

i-Horizon

Issue 1 November 2011



Our Philosophy of Life-Wide Learning is a strategy that aims to move student **LEARNING BEYOND THE CLASSROOM INTO OTHER LEARNING CONTEXTS**. Our school plans for this learning in the whole-school curriculum involving Key Learning Areas or even cross Key Learning Areas. To allow students to **ENGAGE IN MEANINGFUL LEARNING EXPERIENCES, DIFFERENT SUBJECTS and COMMITTEES ARE ENCOURAGED** to arrange learning activities during Life-Wide Learning Week. We design **DIFFERENT THEMES FOR ALL FORMS** so that students **EXPERIENCE DIFFERENT JOURNEYS IN ILCIAN LIFE**.



Designed & Printed by Popcoinz Ltd.

Aesthetic Development

Physical Education

Community Service

MORAL AND CIVIC EDUCATION

Career-related Experience



We call it **i-Horizon**. **i** comes from the first letter of **ILC**;
i also represents **me**, i.e. every **ILCian**.

i - 取自校名**ILC**的首個英文字母，
i亦代表我，指每一個沐恩學生**ILCian**。

This is the second collection of Other Learning Experiences of students in ILC. We call it “**i-Horizon**”. “**i**” comes from the first letter of ILC; “**i**” also represents “**me**”, i.e. every ILCian, and “**Horizon**” means the scope of knowledge, experience and interests.

“**i-Horizon**” has two foci. The first is the scheduled activities during Life-Wide Learning Week. You can read about the main characteristics and settings of the activities in different form levels. Second, there are some major activities throughout the school year. You can learn about how students are nurtured to be leaders through Other Learning Experience opportunities in five areas.

By reading “**i-Horizon**”, you can share students’ experiences of other learning activities. Through active participation, they experience learning which is lively, energetic, interactive and offers many other possibilities. When you read this collection, we hope you can share our students’ joyfulness. Their knowledge, attitude, communication ability and value judgment are renewed, widened, deepened and raised, both intentionally and unintentionally.

Assistant Principal
Ms. Wong Yiu Kiu

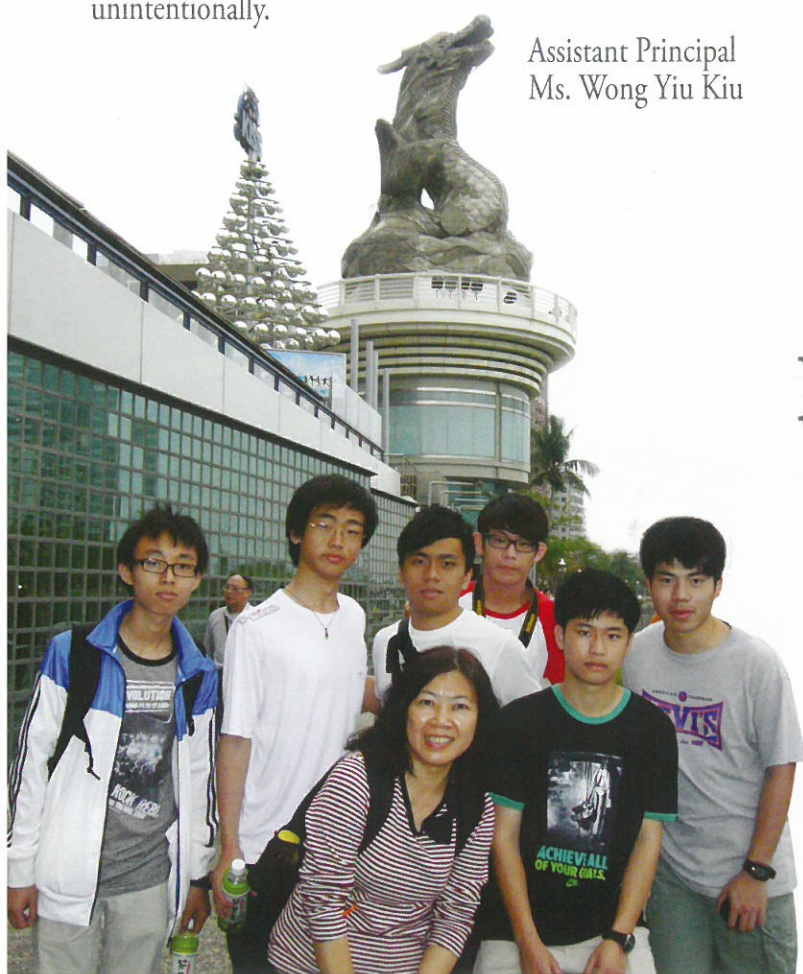
這是第二本由本校出版的學生其他學習經歷成果集。我們將它名為 **i-Horizon**，「**i**」- 取自校名**ILC**的首個英文字母，「**i**」亦代表我，指每一個沐恩學生 **ILCian**；**Horizon**是指知識、經驗、興趣等的範圍之見識與眼界。

i-Horizon今期的內容有兩大重點：分別是(一)全方位學習週的活動安排，讓你鳥瞰各級活動的主線特色及所涉足的地域境界；(二)橫跨全學年的其他學習經歷之重點活動，並讓你了解學生在五大學習經歷範疇中如何被栽培成為領袖。

i-Horizon讓你見證，沐恩的學生透過積極主動的參與，真實地體驗了學習是活潑的、有動感的、有生命互動的、有無盡可能性的。在你細閱此成果集時，希望你也能分享到他們在知識、態度、共通能力及價值的學習上都在有意與無意中被更新、擴闊、深化及提昇之欣悅。

黃堯姬助理校長

EDITORIAL NOTES 總編之話



CONTENTS

- 02-05 **Life-Wide Learning Week 2011**
- 06-25 **Other Learning Experiences**
 - 06-09 Moral and Civic Education
 - 10-13 Community Service Scheme 2010-2011
 - 14-17 Career-related Experience
 - 18-21 Aesthetic Development
 - 22-25 Physical Education

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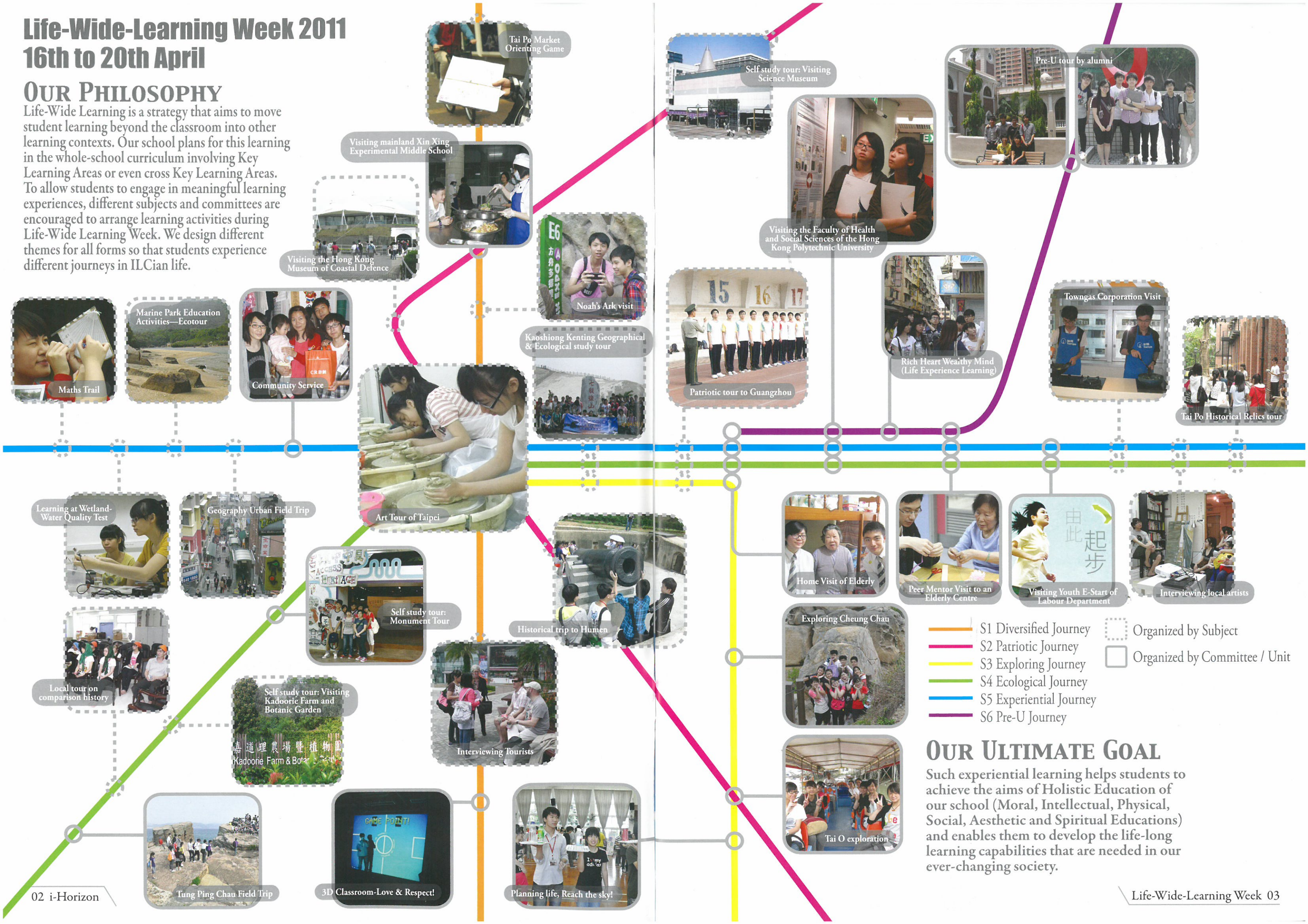
Publisher: SALEM - Immanuel Lutheran College (Tai Yuen Estate, Tai Po, N.T. / 2667 3129 / info@ilc.edu.hk)

