



聖公會主風小學

學生哥

住

遊學團記趣

2018-2020



學大吳東



結合創意與科技 全新感官體驗
DMM KARIYUSHI 水族館
DMM KARIYUSHI AQUARIUM



登陸沖繩
2020 OPEN



大潮起珠江
1978-2018 广东改革开放40周年展览



S.E.A. AQUARIUM

S.K.H. Holy Spirit Primary School
聖公會主風小學
An Exploration of Innovative Technology
Ecology and Culture in Singapore
16-19 January 2020



蘇州

上海

沖繩

深圳

新加坡

序言



學校自 2018 年起舉辦的境外交流團，已由內地延伸至海外。從深圳、上海、蘇州、到沖繩及新加坡。透過這些境外學習活動，不但能讓學生從遊歷中認識不同地區的語言、文化、歷史、建築、民俗風貌等，還可以了解當地文化生活，擴闊視野，建立世界觀。同學在短短幾天的遊學生活裏，除豐富了經歷外，更可以學習自理、獨立、與人相處等人際技巧，從而認識自己，自我成長。

這本「學生哥遊學團記趣」，記錄了同學們遊學期間的所見所聞、趣味分享、感言和體會等，資料豐富詳盡，有如親歷其境，更能充份呈現同學們活力、熱情、對世界好奇及喜愛學習的性格特質。





Singapore Study Tour 2019

(9/5/2019-12/5/2019)



新加坡

WONDERLAND



Itinerary of Singapore Study Tour 2019

9/5/2019	Singapore ArtScience Museum Clarke Quay
10/5/2019	Singapore Elias Park Primary School Merlion Park
11/5/2019	Safti Military Institute Gardens by the Bay Science Centre Singapore
12/5/2019	The NEWater Visitor Centre

We first visited this beautiful country in May, 2019. Once we arrived in Singapore, we were attracted by the beautiful parks, nature reserves, and tropical greenery of the country.

We discovered a wealth of historical treasures from the past which have survived social changes like old buildings, values and traditions. Forming the core of downtown Singapore is the Colonial District. Each surrounding enclave has its own distinct flavor, from the spice stores of Little India, to the backstreets of Chinatown, where it is still possible to find calligraphers and fortune tellers.

The highlight of this Singapore study tour was visiting a local primary school. We visited Elias Park Primary School. It is a school where children learn to love themselves and others. We joined an art workshop and made beautiful cards for our mothers. It was really an unforgettable experience for us.

After this first study tour, we received a lot of positive feedback from parents and students. Therefore, we did a second tour to Singapore in January, 2020. Our main learning focus for the second tour was Science and Information Technology.

Singapore ArtScience Museum

Singapore ArtScience Museum is an iconic cultural landmark in Singapore. Its mission is to explore where art, science, culture and technology come together. It has hosted renowned exhibitions that push the boundaries of science, technology and knowledge. There are 21 galleries spread over three storeys that show hundreds and thousands of world-class exhibitions. We viewed the exhibition 'Wonderland' which was an immersive, playful and interactive exhibition for all ages. We were amazed by the eye-catching props and audiovisual artworks.





must uphold
meritocracy
corruptibility

We must preserve
racial and
religious harmony

Singapore is
this is wh



Elias Park Primary School

We visited Elias Park Primary School. The School Crest is a composition of blue and yellow. The strong blue represents civility, seriousness and respect whilst the bright yellow represents warmth and cheerfulness. The superimposition of these contrasting colours indicates the desire for a balanced approach to education. We learned a lot about primary education in Singapore. The students were nice and loved their country very much. We had an art workshop where we made beautiful Mother's Day cards.





Singapore Safti Military Institute

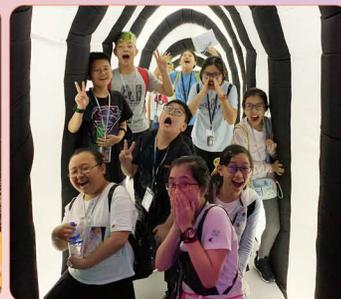
Singapore Safti Military Institute is the tri-service military training institution for officers of all ranks of the Singapore Armed Forces. It was established in 1995. We learnt about the operations at the institute. We were astonished to see different tanks and fighter jets. They were amazing!





