



OPPORTUNITIES FOR STUDENTS TO FIND THEIR OWN NICHE



ALL-ROUND EDUCATION WITH AN INTERNATIONAL OUTLOOK





Serbia and
Hungary



*History Tour to Serbia and Hungary
24 July to 2 August 2019*



LEARNING OBJECTIVES

Many of the important topics in the history syllabus such as the calamity of the First World War, the Second World War and the local wars in the 20th century can be found in the upheavals faced by Serbia and Hungary. The tour to the Eastern Europe provided a unique learning experience outside the classroom for students to see and apply what they have learnt in the textbook to real life, and enquire about the past. At the same time, participants can understand the social controversies brought about by the changes in these cities in the past controversial decades in an impartial and empathetic manner. Upon visiting the attractions designated as World Heritage Sites, students now have the capacity to appreciate, and more importantly, respect the diverse cultures of cities, as well as to evaluate the heritage preservation policies and other controversies here in Hong Kong.

Alongside sightseeing, participants were frequently engaged in various discussions and presentations through which they were prompted to think and challenge their presumptions about different historical events and other current hot issues. Thus, they are now more capable in thinking critically, solving problems wisely, and making appropriate decisions accordingly.



STUDENTS' REFLECTIONS

The History Tour was different from previous study tours I have attended as the destinations were two uncommon choices for Hong Kong visitors but were of significant historical and cultural value. Among all the spots we visited, I was most interested in the Hungarian Parliament in Budapest, which is an important symbol of Hungary. During the guided tour, I learnt about the history of the Austro-Hungarian Empire and its involvement in the two World Wars. The visit also gave me a different perspective on understanding the political system of Hungary, and even other European political systems, deepening my understanding and knowledge of the twentieth century.

The tour also gave me an opportunity to compare the two countries. Having become a member of the European Union since 2004, Hungary is more advanced in its economic and social development in my opinion while Serbia is not. Yet, the buildings of both Serbia and Hungary were equally magnificent and attractive, explaining why thousands of tourists flock to the countries every year. On the other hand, our visit to Serbia and Hungary gave me first-hand experience in witnessing the appalling and irrecoverable impacts of the two world wars. It was an absolutely enjoyable journey for me to inquire about the history, society and politics of the two central European countries.

Hayden Cheung 4D



STUDENTS' REFLECTIONS

During the summer vacation, we stepped out of the classroom and paid visits to different museums in Serbia and Hungary with the goal of acquiring knowledge about the local history there. For me, learning history is tantamount to the pursuit of becoming a better person as our knowledge of the past would allow us to make better decisions in the present day. For instance, the collective effort in reconstructing Serbia after the NATO bombing in 1999 spoke to me that unity will triumph over anger and hatred.

Besides, while the practice of complaining may have become a prevalent habit of our generation and even the society, the trip reminded me to be more understanding and not to take everything for granted. Indeed, words alone would be insufficient in depicting what a wonderful time I had in Eastern Europe, when every moment was valuable and is something I treasure. I hope the friendships I established, the memories I have made and the lessons I have learnt will continue to be an integral part of my future.

Jeff Chan 6A



STUDENTS' REFLECTIONS

CITY TOUR



The ten-day History study tour to Serbia and Hungary was definitely an unforgettable and fruitful experience for me. Prior to this once-in-a-lifetime tour, I did not know much about the two main cities where we were going, Belgrade and Budapest. The only piece of information I knew about Serbia was the assassination of Archduke Franz Ferdinand, which was the event that directly led to the outbreak of the First World War. I felt nervous, yet excited when I got the chance to visit and explore these historic European countries. During our stay in Hungary and Serbia, we visited not only different magnificent churches and museums such as the Nikola Tesla Museum and Matthias Church, but we also went to villages such as Hollókő, a designated UNESCO World Heritage site since 1972. Every detail there, such as the paintings and statues, was stunning and the architectural styles and features were bewildering. Through the explanation by tour guides and walking tours, I have gained an in-depth understanding of people's lives and difficulties in Serbia and Hungary in different periods and they also mirrored to the visitors the scourges of wars.

We were able to obtain a comprehensive view of the two countries we visited thanks to our tour guides from Serbia and Hungary. In addition to taking good care of us, they also provided us with a tremendous amount of information about their countries including their histories and languages, treated us with traditional candies of Serbia and Hungary, and they even brought us to places that were not listed on the itinerary.

Times flies and the 10-day history study tour went by very quickly. Not only did I learn more about Serbia and Hungary in general, the two countries which are less popular among the Hongkongers, but I have also gained some understanding about my classmates from our memorable experience. I am grateful that I had a chance to visit and explore these two pretty cities and I literally look forward to the next trip. Last but not least: Are you hungry? Yes, because I am a Hungarian!

