶到科技成就與園林藝術，在在展現出上海獨特的魅力。

在東方明珠塔內的歷史陳列館中，一組多媒體互動地圖令人印象深刻。這項展品以動態方式呈現上海自開埠以來的城市變遷，透過觸控螢幕，遊客可瀏覽不同時期的城市格局，並觀看3D動畫重現外灘建築群的演變歷程。這不僅生動展示了上海的經濟文化發展脈絡，更讓我感受到現代化建設的驚人成就，油然而生對國家發展的由衷自豪。

四行倉庫抗戰紀念館中，「八百壯士」戰鬥場景的雕塑與多媒體重現令人為之動容。作品真實再現了1937年淞滬會戰中謝晉元團長率眾堅守倉庫的英勇事蹟，配合聲光效果與歷史影像，將抗戰先烈的凜然正氣刻畫得淋漓盡致。這組展品讓我深切體會到中華兒女在抗戰中的堅韌與犧牲，激發出熾熱的愛國情懷。

親身體驗磁浮列車的經歷更讓我驚嘆於科技創新。列車以每小時三百公里的速度疾馳，從浦東機場至市區僅需七分鐘，行進間異常平穩。

最令人矚目的是其電磁懸浮系統，透過磁力使列車懸浮於軌道之上，大幅提升運行效能。這項技術不僅革新了交通方式，縮短通勤時間，更展現綠色交通的發展方向，讓我見證中國在高端製造與永續發展領域的卓越成就。

作為明代園林的典範，豫園透過妥善修繕與活化利用，實現了傳統文化的傳承與保育。園內假山由造園大師張南陽以太湖石巧妙疊砌，高約十四米，形態奇峻，山石間設有洞穴、峭壁與曲徑，遊人穿梭其間，可體驗「移步換景」的妙趣。玉玲瓏石矗立於大假山前，以其玲瓏剔透、孔竅相連的獨特造型，與大假山、萬花樓並稱「園中三絕」，令人駐足讚嘆。園中池溪清澈，錦鯉悠游，與古樹亭台相映成趣，構成詩意的水景畫卷。古木與四季花卉錯落其間，春玉蘭、秋桂香，各具風韻。豫園在保存江南園林傳統特色的同時，也融入現代管理方式，透過解說牌與數位導覽，使園林文化底蘊得以完整呈現。

透過對這些景點的實地考察，我對中國的發展歷程與文化傳承有了更深理解。東方明珠塔啟發創新思維，四行倉庫淬鍊愛國情操，磁浮列車展現科技實力，豫園則體現文化傳承。這些體驗讓我更加堅定以積極態度學習新知識、培養新技能，立志為傳承中華文化、推動國家發展貢獻心力，與時代共同前進。

3H 23
曾建希

這次前往上海與烏鎮的旅程十分難忘，我們走訪了多處景點，留下了豐富的影像與回憶。

首日我們來到上海外灘，初次見識到全上海最壯麗的景致。從外灘遠眺，東方明珠電視塔、環球金融中心與上海中心大廈盡收眼底。尤其上海中心大廈以超過六百米的高度，成為上海之最，令人驚嘆。接著我們參觀四行倉庫抗日紀念館，了解到1937年虹橋機場事件後，日軍藉此發動淞滬會戰。約四百名中國軍人死守四行倉庫，這裡曾是上海戰況最激烈的戰場之一，歷史痕跡令人動容。

第四日我們造訪烏鎮東柵，乘著小木艇悠遊於水鄉之間，遍覽烏鎮最具特色的風光。儘管天氣炎熱，但這份獨特體驗讓一切值得。

此外，我們登上了東方明珠電視塔。塔頂視野遼闊，可360度無死角俯瞰外灘與周邊建築。最特別的是透明觀景層，腳下玻璃地板讓人彷彿凌空而立，將城市景觀盡收眼底。而最令我印象深刻的，莫過於黃浦江遊船。出發前我便滿心期待，實際體驗後更覺不虛此行。夜間的外灘，西岸保留著古典西洋建築，東岸則矗立著現代摩天大樓，浦東建築群映照繽紛燈光，將夜色點綴得璀璨奪目，如此景象，實在令人嘆為觀止。



值得一提的是，回程當日我們搭乘了全球唯一商業運營的磁浮列車前往浦東機場。從龍陽路站到機場三十一公里的距離，普通車輛需二十分鐘以上，磁浮列車僅需七分鐘即可抵達，最高時速達三百公里，效率驚人。雖然票價較地鐵高昂，但我認為人生應勇於嘗試新事物，這趟體驗格外珍貴。

上海的美食也令人難忘，我尤其喜愛上海小籠包。最後一晚，老師更慷慨招待我們品嚐火鍋。這六天中，我們嘗試了多道地道菜餚，如東坡肉等，每道菜的色香味俱佳，期待未來能品嚐更多上海美食。

總體而言，此次上海六日之旅令我獲益良多。若行程天數能有機會稍作延長，相信同學們將能更從容且深入地探索，獲得更為豐碩的體驗與收穫。





Beijing: History, Culture and Sister School Exchange

北京：穿越歷史文化與姐妹學校交流之旅

2F 15
林浩添

對多數「培基人」而言，北京是一座縈繞著矛盾意象的城市——既似曾相識，卻又朦朧如霧。我們對京城的想像，仍鑄刻在小學課本的鉛字裡：終年不散的霧霾、馳名中外的片皮鴨與炸醬麵、明清宮闈的斑駁剪影，還有那座在歷史煙雲中若隱若現的紫禁城。

未履京華之前，我以為這座城市終日沉浸在古舊的墨色裡。直至雙足踏上帝都的土地，方悟這原是座在時光長河裡泅泳的城池。故宮琉璃瓦上流淌著六百年晨昏，大運河博物館裡沉澱著千載漕運的波光；而北京城市圖書館的玻璃幕牆，卻倒映著數字時代的星河。這座城市彷彿掌握著穿越



不滅的恆星。這趟旅程教我們懂得：真正的北京不在任何教科書裡，而在陶然亭的雪痕間，在鐘鼓樓的暮色裡，在每個與新知舊雨共鳴的永恆瞬間。

時空的密碼，讓往昔與當下在衚衕轉角處邂逅，在摩天大樓的玻璃幕牆間對話。

與潞河中學的相逢，更讓我們得以窺見當代學子的生活脈動——在真摯交流中，我們不僅了解到他們的學習軌跡與生活點滴，更幸運地結識了心靈相通的知交。那些在銀杏樹下暢談理想、在課堂間碰撞思想的時刻，已凝成青春歲月裡最璀璨的星芒。