Life-Wide-Learning Week 2011

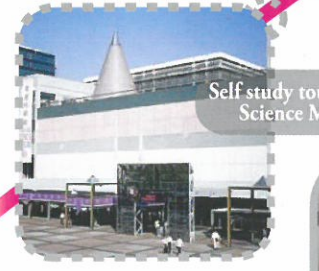
16th to 20th April

OUR PHILOSOPHY

Life-Wide Learning is a strategy that aims to move student learning beyond the classroom into other learning contexts. Our school plans for this learning in the whole-school curriculum involving Key Learning Areas or even cross Key Learning Areas. To allow students to engage in meaningful learning experiences, different subjects and committees are encouraged to arrange learning activities during Life-Wide Learning Week. We design different themes for all forms so that students experience different journeys in ILCian life.



Tai Po Market Orienting Game



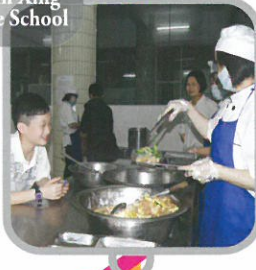
Self study tour: Visiting Science Museum



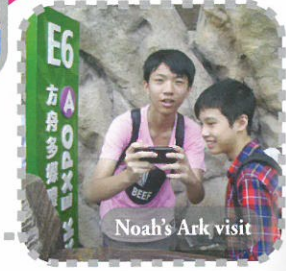
Pre-U tour by alumni



Visiting mainland Xin Xing Experimental Middle School



Visiting the Hong Kong Museum of Coastal Defence



Noah's Ark visit

Visiting the Faculty of Health and Social Sciences of the Hong Kong Polytechnic University



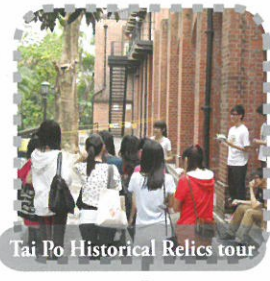
Patriotic tour to Guangzhou



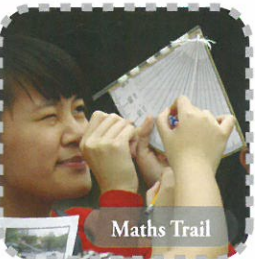
Rich Heart Wealthy Mind (Life Experience Learning)



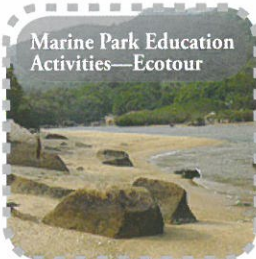
Towngas Corporation Visit



Tai Po Historical Relics tour



Maths Trail



Marine Park Education Activities—Ecotour



Community Service

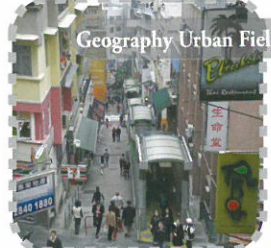
Kaoshiang Kenting Geographical & Ecological study tour



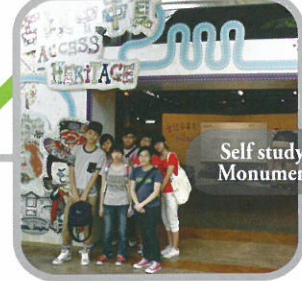
Art Tour of Taipei



Learning at Wetland-Water Quality Test



Geography Urban Field Trip



Self study tour: Monument Tour



Historical trip to Humen



Home Visit of Elderly



Peer Mentor Visit to an Elderly Centre



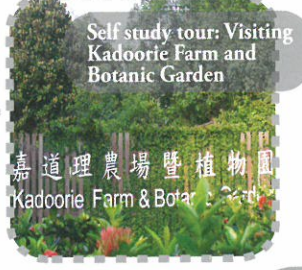
Visiting Youth E-Start of Labour Department



Interviewing local artists



Local tour on comparison history



Self study tour: Visiting Kadoorie Farm and Botanic Garden



Interviewing Tourists



Exploring Cheung Chau

- S1 Diversified Journey
- S2 Patriotic Journey
- S3 Exploring Journey
- S4 Ecological Journey
- S5 Experiential Journey
- S6 Pre-U Journey

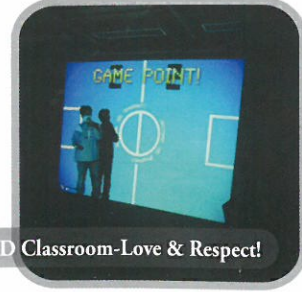
- Organized by Subject
- Organized by Committee / Unit

OUR ULTIMATE GOAL

Such experiential learning helps students to achieve the aims of Holistic Education of our school (Moral, Intellectual, Physical, Social, Aesthetic and Spiritual Educations) and enables them to develop the life-long learning capabilities that are needed in our ever-changing society.



Tung Ping Chau Field Trip



3D Classroom-Love & Respect!



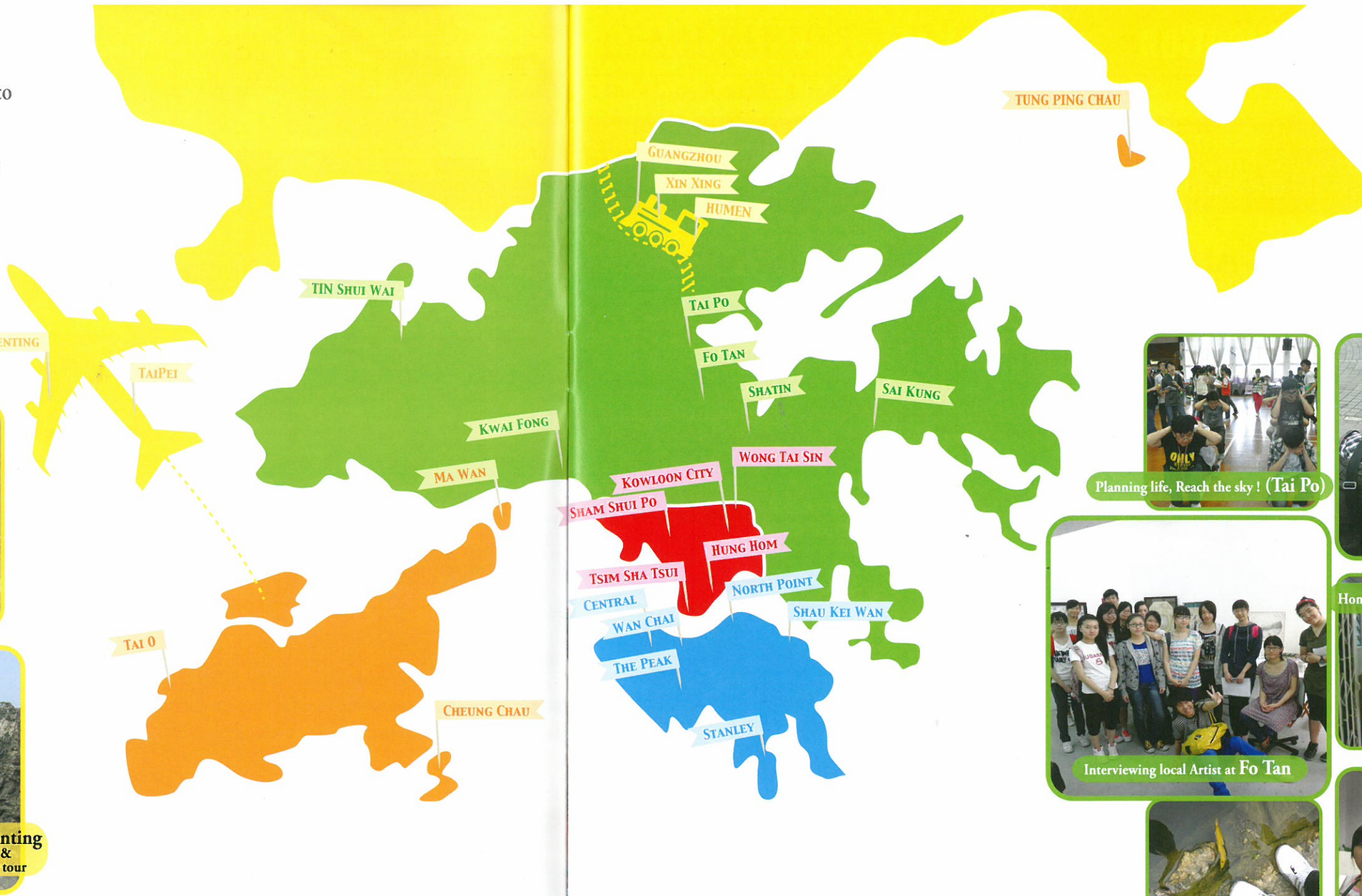
Planning life, Reach the sky!