Paco Chan 5C



TEACHER'S REMARKS

Textbooks do not make history but people do. To study history is to understand the human conditions of conflict and resolution, bias and objectivity, facts and emotions, humour and absurdity. The history study tour to Belgrade, Novi Sad, Szeged, Ópusztaszer, Budapest, Tihany, Balatonfüred, Hollókő, and Szentendre of Serbia and Hungary had supplemented the flags, portraits and photographs from the classroom. Students made astute observations on the conflicts and legacies abound at the sites, the cuisine they had and the ethnicity and attitude of the people they encountered. Their reflections will be subsequently published in the booklet called “Storytellers” by the History Department.

This history tour would not have been possible nor as fruitful without the College’s support and the help from our guides Andrea and Željko, the hard work of the teachers in organising the tour as well as the students’ attentiveness and self-discipline. As mentioned, to study history is to understand the human condition. There were far more lessons learnt which cannot be found in textbooks in these ten days: ones of personality, friendship, patience, preference, tolerance, kindness, and so on and so forth. These histories, big or small, spoke to us in their own unique ways — which is, after all, more important.

Miss W.S. Wong



London



LEARNING OBJECTIVES

The programme aims at helping F.1-F.2 students:

- To increase their confidence and fluency in using English
- To learn to interact with and obtain information from people in an international environment
- To experience a different lifestyle in the home of a British family
- To understand and appreciate the cultural differences between two countries
- To have a better understanding of the British culture through visits to various cultural and historical sites in London





STUDENTS' REFLECTIONS

"The host family treated me as their son and tried every way to include me in their lives and offer me help when needed. The accompanying teachers were caring and friendly."

"The course instructors were professional and sincere. I could acquire language skills and experience local British culture through a great variety of excursions and language activities."

"I could build confidence and independence, develop communication skills and team building skills."



TEACHER'S REMARKS

The tour was an inspiring and fruitful programme filled with a wide range of excursions and language activities. Our students experienced English culture first-hand, stayed with local English families and spoke the language every day. The tour has definitely broadened the horizons of our boys, but most important of all, they experienced the culture authentically and learnt to communicate in English more effectively.

Miss L.K. Chan

Thorntons





Iceland

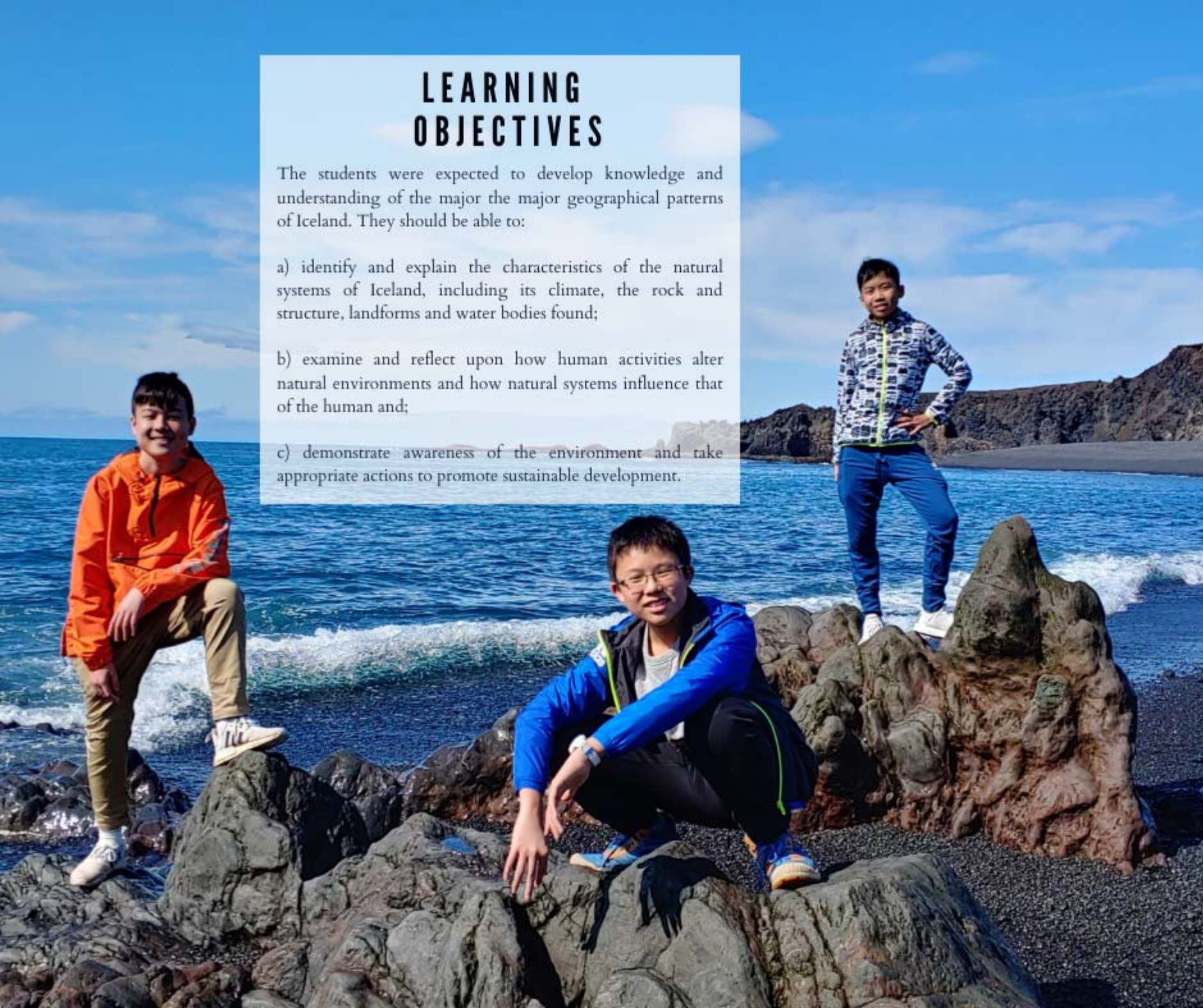
Geography Tour to Iceland
16 July to 25 July 2019