那些在長城磚石上交換的笑語，在衚衕深處採擷的晨光，在潞河中學校園裡締結的友誼，終將化作記憶星空中



Taiwan: Tiny Citizen Roaming The Nature Among The Borderless Cosmos

回歸自然： 從繁華渺小走到星海蒼穹 (台灣篇) 二周目

LEWOWA2425-22

4L 01
陳嚮名

在這趟旅程中，我獲益良多，內心感到無比充實。

年幼時曾造訪台灣，我一度認為自己比其他同學更了解這片土地。然而此行讓我深切體會到，其實大家對台灣的認知相差無幾，或許我只是略知多些細節罷了。

透過實地走訪，我對台灣的認識也更上一層樓。這片比香港遼闊的土地，擁許多令人流連忘返的景緻：台中的日月潭、高美濕地，宜蘭的烏石港，都值得再三探訪。

EXPLORERS



三星蔥農場與青青草原等自然景區，讓我見識到台灣如何在生態保育與旅遊開發間取得平衡。這種兼顧環境保護與地方發展的模式，十分值得香港借鑑。

「讀萬卷書不如行萬里路」——此行讓我對這句話深有共鳴。書本知識終究是理論，唯有親身實踐方能真正領悟。這次旅程讓我深意識到自身的渺小，但這份認知反而讓我慶幸。我願以更開闊的胸襟接納不同文化，學習他人優點，與世界各地的人們真誠交流。



世界猶如一頭巨象，我們都是其中的摸索者。走出校園、踏出香港，就像變換摸索的位置，從不同角度探尋世界的本質。但願來年有緣再續探索之旅，因為這趟行程確實讓我變得更加謙遜，也更清楚自己追求的方向。

LEWOWA2425-22

Explore the Lives in Japanese High Schools

僕人領袖：日本高校體驗



3G 11
CHU Hau Ching, Hannah

In this LEWOWA programme to Japan, I had the opportunity to participate in a variety of enriching activities, including visiting four local schools, attending Japan Expo, participating in a city hunt, and experiencing a homestay with a Japanese family. These experiences have contributed to my personal growth and broadened my understanding of Japanese culture.

One of the most significant improvements I recognized in myself was my communication skills. Initially, I was hesitant to speak Japanese or interact

with the locals. However, during the homestay and school visits, I gradually became more confident in using basic Japanese to communicate. Moreover, I have also learnt about perseverance. During the City Hunt, as my team and I raced against the clock to complete the tasks, we all improved our problem-solving and teamwork skills by collaboratively exploring unfamiliar areas and completing tasks. We ate our lunch in about three minutes; though quite rushed, it was still an unforgettable experience with my teammates in Japan.



One of the most rewarding aspects of the trip was the opportunity to visit a Japanese school. Observing the Japanese education system first hand showed me the importance of discipline and the unique aspects of their culture. The students were very polite and hardworking, which inspired me to reflect on my attitudes toward learning. Furthermore, the students' dedication to their studies, and their commitment to extracurricular activities was inspiring. The chance to interact with the students and learn more about their daily lives provided valuable insight into the cultural differences between my home country and Japan, broadening my global perspective.



The Japan Expo also offered deep insights into contemporary Japanese culture, from traditional crafts to cutting-edge technology. It was fascinating to see how Japan balances between preserving its heritage and innovating for the future. Lastly, the homestay experience allowed me to fully immerse myself in Japanese culture, forming connections with my host family. The experience of sleeping on tatami mats was also particularly special for me. The warmth and hospitality they extended, coupled with the opportunity to participate in their daily routines, have left an indelible mark on me. Looking back on the trip to Japan, it has been a



transformative experience that has expanded my perspectives. The memories and lessons I have gained will be with me for a lifetime.

Through this LEWOWA, I stepped out of my comfort zone and navigated an unfamiliar environment. I would like to thank all the teachers, including our tour guides Joanna and Michelle, for leading us in this program. Their guidance was invaluable, and the opportunity provided to visit four schools and explore more about Japan in-depth created a truly memorable experience.

Mongolia Adventure: Capturing the Beauty of Landscape, Wildlife and Starry Night

遠征蒙古國：
大漠風光星野攝獵之旅



This trip was more than just a getaway; it changed me. I used to solely glue my eyes to my phone or buried in textbooks, rarely noticing the world around me. But in Mongolia, with spotty internet and endless skies, I found myself drawn to nature's quiet beauty. Stargazing taught me that the world doesn't follow our plans. Stars don't shine on command—they appear when the clouds part and the night is ready. This patience of nature made me pause and appreciate the simple joy of being present, laughing with friends under a sky full of wonders.

The stars also sparked deeper thoughts about the people in my life. As I watched the constellations shift above, I realized friends are like those stars. They light up our lives, but they don't always stay close. On this journey, I saw how each friend brought something unique, some made me laugh until my sides hurt, others shared quiet moments that felt like gifts. But just as stars fade at dawn, friends may drift away, chasing their own dreams or paths. It's not about losing them; it's about them shining elsewhere, growing into who they're meant to be.



This realization hit me hardest as we sat together that starry night, wrapped in blankets, sharing stories and dreams. I understood that these moments with my friends were precious because they wouldn't last forever. Like a meteor's flash, our time together was bright but brief. Now, I cherish every second we spend together every joke, every late-night talk, every shared glance that says more than words. I've learned to hold these moments tightly, knowing they're as rare as a clear, starry sky. Even if we part ways, I trust we might meet again, maybe years later over coffee or in a crowded room, our smiles rekindling the warmth of those Mongolian nights.

Looking back, this journey taught me to embrace life's impermanence, to see beauty in fleeting moments, and to treasure my friends while they're near. The stars of Mongolia didn't just light up the sky, they lit up my heart, reminding me to stay open to the people and wonders that cross my path.

Now, as I return to my secondary school, I carry these lessons with me. I realize that my time here is also fleeting, a chapter that will soon close as we all move on to new beginnings. Just like the stars that appear only when the night is clear, my days with my classmates are precious and limited. This understanding has made me more appreciative of the small moments, the laughter in the hallways, the shared struggles over homework, the quiet support during tough times. I want to make the most of the time I have left, to be fully present and to create memories that will last long after we've gone our separate ways. For I know that, like the stars, these moments may fade from sight, but their light will continue to guide me, reminding me of the connections we forged and the lessons we learned together.

5F 07
CHUNG Yik Ting, Ethan

My last LEWOWA trip in secondary school was a journey that carved itself into my heart, a voyage through the vast landscapes of Mongolia and the quiet depths of my own thoughts. As our group ventured into the open plains, far from the crowded streets of Hong Kong, I felt a mix of excitement and curiosity. The endless skies and rugged terrain of Mongolia stretched before us, promising moments I'd never forget. Among them, one night of stargazing stood out, a moment that shifted how I see the world and the people in it.