Tai O exploration

OUR PACE REACHED

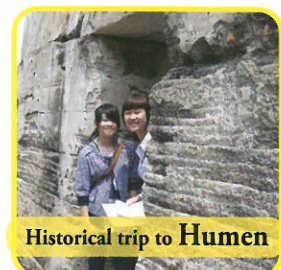
Teachers are required to use resources and settings to create suitable learning contexts (combinations of time, place and people) for particular educational purposes. Therefore, our students can make contact with a lot of different people and a variety of environments and situations as stated on the map.



OUTSIDE HONG KONG



Patriotic tour to Guangzhou



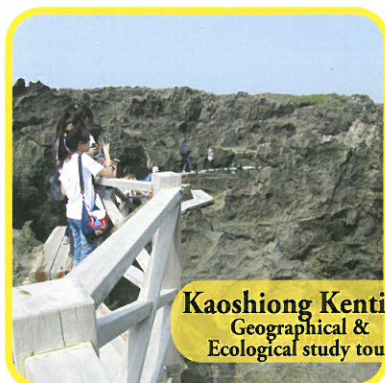
Historical trip to Humen



Visiting mainland Xin Xing Experimental Middle School

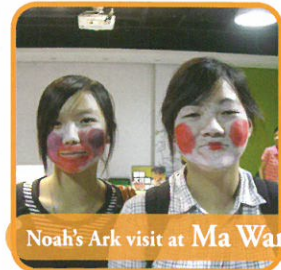


Art Tour of Taipei

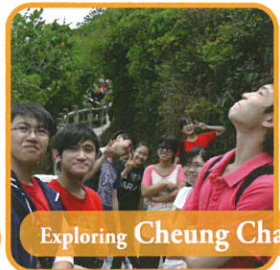


Kaohsiung Kenting Geographical & Ecological study tour

OTHER ISLANDS



Noah's Ark visit at Ma Wan



Exploring Cheung Chau

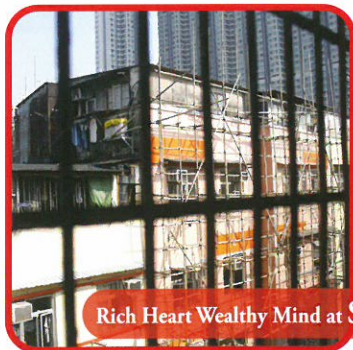


Tung Ping Chau Field Trip



Tai O Exploration

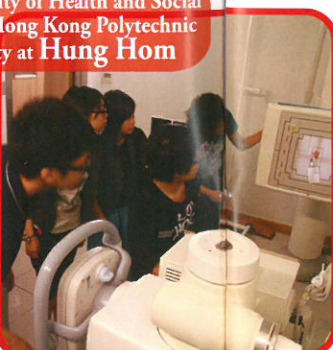
KOWLOON



Rich Heart Wealthy Mind at Sham Shui Po



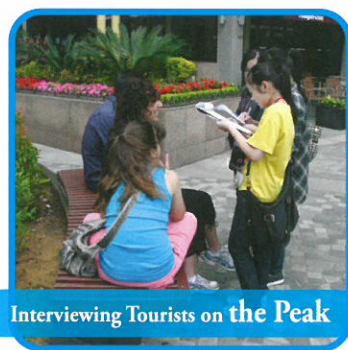
Visiting the Faculty of Health and Social Sciences of the Hong Kong Polytechnic University at Hung Hom



Local tour on comparison history at Tsim Sha Tsui and Diamond Hill



HONG KONG ISLAND



Interviewing Tourists on the Peak



Towngas Corporation Visit at North Point



Local tour on comparison history at Central

NEW TERRITORIES



Planning life, Reach the sky! (Tai Po)



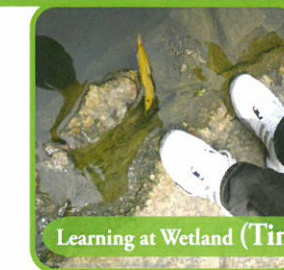
Maths Trail at Tai Po



Interviewing local Artist at Fo Tan



Home Visit of Elderly at Tai Po



Learning at Wetland (Tin Shui Wai)--Water Quality Test



OUR AREAS OF CONCERN

All students should be provided with Life-Wide Learning opportunities to help them gain the following five essential learning experiences, Moral and Civic Education, Community Service, Career-related Experiences, Aesthetic Development and Physical Development. They are the five areas where the Education Bureau expects schools to allocate learning time and a range of Other Learning Experience opportunities.

Through different activities, students' moral and civil sense can be better developed. Also, their horizons can be broadened, so that they can care about and be more involved in our campus, society and the world.

SELF-DISCIPLINE AND TEAM SPIRIT DEVELOPMENT

Enhanced Smart Teen Project

多元智能躍進計劃

Date: 22-26 November 2010

Venue: Civil Aid Service Yuen Tun Camp

Co-organizer: Civil Aid Service Hong Kong

Number of students attended: 30

The training of the programme was hard, but I had a lot of fun. Also, I learned a lot of skills and became more confident after all the training. I was timid and had no courage to do many things before, but after I joined the programme, I became more courageous. Cooperative activities show me the importance of teamwork and respect. Cleaning the toilets, tent and canteen made me become more disciplined. I tidied up myself every day after joining the programme. Some of my friends asked me how exciting the camp was, but I think joining the camp was not for excitement but for learning.

2B Au Cheuk Nam

The Enhanced Smart Teen Project (ESTP) provided me with a wonderful learning opportunity. In this memorable programme, I learnt abseiling, marching, tent building and first aid, etc.

Hiking and map reading were my favourite tasks. We took turns to be the team leader and navigator. We could apply what we learnt in the camp and in Geography lessons.

The obstacle race was challenging as we needed to discuss with teammates how to get through.

In this five-day camp, I learnt how to work with my teammates and cope with problems. Above all, I learnt how important team spirit is. Learning is fun.

2C Fung Hiu Yan Rebecca

Military summer camp has made me a stronger, tougher and healthier person. Getting up at 6am, running around the enormous playground under the shining sun and carrying a real gun with real bullets is not easy. With the help of the smart, friendly PLA soldiers and my never-say-die spirit, I accomplished all my tasks. I'm proud of myself and I believe my parents are proud of me too.

The summer camp is over now. Perhaps in the future, I'll have another chance to spend my holiday in such a meaningful way.

4A Lai Lok Hang



Participants at closing ceremony (<http://www.chinareviewnews.com>, 22 Aug 2011)



LEADERSHIP TRAINING

The Hong Kong Federation of Youth Groups

Head Prefect Training course (HP08B)

香港青年協會總領袖生訓練證書課程 (08B)

Date: 26 January to 27 March 2011

Venue: Central and Lamma Island

Co-organizer: The Hong Kong Federation of Youth Groups



After attending this training course, I learned what a good leader is. I found that everyone will have different roles at different times, like leader this time but follower next. I had chances to be a follower in this course. I found that a leader should listen to the followers' opinions and take care of them. It affects me not only at school but also in my daily life. There are many places to show the importance of listening and empathy. Therefore good leaders should get many good ideas from their followers.