Singapore Science Centre

Singapore Science Centre has the mission to promote interest, learning and creativity in science and technology, through imaginative and enjoyable experiences. This is exactly what we experienced. The displays, games, booths and videos were all very informative. We learned a lot about science while having fun!



6B Hung Wai Bun (2018-2019)

I am Benjamin Hung from 6B. Due to my deep interest in Singapore, I went there to learn more about this amazing country. I was extremely excited when my teacher told me that I was selected for the tour by the school authority.

The main reason why I eagerly awaited the tour was for the rare chance to visit Singapore. I saw the people and places with my own eyes. The visual impression remained in my mind for a long time. It provided me with first-hand knowledge about this multicultural country.

Though physically small, Singapore is an economic giant. It has been Southeast Asia's most modern country for over a century. It is well-known as a safe, clean and beautiful country. The government always takes good care of the natural environment.

The Unforgettable Study Tour in Singapore

I wanted to say thank you to Elias Park Primary School for giving me a chance to visit. The school has a magnificent campus. I also appreciate the school mission: Providing a Holistic Education. This visit benefited our study team very much.

For a few days we could forget about our homework and exams, while we explored the country and learned more about the traditions, the cultures and the technology in Singapore. We also tried the famous and delicious food in this country. This study tour was an unforgettable experience for me.



Food in Singapore

The famous bak kut teh and Hainanese chicken rice were really delicious. Bak kut teh is a pork rib dish cooked in broth popularly served in Malaysia and Singapore. Hainanese chicken rice is a dish of poached chicken and seasoned rice, served with chilli sauce and usually with cucumber garnishes. We loved the food in Singapore.



6D Tai Chung Yeung (2018-2019)

First of all, I want to talk about Elias Park Primary School. It is a very big and beautiful school. There is a nice canteen. The students can have lunch together there. There is also a wonderful playground in the school.

There were some students who were having their P.E. lesson when we visited the school. We visited the art room and saw a lot of beautiful pictures and artwork. They were really amazing!

I joined an art workshop and made a Mother's Day card for my Mum. We really enjoyed the activities. Everyone was delighted! It was surprising that the school prepared a buffet for us. The food was mouth-watering!

Besides, I also went to Gardens by the Bay. It is a national indoor garden in Singapore where we can see a thousand types of trees and flowers. Our mouths opened wide

when we saw such a wonderful view. There's a 35m man-made waterfall in Gardens by the Bay. It is a place where I thought: If one day the world is destroyed by humans, this place would be a vegetation library and the source for the Earth to start all over again. I took over 100 photos in the garden.

I really want to show you how beautiful the flowers are! Therefore, we should protect the environment and let these lovely plants grow continuously on our Earth! It was an unforgettable place and it was a memorable experience for us!



My First Study Tour



Singapore Study Tour 2020

(16/1/2020-19/1/2020)



新加坡



The Singapore study tour spanned over four days. Each day consisted of exciting, enjoyable and educational activities. To promote and enhance students' English proficiency, the whole tour was conducted in English. To make learning relevant and fun, the activities were tailor-made according to students' interests.

The study tour was a huge success which gave students exposure to new ideas and encouraged them to appreciate different cultures and ideologies. Singapore's dedication to keeping a balance between development and nature conservation was one of the key reasons behind choosing it as the location for the study tour. Students learnt innovative strategies which transformed Singapore into a World-class destination.

Students visited key places like NEWater Visitor Centre to learn about conventionally treated wastewater which is then purified using advanced treatment technologies to produce ultra-clean water. Students also visited the iconic Merlion Park and captured memorable moments on their cameras. Students particularly enjoyed themselves at the Night Safari where they witnessed animals up close. At the Chinatown Heritage Centre, students learnt valuable history about the lives of people living in Singapore.



