

i-Horizon

Cross-boundary Tours

Life-wide Learning Week

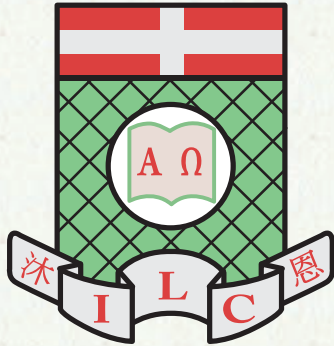
Other Learning Experience



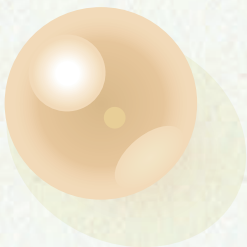
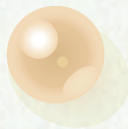
NOVEMBER 2013

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ISSUE



TO BE
ACTIVE 
&
DISCIPLINED
LEARNERS



By Enjoying The Learning Process
We Stride Towards Success

By Active Participation
We Gain Experience



編者的話

這一期的i-Horizon, 你將會見證沐恩的學生如何展示他們作為積極主動學習者精彩的一面。

沐恩的校舍雖然不大, 但同學的學習天地卻一點不小, 為老師給同學創造及開發不同的學習空間而感恩; 為同學能積極主動參與不同的學習活動而感恩。沐恩的學習生活, 無論課室內外, 都充滿活力及動感、姿采與趣味。

閱讀i-Horizon, 總叫你我欣悅。看到同學們的學習成果, 他們的足跡不單留在香港、台灣、中國, 更遠至韓國、英國及非洲, 在與世界接軌的歷程中, 他們的視野不斷地擴闊, 在真實的場景裡, 在與人接觸之互動交流中, 同學的學科知識增長了、深化了; 在反思所學習的歷程中, 他們對人對事的態度轉化了、提昇了……就讓你我為他們能學以致用鼓掌。

祝福同學們繼續在沐恩這片不一樣的學習天地中, 能留下美好的成長經歷。

黃堯姬校長



Editorial notes

This issue of i-Horizon reaffirms our goal of providing life-wide learning opportunities for students so that they can grow through experiences beyond classrooms and textbooks.

Although we are bound by limitation in space and time, our students receive substantial learning opportunities. The provision of a wide array of activities not only colours students' school life, but also makes learning vivid and distinctive.

It is always our pleasure to read i-Horizon because it showcases students' learning outcomes and reflections. Apart from exploring places in Hong Kong, ILCians also set foot in Taiwan, China, Korea, Africa and the United Kingdom. These experiences extend students' visions beyond the campus to the surrounding regions and other more distant places in the world. Through different interactions and interdisciplinary experiences, we believe that the breadth and depth of students' subject knowledge will be enhanced. In their reflections, we will also know how their sense of critical intellectual enquiry inspires them to reach greater heights of both academic and non-academic excellence. Our students deserve a round of applause.

We hope and pray that these experiences mean that the students will leave ILC with wonderful memories.

Wong Yiu Kiu
Principal

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活動名稱



香港學界悼念南京大屠殺七十五周年 國情教育團

日期： 2012年12月12至15日
地點： 南京、上海
主辦單位： 新界校長會
參與者： 11位中五同學



師生與深水埗指揮官
劉達強警司合照

老師分享 | 楊嘉俊老師

「讀萬卷書不如行萬里路」。竊以為：「先讀萬卷書，後行萬里路。」余有幸與十一位同學參與是次活動，既是沉痛，又有裨益。昔師生在書上知日寇之猙獰，於故都蹂躪無辜同胞。然親歷現場，又是一番滋味在心頭。入紀念館，莊嚴肅穆，感戰爭之殘酷；至分享會，生還者已耄耋垂老，今年所述，未知明年安在？走訪學校，又有名將張自忠長子，公開演說，憶先嚴為國捐軀之偉大。師生親歷其中，既是感動，又有得著。課室成現場，一生之中，能有幾回？負責人為本港多名高級警務人員，余有幸認識，彼此交流古今之事，為行程意外收穫。歷史非過去之事，乃一脈相承，延續發展。鑒古知今，望今次師生學習經歷，成人生一部分，對人與事有新看法。

盧欣樂 | 5D

去年十二月冬天，參加了由新界校長會等團體舉辦的香港學界悼念南京大屠殺七十五周年國情教育體驗活動。起初參加的目的是因為希望藉着活動擴闊視野及擴大社交圈子，結果不但這兩項目的有所達成，還得到額外的收穫——愛國及報答國家的心的增加。其中印象最深刻的是三次進出南京大屠殺紀念館。參加南京大屠殺紀念館，與參加其他紀念館絕對是不一樣的，原因是紀念館的地址正是抗日期間遇難者叢葬地，我們走過的都是遇難者埋葬的地方，心情相當沉重，遇難者的骸骨至今依然歷歷在目。看過如此悲壯場景，令我明白到過去我國同胞原來為了保家衛國，付出了生命、鮮血、尊嚴，因此我明瞭到目前我應努力學習，用以他日報答國家，報答因抗日而逝去的烈士。



出席悼念南京大屠殺公祭



抗日遺址 四行倉庫



於中山陵留影

陳寶欣 | 5D

這次的南京和上海之旅，感受最深是參加南京大屠殺七十五周年紀念活動。若非親身參與是無法體驗現場的氣氛，那種壓抑的心情，是沒法用筆墨形容的。大屠殺的發生就在我們每個人的心割下一道傷口，傷勢會痊癒，但傷疤是永不磨滅的。



老兵憶述



崔可欣 | 5D

在這一次南京大屠殺55周年悼念之行中，我們到南京大屠殺遇難同胞紀念館參觀，出席了悼念燭光晚會，更聽到倖存軍人和平民訴說當年有如煉獄的歷史實況。在這次旅程中，我切實地感受到南京大屠殺為中國民族帶來不可磨滅的傷害是何等的深切和沉重。而倖存者更作為歷史的見證，把真相告知下一代，令我明白到歷史不容否認，以史為鏡可避免此等慘劇再次出現。我亦希望南京大屠殺的枉死者有一日能沉冤得雪，取回公道。



乘坐高鐵往上海



與姚明合照

活動名稱

中國教育體驗及文化遺產探索之旅



日期: 2013年3月24至27日
 地點: 廣東省
 順德、肇慶、雲浮、
 新興實驗中學、佛山
 主辦單位: 京港學術交流中心
 參與者: 26位中一至中二同學



老師分享 | 杜世甘老師

是次行程包括參觀順德清暉園、肇慶古宋城牆、牌坊廣場、七星岩、雲浮鐘乳石洞、新興企業、佛山陶瓷廠、南風古灶及公仔街，還有課堂體驗及探訪學生家庭。這次活動一方面能促進學生的交流，讓學生體會兩地教育文化的差異，互相學習，體驗國內學生的學習生活。另一方面，又能促進學生對廣東經濟發展、城市鄉鎮建設和中國文化遺產的認識。