LEARNING OBJECTIVES

The students were expected to develop knowledge and understanding of the major geographical patterns of Iceland. They should be able to:

- a) identify and explain the characteristics of the natural systems of Iceland, including its climate, the rock and structure, landforms and water bodies found;
- b) examine and reflect upon how human activities alter natural environments and how natural systems influence that of the human and;
- c) demonstrate awareness of the environment and take appropriate actions to promote sustainable development.





STUDENTS' REFLECTIONS- FOREST

There were a lot of trees that were tall and were mainly pine and spruce in the forest. The footpath was rocky but to our surprise, there was absolutely no rubbish in the forest. The environment was clean and the air was extremely fresh. There were blueberry shrubs everywhere and its fruit tasted fresh and sweet. I ate them without washing them. I picked up some of them in a bag and brought them back to Hong Kong.

John Ho 1F

There are three special features that I have learnt about the forests in Finland. First, even if the forests are on private land, people can still enter to pick berries, mushrooms or even fish in the streams. Private owners are not allowed to stop them from doing so. Second, trees that have died or collapsed are left in the forests and will not be removed. It is because the trunks of dead trees and wood can provide suitable habitats for different creatures to maintain a high level of biodiversity there. Third, the forest floor is covered with thick layers of moss which helps trap the water into the soil. It felt like stepping on sponge when we walked on it!

Erik Yau 4D

STUDENTS' REFLECTIONS- GLACIERS

I liked visiting the ice cave in the glacier the most because the colour of the ice was bright and charming. The layers of blue and brown in the ice is actually caused by the frozen water and dust that had fallen onto the land. Moulins, vertical shafts with meltwater entering were, meanwhile, very dangerous natural traps in glaciers that we cautiously avoided while exploring the glacier.

Skarloey Lee 1D

Going to the Langjokull Glacier was the most memorable experience of this trip. Glaciers were formed when the accumulation of snow and ice exceeded ablation. It was interesting to know that the water Icelandic people drink in fact comes directly from the glacier. We rode an 8-wheeled monster truck on the glacier. We had to wear very thick coats in order to keep ourselves warm. It was sad to know that the glacier shrinking in size every year and will disappear in the next century. The world should work harder together to stop global warming.

Ocean Cheng 1F



STUDENTS' REFLECTIONS- PLATE BOUNDARIES



It was the first time I came across real plate boundaries as we stood between the North American plate and the Eurasian plate. It was phenomenal to be able to touch the walls of the plates!

Enoch Lau 5B

The scenery at the plate boundary was magnificent. The land was low at the centre with many lakes at the locations of major fissures. Even though the plate boundary only stretches 2 cm each year, after millions of year, the zone has spread over 10 km wide. I was truly amazed by the great effect of plate movement on the natural landscape.

Harold Fung 4D

STUDENTS' REFLECTIONS- WATERFALLS

I like waterfalls the most. In Iceland, the waterfalls we visited were huge and beautiful and they all came in various forms. The Hraunfossar Waterfalls were formed by faults whereas the Gullfoss Waterfall was formed when the retreat of the upper course created a deep gorge of over a hundred acres. The Seljalandsfoss Waterfall has its back wall cut so deeply that we could walk behind it and experience up-close the great power of the falling water and got soaking wet by the spray!

4D Harold Fung





I have learnt about how resources found in the geothermal fields are used in Iceland. Hot steam is collected to drive the power turbines in the geothermal power stations. After that, the electricity generated is distributed to cities. Concurrently, hot water is sent to the cities to warm the streets and houses. Also, the water in geothermal fields is also used for recreational purposes that supply water to the famous tourist spot Blue Lagoon and other hot springs.