Itinerary of Singapore Study Tour 2020

16/1/2020	<ol style="list-style-type: none"> 1. The NEWater Visitor Centre 2. Clarke Quay
17/1/2020	<ol style="list-style-type: none"> 1. Science Centre Singapore <ul style="list-style-type: none"> · STEM Workshop-Science of Flight featuring Simple Planes · Human Science Workshop-Happy Aging 2. Night Safari
18/1/2020	<ol style="list-style-type: none"> 1. Singapore City Gallery 2. Chinatown Heritage Centre 3. Sentosa Singapore S.E.A. Aquarium 4. Merlion Park
19/1/2020	<ol style="list-style-type: none"> 1. Gardens by the Bay 2. Rain Vortex





NEWater Visitor Centre

NEWater Visitor Centre is an education hub that promotes water sustainability in Singapore and shares how NEWater is produced. The Centre offers a fun-filled and enriching time for visitors of all ages, with interactive tours and educational workshops. The purified water is safe to drink. We had the chance to try it and it tasted just like normal water!



Science Centre Singapore

Science Centre Singapore's mission is to promote interest, learning and creativity in science and technology, through imaginative and enjoyable experiences. This is exactly what we experienced on the second day. The displays, games, booths and videos were all very informative. We joined a STEM workshop to learn the science of flight. We worked on computers and acted as pilots to control virtual planes. It was interesting!

We also joined a human science workshop called **"Ageing is a Natural Process"** at Science Centre Singapore. We had educational discussion time and talked with the elderly in Singapore. We learnt to appreciate the natural ageing process. We learned a lot from them.





The Night Safari

The Night Safari is the world's first nocturnal zoo and is one of the most popular tourist attractions in Singapore. It is a wildlife park which attracts over 1.3 million visitors annually. It was like a *living classroom* where learning about animals, plants and wildlife conservation came to life! We saw Malayan tigers, Asian lions, Asian elephants and Malayan tapirs there. It was a wonderful trip!



Singapore City Gallery

Singapore City Gallery is a three storey visitor centre which houses an enormous model replica, giving visitors a complete view of the Central Area of Singapore. It showcases Singapore's dramatic transformation over the past 50 years, to become one of the most livable cities in Asia. We learnt a lot about Singapore's city planning.





Interviewing Singaporeans

We interviewed Singaporeans in a shopping centre on the third day during the lunch break. We asked them some questions such as ‘What is your favourite place in Singapore?’ ‘What is your favourite food in Singapore?’ The Singaporeans are very nice. They answered our questions politely. It was an enjoyable experience for us.



The Chinatown Heritage Centre

The Chinatown Heritage Centre is in Chinatown, showcasing the Chinese cultural history of the area. Singapore’s Chinatown is known as Niu Che Shui which means “bullock water cart” referencing the main means of supplying fresh water to the residents in the past. We learned about the lives of Chinese in early 20th century Singapore. They worked hard but could only live in small rooms in Singapore. We were extremely shocked to see the conditions people lived in before. We all felt grateful for the things we have.





The Sentosa S.E.A. Aquarium

The Sentosa S.E.A. Aquarium is the world's largest aquarium by total volume. It has more than 100,000 marine animals of over 800 species living there. The centre of the aquarium is the ocean tank which gave us the feeling of being on the ocean floor! It was an informative tour where we took lots of photos and learnt interesting facts about different marine animals.



Merlion Park

Merlion Park, symbolized by a half-fish and a half-lion, is an unmissable Singapore icon. We felt so excited when we saw the iconic statue of Singapore. Its head represents Singapore's original name, Singapura, or 'lion city' in Malay. We saw the legendary Merlion statue spouting water from its mouth. We also visited Marina Barrage and saw the wonderful view of the seashore.



Rain Vortex

Rain Vortex at Changi Airport is the world's tallest indoor waterfall. It was the last place we visited in Singapore. It is in Jewel Changi Airport which is surrounded by a terraced forest setting. We were amazed to witness such man-made beauty in an indoor setting. We could not tell how excited we were when we saw such an amazing scene!