為了令同學積極參與活動，我們要求組員擔當不同角色，就不同參觀景點進行拍攝和資料蒐集，這些準備功夫果然令同學十分認真聆聽別人說話，注意景點的特色，也樂於跟國內人士及學生交流。於旅程中，學生被分成三組，就不同參觀地方擬定問題去考問其他組別。每晚各組既有分享，也有組際問答比賽，令「每晚一思」變得非常熱烈，同學勇於提問，也樂於回答。回程後，我們又要求各組提交活動簡報。整體上，學生能有目標地投入每一項活動中。



與新興學生一起上課



參觀七星岩大合照

勵芷淇 | 1C

參觀蟠龍洞，我最難忘的是「寶石花」，因為它非常漂亮，而且導遊說全世界只有我們的祖國和美國擁有「寶石花」，真是難得一見。這次參觀讓我改變了對古人的想像力和天然資源的理解。當初，我以為蟠龍洞內只不過是一堆岩石，參觀完後才發現，有些天然的鐘乳岩甚至比人工雕刻還要漂亮。

商綺紋 | 1A

在旅程的最後一日，我們去了陶瓷廠了解如何燒製漂亮的陶瓷。在陶瓷廠有一位阿姨是專門製作微雕，她在短時間內就可以造出一個細小而精緻的陶瓷娃娃，真的十分厲害！阿姨熟練的技法真是令我大開眼界！她必定經過長年的努力才有這樣的功力。我明白讀書亦需要不斷溫習，才能考得好成績。





與新興學生在校內飯堂一同午膳

譚凱寧 | 1A

我參觀了著名的清暉園。在那裡，我欣賞到很多歷史悠久的建築和一些奇形怪狀的石洞。導遊講解了很多關於當地的文化知識，令我學到了很多東西。我還拍了很多照片，那裡美麗的風景真使我十分難忘。日後，我會更加積極去保護大自然和一些文化遺產，令更多人能欣賞到它們的風采。



參觀佛山陶瓷廠

董宇鵬 | 1A

我發現新興中學的同學在早操和小息時都十分有秩序，而在上課時投入專心，討論時也很活躍！為什麼他們既能守秩序，又能同時那麼積極投入學習呢？對比起平日上課時不專心，學習散漫的我們，新興同學真是我們的好榜樣。新興中學在放學後仍有不少活動，而我們當天參加的是魔方比賽。那些參賽者玩魔方真是出神入化，一個被打亂的魔方僅數十秒便被還原，真是厲害！為什麼他們能如此熟練呢？我認為他們已熟悉了魔方的公式，持之以恆便能練出一手絕技！



沐恩交流團與新興學校校長合照

李安瑩 | 1A

我最難忘的片段是在新興實驗中學上課的體驗。由於大多數學生和老師在講課和交談時都是用新興話，新興的同學知道我們聽不明白，便耐心地給我們翻譯，他們亦很友善地為我們介紹校園。整體來說，這活動增加了我對中國教育、經濟及文化遺產方面的認識。



清暉園內噴水池



與新興學生一起做早操

活動名稱



Trip to Explore the Environmental Protection and Technology in Seoul

韓國四天科技及環保考察之旅

Date: 23-26/3/2013
Venue: Seoul, South Korea
Co-organiser: Youth Overseas Exchange Centre
Participants: 40 S.5 Biology, Chemistry and Physics students

Teacher's sharing | Ms Wut Pui Fun

As a teacher who is responsible for life-wide learning, offering a learning environment in a real-life context is vital. Among all the activities, learning environmental protection and technology in Seoul through visiting Korea Gas was the most impressive. Korea Gas was incorporated by the Korean government and it has grown to become the world's largest LNG importer. It provides clean, safe and convenient energy for the people of Korea. This indicates that the support from the local government in this aspect is crucial. In addition to making pickled vegetables and wearing traditional costumes, we visited a secondary school named Sung Il Middle School (성일중학교). It was a touching experience. The Korean teachers and students arranged a lot of exchange opportunities with us. They told us that we were their first group of overseas visitors. Starting from guiding us to their school, we felt the sincerity and earnestness of Koreans.



Cedar Yang | 5C

Visiting Korea Gas, I learnt that their transport and storage technologies have brought their country safe and clean fuels. We also had a chance to visit the water supply company and the technology museum of Samsung. I must say this trip has widened my horizons. I had a very good time during my visit to Korea.

Chan Yeung Sum Joanna | 5C

I enjoyed the time when my friends and I took a walk outside our hotel rooms. It was a great chance to get to know more about Koreans' lives, better than just visiting popular scenic spots under the guidance of the tour guide. We found that Koreans do not work very late or stay up late as the shops close before 10 p.m. every day. Another remarkable time was the visit to a local Korean middle school. We made some friends there, though we speak different languages and have different cultures. They taught us their language and shared their traditional snacks. I really hope to see them again.



Making our own soap



Learning to make Korean snacks in Korean secondary school



Korean students guided us to their school

Cheung Wai Hong | 5A

I learnt in every moment: learning the language of the Koreans, learning the technology of transporting natural gas, learning how to make kimchi and so on. All these experiences are unforgettable. Besides, I could apply the theories and the knowledge that I learnt from books during the trip. For example, in the workshop for making a bar of soap, with the guidance of the teachers, I could apply what I learnt from my chemistry books to the manufacture of soap. This was a fruitful trip. It helped me equip myself with practical experiences.

Sit Tik Hei | 5B

Another memorable event was the visit to a local Korean school. Despite the language barrier, the Korean students used body language to communicate with us. This showed their passion. Compared with our students, it is really a shame because few of us say 'Good morning' to each other. Courtesy is important.

Tsui Kit Chun | 5A

I learnt a lot from the Koreans, not just knowledge about science and technology, but also their attitude towards the environment. In some shopping malls and the Modern Pavilion, the escalators moved at normal speed only when there were people on them. The Korean government also forced stores and shops to keep room temperatures at over 26°C in summer. This shows the determination and perseverance of the Korean government and its citizens to protect the environment. Hong Kong people should reconsider whether we should sacrifice the beautiful nature just to satisfy our wants.

Fok Yin Kwan | 5B

In this trip we wore hanbok and learnt to make kimchi. We know that Koreans love hanbok and kimchi, even the young people. This means that Koreans keep their traditional culture very well, so I think Chinese people should learn from them. Some people think that Koreans are a little rude because they face a lot of stress. However, after this trip, I think Koreans are kind and helpful.

Wong Lok Tung | 5C

I treasured not only the time with my friends, but also the chance to learn more: making aromatic soap and kimchi, shopping in Dongdaemun, and visiting 3D Tricky Eyes Museum, Korea Gas and a local school. We learnt how to make soap, how natural gas is extracted and stored, and how to dance Gangnam Style. I met some girls from the Korean school, and we are still in contact with each other! For me, it is great to travel more as a way to widen my horizons. It is better than only learning from books. I am glad to have such a wonderful experience in my life.