Lying on a blanket under the Mongolian sky, I gazed at a sea of stars twinkling above. The air was crisp, and the silence was broken only by the soft chatter of my friends nearby. It was my first time seeing such a clear night sky, untainted by city lights. The stars didn't just shine; they seemed to pulse with life, each one appearing at its own perfect moment. I snapped a photo that night, capturing a meteor streaking across the dark canvas, its brief glow frozen in time. That image, now pinned to my wall, reminds me of how fleeting yet beautiful moments can be.





ADVENTURERS

ADVENTURE SPORTS
IN RURAL & URBAN ENVIRONMENT

Pushing the Boundaries - Challenge Accepted

挑戰極限- Challenge Accepted

4F 11
LAM Cheuk Kiu

This programme gave me a range of adventurous experiences, such as a rope-tying activity. Throughout the process, I was secured only by a rope I controlled myself. I had always wanted to try something like this, and the programme made it a reality.

Our team also developed a strong bond. We chanted our group slogan to show our unity and were proactive in group discussions. We completed many challenges together—from intergroup point games to high-touch challenges. It was demanding yet rewarding.



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As the group leader, I learned how to guide my teammates to perform at their best. At first, as the only senior in the programme, I felt nervous about joining the juniors' circle. By the end, I had grown from the "little sister" at home into an "older sister" who could look after my groupmates. At the same time, my junior groupmates and the coaches helped me a lot. When I wasn't feeling well during the hike, my groupmates encouraged me and shared the load. Although the trail was muddy and slippery after heavy rain, we finished it together. We supported one another.

I really enjoyed my time in LEWOWA!



LEWOWA2425-11



Outward Bound Hong Kong - Teen Explorers

香港外展訓練學校 - 青年探險家

3L 15
NG Ching In

My Experience with the Outward Bound Hong Kong Program

Joining the Outward Bound Hong Kong - Teen Explorers program was an unforgettable experience that taught me about the importance of perseverance and teamwork. Whether it was completing demanding tasks or confronting formidable challenges, I realized how crucial it is to persevere and support each other.

Initially, I struggled to communicate and work with my group. However, as time progressed, our dynamics improved.



ADVENTURERS



I made new friends, and we have learned how to work together to overcome obstacles. It taught me that even when things feel uncomfortable at first, stepping out of your comfort zone deserves it.

Furthermore, I've become significantly more proficient in managing my time. The program made it clear that finishing tasks on time is crucial, and now I'm much more organized.

A particularly striking realization was the paramount importance of teamwork in an outdoor environment. For example, during a hike, we had to remain cohesive to make sure everyone was safe. It made me realize how much we rely on each other in challenging circumstances.

In conclusion, this program offered an invaluable blend of experiential learning, enjoyment, and profound personal development.



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

IH 24
SUEN Chun Ho, Edwin

Participating in a karate class has been a profound journey of personal growth. Initially, I was filled with apprehension, but as weeks passed, I began to recognize significant changes within myself from the experience of tasting basic katas and techniques, such as San Jhàn.

It was very challenging to memorize all moves in a few days. After a few days of hard work, I successfully memorized it, and this instilled a sense of achievement,



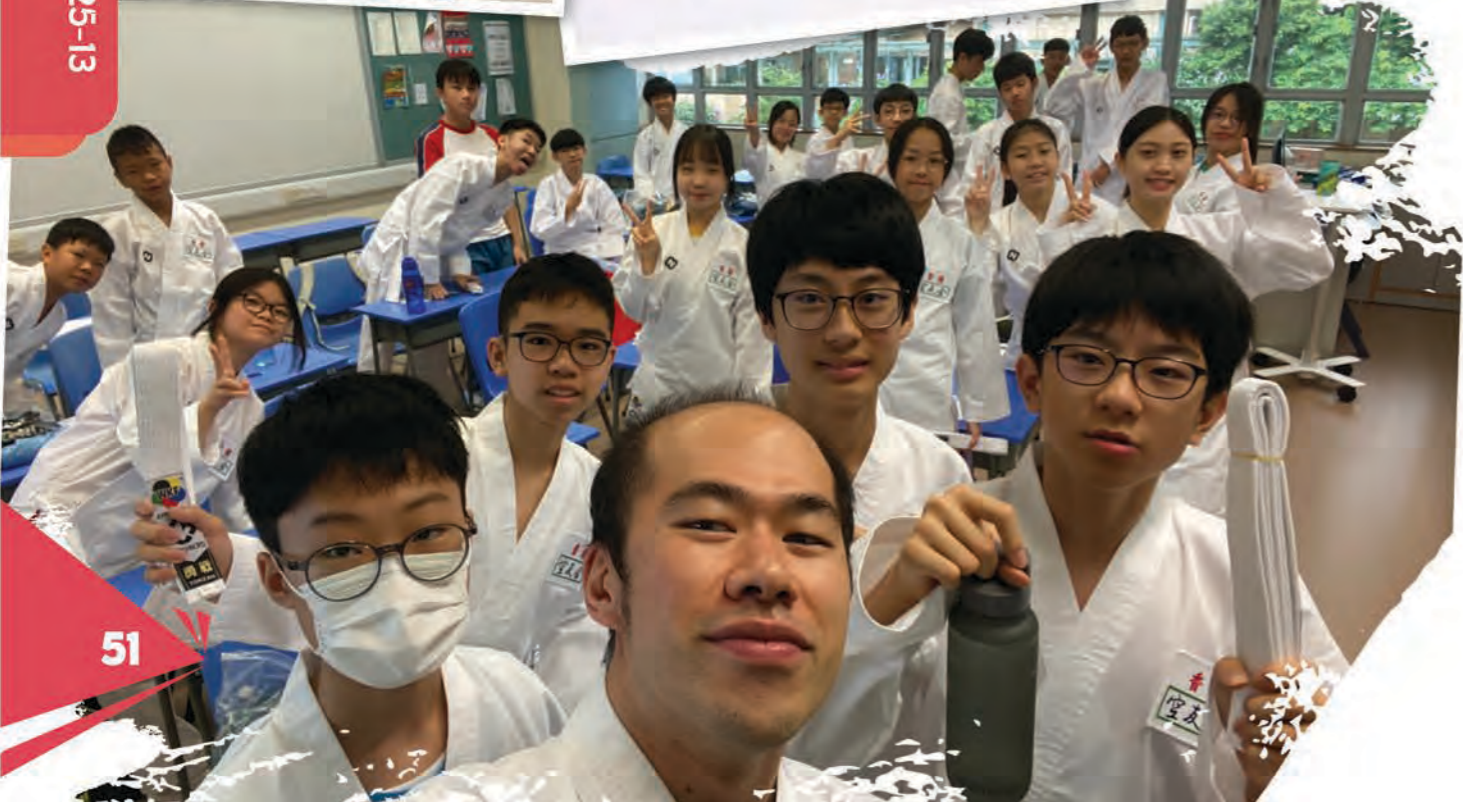
reinforcing my belief in perseverance and discipline. One memorable experience came during a sparring session; we learned about many rules and sparring equipment. However, it was very hard for me to memorize all of them. During the competition period, the coach said that I was very talented in it. I got a sense of accomplishment after hearing his appreciation.