Gardens by the Bay

Gardens by the Bay has the mission 'For everyone to own, enjoy and cherish'. It was an amazing place where we saw the tallest man-made waterfall in Singapore. It is one of the most iconic landmarks in Singapore. We saw thousands of plants from all around the world. Gardens by the Bay is the perfect place to escape the bustle of Singapore and feel some relaxing healing vibes.



6A Gordon Yung (2019-2020)

During January 16 – 19, I went on a study tour to Singapore with my classmates and teachers. It was my first time to experience a study tour abroad. It gave me an opportunity to be exposed to another country's academics and culture as well as to learn to take care of myself. During this trip, there were three places that impressed me. They were NEWater Visitor Centre, Singapore S.E.A. Aquarium and Gardens by the Bay.



NEWater Visitor Centre made me feel curious. The water they produce is treated from wastewater and it can be consumed by humans. This factory is very amazing because they transform wastewater into purified water for people to drink. Isn't it amazing? When we finished

our visit, they gave us a bottle of NEWater as a souvenir. At first, I didn't want to drink it because it was made from wastewater, but after my classmates tried it, they said it tasted like ordinary water, so I tried it. What I learned from this visit is that Singaporeans are proactive. They plan ahead for the next generation.

S.E.A. Aquarium and Gardens by the Bay are also fantastic. S.E.A. Aquarium is the largest aquarium in the world.

My Singapore Study Tour

There are more than 100,000 species and 800 varieties of marine animals. Gardens by the Bay is the world's largest indoor garden. It is the largest glass greenhouse in the world too. Singapore's government expects to promote Singapore's evolution from a garden city to "a city in a garden". This is why they built Gardens by the Bay. I think building these two places is marvelous. Although Singapore is a small country, the government constructed these two world-class buildings. From these two visits, I learnt that we need to cherish both plants and animals because they are important to all of us.

I think the trip gave me a fruitful experience because I learnt new things and I also had a great time with my friends. I would like to take this opportunity to thank my principal, teachers, the tour guide, and my parents. Without them, I would not have experienced such a fantastic trip. Heartfelt thanks!





We had a lot of delicious food in Singapore



We had the famous "Bak kut teh" in a popular restaurant in Singapore.



We really loved eating "Bak Kut Teh".



We had "halal food" in a special restaurant. The food was spicy but it tasted good.



Chinese food in Singapore is also very nice.



We enjoyed Kaya Toast and Milo at tea time.



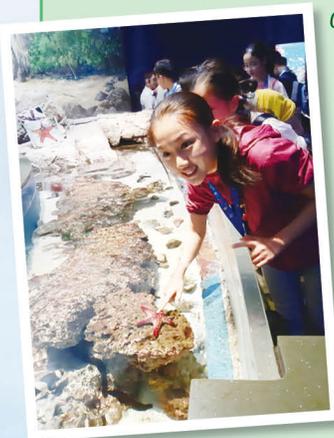
We chose our favourite food for dinner at a local food centre.



6B Woody Lee (2019-2020)

A Wonderful Tour in Singapore

I think this study tour to Singapore was enjoyable and useful to me. It was the first time for me to go to Singapore. If you ask what places I like most, I think it would be the NEWater Centre, the Science Centre and Gardens by the Bay.



First of all, at the NEWater Centre, we were told that we can drink the unboiled water in Singapore! That's amazing! Moreover, they can even purify the water that they used for taking a bath and it becomes drinking water again!

Secondly, at the Science Centre, we learned many new and interesting things. We did many experiments there too.

Thirdly, I loved Gardens by the Bay. I loved the place because I love flowers very much. The flowers are beautiful so I felt like I was in a paradise! I was so excited. There are a thousand kinds of flowers there. There is a huge waterfall there too! It is gorgeous!

At last, I really felt very happy in the study tour because I could practise English and I could learn more about Singapore! I really want to go to Singapore again!





Bak kut teh

Bak kut teh is a pork rib dish cooked in broth popularly served in Singapore. The origin of bak kut teh is unclear, but it is believed to have been brought over from Fujian, China.