Hui Ka Yan | 5A

I like visiting the 3-D Art Museum. I took lots of photos with my friends because the pictures were amazing. To sum up, it was a fantastic and memorable trip.



Kimchi young men



Beautiful Korean princesses





Rehearsal time!

活動名稱



International Wind Band Festival in Taoyuan 桃園國際管樂節

Date: 3-7/8/2013

Venue: Taoyuan, Taiwan

Co-organisers: Pingzhen City Centre,
Pingzhen Wind Ensemble Ji-yin Symphonic Band

Participants: 33 S.1-S.5 students

Teacher's sharing | Ms Law Nga Lai

Our school, SALEM - Immanuel Lutheran College, believes that music is a very important part of an all-round education.

As a music teacher at ILC, my mission is to provide a place for musicians of varying expertise to express their talents, learn and grow as performers and enjoy the company of other musicians.

To widen students' horizons, we went overseas for music interflow with other Asian countries last summer holiday. ILC's symphonic band, 29 students altogether, went to Taoyuan, Taiwan to participate in the 2013 Taiwan Taoyuan

International Wind Band Festival. We had a rewarding trip during this 5-day program.

As a teacher in charge, I was impressed with the students' conscientious attitude towards band music and teamwork. During their performance and sharing with students from a high school in Taoyuan, they showed enthusiasm for their music development in the future.

Moreover, students got to know our principal more by joining this activity!

Ma Pun Wang | 1C

The Taoyuan trip for the International Wind Band Festival was a very meaningful one because it enhanced the exchange between Hong Kong and Taiwan. Although it was very hot on the day that we performed, we didn't give up. The food was yummy and the local people were very nice. The students from the school that we visited were friendly. They didn't become angry with us even though we made mistakes (I knocked down a cup of green tea and the green tea spilt all over the mat). I was impressed with their friendliness. At the end of the trip, I wanted to live in Taiwan because it is a really nice place.

Chan King Tsz | 4A

This summer, I had a memorable trip in Taiwan. Our school symphonic band had a chance to participate in an exchange programme with other Taiwanese bands. We had two performances in Taiwan, one for the Taiwanese and the other for a symphonic band. After the conversation with the symphonic band, I found that even though they are facing the public exams, they still have to practise three times a week. Also they concentrated in every practice and performance in order to raise their standard of playing music. I was deeply touched by their conscientious attitude. I hope our school symphonic band can improve our standard of playing music and can even surpass them one day.

To Cheuk Hei | 4A

This summer holiday, I went to Taiwan with our school symphonic band to exchange with a band from a local school. I learnt a lot on this trip. I think our band learnt teamwork after this trip because we did many things together during the five days, including eating, sleeping, shopping and so on. I liked the local food because it was yummy. I bought many specialties for my parents and friends. I understood the importance of 'practice makes perfect'. The reason why the school which exchanged with us could have such a good performance was that they love music and their instruments. They play their instruments three days a week. After talking with them, my mindset was changed. Musical instruments are not for practice. They are made for people to play, to enjoy and to love.



Wong Jasen | 4A

Before the trip, I had no idea why I should spend \$5000 on the visit to Taiwan. It was a hot summer and I only had a little improvement in my instrument skill. However, after the visit, I felt that it was worth spending the time and money. Our band was not like a band before we went to Taiwan. We did not have a sense of belonging, and I often failed to attend band meetings. However, this trip changed the situation. Every night during the trip, we played card games together - seven people sitting together on the bed playing card games! Physically, it was very crowded and uncomfortable. However, we played with joy and laughter. Besides having more sense of belonging to the band, I learnt a lot during the trip. It changed my personality. I used to worry about trying new things, but now I don't. Although this Taiwan trip was not a good tour logically, this is the best trip I have ever had.



Visiting “自由廣場”

Band Chairlady and Senior Member



Making organic soap

Lam Hoi Yee | 5C

It was great to join the International Wind Band Festival in Taoyuan. The students in Taiwan were active and enthusiastic. We had a performance in their school and had a delightful day with them. Although our performance was not perfect, I was satisfied because we tried our best. After this trip, I found the passion in playing music, which I had lost.

Kwok Sin Yee | 5D

We, the symphonic band members, participated in the International Wind Band Festival in Taoyuan, Taiwan this summer. I was glad and excited as it was my last overseas trip organised by ILC. After this 5-day trip we had lots of changes. For instance, we were more punctual - we arrived at different venues on time. We worked harder after having interaction with the Taiwanese students. Compared with them, I think we were too lazy and did not practise hard enough. This is one of the most unforgettable trips in my life.

Visiting old town “十份”



Friendship forever!



Shopping with good friends





活動名稱



3rd World Youth Tchoukball Championships 第三屆世界青少年巧固球錦標賽

Date:	8-12/8/2013
Venue:	Kaohsiung Taiwan
Co-organiser:	Hong Kong China Tchoukball Association
Participants:	11 S.3-S.6 boys 10 S.3-S.4 girls

Teacher's sharing | Mr Chung Ka Wai

The five-day trip to Kaohsiung for Tchoukball competition was exciting and unforgettable.

First of all, I have two great colleagues, Miss So Wing Fun and Mr Leung Kwok Hung. We dealt with different issues during this trip, such as accommodation, travel, accidents and students' problems. I learned a lot from them and had a very pleasant journey with them. It is really a good PE team.

Also, I very much appreciate the active participation of students and their self-discipline. They managed their time well, participated actively in competitions, and had friendly chats with participants from other countries. I believe that this is a very good experience for them because it broadened their horizons and enhanced their interpersonal skills.

Finally, I want to thank the Lord for giving us a peaceful and joyful trip.



Boys' team and team from France

Wong Chun Ling | 4D

"Huh? What is Tchoukball?"

Lots of people have asked me this question over the past three months. In our summer holiday, we went to Kaohsiung, Taiwan to join the 3rd World Youth Tchoukball Championships. Many athletes from different countries took part in the competition. It was very much like a large party instead of a competition. To make new friends from different nations, we needed to speak different languages. Luckily, we can speak English, Putonghua, and a little Korean, "Ni-Hao!", "An Nyoung", and so on. We felt happy because we could make new friends with the languages we know.

All of us know that we have to be well-mannered and have good behavior if we want to be respected by others. Wearing a Hong Kong uniform means we represent Hong Kong, so we had to be well behaved.

In order to be a good athlete, we had strenuous workouts. There was a gala dinner after all competitions were finished. All the athletes could relax during the dinner. We watched folk dances from Nepal and India. What a great show! We danced, we sang, we laughed. There were lots of simple ways to find happiness in a foreign country. This was amazing.