4A Kwok Ting Yi

Student Voice: School Improvement

Student Workshops

香港學校自我評估網絡學生工作坊

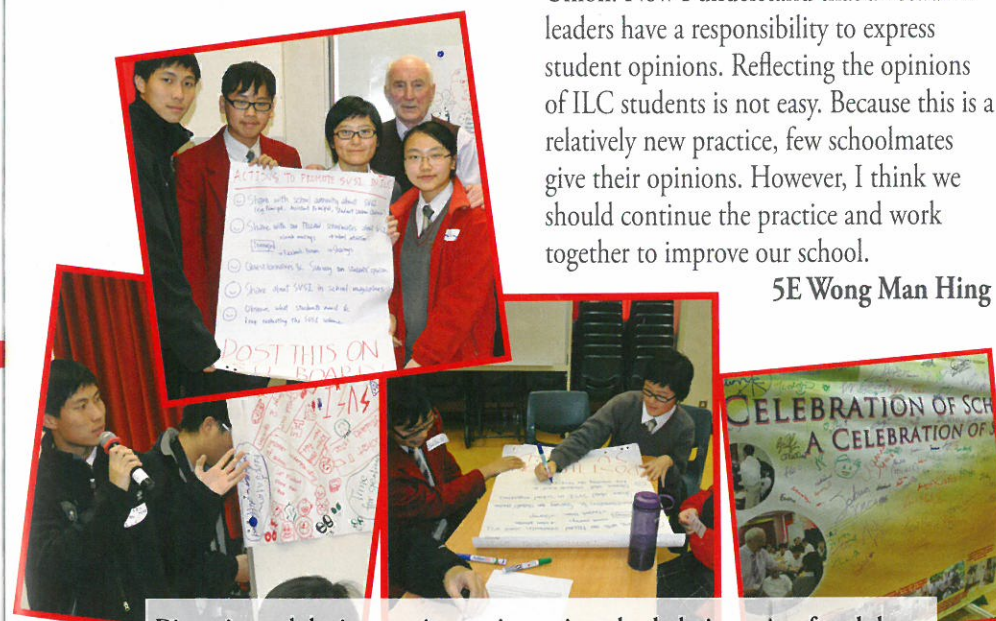
Date: February to June 2011

Venue: Tsung Tsin Christian College

Co-organizer: Hong Kong Schools Self-Evaluation Network and EDB

It was a special experience to join the Student Voice for School Improvement Programme. I used to think that representing students and asking for school improvements were duties of the Student Union. Now I understand that all student leaders have a responsibility to express student opinions. Reflecting the opinions of ILC students is not easy. Because this is a relatively new practice, few schoolmates give their opinions. However, I think we should continue the practice and work together to improve our school.

5E Wong Man Hing



Discussing and sharing our views on improving schools during series of workshops.

When I joined the Student Voice for School Improvement programme, I didn't think that school rules could be changed through programmes organized by student leaders. I didn't even consider that students have the right to raise opinions about school policy.

However, during the programme I heard about school improvements from students of other schools. In May, we held a forum on school uniform in our school. The school agreed to listen and to make some changes to the uniform arrangement. I realized that it's possible for students to bring about school improvement. Not many students attended the forum, so I hope more students join the next one.

6B Leung Siu Fung

Military Summer Camp for Hong Kong Youth 2011

香港青少年軍事夏令營2011

Date: 17-31 July 2011

Venue: San Wai Barracks, Fanling

Organizer: Education Bureau

For years, I have wished to join the military summer camp, and finally, I got the chance. The summer camp lasted 2 weeks and we had no contact with the outside world, not even using a phone. Compared with our daily life, the camp was tough. We woke about 5 am and had foot drill and martial practice every day. However, we also visited different PLA barracks and saw all kinds of advanced weapons. We developed friendships with our officers and other students. I now know much more about modern China and feel proud being Chinese.

5E Lui Chiu Yee

Youth in LegCo- Basic Certificate Course for Youth Community Leaders

第十三屆青年立法會 — 議政訓練證書課程

Date: 26 March to 28 May 2011

Co-organizer: The Hong Kong Federation of Youth Groups - Leadership 21

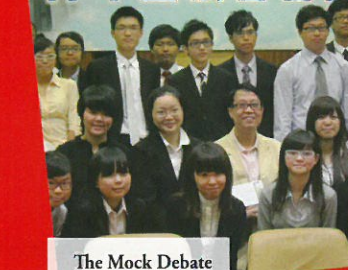
This course was memorable and enjoyable. It nurtured my ability to think from different perspectives and to discuss constructively during social policy analysis. I learnt about the functions of the Legislative Council, such as enacting laws, and experienced policy discussion, questioning and passing of bills through a mock debate. I was honoured to be the president of the mock debate and I also experienced what it was like to be a LegCo member. My communication and debating skills improved and I met many new friends with whom I had a great time. I also became more aware of social issues.

5C Leung Wing Ching



In the Legislative Council

青年立法會會議



The Mock Debate

DEVELOPING NATIONAL SPIRIT

Visiting mainland Xin Xing
Experimental Middle School
新興實驗中學交流團

Date: 17-20 April 2011

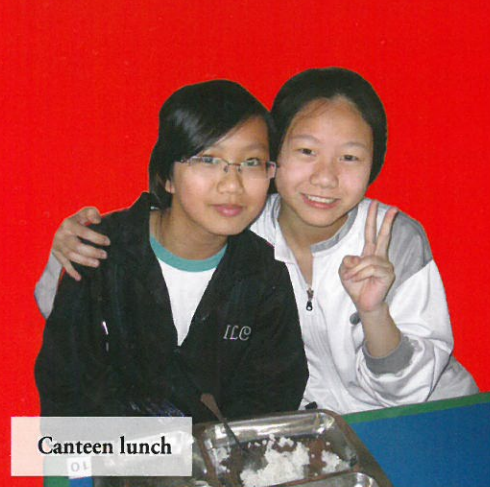
Venue: Xin Xing, Guangdong, China

Co-organizer: Xin Xing Experimental Middle School

Number of students attended: 22



Learning together



Canteen lunch



Exploring watch towers

最後一天，我們到了發電廠參觀，使我最難忘的是那吊橋，當我踏出第一步時，橋立即搖晃得很利害，怕得我尖叫起來，但這是個不錯的回憶啊！

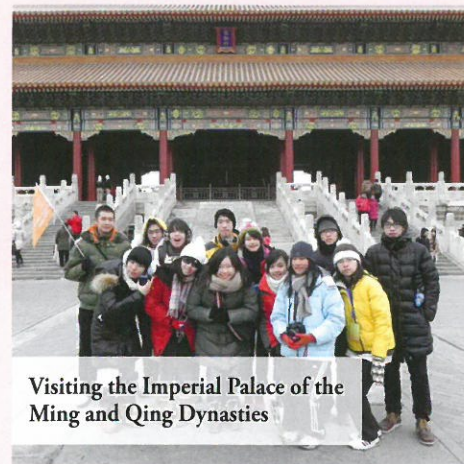
1A 梁詠詩

這是我最期待的一天，因為我們即將與新興實驗中學的學生一起上課……到達了教室，我們受到了班上同學的歡迎；上課前，他們會主動提點我課堂上要注意的事項；小息時也邀請我去遊覽校園。他們在上課時會主動舉手回答老師的問題，上課氣氛時常都很高漲，那種積極的態度是最值得我們學習的。

2C 余蔚聰



Playing games



Visiting the Imperial Palace of the Ming and Qing Dynasties



Visiting the Bird's Nest - Beijing's Olympic Stadium

Hong Kong Student Leaders Award 2011: National Education Course

香港領袖生獎勵計劃：國情教育課程

Date: 18-27 December 2010

Venue: Beijing

Co-organizer: Education Bureau

The most impressive part of our journey was the small, but memorable, graduation dinner the last night in Beijing. Many groups of student leaders showed their talents with singing, dancing and giving speeches. When I received my certificate from Renmin University, I couldn't believe the 10 days had passed so quickly. I was proud of what I had done but also sad to say goodbye to my friends. Together, we had climbed the Great Wall, role played in meeting minorities people (other than Han Chinese) from Renmin University and strolled along the night street in Beijing – all simple things, but unforgettable.

6B Kwok ka Ming



Visiting the Great Wall

「薪火相傳」國民教育活動系列一 「首都考察之旅」

Date: 27-31 December 2010

Venue: Beijing

Organizer: National Education Centre

Number of students attended: 7

薊之都，古城風味摩登天廈、寒霜細雪繞舌北話，都盡歷於雲眼五天之行。異於晝伏夜出的香港，每天行程都日出而發日落而歸。遊越故城成好漢，闊臺步難風凜凜；星掛未央夜觀旗，朝陽高升晚霞降。縱然疲乏，卻捨不得放過享受絕景宏觀藏入眼簾，唯有強睜開倦重的瞳仁。擁擠頻密，更顯其繁盛之勢。國之壯文化之淵，不時甚念，始明瞭學識萬卷之章，不如眼界千里之遠，還願再有機會出遊增廣聞見。

5D 羅惠敏



Visiting Tiananmen Square

I learnt about many things in this five-day trip to Beijing – economic development, education level and technology development of China. I also learnt how to get along with others. We went to the Great Wall and I thought it was the most impressive experience for me because it was so large and long. This trip let me know that China is an amazing country and now I want to know more about it. The trip to Beijing was a rare experience and my schoolmates and teachers always took care of me.