The dish is claimed to have been invented in Port Klang for the workers at the port to supplement their meagre diet in the early 20th century.

The Merlion

The Merlion, with the head of a lion and the body of a fish, is an unmissable Singapore icon. The Merlion's body symbolises Singapore's beginning as a fishing village. Its head represents Singapore's original name, Singapura, or 'lion city' in Malay.

Something Special in Singapore

Hainanese chicken rice

Hainanese chicken rice is a dish of poached chicken and seasoned rice, served with chilli sauce and usually with cucumber garnishes. It was created by immigrants from Hainan southern China and adapted from the Hainanese dish Wenchang chicken. It is considered one of the national dishes of Singapore.



6C Katrina Chu (2019-2020)



Hello, I am Katrina Chu from class 6C. I want to thank the teachers for letting me have a memorable time in Singapore.

In Singapore, I visited the Chinatown Heritage Centre. It is the gateway for all guests to trace the footsteps of Singapore's early pioneers and discover the tale of people who made Chinatown their home. It is an extremely fascinating

place. In ancient times, people in Singapore lived in tiny houses and it was very crowded. Especially in summer, people in the houses felt very hot. Also, some cockroaches would climb into the houses and climb onto people's faces! It was very scary!

A Memorable Study Tour in Singapore

I also went to NEWater Visitor Centre. It is the brand name given to reclaimed water produced by Singapore Public Utilities Board. More specifically, it is treated wastewater that has been purified using dual-membrane and ultraviolet technologies, in addition to conventional water treatment processes. The water is safe to drink, but is mostly used by industries requiring high purity water.

Finally, I want to thank the teachers again for giving me an unforgettable time in Singapore.



6D Francis Law (2019-2020)



I joined a study tour to Singapore in January 2020. I stayed there from 16th January to 19th January. Although I only stayed there for four days, I had an unforgettable time.

I loved the visit to the Science Centre Singapore best. The Science Centre is a scientific institution, which specialises in the promotion

of scientific and technological education for the general public. I think the most interesting exhibit in the Science Centre Singapore is Ageing Booth. It can show my ageing photo of the future. It was fun. I also rode on "Bicycle Power Generator". I generated electricity by cycling and made the bulbs light. It was really amazing!

A Memorable Study Tour in Singapore

Besides, I joined a STEM workshop and tried a Flight Simulation on a computer. I controlled the plane to take off and land on an aircraft runway. It was very challenging.

Furthermore, I set some questions and interviewed Singaporeans in a shopping centre. I asked about their favourite food and places in Singapore. The Singaporeans are friendly and talkative. It was a meaningful task for me.

Although Singapore is one of the smallest countries in the world, it is a wonderful country. It is clean and safe. I also saw beautiful plants everywhere. I am looking forward to going there again in the future.





沖繩海洋生態 及文化之旅

行程

16-1-2020 (星期四)	香港往沖繩，參觀沖繩文化王國公園、玉泉洞，欣賞太鼓表演、進行和紙體驗活動及參觀沖繩縣立博物館
17-1-2020 (星期五)	參觀読谷村珊瑚田、國際海洋環境情報中心 GODAC 及到浜比嘉島進行製鹽活動。
18-1-2020 (星期六)	參觀古宇利塔、貝殼博物館、海洋博公園及美麗水族館，並探訪當地家庭及製作晚餐。
19-1-2020 (星期日)	參觀琉球村及搭乘單軌電車 Yui-rail，下午由沖繩回香港。