Our Tchoukball team had a good time in Taiwan. The trip widened our knowledge. These days I can still remember the sights and sounds of Taiwan and also my new friends from different parts of the world!



Boys' team and team from Taiwan



Boys' team (At the airport)



Flag presentation



Girls' team (At the airport)



Chan Yat Yeung | 3C

The trip was an opportunity for me to learn a new ball game. Before I learnt Tchouckball, I had never heard of the game. It was a difficult sport for me at first. I learnt Tchouckball skills before the competition in Taiwan, and I played much better after the training. I made some new friends in the match. The most unforgettable time was when we had a match against France. We played happily together and took great photos after the competition. I feel glad to have taken part in this competition because I could make new friends from all over the world. If there is another competition for this sport, I will surely join it.



So Hoi Ting | 3A

During my summer holiday, I joined the Tchouckball competition in Kaohsiung, Taiwan. I am glad to have had this opportunity to compete with players from around the world. Although we only won 4th place, we treasure the training lessons in July. This event enriched my summer holiday and strengthened the friendships between teachers and teammates. Playing Tchouckball with my lovely teammates and those enthusiastic boys in Taiwan was an unforgettable experience. I hope that there is a Tchouckball team in our school next year!



Gala dinner



Start of competition of the girls' team

Wong Siu Wa | 4E

I'm glad to have joined this international competition. Through this competition, I learnt how to cooperate with my team members. I also learnt the importance of good communication and team spirit. I could cooperate with my team members well and strive for the best. Although we only got 4th place in the competition, we won friendship. We met a lot of friends from other countries including France, Korea, India and Taiwan. On the whole, this competition has increased my interest in Tchouckball and widened my perspective.

Leung Chi Yan | 4F

As I was the captain of the Tchouckball team, I played a very important role. I learnt a lot in this role. We boosted our morale by encouraging each other. This gave us a positive attitude, even when we were competing against Taipei, the champion of this game. It was important to learn how to respect others. Although we came from different countries, we showed our love and care in the competition. That was why we could make a lot of friends. Furthermore, I learned that practice does make perfect. I hope I can train myself hard to get better results - the championship - in future. To conclude, it was an unforgettable experience.



S.1-S.3 Activities

	ACTIVITY	DATE	PARTICIPANTS	TEACHER IN CHARGE
S.1	Tai Po Market Orienteering	23/3/2013	All S.1 students	Ms Leung Ka Yi
	Math Trail	25/3/2013	All S.1 students	Mr Lok Chun Fai
	Interviewing Tourists	26/3/2013	All S.1 students	Ms Chung Kok Shun
	Visiting Hong Kong Museum of Art (Self-study)	23-28/3/2013	All S.1 students	Ms Tsui Suk Yi
S.2	Tai O Cultural and Ecological Tour	25/3/2013	98 S.2 students	Ms Ho Mei Yee
	In - depth Cultural and Ecological Tour of Tai O	25-26/3/2013	40 S.2 students	Ms Tsui Suk Yi
	Impression of Central	27/3/2013	All S.2 students	Ms Hung Suet Yee
	Visiting Hong Kong Space Museum (Self-study)	23-28/3/2013	All S.2 students	Mr Chan Ka Fai
S.3	Exploring Cheung Chau	27/3/2013	All S.3 students	Mr Lo Shiu Kwok
	Leather Workshop	25/3/2013	15 S.3-S.5 students	Ms Chan Yuen Ling
	Career Planning programme for Teens	26/3/2013	All S.3 students	Ms Yung Yim Ling
	Science Field Trip (Self-study)	23-28/3/2013	All S.3 students	Mr Chan Ka Kui

Tai Po Market Orienteering

Teacher | Ms Leung Ka Yi

For only half a day, all S.1 students were involved in a competition, and S.3 and S.4 students were trained to help organize the activity and were stationed at different checkpoints. These were what I appreciated most. ✓✓



Math Trail

Teacher | Mr Lok Chun Fai

Relate the information in books to real life experience. ✓✓

Math Trail

1C | Lui Chun Ngon

After the activity, I understood that when I encounter difficulties, I shouldn't give up. I should stay calm, persevere and use resilience to complete the tasks. ✓✓



Interviewing Tourists

Teacher | Ms Chung Kok Shun

Students applied what they had learnt in the classroom to real life. Talking with foreigners boosted their confidence in speaking English. ✓✓

Interviewing Tourists

1A | Lam Hiu Yu

This activity not only improved my level of English, it also boosted my confidence in speaking English. I understand that if I am willing to take the first step, I will have the chance to succeed. ✓✓

Visiting Hong Kong Museum of Art (Self-study)

Teacher | Ms Tsui Suk Yi

There was a lot to see in the museum. The masterpieces were terrific. ✓✓

Visiting Hong Kong Museum of Art (Self-study)

1C | Chan Rita Wai Ki

In the museum, I saw Andy Warhol's Silver Clouds, which showed silver helium balloons floating in the air. From this, I learnt that artwork is not that boring. ✓✓



Tai O Cultural and Ecological Tour

Teacher | Ms Ho Mei Yee

The schedule was tight. Students enjoyed the whole trip. They liked the boat ride most because it was exciting and they could see white waves. ✓✓

Tai O Cultural and Ecological Tour

2A | Lam Disney

The boat trip was the most memorable experience because it was thrilling. I liked the two-hour guided eco-tour because the guide gave detailed explanations about different aspects of Tai O. ✓✓



In-depth Cultural and Ecological Tour of Tai O

Teacher | Ms Tsui Suk Yi

The scenery of the water village was breathtaking. The design of the stilt houses was unique. It was worth spending a night there. The local food was delicious. ✓✓

In-depth Cultural and Ecological Tour of Tai O

2C | So Pui Yu

I stayed in a Xanadu where there was no light and noise pollution for two days. I could finally slow down my hectic life. The most unforgettable activities were making salted egg yolk and white bean congee. I hope the traditional cultural features of Tai O won't be lost. ✓✓

Impression of Central

Teacher | Ms Hung Suet Yee

Students had to finish a report of their visit on the same day. They had to compile what they had seen. This deepened their impression of Central. The artwork added to the report could increase people's interest in reading it. ✓✓



Visiting Hong Kong Space Museum (Self-study)

Teacher | Mr Chan Ka Fai

There are no simulation games in school. The students enjoyed the simulation game in the museum. ✓✓

Visiting Hong Kong Space Museum (Self-study)

2D | Fung Wang Kin

This activity increased my interest in outer space and astronomy. I learnt how to work with my group mates to finish our project. ✓✓

Exploring Cheung Chau

Teacher | Mr Lo Shiu Kwok

What I appreciated most was the overall arrangement of the activity. In the morning, students completed the tour around the island collaboratively. The afternoon was free time for the students. They explored the island on their own to learn the culture of Cheung Chau. ✓✓