Harold Fung 4D

STUDENTS' REFLECTIONS- GEOTHERMAL AERAS



The lava tube tunnel adventure was interesting. We had to wear helmets equipped with a small light because the tunnel was dark and the ceiling was very low. We bent and crawled all the way. When we came to a stop and switched off all the lights, we immediately saw nothing but were able to hear the sounds resonating in the cave.

Yui Lo 5B



STUDENTS' REFLECTIONS - ENVIRONMENTAL LESSONS

Hong Kong can learn from the approach of Iceland with regards to using renewable energy. Although we do not have natural geothermal fields, our government can do more in supporting the development of clean energy. Our government can also do more in protecting nature just as the Icelandic government has done to protect the moss cover on the open fields along the highways.

Adrian Chan 5B





TEACHERS' REMARKS

Iceland is really an incomparable destination for geographical investigation. The students could view closely and even physically touch many features they used to only read about in books. Sometimes on the road it was raining so heavily that the teachers were afraid that some of the planned visits had to be cancelled. Nevertheless, heedless of the inclement conditions, the students ran headlong into the rain, running and taking photos, with no complaint whatsoever.

Miss W. C. Fung



The tour was well-organised and the performance of the students was good as they were all very punctual and obedient. Most of them finished the tour book on time. On the other hand, it was a pity that the living standard in Iceland was so high that we could only manage a brief tour. It would be great if we could have a longer trip and examine the geographical features the country in greater depth.

Miss L. W. Wu



West Virginia,
U.S.A.





*29th World Scout Jamboree to
West Virginia, U.S.A.*



22 July to 2 August 2019





LEARNING OBJECTIVES

Over 45,000 Scouts from 167 countries spent two weeks together at the 24th World Scout Jamboree held on the 57-square kilometre grassland of the Summit Bechtel Reserve in West Virginia, USA from 22 July to 2 August 2019. Themed as “Unlocking a New World”, the Jamboree provided a valuable platform for its participants to explore ways to make the world a better place as they participated in multifarious activities such as ziplining, joining canopy tours, riding mountain bikes, shooting and scuba-diving.



Over 300 members were chosen by the Scout Association of Hong Kong to represent Hong Kong in the Jamboree. With the support of the school, the Western District and the Scout Association of Hong Kong, 29 Scouts and Venture Scouts from SPC were selected as members of the Hong Kong Contingent. Our group was the largest among all the groups of the contingent.



TEACHERS' REMARKS



The programme helped the Scouts to realise the diversity of the world while obtaining a higher level of self-understanding. The friendship built across participants regardless of their backgrounds helped bridged the gap between different cultures. Youths from countries in discord in the international arena got along well and exchanged badges, scarves, jackets and bags with one another, proving that Scouting can act as a force and medium of peace that fosters harmony between people of different ethnicities and beliefs. The new outfits they were in as they returned and the big wide smiles throughout evidenced that the encounter had made a difference about how our Scout members perceive the broader world.





Exchange with Local Schools

*Concert Band Tour to Tokyo, Japan
3 July to 8 July 2019*



Taiko Lesson



Mt. Fuji Kawaguchiko Music Festival



LEARNING OBJECTIVES

The Concert Band tour to Tokyo, Japan was held from 3rd July to 8th July, 2019. Its aims were to foster cross-cultural bonds between the members of the Concert Band and foreign students through the collaboration in creating music. Participating in the music exchange also increased students' exposure to foreign music cultures, as well as providing an opportunity for them to take part in an international music festival. A total of 60 students, accompanied by five teachers and four alumni of the Concert Band, had a wonderful experience in the 6-day trip to Tokyo and the Kawaguchiko Lake Area. The numerous music-related activities we took part in, including an exchange programme with local school bands, local music lessons and a band master class, as well as the international music festival, was beyond enjoyable for every member of the tour.



TEACHERS' REMARKS

The highlight of the trip was no doubt our performance at the Mt. Fuji Kawaguchiko Music Festival. The event, which took place at the Stellar Theatre, was jam-packed with music-loving students in concert bands from Hong Kong, Taiwan and Japan. Amongst entertaining performances by other groups, our band performed its repertoire of Music for Life by Philip Sparke, Viktor's Tale by John Williams as well as Danzon no. 2 by Arturo Marquez. The festival ended with a joint performance by select members from all the bands. Not only was the whole event a festive occasion, but also an eye-opening and greatly beneficial experience for our band members, who found much to learn from their foreign counterparts.