沖繩

景點小知識 「琉球文化」



傳統工藝：沖繩很多工藝品是從中國和亞洲各國傳播而來，琉球王朝時代就在沖繩各地廣泛擴展，並在沖繩的自然風土中得到獨自發展，其技術和精神流傳至今。

傳統藝能：在沖繩可以觀賞傳統藝術表演及宮廷舞蹈、組舞和民間祈求豐收的太鼓舞、雜舞等表演。

6A 雷承安

在這次旅行中，最令我印象深刻的是參觀鹽場和製鹽活動。

為甚麼我喜歡這個活動呢？因為可以親自製作食用鹽，以前的我不知道鹽是怎樣來的，現在知道了，原來是首先把海水過濾，再放入一個鍋子內，用中火煮滾，然後開始攪拌，直至有氣泡為止，就可以停止攪拌，鹽就會出現在碗邊及碗底了。最後，我還將自己製作的鹽放進漂亮的陶瓷小瓶子內，帶回港跟爺爺、媽媽、爸爸和媽媽分享。

通過這個活動，我知道鹽得來不易，讓我體會到「辛苦」後，就可以享受到「成果」的道理。



6A 關媛華

在日本沖繩的第二天，我們一大早就來到珊瑚田，那裏有珊瑚、海星、海膽等海洋生物。最吸引我的是那隻大海龜，只要拍手就能吸引那隻海龜游向岸邊，我還是第一次近距離接觸大海龜呢！



然後我們到了國際海洋情報中心，了解到珊瑚跟氣候暖化的問題。講解員向我們示範了多個實驗，其中一個實驗是關於氣壓的，他先將一個杯子放進一個儀器中，然後不斷向裏面的水輸入氣體，因為空氣也有壓力的，所以杯子因為氣壓的關係變得愈來愈小，這節實驗課真令我目不轉睛呢！



6A 鍾文俊

第二天，我們去了製作海鹽，親身體驗製作海鹽的經歷，自己製成的鹽還可以帶回家呢。起初以為自己會做不到，但我經過那裏的工作人員教導下就學會了。



第三天，我們去了參觀貝殼館，在那裏可看到很多以前從未見過的貝殼。之後我們到了水族館參觀，我還親手摸海星呢。起初我還以為牠是軟軟的，原來牠是硬硬的，真特別。我還親眼看見了不同的海洋生物，例如水母、鯨鯊……我還觸摸了不同種類鯊魚的牙齒。晚上，我們分組去參觀當地的家庭。起初我還有一點點緊張，因為怕會失禮，但他們都很熱情，我們還一起做甜甜圈呢。這次到日本沖繩之旅我覺得很有趣，因為學習到了很多不同的新事物。

小眼睛大發現

問題：

圖中用蛇皮製作的樂器的名稱是

- A. 蛇皮鼓
- B. 三線
- C. 二胡



6A 蔡穎彤

在沖繩的學習之旅中，我最難忘的當然少不了考察美麗海水族館和探訪當地家庭。

我覺得美麗海水族館令我很難忘，是因為裏面有很多很特別的魚，讓我大開眼界。而且館內有三條鯨鯊，亦擁有世界最大的水槽。但對我來說，鯨鯊的生態仍然充滿謎團。



這次是我第一次探訪家庭，未進入當地家庭，我已經充滿期待了。一進去已感到他們很熱情，很歡迎我們來探訪他們的家。

這次沖繩的學習之旅，令我學會了很多新知識。這次學習之旅令我有許多新的嘗試，例如：製作海鹽、和紙、探訪家庭等，這個學習之旅既充實又難忘。

6A 劉慧心

我最難忘的片段是去探訪沖繩的當地家庭，我們那一組的家庭帶了我們去他們的店，他們的店分兩層，上層用來儲物，下層用來給客人用餐和休息，也是擺放他們的商品的那一層（他們賣特色的手工藝、蛋糕和書本）。因為這是我第一次去探訪日本家庭，令我感到十分興奮。他們的手工藝十分獨特，全是他們地區獨有的吉祥物和用海灘的貝殼造成的。所以令我最難忘的片段就是去探訪沖繩的當地家庭。

6A 曹天兒

這次到日本沖繩的遊學，使我留下很多難忘的回憶。

第一次踏足日本的時候我十分興奮，因為我一直都希望能到日本旅行。



第一天我們到了沖繩文化王國公園製作和紙，和紙質感粗糙，但是原來可以保存上千年之久。我把一個小木箱放進一泡黏黏的液體裏，裏頭還好像有點棉花，把小木箱往裏頭搖一搖，拿起來放在旁邊等乾，加上彩色剪紙圖案壓扁，用熨斗弄乾，一張和紙便大功告成！製作和紙後，原來有很大的成功感呢！