Another memorable experience occurred during the San Jhàn competition. Through my hard work, I surprisingly won a silver medal. However, during the team competition, as my captain made a wrong move, we only got the fourth place. I started to blame him and he felt guilty. I knew I was too harsh, so I apologized to him and learned that we should take the responsibility as a team.

Karate also revealed interesting discoveries about myself and others. I found that I had a greater capacity for focus and discipline than before. Mr. Chan always told us that bearing hardships and diligence are very important values in karate.

Therefore, after this LEWOWA, my focus and discipline have been enhanced. Moreover, from interacting with classmates from different forms and classes has enriched my experience; we taught and learned from each other, fostering a sense of community and empathy.

These experiences directly link to the SEALS framework. I developed self-awareness by recognizing my strengths and weaknesses, and empathy through understanding my peers. My training demanded adaptability, as I learned to adjust to new challenges and assisting beginners has helped me cultivate leadership skills.





Flying Fish - Kayaking Life Adventure

Flying Fish — 獨木舟生命旅程

2J 14
LAU Tin Ching

Before the program started, I was very resistant to the fact that I had to leave home for entire week – staying somewhere I know nothing about sounds intimidating. However, these five days of LEWOWA have proven themselves to be a fun and life-changing program, and I'll be telling you why in this sharing.

In this program, we learned how to kayak and live out at sea for 5 days. In the first two days, our coaches taught us some basic skills of how to paddle and "capsize". Capsize is a skill for you to call for help whenever you have accidentally flipped over in your kayak. At first, we kept going in the wrong direction and sometimes flipped over. In the next two days, we went out to sea, which wasn't an easy task; we had to paddle for a very long distance to arrive at another camp during the third day and paddle back to our original camp after visiting Port

Island. On the last day, we went back to school and reflected on our journey throughout the past 4 days.

The most important thing I've learned in this program is to be perseverant. During our journey to Port Island, my hands felt sore after having to kayak for such a long time. In addition, the sun was shining so brightly, and it was really hot. However, I told myself to hold on and keep paddling, and finally arrived at last. Another change I've experienced was that I felt more socialized throughout the program. As we had to work together to achieve our goals, whether it was to carry our kayaks back on shore or to synchronize our movements when paddling as there were two people per boat, these things have encouraged us to have more communication with others.

For my most memorable experience, I'd have to say it was our journey to Port Island. Not only did we have to go for a very long distance (around 11-12 km!), but to our coaches' surprise, we had also arrived at a time much earlier than they thought we would have. What made this island so special was that its rocks are all red-colored. We climbed our way up the mountain, and when we reached the top, the view there was gorgeous; the view of the mountain was picturesque. We also sang the school hymn there. Fun fact: it was said that it was on this very island where the first dinosaur fossil in Hong Kong was found!

During this program, I discovered that kayaking was a very exciting activity, which was totally different from what I had expected at first. If I had not joined this program, perhaps I would've never gone kayaking in my whole life. I also learned from this LEWOWA that I should never judge a book by its cover, always give a new experience a chance, and step out of my comfort zone.



LEWOWA2425-14



LEWOWA2425-14



Braving The Top (Fuji Mountain)

勇闖生命高峰 (日本富士山)

5P 01
CHAN King To, Marvin

Climbing Mount Fuji was the toughest challenge I've ever faced, but it taught me some of the most important lessons about strength and grit. When I first started climbing, I was excited; the beginning path wasn't too bad - just walking uphill among the bushes. But after a few hours, my legs started hurting. I wanted to stop so many times.

There was one moment I'll never forget. It was dark, and we were near to the top. My feet were sore, my hands were cold, and I just wanted to sit down and rest. But my teammates kept encouraging me to go on. When we finally reached the top, the sun came up an hour later. The view was amazing - like being above the clouds. I felt so proud because I had wanted to quit so many times, but I didn't. I kept going even when it was hard.



From the experience, I understand that being strong doesn't mean that you never get tired or never want to quit. Real strength means that you keep going even when you feel like to stop. At school, if I have a difficult test or a lot of homework, I will remember my trip in Mount Fuji. If I could climb all that way, I can handle this too. The mountain has taught me that big challenges are just lots of small steps put together. If you focus on taking one step at a time, you can reach the top of anything. That's a lesson I'll remember for the rest of my life.



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LEWOWA2425-25

LEWOWA2425-25

LIFE PLANNERS

LIFE & CAREER PLANNING





My second goal was to build my information technology skills. Beyond learning to use specific software, I studied the entire 3D animation pipeline—from the initial idea to the final output: storyboarding, concept layout, modeling, texturing, rigging, lighting, animating, and rendering. This made me reflect on the value of 3D animation. Is it better than 2D animation or books? Although 3D emerged later, it still depends on traditional media: scripting and basic storyboards come from those foundations. In my view, 3D animation isn't simply a premium version of those forms; it's a complex project that often demands even more effort and, in return, can deliver richer detail.

My third goal was to foster creativity. For my own 3D project, I designed a planet based on a child's imaginary world. I included elements that children might enjoy, such as characters inspired by the Mario series, colorful snacks, and a cute cat tucked into a corner of the planet. In

post-production, I added playful sound effects as the planet rotated, swirled, and finally faded away. This process was a great exercise in imagining what a child's dream world could look like and showed me how 3D animation can expand a creator's creativity. It also raised a broader question: does digital media (such as 3D animation) facilitate or hinder communication? I believe it facilitates communication, especially among peers and younger audiences. Peers can collaborate and share ideas throughout the discovery process, and visual media—whether 3D or 2D—conveys information in ways that young audiences can access and understand easily. In short, digital media encourages sharing and learning, strengthening communication.

Overall, the LEWOWA program was deeply rewarding. It sparked my interest in 3D animation, and I will definitely seek out more opportunities to explore this field.