Qing Yuan





Joint School Community Awareness Project 2019



12 July to 17 July 2019



LEARNING OBJECTIVES

- 1.To develop students' leadership qualities and broaden their horizons.
- 2.To cultivate a positive personality in students and nurture their compassion towards the underprivileged.
- 3.To raise students' awareness of the needs of others so that they will be more active in showing care and concern towards their families, the community and the world.
- 4.To provide a platform for students to experience other cultures, meet new people and enhance their career prospects.



STUDENTS' REFLECTIONS

The 6-day Community Awareness Project (CAP) was an eye-opening experience for me. Before the trip, I had never imagined that we would be able to establish such a strong friendship with the Qingyuan students. However, on the last day of the voluntary teaching, everyone was in tears when we had to bid goodbye. It was so touching when I saw the children chasing our coach when we were about to leave.

Besides, through conversations with the local students, I felt their strong desire for education. Despite having to walk a very long way to school and having poor living conditions, they still persist going to school to learn in order to have a better prospect. Their resilience has prompted me to reflect on the attitude Hong Kong students have towards school. Never have I known that education is not mandatory for everyone, so we must cherish the chance of receiving compulsory and free education in Hong Kong.

I have become so much more confident after joining CAP 2019. Prior to the teaching experience in Qingyuan, I often felt nervous when interacting with strangers. Yet, during CAP, I tried my best to talk to a group of students and gradually got accustomed to speaking in front of the whole class. Indubitably, I have benefited tremendously from the programme, which is one of the most memorable experiences I will never forget.



STUDENTS' REFLECTIONS

這次是我第一次參加義工服務的遊學團，亦都是第一次負責籌備整個活動，在此感謝顏老師給予我的機會。經過今次六日五夜的義教活動，獲益良多，以下是我的感想和反思。

對於我們一眾籌委來說，活動早於三月開始，先是破冰活動，然後是簡介會，還有商討團衣、筆記、橫額制作等。或許前期準備工作有不足之處，以致我們到達當地後需通宵開會，但這反映出我們對籌備活動態度認真，同時亦學會了準備充足，未雨綢繆的重要性。



在這六日旅程中，看到小朋友臉上的笑容和滿足感，就是對我們最好的鼓舞和獎勵。我們教授小朋友英文知識，也從他們身上學到不少東西，例如珍惜。相比之下，我們這群香港學生擁有學習資源比他們多。這不禁令我反思，我們有好好珍惜所有嗎？在義教的過程中，很多小朋友都會抄筆記和主動舉手發問，這些舉動在香港的課室很少見的。

除此之外，經過這趟旅程，我亦明白到作為一位老師的辛酸。當然，我們這些小老師比不上真正的日校老師，亦未必能教懂小朋友很多英文知識，但至少我們能減少他們對英文的厭惡，對英語學習慢慢產生興趣。總括而言，這趟義教活動意義重大，期望日後有機會參加同類型的活動。



STUDENTS' REFLECTIONS

CAP 2019 has transformed me substantially. I used to be a timid person who would seldom talk to the others. However, as I had to communicate with my teammates frequently to make improvements on our teaching plans when we realised the inadequacies, not only did it strengthen our team spirit but I have also become more outgoing. I must thank my groupmates for joining hands in understanding the students in the class more so that they felt more comfortable around us and thus creating a more relaxing atmosphere in our classroom. Furthermore, I have realised the necessity to initiate help more often in my daily life. I am no longer passive and only give my hand when asked to as I did in the past, but I always try to help in any way I could.



Another effect this voluntary teaching trip was that it has changed my perception on teaching. At the beginning, I thought that the students would be very mischievous and disobedient. However, I was proven wrong; that in contrary to my presumption, the students in Qingyuan were very well-disciplined and nice that they even gave us strings they tied themselves as a parting gift. Their English was also way better than what we had anticipated as well, making it possible for us to teach more complicated items in greater depth.

When we were departing, most of us had tears in our eyes and some of us even cried. It was truly an unforgettable scene and I would surely cherish the memories of the experience for a lifetime. I cannot thank the school enough for organising this tour and Mr. Ngan for his guidance throughout.



TEACHERS' REMARKS

During summer 2019, 27 boys from our school together with 12 girls from True Light Girls' College went to Qingyuan to teach about 80 primary students studying in a school where the conditions were much less satisfactory than that of Hong Kong. The boys and girls used their English skills and knowledge to teach the students and guide them patiently. The boys and girls had mingled well with the students during the four teaching days and had formed a strong bond with them. There were tears at the end of the tour. The teaching experience was indeed a good exposure to all participants in broadening their horizons.