Exploring Cheung Chau

3A | Yeung Yin Hing

We walked along the steep and slippery paths uphill to find the designated attractions. We encouraged each other. On the way, what we heard most frequently was: "Take care!" This is a kind of caring that we seldom experience in the classroom. ✓✓



Leather Workshop

Teacher | Ms Chan Yuen Ling

Participants showed keen interest in the workshop as they signed up out of their own free will. Everything went smoothly because there were enough materials and tools for everyone to make the leather products. ✓✓

Career Planning Programme for Teens

Teacher | Ms Yung Yim Ling

The staff and materials provided by the co-organiser were adequate. The "Miniature Society" game was realistic. ✓✓



Career Planning Programme for Teens

3A | Lai Yee Chung Clement

From the activity, I understand that investments involve risks. Moreover, effort is needed in all professions to attain success. ✓✓

Science Field Trip (Self-study)

Teacher | Mr Chan Ka Kui

The activity gave students an opportunity to explore and unearth scientific knowledge. To my surprise, some students wrote down a lot of information they learnt by themselves in the worksheets they submitted. ✓✓

S.4-S.5 Activities

ACTIVITY	DATE	PARTICIPANTS	TEACHER IN CHARGE
Lai Chi Wo Ecological Tour	26/3/2013	All S.4 students	Ms Cheung Shui Lin
Tai Po Heritage Exploration and Guided Tour	25/3/2013	32 S.4 and 28 S.5 Chinese history students	Mr Mak Hung Cheong
Visiting EcoPark	25/3/2013	38 S.4 Chemistry students	Mr Chio U Kim
Guided Indie-Film Appreciation (Fresh Wave)	27/3/2013	110 S.4 students	Mr Wong Chun Man
Walled Village Historical Excursion	28/3/2013	14 S.4 History students	Mr Wong Hiu Lung
S4 Exploring Hong Kong Wetland Park (Self-study)	23-28/3/2013	88 S.4 Biology students	Ms Ho Shun Chuen
Visiting infrastructure Hong Kong : Three Major Bridges	25/3/2013	32 S.5 Physics students and 16 Other S.4-S.5 students	Ms Yung Yim Ling
Visiting the Science Faculty of HKU	27/3/2013	24 S.4 Geography students 29 Biology students and 5 other S.4-S.5 students	Ms Yung Yim Ling
Leather Workshop	25/3/2013	15 S.3-S.5 students	Ms Chan Yuen Ling
Guided Tour of the Legislative Council Complex and the Supreme Court	26-28/3/2013	134 S.5 students	Mr Ng Wai Keung
Thanksgiving Volunteer Service Scheme	26-27/3/2013	131 S.5 students	Ms Lam Yung Chi
S5 Tai Po Heritage Exploration and Guided Tour	25/3/2013	32 S.4 and 28 S.5 Chinese history students	Mr Mak Hung Cheong
Visiting infrastructure Hong Kong : Three Major Bridges	25/3/2013	32 S.5 Physics students and 16 other S.4-S.5 students	Ms Yung Yim Ling
Visiting the Science Faculty of HKU	27/3/2013	24 S.4 Geography students, 29 Biology students and 5 other S.4-S.5 students	Ms Yung Yim Ling
Leather Workshop	25/3/2013	15 S.3-S.5 students	Ms Chan Yuen Ling

Lai Chi Wo Ecological Tour

Teacher | Ms Cheung Shui Lin

Orienteering was an interesting activity. It not only enhanced students' collaborative and problem-solving skills, it also raised students' awareness of ecological concerns. ✓✓

Lai Chi Wo Ecological Tour

4C | Cheong Suet Ling

I found that things that surrounded us were all treasures. The roots of the ginkgoes were eye-catching. Most of them curved like noodles but some were flat and thin. They were like God's craftwork. ✓✓

Tai Po Heritage Exploration and Guided Tour

Teacher | Mr Mak Hung Cheong

S.5 students could explore the historic sites and give S.4 students relevant explanations. Aside from learning, S.5 students could have a try on being a guide. ✓✓



Tai Po Heritage Exploration and Guided Tour

4D | Chan Tsin Sing

At the Tai Po Train Museum, S.5 students led us to see the models of early year trains. They looked funny! We went on the train to feel how people in early years travelled on the train. ✓✓

Visiting EcoPark

Teacher | Mr Chio U Kim

Through visiting St. James' Settlement WEEE GO GREEN EcoPark, students learnt more about how old household appliances were recycled and reused. ✓✓



Visiting EcoPark

4C | Yiu Pui Kwan

There were some decorations made of discarded materials in the park. Some of them were made of components of electrical appliances. Through the visit, I learnt how to be more eco-friendly. ✓✓

Guided Indie-Film Appreciation (Fresh Wave)

Teacher | Mr Wong Chun Man

With an honorable guest presenting to them, students paid close attention and found the talk to be a quality learning experience.

Guided Indie-Film Appreciation (Fresh Wave)

4C | Ng Man Wai

From the film, I learnt that small details can bring out a very important message. I will think more carefully before I act and pay more attention to details. ✓✓

Walled Village Historical Excursion

Teacher | Mr Wong Hiu Lung

The on-site visit, with the introduction of the history of clans being conducted in the walled village, increased students' interest and curiosity in learning history. ✓✓

Walled Village Historical Excursion

4E | Chan Lok Yiu

I learnt more about the culture of people who live in the walled village. For example, the children who live in the village receive a big red packet if they visit their ancestors. ✓✓

**Exploring Hong Kong Wetland Park (Self-study)**

Teacher | Ms Ho Shun Chuen

There was much flexibility in the activity as the day of visit was decided by the students themselves. Through the visit, students understood the importance of environmental protection for themselves and the next generation. ✓✓

Exploring Hong Kong Wetland Park (Self-study)

4C | Lai Sin Yiu

During the visit, we were surrounded by many green plants and flowers. It was the most beautiful image I have ever seen. This time I had a chance to know more about our environment and how to protect it. ✓✓

Visiting infrastructure in Hong Kong : Three Major Bridges

Teacher | Ms Yung Yim Ling

Students could see the detailed structure of the three major bridges. They showed interest in exploring knowledge outside the curriculum. They could hear the sharing of authorities in this field, who gave very clear explanations of the bridges. ✓✓

Visiting infrastructure in Hong Kong : Three Major Bridges

5A | Tang Hong Yin

I learnt a lot of physics theories from the briefing session of the activity. From the session, I learnt that the physics theories which I learnt in school can be applied in our daily life. ✓✓

**Visiting the Science Faculty of HKU**

Teacher | Ms Yung Yim Ling

Students visited the geological museum. The exhibits and collection provide outside-classroom learning opportunities in Earth Science.