IJ 35
ZHU Andy

Animate Me : Lessons in 3D Computer Animation

Animate Me: 3D 電腦動畫課

This LEWOWA program was a real eye-opener, and I had a blast. I set three personal goals using the SMART framework before the course, and here is my self-evaluation.

First, I aimed to strengthen my problem-solving skills. At the beginning, I faced many challenges while learning new software. I felt overwhelmed, fell behind schedule, and doubted I could complete a full 3D animation in five days. After I calmed down, I analyzed each problem and asked my instructors for help. I ultimately found that the

best way to cope was to try alternative approaches. Along the way, I realized that 3D animation differs from other forms of animation. In storytelling, it can portray characters' movements more smoothly, highlight their traits, and convey the creator's ideas more clearly. Visually, 3D involves lighting, shadows, modeling, and more, which can capture viewers' attention effectively. Although 3D animation often requires more knowledge and experience, it is becoming more accessible with AI—for example, tools that generate 3D models from images.





1H 35
YU Yuet

1J 07
CHENG Ip Kiu, Ava

2G 16
KO Chin Nga, Ivana

2G 30
YAN Hoi Wa, Beatrice

3L 19
POON Mak Ling, Mac

咖啡店的背後： Behind the Scene: Savouring Coffee

The LEWOWA program made a lasting impression on me and my teammates. Although it lasted only five days, it taught us both the craft of coffee-making and the importance of teamwork and persistence.

On the first day, our team—Ava, Yuet, Ivana, Beatrice, and Macario—had no experience brewing coffee, and we hadn't even met before. We struggled to communicate and mostly learned latte art and espresso-making on our own. Over lunch, however, we introduced ourselves and found common ground. We all had a keen interest in

coffee-making, though some teammates didn't enjoy the taste of coffee.

On the second day, we brewed handmade coffee using different methods and timings. Macario used Method 1: a small bloom pour followed by a single continuous pour over the coffee grounds. Yuet used Method 2: several smaller pours spaced about 30 seconds apart. Method 1 produced a more bitter cup, while Method 2 yielded a milder, tea-like taste.

On the third day, we visited King Sir's coffee shop in Sheung Wan. We took the MTR and then hiked up



LIFE
PLANNERS

Craftsmanship 從心品味咖啡 and Bakery 工藝及烘培

the hills to reach the café. The sun was harsh, but we persisted as a team. Inside, vintage cups and furniture filled the space. We brewed our own espresso and practiced latte art on a real café setup. Afterward, King Sir guided us around the neighborhood to explore historic sites, including the Pound Lane Public Toilet and Bathhouse—the first public bathhouse in Hong Kong. He explained the history behind each place, making the tour interesting and memorable.

Finally, on the fourth and fifth days, we attended a baking school in Yau Ma Tei. Over those two days,

we made a variety of Western pastries, including English bread-and-butter pudding, crème brûlée, cupcakes, American doughnuts, cream cheese bagels, and mango Napoleons. The sweet and savory bakes were delicious and satisfying, especially because we made them from scratch. After King Sir's debriefing, our bond grew even stronger. Although our time together was short, the memories we made were unforgettable.



Be The Next Pop Hit Song Writer

由你撰寫...
下一首熱播歌曲

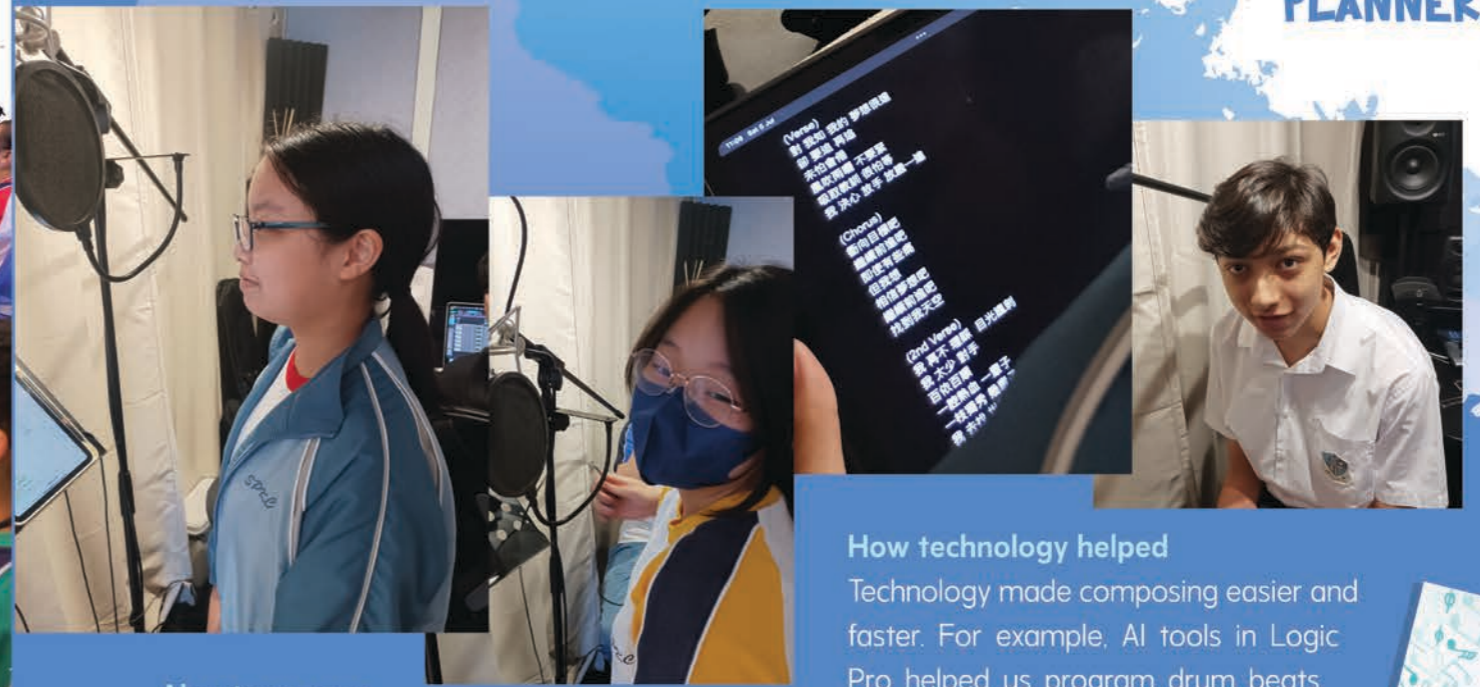
2G 20
LEUNG Hei Yau

What I learned in this program

I learned how to compose a song on my own. First, I studied song structure—intro, verse, chorus, and instrumental break—so my music feels more organized and engaging. I also discovered how different instruments and chord choices carry distinct meanings and emotions, and how their arrangement shapes the overall atmosphere of a song.