Hiroshima



Hockey Training Tour to Hiroshima, Japan

20 July to 25 July 2019



Welcoming to Hiroshima
ようこそ広島へ





LEARNING OBJECTIVES

1. To strengthen the cohesiveness among team members
2. To enhance individual skills, game tactics and fitness
3. To develop students' leadership qualities and broaden their horizons
4. To prepare for the inter-school competition in 2019-2020



STUDENTS' REFLECTIONS

In the fruitful hockey tour, we were given the opportunity to practise our basic skills and integrate them with the advanced ones. Visiting different tourist spots has also enhanced the friendship and brotherhood among our team. We have also learnt to take good care of ourselves, which I deem essential to the wellbeing of a sportsman.

Jayden Ho

I have gained tremendous insights on how to achieve a common goal as a team and have become more perseverant and determined in reaching a goal through joining the tour. The teachers and coaches did not simply provide us with opportunities to play in a game while offering guidance, but they have also motivated me to continue to engage wholeheartedly in the school hockey team.

Adrian Ho



TEACHERS' REMARKS

From 20-25 July, 2019, 19 hockey team members went to Hiroshima in Japan with Mr. Wong W. K. and Mr. Lam Paul to join a training program. Apart from skills training, the players also had matches with local players from Buena Vista Hockey Club. They also went sightseeing and participated in several cultural exchange activities.

Without doubt, the tour has widened the exposure of the players and more remarkably, the team spirit inculcated through the collective experience and deepened friendship has prompted the team to become a more professional and cohesive one. It is believed that the hockey team can achieve outstanding results in the coming season!


Mr. W.K. Wong



pert h

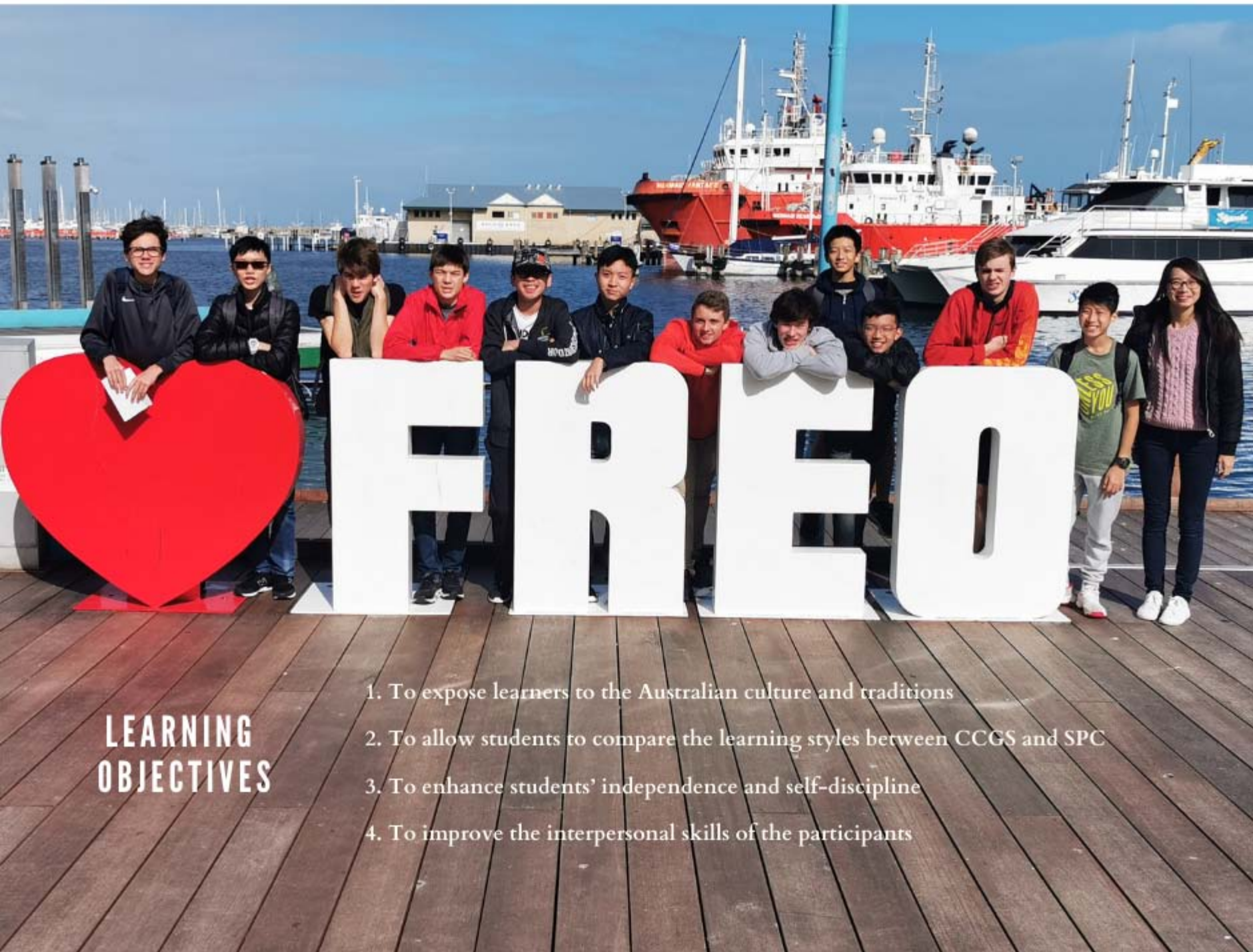
FREMANTLE
FILLTON
The Fremantle Experience