1E Wong Lut Yi



Visiting the Great Hall of the People in Beijing

In the new secondary curriculum, students are asked to learn through service-based community activities. Students become active members in their community. We believe every student has the potential to benefit from participating in the service learning programmes. They will be able to:

Understand that community service is an integral part of their school lives;

Understand the meaning of community service;

Understand the needs of others;

Learn how to cooperate with others effectively; and

Understand how to serve others without expecting anything in return.

The distinct requirements were set for the different forms.

FOR S1 TO S2 STUDENTS

We encourage them to experience community service organized by Girl Guides, CYC and Voluntary Work Development.

Girl Guides – Team No. 367 of the New Territories

Food donation on 27 May 2011



Voluntary Work Development

FOR S3 STUDENTS

We arrange for them to join ONE fund-raising activity such as flag-selling or walkathon organized by the school on a class basis.

Flag-selling Activities for S.3 Student

Organizer: Urban Peacemaker Evangelistic Fellowship Ltd (城市睦福團契)
Date: 20 November 2010
Number of students attended: 61



Organizer: Stewards Limited (香港神託會)
Date: 29 January 2011
Number of students attended: 58



Organizer: S. K. H. St. Christopher's Home (聖基道兒童院)
Date: 5 March 2011
Number of students attended: 43



Interviewing the elderly



這次專題研習使我們對長者有更深入的認識，在訪問期間，我們有機會進入長者的家，他們居住在百多尺的單位裏，設備十分簡陋，加上病痛多，實在很需要別人的關注。在九個月的研習經歷裏，我也學會了很多新的技巧，包括訪問陌生人時如何隨機應變，並在進行整個研究計劃時如何分配時間。

3B 陳懿德

這次專題研習提升了我的思考、溝通及學習能力，也擴闊了我對香港社會問題的視野，從前我認為長者生活貧窮是因為他們年青時沒有努力工作，經過九個月的探究，我認識到「跨代貧窮」這名詞，並且有更深刻的體會。

3B 陳琬彤

FOR S4 STUDENTS

We arrange for them to join ONE community service organized by the school on a class basis.

3-hour Programs for S.4 Students

Organizer: Salvation Army Tai Po Integrated Service for Young People

Social Services Program for Children Activities
Date: 13 & 20 November 2010
Venue: Salvation Army Tai Po Integrated Service for Young People
Number of students attended: 62

今天我跟小朋友玩得很開心，期間有些小朋友表現不合作，經過我們的耐性勸導，最後他們都願意合作，從中我也學會怎樣跟小朋友相處。

4B 羅淇淇

Social Services Program for the Physically and Multiply Disabled

Date: 4 & 11 December 2010
Venue: SAHK Jockey Club Elaine Field School
Number of students attended: 61

服務對象起初害羞寡言，但漸漸變得開懷，當我們離開時，他們甚至依依不捨。我十分高興能為他們帶來歡樂，這次體驗也啟發我要珍惜自己健全的身體，並為此感恩。

4C 許捷傑

Social Services Program for Senior Citizens and the Disabled

Date: 22 & 29 January 2011
Venue: the fishing village of Sam Mun Tsai (三門仔新村)
Number of students attended: 70

那位婆婆用心地學習做手工，又主動關心我的生活近況，十分親切，令我很難忘。跟長者溝通的過程中，感受到他們獨居的寂寞，能為他們帶來歡樂，使我感到滿足。

4C 葉美均

這次義工服務使我獲益良多，我學會了清洗風扇，體會到做家務的辛苦。

4F 劉智源



Holding a games day for children



Service through games



Making Chinese New Year decoration



Housecleaning for the lone elderly

S.3 Cross-curricular Project Work: The Rich And The Poor

Date: October 2010 to April 2011
Venue: Sham Shui Po
Co-organizer: Tsung Tsin Mission of Hong Kong Full Grace Service Centre
Number of students attended: 14



With other volunteers living in Sham Shui Po.

FOR S5 STUDENTS

We require them to join independently in ONE or more community service(s) coordinated by the school or organized by external organizations.

Social Service Program for S.5 Student at LWL Week - Caring About Poverty

Date: 20 April 2011
 Venue: Sham Shui Po
 Co-organizer: Tsung Tsin Mission of Hong Kong Full Grace Service Centre
 Number of students attended: 30



Taking blessings to Sham Shui Po families

Autobiographic Service for the Aged 人生紀念冊

Date: November to December 2010
 Venue: YWCA social centre and ILC campus
 Co-organizer: YWCA
 Number of students attended: 14

Well, for me, it was really an invaluable experience. By visiting the old people at the community centre, I realized how they feel about living there and it made me aware of our society, raising my sense of responsibility and civic consciousness.

Although it took me a lot of time to do the album, it was still worthwhile. It is more blessed to give than to receive, right? I remember when we gave the album to one of the elders, he was so happy to know that there are people concerns about him, showing him love, and blessing him. I think that if everyone did more random acts of kindness, the world would be a better place.

5F Yeung King Fung



After joining this activity, I now think that it is very meaningful. By making a commemorative album for the elderly, we can help them record important things in their lives, such as the jobs they did when they were young, their marriage, their children and so on. When they received the commemorative album and saw it, they were so happy and thanked us for our help. Seeing their smiles, I was also happy to be a member of this volunteer service. Although the process may be hard, the result of helping them is valuable and pleasurable for all.

5F Lam Wai Ki

My Journey of Serving Others

When I was studying in Form two, I joined a volunteer team organized by the Salvation Army Tai Po Integrated Service for Young People.

Participating in the service learning programme for the past few years has been a worthwhile experience for me. Now I understand how to serve others without expecting anything in return except the satisfaction of doing community service.

I need to have a lot of patience when I serve young children. What they really want is care and attention; therefore, sometimes they will be naughty to draw attention. Playing with them is a wonderful

thing to do. They can make me smile and often bring me back to my childhood.

This year, I tried something new in my volunteering. I took part in the 30 hours Famine organized by World Vision. I learned many new things from this programme, especially how to cooperate with others effectively. I also met people from far and wide, enlarged my social circle, and learned more about the starvation problems in 3rd world countries.

In the coming days, I will continue my volunteering. The most important thing is that I will be able to balance studying and volunteering.

5D Wong Wai Ying



Serving others

Helping at after - school tutorials

Students as Learning Experience Designers (Student-LED) Project Building Learning Paradigm Schools: Engaging Students as Deep Learners

Date: February to July, 2011
 Venue: SALEM-Immanuel Lutheran College, Heep Hong Centre (Tai Po) and HKUST
 Organizer: Curriculum Development Council and Adjunct Professor of HKUST, Hong Kong Association of Heads of Secondary Schools and Education Bureau
 Number of students attended: 9 designers, 5 volunteers and 8 target children

From this project, many of my skills were improved, such as self-reflection, problem-solving and the ability to deal with an emergency.

From the children's facial expressions, I can see that they enjoyed the game and the whole process. Although they might have difficulty in their learning, they did a good job preparing a card for their parents. Thus, our communication skills were effective so that they knew what to do next.

From the participants' reflection forms, they enjoyed the event as we did. They learnt how to gain trust from the children. However, there were several improvements to be made; for example, better time management.

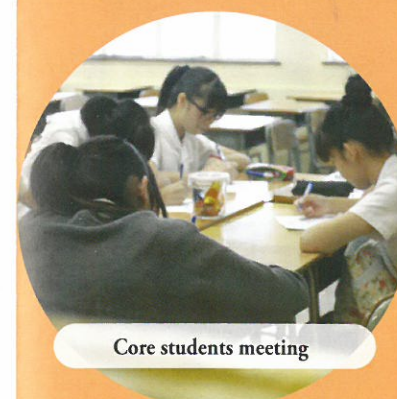
5B To Tsz Ching (Treasurer)

這次的學習經歷能轉移到學業上。我體會到在做每件事前訂立目標，事後反思及過程中與其他人合作的重要性。在學業上先訂立目標，向著目標努力；再透過反思及自省了解自己的不足及需要改善的地方，令下次再做得更好。

5C 伍思穎 (主席)

計劃目的是讓學生成為設計活動的學習者，我們要自己構思一個活動，這絕對能培訓獨立自主性。透過老師的訓練指導、開會工作坊及跟教育局官員交流，確能幫助我們在所訂立的計劃中學到所需的技巧和達到制訂的目標。

5B 江璧怡 (企劃統籌)



Core students meeting



Recruiting volunteers

LEADERSHIP TRAINING



EDB visits ILC



Service day



Poster Presentation



Students participated in many career-related programmes in assemblies, workshops, visits, camps and courses last school year. The programmes provide students with up-to-date knowledge about further studies and the world of work, and help students reflect on their career aspiration. Students have learned a lot in a wide variety of enjoyable activities.