LEWOWA2425-08



How technology helped

Technology made composing easier and faster. For example, AI tools in Logic Pro helped us program drum beats and bass lines, which gave us more time to craft the main melody for the chorus and verses.

About our song

Our song is about friendship. We wanted to recall the friendships we formed in our youth. In the lyrics, we tried to express trust and the sharing of our inner thoughts, showing how friendship provides emotional support and comfort. The words also evoke carefree times together—celebrating birthdays and having candid conversations.



Tips for composing a strong melody

Begin with a clear idea for the chorus and verses. Use stable scale tones and vary your cadences—perfect, imperfect, and plagal—to create different moods, punctuate phrases, and guide the listener through the song's structure.

Music theory that helped me

Chord progressions: learn common ones such as I-V-vi-IV.
Motifs: short musical ideas that give a song structure and unity, making it more memorable.



Scan QR for video

LEWOWA2425-08





2L 29
WONG Hoi Lam, Catherine

I was just an ordinary kid who didn't know myself very well. I'm grateful that I got into this programme, as it helped me to discover my interests and understand myself more.

Discover Your Dream: Dream it, Live it!

探索夢想 4D Camp

LEWOWA2425-15



Firstly, we took an Enneagram Test, which helped me to learn more about my character strengths, such as caring for others and leading my team. It gave me a clear idea of what job I would like to try. We went to a camp the next day. The human library broadened my horizons. Guests from different backgrounds and jobs shared their inspiring stories. For example, the most difficult part faced in their career and personal lives, and their motivation to continue working. The most inspiring quote was 'If you find that you don't love this job, just change it!'



I have always wanted to become a musician or a music coach or anything related to music. I hope to introduce music to people and they will see it as a therapy to daily stress. I believe this can make a positive contribution to society, as stress is a common issue in my community. I am preparing to learn more about music and to put more effort into playing instruments. I hope these efforts will help me achieve my dream.

Through group activities and adventure-based games, I met new friends. These games improved my character strengths, such as perseverance and social intelligence. I was highly engaged, even though it was challenging to finish. I also learned to be aware of the motives and feelings of others to fit into different social situations. In this programme, I also developed my problem-solving and time management skills because I had to solve problems on my own, attend activities on time without reminders and tidy up my personal belongings. This has helped me gain a better understanding of my future career.



When I am pursuing my dream career, I know I will face challenges, such as not reaching my goals or having difficulty cooperating with my teammates. I plan to overcome these by writing down motivational words and reflecting on my reasons for starting this journey.

LEWOWA2425-15

Forefront of Hospitality and Tourism 3.0

旅遊款待最前線 3.0

3G 22
Ma Chung Yi

This program has truly been a remarkable experience for all of us. During the seven days, we explored various locations in Hong Kong, where countless joyful memories are created for tourists. This initiative provides a valuable opportunity to gain deep insights into the hospitality and tourism industry while enhancing our teamwork, communication skills, and service orientation.

Undoubtedly, one of the most memorable experiences was our visit to the Whitty Street Tram Depot. During this visit, experts from the tramway operations shared the rich history of Hong Kong Tramways, which recently celebrated its 120th anniversary. We had the chance to see various types of trams, including regular, party, and special trams that commemorate the achievements of the past years. This enlightening experience reminded us that trams are not merely a form of transportation; they embody the unique culture and captivating landscapes of Hong Kong. Leading our designated tours for different MBTI groups was



another highlight, as we faced various challenges, including time management issues and nerves about guiding a tour.

This experience allowed us to learn about teamwork, communication and trained up our critical thinking skills, which helps us to grow beyond the classroom setting. Moreover, the visit to Team Disney Building was also one of my most valuable experiences as we learnt the mysterious side of creating Disney Magic and providing a magical experience for all the visitors. What makes this unforgettable is we learnt about and experienced the 5 service standards: Inclusion, Safety, Courtesy, Show and Efficiency through different attractions such as Jungle Cruise and Hyperspace Mountain.

Overall, it has been an unforgettable and transformative journey for all of us, as we created lasting memories with new friends and expanded our comfort zones.

Rhythm of Seoul: A Kpop Star Quest

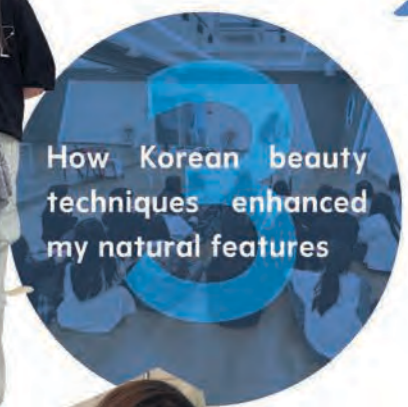
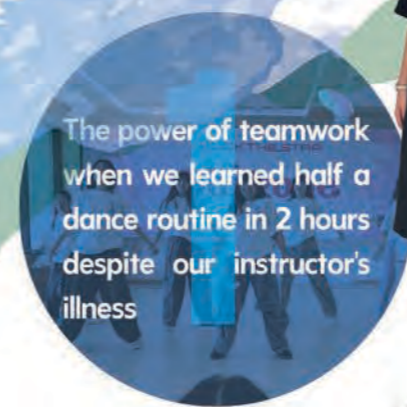
韓國KPop音樂造星之旅



5L 12
LAM Hei Yu, Hilary

This is the final LEWOWA program of my secondary school life, and it has transformed me from a self-doubting beginner to a confident performer. Despite initial hesitation (having no dance/makeup/Korean language skills), I prepared diligently and achieved breakthroughs like overcoming stage fright, mastering basic choreography, and learning to apply stage makeup.

My proudest achievement was performing confidently before cameras - an unthinkable feat before this experience. The program involved an intensive daily schedule that mirrored K-pop training, including 9am-9pm vocal/dance lessons, MV filming, color analysis workshops, and cultural immersion at SM Town and Hongdae shopping. These experiences led to several key discoveries:



Most memorably, I grew to appreciate constructive criticism and the value of persistent practice. The program's blend of professional training (from authentic K-pop instructors) and cultural exposure (visiting entertainment companies and shopping districts) gave me profound respect for this global phenomenon. This life-changing experience not only boosted my confidence but also taught me the resilience needed to pursue any dreams. The friendships formed and skills gained will forever remind me how much I'm capable of achieving.