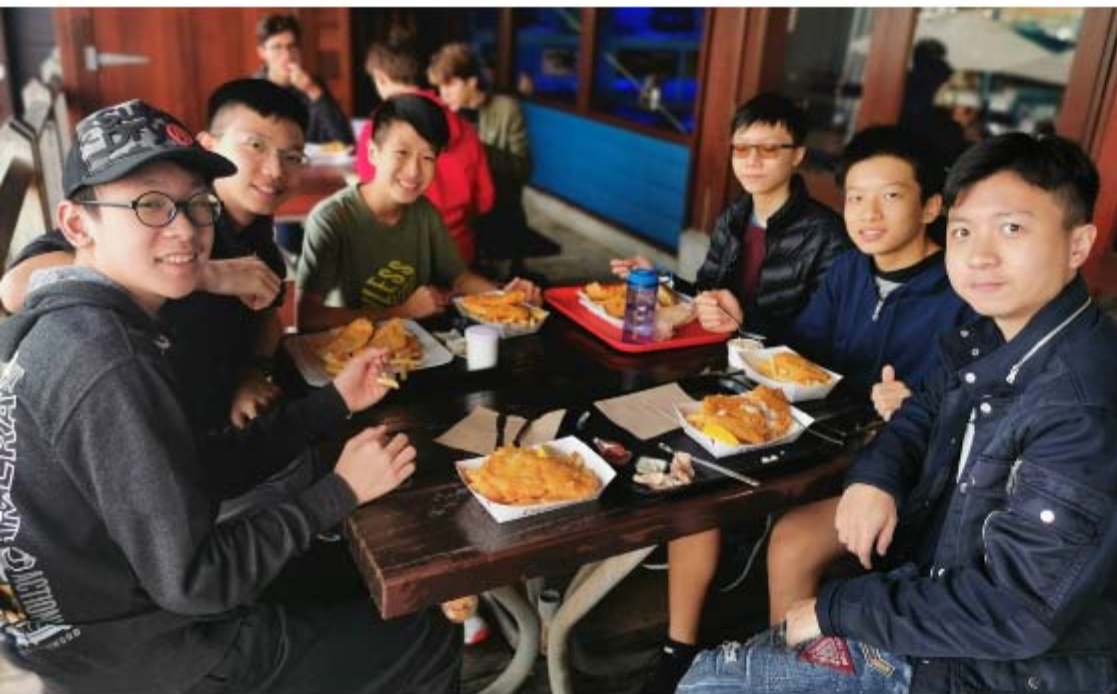
*Student Exchange Programme with Christ Church Grammar
School, Perth, Australia*

17 July to 26 July 2019



LEARNING OBJECTIVES

1. To expose learners to the Australian culture and traditions
2. To allow students to compare the learning styles between CCGS and SPC
3. To enhance students' independence and self-discipline
4. To improve the interpersonal skills of the participants





Tokyo



*Football and Swimming
Training Tour to Tokyo*

15 July to 21 July 2019

LEARNING OBJECTIVES

1. To cultivate among the team members a strong sense of brotherhood
2. To enhance the skills of the members by participating in the tough training sessions conducted by the Japanese coach





TEACHER'S REMARKS

"Loyal", "polite", "punctual", "respectful" and "serious" are the best adjectives to describe people in Japan. It was apparent that the delegations have become more skillful with an enhanced level of fitness. At the same time, they have learnt and acquired from the Japanese the good attributes that they had demonstrated: respect for others, and they were committed to their work throughout the journey.



An aerial, wide-angle photograph of a vast, densely packed urban landscape, likely Tokyo. The city extends to the horizon under a sky filled with soft, white and grey clouds. The buildings are a mix of heights and colors, with many appearing as a dense grid of grey and brown. A few taller, more prominent buildings stand out. The overall atmosphere is bright but slightly hazy due to the cloud cover.

Tokyo



*Bowling Training Tour to Tokyo
14 July to 20 July*

A group of approximately ten students are posing for a photo in a vibrant, futuristic setting. The background is a dark space filled with numerous vertical blue light trails and scattered yellow and pink circular patterns, resembling a digital or light-art installation. The students are dressed in casual attire, including t-shirts and shorts, and are arranged in two rows, with some standing in the back and others sitting or crouching in the front. The overall atmosphere is bright and energetic due to the colorful lighting.