CAREERS EXPLORATION

Careers Planning - Exploring the World of Work

Date: November 2010 to January 2011

Venue: Macau, The Boys' & Girls' Clubs Association of Hong Kong (Tai Wo Centre)

Co-organizer: The Boys' & Girls' Clubs Association of Hong Kong

Participating in the programme, I know more about the world of work.

Interviewing some managers in Disney Hotel, I learnt that the key to success is good communication skills and perseverance. Also, we had a mock interview for a job, in which I learnt that we should express our ideas clearly and logically.

The job shadowing in Macau is an unforgettable experience! I worked as a clerk in General Association of Chinese Students of Macau for a day. I noticed that every company has their rules which employees have to follow. In a workplace, discipline is vital!

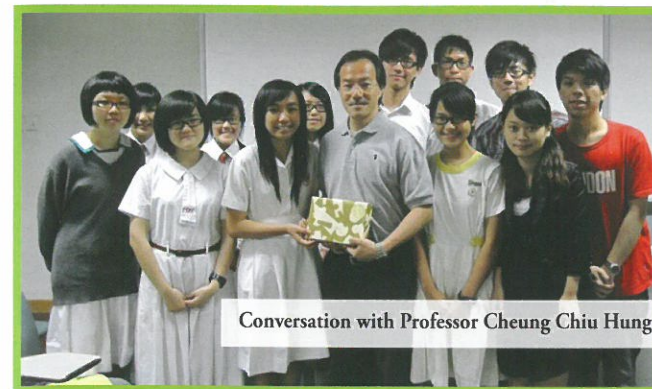
5F Ho Wing Man



Career Exploration

Date: 25, 27, 30 June and 13 July 2011

Co-organizer: Hong Kong Tertiary Student Association



Conversation with Professor Cheung Chiu Hung

The programme included company visit, job shadowing and presentation.

Joining the job shadowing in the social welfare field, I had a conversation with a social science professor Cheung Chiu Hung, who was a legislative councillor. I learnt from him what attitude a social worker should have and how to be a successful social worker. Besides, visiting the Po Leung Kuk Museum, I learnt how the non-government organization works. And above all, I have learnt how to start a conversation with others. It is absolutely a valuable experience!

5D Kwok Nga



The World of Work - WOW! I'm Ready

Date: 19 December 2010 to 9 April 2011

Co-organizer: Education Bureau

The programme aims at leading students to understand more about the working environment. After taking the course, I understand myself better, collaborate with others more actively and know more about the workplace.

Teamwork is crucial in a workplace in order to accomplish various tasks or projects. Besides, I have learnt that to be a good leader, I first need to learn to lead myself. Knowing myself is the first step to bring out my potential. Work will be effective if team roles are balanced and each team member behaves their best.

To build up my career interest, understanding and well equip myself is important.

5E Wong Nok Shun



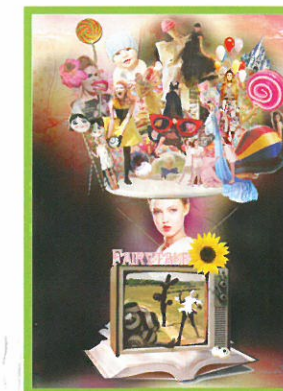
Taking photo with Ms Claudia Mo

I was most interested in the job shadowing because it offered me a chance to interact with some renowned and experienced professionals in the field.

I chose the mass media field, which is my dream career. I attended talks by well-known journalists Mr Au Ka Lun and Ms Claudia Mo. They were journalists for TVB. They emphasized that journalists must think critically and prepare well before an interview. They encouraged us to improve our language skills.

I learnt that journalists may sometimes work in the dilemma of reporting news that they want or writing something that the readers are interested in. I understand that being a journalist is not easy but I have a passion for it.

5F Ho Wing Man



course works

Applied Learning Course - Image Design

Date: September 2010 to June 2011

Co-organizer: Vocational Training Council

Before taking the course, I thought that studying the history of fashion must be boring. Now I realize that knowing the history of fashion is essential for designers because they get inspiration from history. Also, I find that if you want to be a successful designer, you must cooperate and communicate well with others and confidently present your design to clients. If you don't do well, you will lose your job!

5E Ng Sin Ying

EXPERIENCE OF UNIVERSITY LIFE



Chinese Medicine Summer Camp

Date: 25-27 July 2011
Co-organizer: School of Chinese Medicine, The University of Hong Kong

I joined a summer camp for studying Chinese medicine in July. It is definitely much more than you can imagine! During the three substantial days, I had practical activities and lessons. I tried things that I had never experienced before. It was a valuable opportunity to visit the Dissecting Laboratory of The University of Hong Kong. I could touch real dead bodies! They were still soft like living bodies because they were kept in special chemical solution. Brushing a half-cut brain must be disgusting for you! But, it was okay for me! Also, I tried acupuncture for myself.

In the future, I will try Chinese medicine when I am not feeling well.

3D Chan Yan Yu



Linguistics Wonderland: Exploring Human Language

Date: 27-29 July 2011
Co-organizer: Department of Chinese, Translation and Linguistics, City University of Hong Kong

Like many other students studying in a science class, I used to wonder whether languages could be studied like a science subject.

Driven by curiosity, I joined a program about linguistics in the summer holiday. In the three-day workshop, professors in the City University gave us lectures about various linguistic concepts. Studying different language systems, I found it interesting to analyze a language in such a novel approach. Basically, linguistics is a discipline viewing language as a branch of science.

I also had a chance to interact with some alumni of the Linguistics Department. They shared with us their careers and how they applied their expertise in different fields. Hopefully, all the knowledge I obtained can help me locate my path in the future.

5A Law Cheuk Fung



Dragon Camp

Date: 22-23 December 2010
Co-organizer: Wei Lun Hall, The University of Hong Kong

This programme is to let senior form secondary school students experience a day of university life in a student residence in the University of Hong Kong. Playing various kinds of games, we were introduced to and got familiar with each other. The most impressive activity is that we had 'yumcha' in an old-style and famous restaurant at three o'clock in the morning!

What I have learnt is much more than just experiencing a one-day camp in a university. Not only did I learn how to play hockey, baseball and different kinds of games, but also understood the importance of studying hard.

5D Kwok Nga

LEADERSHIP TRAINING



Shaping Your Future: a Lifetime of Difference

Date: 26 March and 30-31 July 2011
Co-organizer: Ming Pao

The programme was a 2-day leadership training camp, which aims to breed young leaders. It emphasizes that everyone can be a leader. In the camp, we were challenged by a myriad of formidable tasks. Moreover, discipline was very vital in this camp; we had to be punctual and follow commands.

Carrying out the tasks, I have developed a lot. It made me believe that nothing is impossible. If we make attempts, everything is possible. We shouldn't find excuses for failure; instead, we should find ways to strive for success.

I have also built up self-confidence. I have a strong conviction that I can be a leader in the future!

5C Yeung Tsz Yan



Train for Life Journey

Date: 13-29 July 2011
Co-organizer: MTR and School of Continuing and Professional Studies, The Chinese University of Hong Kong

It is a fruitful programme. I learnt how to break through my limitation and tried something which is brand new to me. Also, I gained a lot of support from my teammates and my team leader. We encouraged each other to work out the tasks. It helped me become more confident to overcome difficulties. Besides, the task of building the Future MTR City raises my awareness of the importance of environmental protection. In the lessons, I learnt how to communicate with people of different personalities and improved my working efficiency. I also learnt how to live in a positive lifestyle and treasure what I have. Being an MTR Service Ambassador is an amazing experience too. Helping with the customer services, I realized that having a friendly attitude is very important and I was rewarded with confidence and happiness. What wonderful memories I have gained!

5C Leung Wing Ching

Different modes of implementation are tailor-made to provide students with rich and meaningful arts learning experiences.

STRUCTURED ARTS LEARNING SESSIONS

The subject of Aesthetic Development is newly developed in NSS S4 and S5 to equip senior form students with art knowledge and skills to become quality audiences.

Modules of visual arts

我學會運用系統的步驟來欣賞藝術品的設計用意和歷史背景，並整理不同的意見和批評，作客觀分析。從同學的報告和分享中，我學習聆聽別人對藝術的看法，開闊眼界。也從自選的主題研習中，發掘自己對藝術的興趣，拓展視野。
4A 張希璐

Modules of music and dance

音樂和舞蹈是人類用以表達所思所想，流露感情的媒介。我們透過舞蹈和音樂互相交流，藉此打破人與人之間的隔膜，並透過此藝術媒介將傳統與文化傳承。
5C 梁穎程



Group discussion



Social dance practice



Enjoying drama



Modules of drama

我第一次觀看這類戲劇表演，感覺很新奇，我們有機會與演員接觸，甚至在演員身上任意塗上顏料，寫上所思所感，完全打破了演員與觀眾之間的隔膜。從中，我感受到演員對戲劇的熱誠，認識到經營小型劇團的艱辛，更深刻體會到戲劇源於生活，是人行為的再現，其深沉意義實在能讓人思考和細味。
5E 鄒漪莉

7 13
Canon EF-S 18-200mm f/3.5-5.6 IS, IOS 100, 光圈5.6, 快門1/160
Vertically Divided, Object Isolation, 橫向拍攝

Modules of photography and film

這幅照片是在全方位學習週一遊覽斬頸洲時拍攝的，對象是一幅石牆。拍攝時，我第一次使用課堂上學習到的景深變化技巧，以淺景深來突出主題；還有老師曾說拍攝一張黑白照片的難度相當高，因此我向難度挑戰，便嘗試透過黑白效果來使石牆的凹凸變得更明顯。照片沖印後的效果不錯，我自己也很喜歡。
4A 李健庭

A VARIETY OF CO-CURRICULAR ACTIVITIES RELATED TO THE ARTS

School arranges a variety of co-curricular activities to engage students in learning of arts in authentic contexts.