LEWOWA2425-27

LEWOWA2425-27

SCHOLARS

SUBJECT-BASED
ACADEMIC RESEARCH



How to Become a Shakespearean Actor

做個莎劇演員

3H 28
YAU Sin Hang, Wyatt

During this year's LEWOWA, not only did I learn about acting and drama techniques, but I also learnt more about giving it your all when doing things and the value of teamwork. During the morning sessions of the LEWOWA, we could play a few creative games that were made to train our collaboration skills, by building our trust with each other through doing team activities or making us feel more comfortable when acting by doing weird things, so we can act better with more emotion.

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In addition, when our groups were rehearsing for the big performance at the end of the LEWOWA, we also got to know each other much better as we had to talk to each other a lot during lunch to improve the play. At the end of the LEWOWA, I made many new friends from form one and form two, and also knew some people from my form better, as we would not have had the chance to talk or collaborate with each other during the normal school year.

Lastly, as we had to put lots of emotion into our lines and actions, I needed to learn how to give it my all and work hard to improve my performance before the final play, in which I could also learn how to work quickly under the pressure of a deadline.

In conclusion, I learnt acting and drama skills during the LEWOWA, but also many other life skills such as how to work with others and how to work under pressure.

SCHOLARS



HONG KONG STORIES: UNDISCOVERED TREASURES

尋「寶」：被遺忘的香港故事



IJ 20
LEUNG Ching Hei, Mavis

LEWOWA2425-09



Throughout this LEWOWA, I've learnt a lot of different skills, techniques and gained a lot of experience. Firstly, I've enhanced my video editing skills. The programme was very memorable as I don't normally edit videos, but it was also challenging at times because there were so many functions to master.

Secondly, I've developed my creativity, study, problem solving

and collaboration skills. Being creative in the video was hard as there were limits to what we could do when editing the video and we had to find ways to adapt. I've also learnt collaboration skills because our group needed to finish the video and slides presentation in a very short time-frame. Being able to collaborate with group mates helped to make our project's progress better, helping us to remain positive and ease our worries when we collaborated. I've also gained study skills in this



LEWOWA as I had to manage a range of tasks and stay organised throughout the programme. When producing the slides and script, I also needed to do a lot of research before writing which could let me learn study skills as we could learn from doing interviews and research.

Thirdly, I've made some interesting discoveries on this journey. The first one is the history of Cantonese opera. I found, to my surprise, that what later became known Cantonese opera was originally developed in

the northern part of China. It was so different from what I'd always assumed which was that it was from Hong Kong. The second insight I gained was listening to the answers from the interview. The answers in the interviews I conducted were interesting and meaningful and helped me learn more about the culture of Cantonese opera.

Lastly, this LEWOWA made me learn more about the factors contributing to the changes of Hong Kong's history. One of the factors is dominance of newer forms of global entertainment such as the internet and online streaming, which have caused

some aspects of Hong Kong's indigenous culture to become increasingly forgotten which may result in this aspect of our history disappearing in the near-future.

In conclusion, this LEWOWA is a fun program and it's very adventurous as Cantonese opera is new to me and I've gained many fruitful experiences and skills. My group also received the Best Storytelling award in this program which recognised our hard work and effort.

LEWOWA2425-09



From Heritage to Horizons: Exploring STEAM in Osaka

從傳統到未來：探索大阪的STEAM發展

4F 22
MAK Sze Wah

The annual LEWOWA programme is always one of the experiences I look forward to the most each year, and this year was no exception. Through visiting various art galleries and museums in Kyoto and Osaka, I developed a deeper understanding of Japanese culture and how STEAM concepts are integrated into everyday life. These visits allowed me to appreciate how tradition and modern innovation coexist harmoniously in Japan.

One of the most memorable highlights of the trip was our visit to Expo 2025. We explored the China Pavilion, Japan Pavilion, and the Blue Ocean Dome. In addition, my groupmates and I took the initiative to visit two other pavilions—the Thailand Pavilion and the Indonesia Pavilion. Walking through these spaces felt like travelling around the world in a single day. Each pavilion showcased unique cultural practices, values, and innovations, broadening my global perspective and helping me appreciate the diversity of human societies.



Among all the pavilions, the Blue Ocean Dome left the deepest impression on me. It focuses on sustainability and marine pollution, presenting a shocking reality: if no action is to be taken, the amount of marine plastic waste may outweigh all the number of fish in the ocean by 2050. This alarming message has deeply affected me. As someone who has always loved marine life, witnessing the severity of the problem made me reflect seriously on my personal responsibility and future aspirations. I now aspire to pursue environmental conservation as a career and have already begun making small changes in my daily life, such as recycling and reducing the use of single-use plastics.

Another inspiring experience was our visit to the OSTEC Exhibition Hall, where we saw impressive technological innovations used in the Japanese society. These included hydrogen energy systems and earthquake-resistant building designs. Such developments demonstrate how STEM knowledge is applied to improve safety, sustainability, and

quality of life. The exhibitions also emphasized future urban planning and environmental protection, encouraging young people to understand the importance of sustainable development from an early age.



Overall, this year's LEWOWA programme is both meaningful and enjoyable. I have met new friends from different grades, deepened my understanding of Japanese culture, and discovered a stronger interest in STEAM and environmental conservation. This experience has truly broadened my horizons and inspired me to continue exploring these areas in the future.



Singapore STEM tour - Sustainability and Smart City



4H 07
FAN Joy



Another fun thing I endeavoured to catalogue was the various techniques the gardens used to maintain this enclosed habitat, as well as how Singapore prevented the accidental mingling of exotic plants with the local ecology. I wasn't able to figure out much on the latter, but I did have many questions on the former. Without an ecosystem, how did they maintain the balance between producers and the environment? How did they account for the different conditions different plants require? Surely, this place was a technological and biological masterpiece.

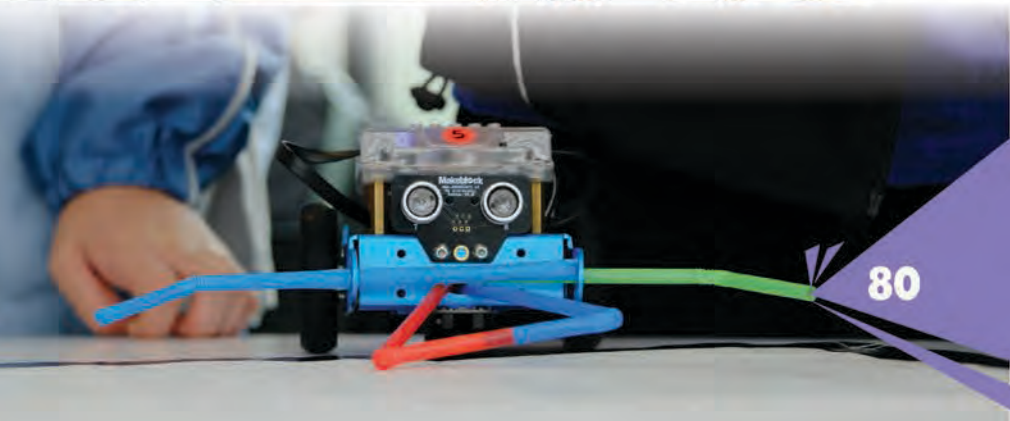
「星」級STEM之旅 - 探討可持續發展及智慧城市

Tendrils, Thorns, and Technology: A Walk Through Gardens by the Bay

A chance to have a self-guided tour through one of the most complete flora collections—Gardens by the Bay—I've had the opportunity to experience. I had fun deducing the natural habitats of the plants through their physical adaptations and other minutiae. Some useful places to start looking are the leaves. How big are they? What color? Texture? Where on the plant are they? How many?