Visiting the Science Faculty of HKU

4F | Siu Lok Ting

I understood more about nature and the evolution of our planet. The activity inspired me to appreciate the dynamic natural world of Earth Science, its research and application in our daily life. ✓✓

**Guided Tour of the Legislative Council Complex and the Supreme Court**

Teacher | Mr Ng Wai Keung

Students observed a court in session and understood the importance of rule of law. Sharing with people in the legal profession widened their horizons. ✓✓

Guided Tour of the Legislative Council Complex and the Supreme Court

5F | Chan Sin Yee

We learnt about Hong Kong's legal system through asking questions. Asking questions is a chance for us to think more. We could sit in the court and ask questions about the court. It was more serious than what we see on TV. ✓✓

**Thanksgiving Volunteer Service Scheme**

Social Worker | Ms Lam Yung Chi

What I appreciated most was teachers' effort in maximizing students' learning. ✓✓

Thanksgiving Volunteer Service Scheme

5F | So Ching Yi

I learnt that even a little effort can make a big difference. We should lend a helping hand to the needy, regardless of rewards. ✓✓

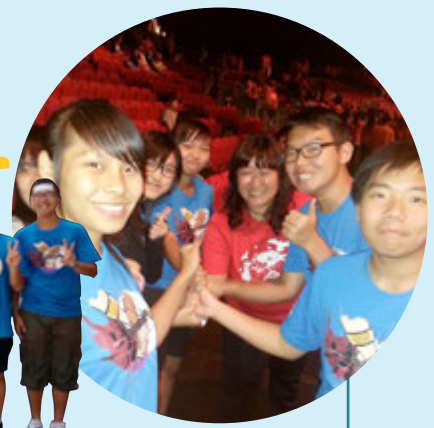


Moral Education

2013 4C Rendezvous

Date: 5-8/8/2013
 Venue: Asia Expo
 Co-organizer: Ladder Mission
 Participants: 20 S.2-5 students

Spreading the message of love to people on the busy street



Interactive games at night gathering

Teacher's sharing | Mr Kwan Wai Pong

4C 2013 Rendezvous, a 4-day event in August 2013, gathered over 5000 teenagers to have exciting activities in the biggest indoor arena in Hong Kong - Asia Expo. More importantly, it was an evangelical program. "4C" represents four core concepts: Courage, Care, Commitment and Christ. It is not just an acronym. It reminds us to take part in the games, the city hunt and the gathering sessions at night with courage, care and commitment in Christ.

I am grateful to have had a chance to lead a group of S.2 students to participate in 4C this year. In fact, it was my third time to join 4C. I was quite anxious before the event because I was going to meet students whom I didn't even know. But God's work always surprised us. Our group had strong support for each other during the night of "Care" and most were committed to following in the footsteps of Jesus after the event! God works wonders. I hope more ILC students can share the same experience in future.



2013 4C
(Courage, Care,
Commitment, Christ)
in Asia Expo

† Chan Ying Ching 4E

This year's 4C Camp was a successful one, and I gained a lot. The first time I knelt down and sang hymns to God, I received confidence in God and myself. I remembered that I am living in His love as I have lots of friends. The people who support me and His great love make me strong. I thank God for leading me to 4C Camp, to feel His love and my friends' love as well as my family's love. 4C is really a worthwhile experience for us. I hope that next year, as a leader of the 4C team, I can bring more students to 4C Camp.

† Chan Lok Yiu 4E

This is the second time I have joined 4C Camp. Last year, I joined this activity with friends from my church. I found it a meaningful and brilliant event because it awakens teenagers' care and concern for the needy in Hong Kong. It is also a good chance to let the needy know more about our God. Therefore, I tried to promote this activity to my teachers. Happily, the school accepted my suggestion! Last year, I was only a team member. However, this year there was a big difference in my role. I was the team leader. It was a great challenge for me because I had to lead the whole team to complete the tasks instead of following the instructions of my team leader. I thank God that I could tackle all the challenges. I built a better relationship with my teammates and was a witness for God to the non-Christians. Through this activity, I understood the importance of the leader's role and work, and the plan of the Lord for everyone. This was really a great experience for me.

† To Pui Man 5E

I experienced God's love and grace in 4C. I was deeply touched during the night gatherings. When I prayed, I got close to God and I felt relaxed. I felt free and happy when we worshiped God in the Asia Expo Arena. From the testimonies of the guests, I knew the Lord's power once again and it strengthened my faith. I enjoyed the four night gatherings very much. It was enriching because my personal values were confirmed. I know everyone in Jesus Christ is precious, unique and beautiful through 4C. In addition, I dared to live as myself after 4C. Before I joined 4C, I focused a lot on others' opinion of me. Now I have the courage to express my own views and feelings. I became more optimistic, happy and positive in my emotions after participating in 4C. I learnt to cooperate and help others through the 4C activities. Overall, I think 4C is a very meaningful platform for young people to experience God's love.





Moral Education

2013 Green Adventure to Kenya 仁愛堂極地之旅 — 肯亞

Date:	15-25/7/2013
Venue:	Kenya
Co-organisers:	Yan Oi Tong, School of Biological Sciences of the University of Hong Kong and Environmental Protection Department of HKSAR
Participant:	4C Law Cheuk Ying

Through training and study tours, students developed a positive attitude towards life and exercised problem-solving skills. The trip encouraged students to try and broaden their horizons through first-hand experience of unfamiliar customs and practices.

During the expedition to Kenya in East Africa in mid-July, the ambassadors carried out an ecological study in the field for more than 10 days. They collected data and analysed it. In addition, the ambassadors had close contact with the "Five African Kings", personally witnessing the great migration of animals in Africa. They learned how human interaction with the environment might pose threats to animal migration routes. The ambassadors also participated in programs involving cleaning the mountains and other community service projects. They had cultural and environmental exchange with local students. These activities gave them the chance to experience the unique culture of East Africa.

Law Cheuk Ying



This year I joined the 2013 green adventure programme with special thanks to my school, teachers and friends who supported me a lot.

The safari drive was the part that I looked forward to most since Kenya is well-known for its great biodiversity. Our jeep went very fast on the endless savannah, surrounded by groups of animals. During the trip, we went to Lake Nakuru, also known as "The Paradise of Flamingos". However, global warming has caused unusually heavy rain. The rise in water level has discouraged flamingos from going there. This makes me realize that our lifestyle causes global warming, and has seriously affected innocent wildlife. I hope we can change our way of life to reduce global warming.

This amazing trip has broadened my horizons. I never thought that I could set foot in Africa at the age of 16. It was definitely a fabulous and unforgettable experience!