2011 Asia Pacific Chinese Music Exchange and Competition 2011

亞太華樂交流觀摩賽

Date: 1-4 April 2011

Venue: Miaoli, Taiwan

Co-organizer: Miaoli County Government

Number of students attended: 44 students

At first, I felt nervous and uncomfortable since I had decided to play percussion which I hadn't played before and I didn't know my Chinese Orchestra teammates. Luckily there were great leaders in the team and they helped me with technical problems and encouraged me painstakingly. I developed friendships and shared secrets with my sisters. I learned not to be pessimistic and be active when facing problems. I'll never forget this experience and the great time with ILCCO!

4A Seetoo Wai Ching Vicky

We learned not only the skills for playing our instruments, but also how to get along well with others in the orchestra. We played just like one big family. When practicing in Tai Wan, we were frightened because of technical problems. However, Miss Law and the conductor helped us overcome our problems and we even won the gold award in the competition. We still play like one big family, even at school. I am grateful for the sponsorship which gave us a joyful trip to Tai Wan.

4A Chiu Ka Long, Wayne



2011 Hong Kong Dream Concert

我的香港夢音樂會2011 - 同根中國心

Date: 13 May 2011

Venue: Queen Elizabeth Stadium, Hong Kong

Co-organizer: Hong Kong Civic Education Foundation Limited

Number of students attended: 11 Alumni, 36 School Choir Members & 24 Orchestra Members

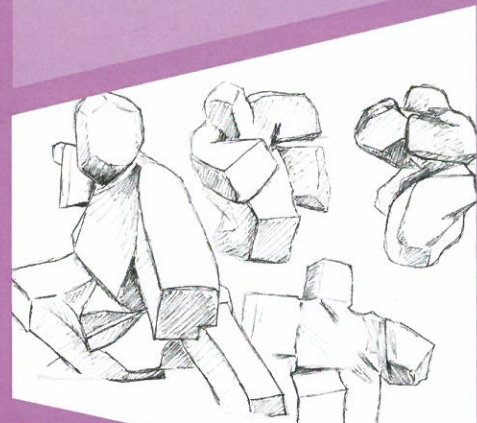
We joined with Ming Kei College's orchestra to make a pop band. During rehearsal, we shared experiences in playing music. Under the conscientious and careful supervision of the conductor, Irene Cheng, we improved our musical sense and skills a lot and finally did a great job in the show. As a result, we not only learned the skills of playing our instruments, but also how to get along well with one other.

5A Man Ho Yan

It was the first time we got on stage to have a show, to perform with spectators, pressure and lighting and to hold a microphone.

Through the show, we learnt about stage management skills - route planning on the stage is an example. The route of each performer was different; so we could be in a mess. To keep it in order was totally a difficult task. Therefore, we had a lot of practice before the performance. But the most important thing was how we solved the problems at the time of performance. They were such valuable experiences.

4A Cheung Ka Pik



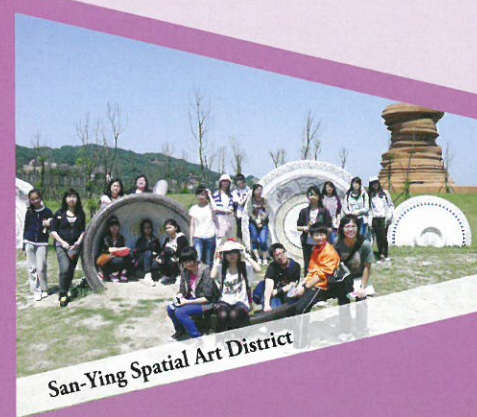
4A Tsang Po Ling



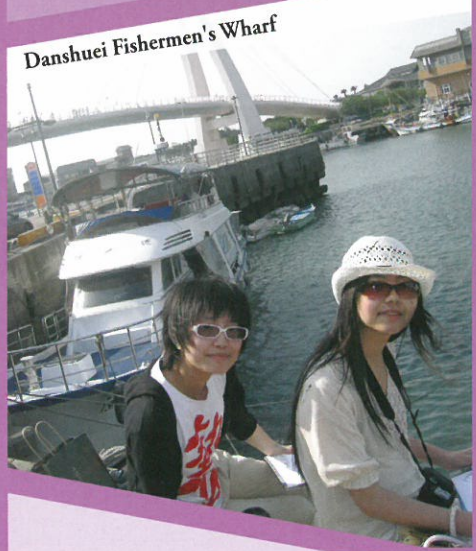
Learning pottery

台灣的風景、美食使我留下深刻印象。朱銘美術館(Juming Museum)內不同風格、不同物料的戶外雕塑；陶瓷街上不僅有實用性的器皿，也有觀賞用的陶藝品，猶如置身一場大型的陶瓷展銷會。這次遊學改變了我對藝術的看法，令我獲益良多。

2D 張育鳳



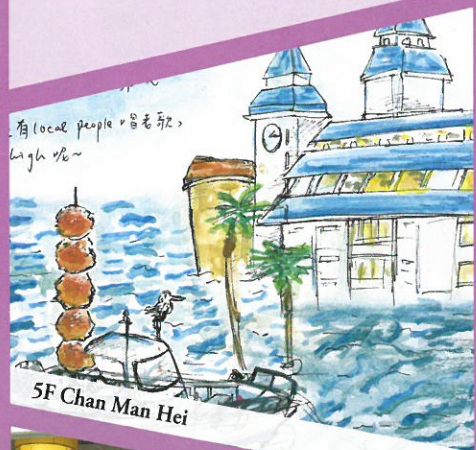
San-Ying Spatial Art District



Danshuei Fishermen's Wharf

這次遊學收穫十分豐富，因為參觀的展覽不能在香港看到。例如：朱銘美術館(Juming Museum)，它的面積十分廣闊，建在一個山上，香港根本沒有足夠的地方建造這美術館。另外，在漁人碼頭寫生時，當地的漁民在船上唱歌，還邀請我們參與，態度友善且熱情，令人大分難忘。

2B 余嘉敏



5F Chan Man Hei

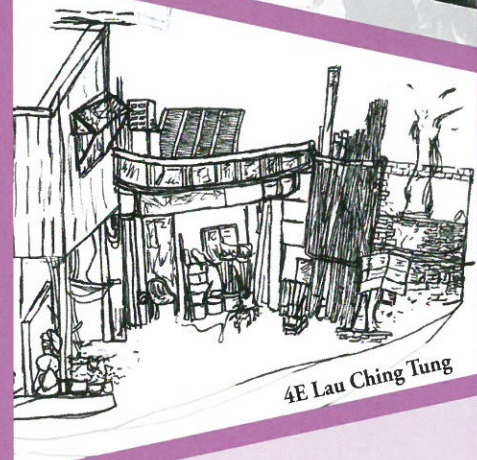


Sending handmade postcards

ART TOUR OF TAIPEI



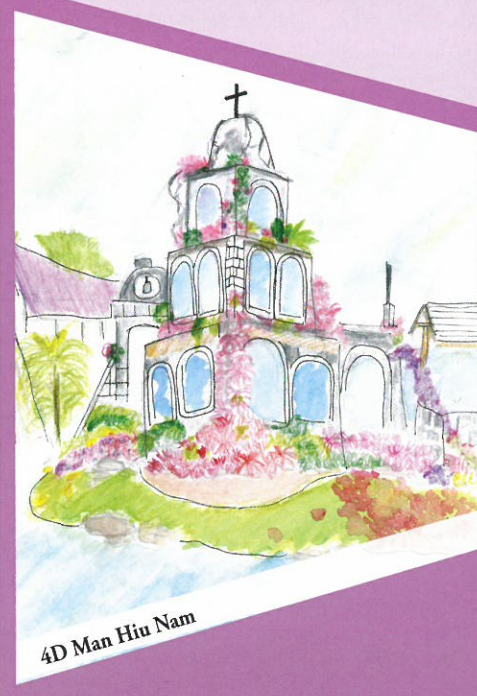
Artists attract attention



4E Lau Ching Tung

在這次遊學中，我最喜歡的就是Marc Chagall 的畫展。他的畫不論是關於政治，抑或愛情都很有深度。加上導賞員非常詳盡及生動的解說，令我到現在仍感到很深刻。另外，每天進行的寫生活動也令我的寫生技巧有進步呢。

4D 邱素怡



4D Man Hiu Nam

Date: 17-20 April 2011
Venue: Taipei
Co-organizer: Youth Overseas Exchange Centre
Number of students attended: 18 S.1 to S.5 students, 1 parent with 2 teachers

ART ELITE DEVELOPMENT

Talented art students were selected to participate in various competitions and training programs to enrich their aesthetics and strengthen their abilities in art making.