I've always been fascinated and horrified by plants. Imagine a creature—with tendrils that are functionally all the sensory organs humans have, with the ability to absorb energy from the sun, coupled with no age limit—present everywhere. Some plants are even aware of concepts such as deception and fear. We should be more cautious with them.

I had a pleasant time admiring the cacti within the exhibit. So hardy (and prickly), and strangely beautiful. Their spikes can look like stars, and they're so uniform and geometric in shape. I love desert plants.



LEWOWA2425-30

LEWOWA2425-30

MATHSKY:Australia

天空之乘:澳數與飛行體驗之旅

5F 03
CHEUNG Wai Lam

A Journey into Aviation, Culture, and Mathematics

SkyMath in Melbourne offered an unforgettable blend of hands-on aviation training, cultural immersion, and real-world math applications.

Taking Flight as Student Pilots

The highlight of the trip was piloting aircraft at Bacchus Marsh Airport. Guided by experienced instructors, we explored the science of aviation—learning how forces such as lift, thrust, drag, and weight interact to keep a plane airborne. The unique design of airplane wings, explained through Bernoulli's Principle, came to life as we

executed maneuvers in the PA28-161 Warrior II training aircraft. Beyond just flying, we gained insight into the meticulous nature of aviation, from pre-flight checks to interpreting communications like ATIS and instructions from air traffic control. Each of us logged more than three hours of actual flight experience—strengthening both our technical skills and our confidence in the skies

Lasting Impressions

This trip was much more than a sightseeing tour—it was a deeply engaging learning journey. Melbourne taught us that education thrives beyond classroom walls and that each experience can teach us something new. From navigating the skies to decoding survey data and embracing a different culture, we brought back more than photos—we returned with life lessons, new perspectives, and renewed appreciation for the practical power of learning.



Scan QR for video

LEWOWA2425-32

LEWOWA2425-32



Next Station: An Exploration of Art, Culture, and Architecture in Spain.

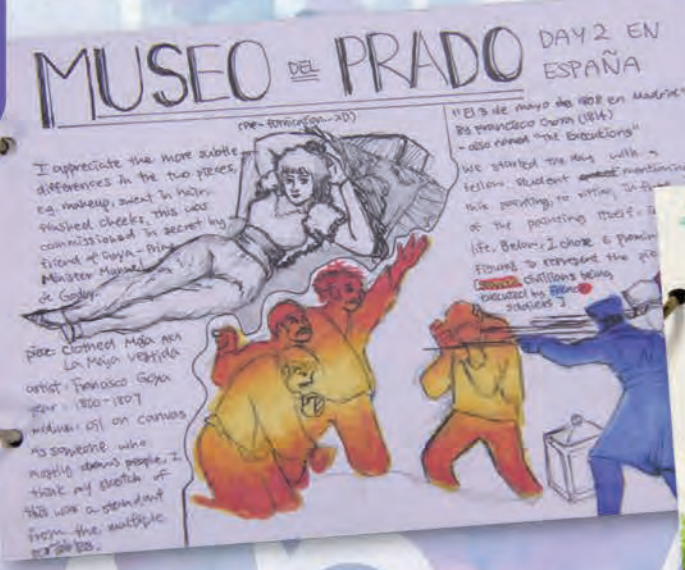
下一站穿梭西班牙文化藝術世界



4F 26
POON Pan Ching

Interesting discoveries

My "discovery" of sorts, was about Dali, how much of a human artist he was and how recent his life was. Walking through the theatre museum, learning about how he himself planned his burial, and how his legacy would be known. To me, Dali had always been this mystical figure of art, a bastion of surrealism we should all look to. And he still is, but without the mystical part now. His sentiment is embodied through his work which really touched me, and made time feel a lot crazier. I truly understand why Dali painted "The Persistence of Memory", because time can really be so fluid and confusing.



Self-recognized achievements/changes

As an introvert with anxiety, social interaction does not come easily to me. Countless times, I have had to plan interactions and take deep breaths to muster up the courage to talk to people, but I improved a lot during this LEWOWA. Whether it was asking schoolmates I barely knew a question, giving them a compliment out of nowhere, or even boldly approaching a security guard or store vendor to ask a question in Spanish, I did it. On top of that, I challenged myself to ask local questions solely in Spanish. I was not confident at all as I barely have chance to talk to people in Spanish in Hong Kong, but I did in this tour!

You cannot imagine how absolutely ecstatic I was about it!



LEWOWA2425-33

LEWOWA2425-33

5H 05
CHAU Yuet Tung

MEMORABLE DESTINATION

Hallstatt, with its breathtaking views and rich history, offers beautiful scenery that delights visitors.

However, the village is facing overtourism, which has led to resentment among locals. This has been a field study for us to carry out; the most challenging part was the interview with locals, but I also learned a lot—not only about the relationship between sustainable development and overtourism but also about the skills required for fieldwork.

Enchanted Exploration of Eastern Europe's Enduring Charm



SCHOLARS

EUROPE'S CULTURE

Europe's culture contributes to its unique heritage, reflecting regional identities and customs. Culinary practices highlight local flavors and ingredients, while architectural styles range from ancient to modern, telling stories of past civilizations. This culture fosters a sense of shared identity while embracing individuality, making Europe a dynamic and captivating continent that invites exploration and appreciation.



神醉東歐 · 探索魅力延續之旅

PERSONAL GROWTH

During the trip, I enhanced my communication skills by adapting my language to connect with locals. As a group leader, I tried my best to balance group dynamics, especially during the field study. I learned to navigate unexpected challenges, fostering resilience. Moreover, I facilitated teamwork among group members. I may not be the best leader, but at least I have tried and put in the effort.



LEWOWA2425-33

LEWOWA2425-33

Variety Show