2013

March 4

Deadline for application

March 16

Briefing for 100 ambassadors

April 2

Training for 100 ambassadors

April 5

Submission of a "promotional plastic recycling volume label"

April 6

Interview day for 100 ambassadors

April 13

Training for 100 ambassadors

Mid-April

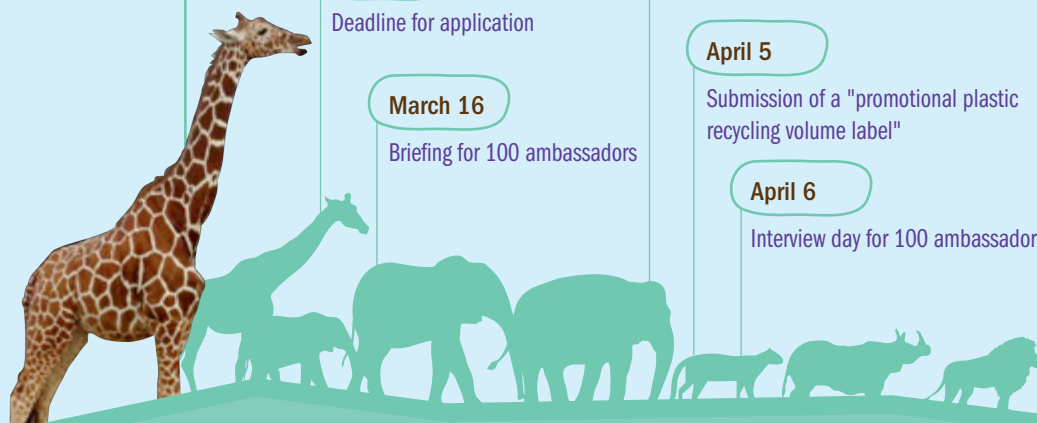
Results for selected ambassadors

Early April to early July

Briefings and training activities

Mid-July

Study tour





Moral Education

2013

香港青少年軍事夏令營 Military Summer Camp for Hong Kong Youth

- Date: 14-28/7/2013
 Venue: Gallipoli Lines (Fanling Barracks)
 Co-organisers: Concerted Efforts Resource Centre,
 Chinese People's Liberation Army Forces Hong Kong
 and Education Bureau of HKSARG
 Participants: 3D Wong Tsz Kin and Fung King Shing



This summer camp aims to provide discipline, training and talks so as to develop morality and leadership potential among students, and to foster their endurance, self-discipline, compliance and spirit of unity. It also provides the opportunity for students to experience the daily life of the Chinese People's Liberation Army Forces Hong Kong, to acquire basic military knowledge and skills, and to enhance their knowledge on national defense. Students need to have good conduct and physical fitness and be able to communicate in Putonghua.

Our school won two places among 150 male students and 110 female students at the camp after two selections.

3D Wong Tsz Kin

This summer camp lasted for 15 days. At the camp, there were different kinds of training, such as marching and shouting. At the beginning, I found tidying up the room where we were staying hard work. However, after some time, it became my habit. As it was my first time to stay in barracks, I was excited to see and experience many "new" things such as people, buildings and a different pattern of living. All in all, I had lots of fun at this camp and it was really a good experience for me to learn and try new things.



3D Fung King Shing

During this summer holiday, I went on a camp organised by the Chinese People's Liberation Army Forces Hong Kong. I stayed in the camp for fifteen days. At the beginning of the camp, I missed my home very much because I could not go back home. I often said, "I want to go back home." After a few days, I started to enjoy the time in the camp. I didn't say that I wanted to go back home anymore. On the last day of the camp, I missed everything at the camp. I cried. Other participants cried, too. During the camp, I learnt a lot of things. The most important thing I learnt was respect. Now, I know that if I want someone to respect me, I need to respect that person first.



Career-related Experience

Interview Techniques

Date	29/4/2013
Venue	School hall
Speaker	Student from the University of Hong Kong
Participants	All S.5 students



Cedar Yang | 5C

During the Day 3 assembly on 29th April, I had a chance to be the MC of the talk on interviewing skills. My job was to introduce the speaker, Mr. Dicky Cheung, to students and to assist him. Before the talk, my partner and I had a chat with him. During the talk, he spoke about how to prepare and what should be noted in an interview such as what to wear and how to answer some difficult, tricky questions. The talk taught us a lot, especially interviewing skills which we have never learnt about in lessons. I benefited a lot from the talk and I hope there will be more talks of this kind for us.



Visiting infrastructure in Hong Kong: Three Major Bridges

Date	25/3/2013
Venue	IVE (Tsing Yi campus), Ting Kau Bridge and Lantau Link Visitors Centre
Organizing body	Careers Guidance Unit
Participants	33 S.4 and S.5 students

Ku Tin Tsan | 5A

Tsing Ma Bridge, Ting Kau Bridge and Stonecutters Bridge are the three most famous bridges in Hong Kong. Luckily, I could learn from an experienced civil engineer during this trip. There are two types of bridge structures that are widely adopted by the engineers. The first one is called cable-stayed. Ting Kau Bridge and Stonecutters Bridge belong to this group. They are not expensive to build, but they require small-scale reclamation to form artificial islands to build pillars. Tsing Ma Bridge is the second type. The double-decked suspension bridge costs more money, yet it is also more environmentally friendly.

Teacher's sharing | Ms Yung Yim Ling

The Career Guidance Unit encourages students to make educational and career choices that are congruent with their personal qualities. In order to enhance students' self-understanding and develop their interpersonal and life skills, a wide range of programs are provided for them. The programs include visits to academic, industrial or commercial organizations. They offer guidance to help students understand their aspirations and abilities and plan their career path and equip students with interviewing skills, communication skills, decision making skills and correct work attitude. They also arrange career-related experience activities such as volunteer services and work trial, and disseminate information on further education and vocational training opportunities.

During the Life-wide Learning Days, a visit to the Faculty of Science at the University of Hong Kong was held on 27th March, 2013. Additionally, a visit to the Ting Kau Bridge and Lantau Link Visitors Centre was arranged on 25th March, 2013. Students were amazed at the great infrastructure of Hong Kong. To help our senior students prepare for interviews, a talk was arranged on 29th April, 2013 during the S.5 Form Period.

Visiting the Faculty of Science at the University of Hong Kong

Date	27/3/2013
Venue	University of Hong Kong
Organizing bodies	Faculty of Science, HKU (external) and Career Guidance Unit (internal)
Participants	56 S.4 and S.5 students

Chui Ho Yam | 3D

First, we attended a talk on admissions and another talk about health and medicine. These gave us a better understanding of the study of science, curriculum requirements and the selection of courses in the Faculty of Science. When visiting the School of Biological Sciences. We saw different specimens of animals, insects and aquatic organisms. The researchers introduced advanced technology, world-class facilities, and the procedures of investigation. These widened our horizons and enriched our knowledge of biology.

In conclusion, I learned a great deal from this visit. This experience is precious to us as we can know more about the University of Hong Kong.