Seeds Drama Students Beginner Course 戲劇種子學生初階課程

Date: 22-29 April 2011
Venue: Hing Yip Street, Kwun Tong
Co-organizer: Drama Gallery

During the eight lessons, we not only learnt the skills of acting, but also created and acted out our own short script under the guidance of the instructor. It made me feel successful and our confidence was built. Besides, I met many drama lovers from different schools. We established deep friendships through the interactive activities. It was an honor to join this course and acquire knowledge of drama and communicate with new friends with the same interests.

3D Wong Ka Ki

The Commission on Youth Beijing/ Hebei Tour 「北京/河北城鄉考察之旅」

Date: 21-25 April 2011
Venue: Beijing and Hebei
Co-organizer: Publicity of Commission on Youth

This programme enhanced my understanding about our motherland and the history of China. The cultural and academic exchange between Hong Kong students and Chinese local students definitely broadened my horizons. Also, I expanded my social circle by meeting students from different Hong Kong Secondary schools during the journey. I learned how to be independent and took care of myself too.

5D Chong Ching Yu



The 6th Inter-School Film Festival (2010-2011) 第六屆香港學界電影節

Completion date: 10 July 2011
Organizer: Hong Kong Film Art Association
Number of students attended: 12

In this year's film festival, the theme for the documentaries was 'Dream'. Through dialogue with the interviewees, such as Mary, James Louey and Mag Lam, I was reminded of the importance of having a dream. I found that several criteria need to be met if we are to achieve our dreams, e.g. feasibility, reasonable expectation of achieving the dream, etc. I realized that we have to seek out exposure to different experiences so as to understand ourselves more. It is then that we can finally dream. I need to keep a positive attitude towards achieving my dream and, more importantly, to life.

6B Andre Kwok Ka Ming

The 3rd Arts Ambassadors-in-School Scheme – Creative Arts Workshop 第三屆校園藝術大使計劃 創意藝術工作坊

Date: 30 April 2011
Venue: Pui Ching Education Centre
Co-organizer: Hong Kong Arts Development Council, Absolutely Fabulous Theatre Connection Co Ltd

In the workshop, my group was required to use household plastic items to create an Installation Art. Then we took about 150 pieces of photos to create a stop-motion animation. I had never tried this before. Not only did this activity widen my visual horizons, it also gave me a great chance to meet new friends from different schools.

5F Lam Ka Yin

MOVING BEYOND!!

Apart from PE lesson, school team training and competition, we hope our students can explore more outside school. This year, we organized a trip for thirty-two students to Guangzhou and we also had two students represent our school in joining the exchange program to mainland China.

PATRIOTIC TOUR TO GUANGZHOU

Date: 17-19 April, 2011

Venue: Guang Zhou

Co-organizer: The Boy's and Girl's Club
Association of HK Jumber of Students

Number of students attended: 32

「羊城新知」國情考察之旅

Visiting Da Lang Ai Yi School in Shenzen (深圳市大浪愛義學校)

After visiting schools in China, I realized how fortunate I am. Students there have no air-conditioners, even in summer. Also, even though they have large campuses, they have poor facilities. This reminded me that I should treasure everything I have. The students were very excited about our visit and they prepared lunch and presents for us. I was surprised to receive a piece of handiwork. I felt ashamed that I had prepared nothing for them. Afterwards, I thought that I should treat everything seriously as people may have expectations of us.

5C Chan Yuen Yu

Visiting Kuangweiyu Jinian Middle School in Guangzhou (廣州鄺維煜紀念中學)

I learned many things on this trip. I recognized that there are many differences in the education systems and sports training of the national teams of mainland China and Hong Kong.

During the trip, I attempted many new things. I was selected to be the representative of our school to give a speech in order to introduce our school and the objectives of the visit to the secondary school in Guang Zhou. At first, I was really afraid that I could not finish this task. Fortunately, I did it like clockwork because of my teachers and group mates' help.

5C Ng Sze Wing



Basketball match

Interviewing students

Track and field competition

Help with red kerchief

Chinese boxing

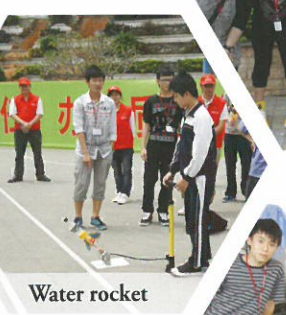
S5. Ng Sze Wing's speech

Football match

PE lesson together

Banner signing

Flag ceremony



Water rocket

School Welcome



Dinner at students' home



Fun with fencing

Visiting Toyota Motor Corporation in Guangzhou
廣州中國豐田汽車廠 to explore Chinese enterprise



Visiting Guangzhou Sports Training and Technical College
廣州體育職業技術學院

Daily reflections and sharing



Researching supermarket's products



ALL CHINA SECONDARY SCHOOL STUDENTS GAMES

全國中學生運動會

Date: 9-22 July 2011
Venue: Baotou in Inner Mongolia
Organizer: Hong Kong Schools Sports Federation

Before we went to Baotou, we had two training sessions a week in a stadium in Diamond Hill. It was hard for me to manage both study and the selection. Luckily, I didn't give up my chance and embraced it well. It was quite encouraging for me as I know any effort in the future will finally pay off.

It was an experience to live with 19 mates for 2 weeks. 2 weeks is definitely not a short period and it's the first time I left my home for such a long time. However the whole journey was amazing so time flew so quickly. During those 14 days, we came across people from different walks of life such as the athletes of other teams e.g. basketball and volleyball teams, the athletes of mainland China and the locals of Baotou. It was really a priceless experience for me and I will never forget those days.

6B Lui Chun Wo

2011 SHANGHAI NANJING SPORT EXCHANGE TOUR

寧滬運動交流團

Date: 17-21 July, 2011
Organizer: A.S. Watson & Co. Limited

During this exchange tour, I had a chance to explore the training campuses in Shanghai and Nanjing.

Now, I know more about the training program and daily life of sports players. Besides, as there were some primary students on this tour, I also learned a lot about taking care of others. Visiting the Hong Kong Economic and Trade Office in Shanghai was another great experience. During the visit, the director of the Office, Ms TAM, explained to us the development of Hong Kong and Shanghai, and suggested some ways to keep our competitiveness.

6B Leung Siu Fung



Singing the national anthem

Visiting the desert in Mongolia and meeting children

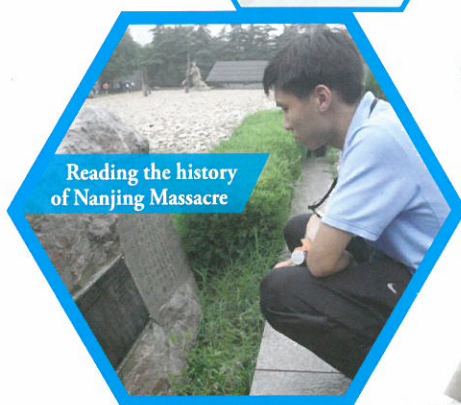
Substituting during match against Macau

Tremendous opening ceremony



Learning Kung fu

Playing volleyball



Reading the history of Nanjing Massacre



Gun shooting competition



Group leaders of the three teams

EXTERNAL COMPETITIONS

2010-2011 Inter-School Athletics Championships
Date: 20, 22, 27 January 2011

We won Boy's B grade overall 1st Runner up and Girl's C grade overall 2nd Runner up.



National Day Run

Date: 1 October 2011
Organizer: Hong Kong Motor Organization

- 5D Wong Yuen Ha 1st Runner up
- 4E Lam Shuen 2nd Runner up
- 4A Chan Miu Wa The 5th Place
- 2C Dai Ho Ming The 5th Place

Hong Kong Open Tug-of-War Competition

Date: 1 May 2011
Organizer: Hong Kong Tug-of-War Association

We won 1st Runner up in the mixed and Girl's Team, 2nd Runner up in Boy's Team.



2010-2011 Inter-School Cross-country Competition

Date: 20 November 2010

We won Girl's B Grade overall Champion and Boy's B grade overall 2nd Runner up.