STUDENTS' REFLECTIONS

This bowling trip was quite a fascinating one for me. Due to this trip, I have learnt some more technical bowling skills with the help of the replay system which is not available in HK. The coach also educated me step by step to demonstrate how I can bowl more accurately. Moreover, we did travel and visited a lot of famous places in Japan, such as the tower of Tokyo. Finally and most importantly, this trip gained me a lot of friends and we got plenty of time to communicate. The relationship of the team members and the coaches closer. If I have the chance in the near future, I would attend this remarkable trip again. I am looking forward to handing in the trip form again!

Leung Tsz Long Alvin



STUDENTS' REFLECTIONS

The tour provided me with intensive training and increased my knowledge in the sport, I have improved a lot during the tour. Also the bonding between teacher, coaches, students and alumni has been strengthened and has become even more like brothers. Moreover, I also have a better understanding of the Japanese culture and how the schools in Japan differs from those in Hong Kong. Overall the tour is not only a bowling tour but also a cultural tour and provided me with an excellent experience.

Au Cho Ming Jonathan

STUDENTS' REFLECTIONS

The Bowling Tour to Tokyo was relaxing and remarkable for all of the students and the adults. Before the tour, the team has been a great success in terms of passing on from the former generations. Alumni have always joined our training on Friday which has forged a strong bond among the current and former team members. We lacked a chance to spend time together cohesively and were hoping for a vacation. We treasured the Tokyo trip not only as it provides intensive training in Japan bowling centres, but it was an enjoyable journey with all dearest team members. Being different from other school typical overseas tours, we had only 7 students participating in the tour. However, on the other hand, we could deeply build our relationship which I believe could bring advantage for our upcoming competitions and training.

Chan Wing Chum



START YOUR IMPOSSIBLE

STUDENTS' REFLECTIONS

The tour was definitely a remarkable experience that I will never forget. Not only did it help me strengthen my bowling techniques, which was the main objective of the tour, it also helped me strengthen the brotherhood between the team members. With the guidance and teaching of the two coaches, and the ability to bowl almost every day, I got to improve my cognitive skills through learning and practicing. Moreover, spending seven days with tour members made us become a team, which fully incarnated the brotherhood in us. Therefore, this tour unquestionably gave me an excellent and extraordinary experience of Japan, and I would certainly like to participate in one again in the future.

Lee Chi Sum



STUDENTS' REFLECTIONS

Through this tour, we learned many bowling skills from the coaches, who taught as much as they could during the training sessions. Also, one of the bowling alleys provided cameras taking videos when we were bowling, so that we could play back the videos for reference and we could check the mistakes that we have made and improve ourselves. We not only learnt from our coaches and the special equipment, but also from our teammates, too.

Moreover, in normal school days, we would meet teammates for two hours a week during the training sessions in Hong Kong, but this tour provided us a chance to enhance our relationship and become closer to one another.

Leung Chun



STUDENTS' REFLECTIONS

During the tour, I was the only Form 2 student. Mr. Yuen, coaches and teammates took care of me very much. Through this tour, I can improve my bowling skills. In the bowling alley, there are advanced facilities to help me to correct the releasing movement. In the tour, the school arranged a bowling competition competing with Japanese bowlers. Therefore, I can gain more experiences of bowling competition. Besides, I can know more about the Japanese culture. The most important thing is, we have enhanced friendship and brotherhood. This tour is unforgettable for me and I hope the school can hold more tours for the bowling team.

Chan Ching Wai





This is my first time to go to a tour as a team member. So I cannot stop thinking what will I do and what will happen in Tokyo when I first found that we are going to go on a tour. This tour is a very special as some of the alumni of the bowling team joined this tour with us. We chatted with each other during every meal and had a great time with them. Also, we have visited the St. Paul's College in Japan! It was a great pleasure to visit this school and learnt many things about Japan through conversation with the people there. This was a training tour and I felt great joy as we joined a competition with the other bowlers in Japan. It was a great chance to communicate with Japanese people. Last but not least, thank you Mr. Yuen for arranging such a meaningful tour for all of us.

Nicky Chung

TEACHER'S REMARKS

Seven members of the bowling team, accompanied by Mr. Alan Yuen and two team coaches, Daniel Lui and Eva Leong, had a bowling tour to Tokyo from 14 July to 20 July. Also joining some of the training sessions were six bowling team alumni who graduated from 2010-2018. The whole group had a wonderful time together. A total of four training sessions were held in three different bowling centres. Team members improved their bowling skills and benefited greatly from the training. They were overjoyed to have the opportunity to bowl against professional Japanese bowlers in a local tournament at Star Lanes, and acquired a lot of bowling techniques. The tour also featured visits to teamLab, Rikkyo School (St. Paul's School, Tokyo), Nissan Stadium, and more. Overall, it promoted a strong spirit of brotherhood among members of the team.