Aesthetic Development

合唱學生領袖訓練計劃 A Cappella Concert 2013

Date: 9/2012 - 8/2013
Co-organizer: The Hong Kong Federation of Youth Groups
Participant: 5C Chan Yeung Sum

Chan Yeung Sum 5C

Last year, I attended an audition for an A Cappella (singing without any instruments as musical accompaniment) course. Fortunately, I was recruited as one of the nine members among hundreds of competitors. Although it was really tough to attend classes that ended at 9pm every Tuesday in Tsim Sha Tsui, it brought me a new appreciation of music. Indeed, it was great fun. In the course, we learnt how to sing in harmony. We also learnt vocal percussion, which was my favourite part.

In addition to musical knowledge, I also learnt how to play a minor role in a group. In the past, I was chosen to sing the leading part on lots of occasions. However, this time, I was arranged to sing the accompanying part.

Frankly, this made me feel frustrated. But when I was on stage, with a microphone on my head, I realized how much fun the bass part of the song could be. The stage was vibrating just because of my voice. I understood that each part of a song is meaningful. No part is less important than the others. The most vital thing was learning how to treasure my own role and how to be a good company of the lead.



I Love Musicals

Date: 12/2012 - 5/2013
Co-organizer: The Hong Kong Civic Education Foundation Limited
Participant: 6D Tsang Lok Yan

Tsang Lok Yan 6D

I was the pianist in 'I Love Musicals' staged in Sha Tin Town Hall on 29th August. The show was indeed interesting. During the rehearsals, I learnt how to cooperate with others. All of the members from the choir were employed adults. Some of them were teachers. I learnt a lot from them as they have different professional experiences.

There were only three members in our band: me and a musician who played the electric bass and another musician who played two synthesizers. The most unforgettable thing was that I could play the piano using my improvisation skills. We played jazz before the concert started. There were 25 pieces to play. It was undoubtedly a long program. Some of the solo singers were children on that day. Being an accompanist for them was an exciting experience as I had to be sensitive in every situation. They would make mistakes if they were nervous, but they sang very well! Although I was exhausted after the show, it was still very meaningful to me. One thing that I must mention is I have never thought that my photo could be shown in a brochure!



Physical Development

A.S. Watson Group Hong Kong Student Sports Awards (2012-2013)

Date:	18-22/8/2013
Venue:	Ninghang, China
Co-organizer:	A. S. Watson Group Hong Kong
Participant:	5F Leung Ho

The A.S. Watson Group Hong Kong Student Sports Awards (HKSSA) aims to provide recognition and encouragement annually through school's nominations. Our school nominated one student who had outstanding performance. He demonstrated passion and good sportsmanship. He was able to build a more vibrant culture in school and help improve citizens' health.



The objectives are:

- 🏆 to recognise students who have demonstrated talent, potential and good sportsmanship;
- 🏆 to recognise the initial achievements of students in sports and, by doing so, give them encouragement;
- 🏆 to encourage young people to take part in worthwhile physical activities for developing a positive, active and healthy lifestyle; and
- 🏆 to promote school athletic culture, and build a healthy young generation for the community.

Leung Ho

5F

I had an enjoyable and meaningful time during the holiday. I met some of the national athletes of China. The most impressive thing was that we had a chance to meet them face to face. We also visited the Xianlin Sports Base. To my surprise, their training was very hard. For me, it was an impossible mission. I really admire them because I don't think I could endure that kind of training. During the trip, my horizons were widened. I would like to join another trip like this again.



Physical Development

Tai Po District Dragon Boat Races 2013

Date:	12/6/2013		
Venue:	Tai Po Waterfront Park		
Participants:	Staff	<i>Chung Ka Wai</i> <i>So Wing Fun</i> <i>Leung Kwok Hung</i> <i>Chan Ka Kui</i> <i>Lo Chung Yan</i> <i>Chan Ka Cheong</i>	<i>Leung Ka Yi</i> <i>Katie Huebner</i> <i>Tony Tong</i> “友哥” <i>Panda</i>

Alumni Students



Before the race



Principal with PE teachers

Teacher's sharing **Chung Ka Wai**

I must say it was an unforgettable experience. I never thought we could form a team like that – a team with staff, students, alumni and even an evangelist! Intensive training three times a week was tough, but it was worth it. I really enjoyed facing this challenge with all of them.

I remember that there was a thunderstorm on a day when we needed to have practice. My teammates insisted on doing the training despite the bad weather. I really appreciate their stamina.

I would like to thank Principal Wong, Miss Wut Pui Fun, Mr Ng Wai Keung, Miss Ho Fung Ying and Miss Tsui Yuk Yi, who showed up to support us during our training and competition.

Finally, I want to thank God for letting me enjoy such great happiness in my first year of teaching at ILC.



Our makeup artist



Beautiful makeup

Teacher's sharing **Katie**

One of the traditions I most enjoyed while living in Hong Kong was the dragon boat races. I not only learned paddling techniques and commands, but I also learned to rely on my teammates since they had to translate the coach's instructions for me. It was such a joy to learn from my teammates and to share laughs with them. Every time I think about the hard work we did at practices and the excitement of race day, I smile. It was challenging but rewarding. I'm blessed to have these memories that will last a lifetime!

Titans Tam

2008
GRADUATE

This was my first time to join an ILC dragon boat team. It was indeed a wonderful experience, since we spent so much time together, both on and off the boat, providing each other with support and encouragement. It is actually a team sport. No one could be a superstar and we could only progress together as a team. Let's all work hard to make each other better and put together an even better team for ILC in future!

On the dragon boat



2012
Yeung Tsz Yan GRADUATE

Dragon boat racing is a traditional Chinese festival activity. It was my honor to be given the chance to join this year's dragon boat race on behalf of ILC. It was my first time to get in touch with dragon boat racing. I realized that cooperation between teammates was indispensable for this sport, much more important than individual strength. The ILC Dragon Boat Team had extremely high morale and team spirit. Everyone practised wholeheartedly. All of us enjoyed ourselves a lot throughout the process. The experience reminded me of a quote from Margaret Carty, "The nice thing about teamwork is that you always have others on your side." I believe that's the best part of dragon boat racing.



Team members

2013 · 6A
Kwok Ting Yi GRADUATE

Different from other sports, dragon boat racing requires both endurance of individuals and cooperation between teammates. Unlike football matches, athletes on the boat cannot have a rest once the competition has begun.

Even when you get tired, you cannot stop rowing because this will affect the whole team. The speed of the boat will greatly slow down. We have to be considerate and persevere till the end. This is the most valuable thing that I learnt during the race.



Coach with PE teachers



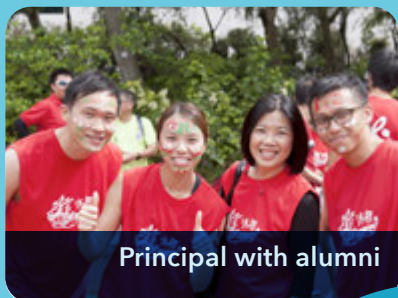
Ready to go



After the race



Support from students



Principal with alumni



Training at Sam Mun Tsai

**WE ARE
A TEAM!**



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