這次的沖繩遊學團使我留下了很多難忘又美好的回憶，希望有機會可以再去一次。



6A 李梓彤

經過這次遊學之後，我學到了很多知識，這次遊學令我大開眼界，第一個讓我介紹給你的就是沖繩的珊瑚，沖繩有不少的珊瑚，香港就不能看到了，沖繩的珊瑚五顏六色，十分漂亮，但它還是有實際作用的。例如：阻擋海浪，可以減低海嘯的威力，所以我們必須保育珊瑚，讓它不會消失。

另一個就是探訪當地家庭了。我探訪的家庭有三個小朋友，我和周同學在那裡學了三線琴，彈了一首歌曲，還親手切了紅蘿蔔、午餐肉等。之後，我們便一起吃晚餐。日本的房屋和香港的不同，他們大多擁有兩層樓，而我們則住在屋邨，他們的地板是榻榻米，我們則是磁磚，他們有自己的花園，而我們沒有。

我很高興能參與這次遊學，希望日後還有機會參與這類型的活動。



6B 黎樂堯

到達沖繩後，我們去的第一個景點是沖繩文化王國公園，我們在那裏參觀了鐘乳石洞，石洞裏有很多石像、石柱，石柱下還有淙淙的流水，那是從鐘乳石滴下來的小水點匯聚而成的。接着我們進行製作和紙體驗，原來和紙是用和紙漿，再用過濾盤子製作出來的。在那裏，我們還看太鼓表演，表演者穿上沖繩服飾，捧着太鼓，並隨音樂節拍跳起舞來，既有動感，亦有民族特色。

第二個景點是縣立博物館，那裏展示了沖繩人民在古時的生活情況。考察過後，我覺得那兒的鎮館之寶應是沖繩原人的模型，因為它的像真度很高，日本人的技術真是高超。



6B 黃星童

第二天，我們參觀沖繩的珊瑚田，學會了三個保護珊瑚田的方法，第一個方法是不要污染海洋，其二是減少碳排放，最後一個方法是不要胡亂觸摸珊瑚，美麗的珊瑚才得以存活下來。

第三天，我們去了貝殼博物館，我在那裏欣賞了不同形狀的貝殼，其中一蓋由貝殼組成的心型燈很是吸引。之後我們去了海洋館，在海洋館內的「黑潮之海」吸引不少遊客駐足觀賞，有像大型地氈般的魔鬼魚，也有不少彩色的魚群，朝同一方向不斷游。露天海豚表演亦很有趣，海豚能按着音樂節拍擺動，最後還搖着尾巴跟我們道別呢！



6B 楊紫琳

這次四天三夜的沖繩交流團既令我獲益良多，也讓我終生難忘。

而當中令我印象最深刻的就是到濱比嘉島製鹽。製鹽方法很簡單，首先把150ml海水倒進鍋裏，然後開火，等到海水沸騰，就可以攪拌，待海水結晶成鹽後，就可以把鹽倒入瓶裡並包裝。製鹽後，我們還買了一些精美的紀念品呢！我覺得製鹽是深刻的活動，因為可以自己動手去做，會感到很滿足。

這次交流團讓我感到很快樂，因為我既可以增廣見聞、大開眼界，又可以讓自己變得更獨立、提升自理能力，還可以增進與同學的友誼呢！



6C 鄧兆煊

這次遊學最令我難忘的就是拜訪當地家庭這活動。當地家庭的公公婆婆很熱情招待我們，他們準備了很多活動給我們，例如摺紙，還邀請我們一起下廚，我們都樂在其中，這次活動真是個很好的體驗，令我們能夠親身體驗日本人的生活方式，以及學習當地禮儀等。透過和當地市民交流，令我對沖繩文化有更加深入的了解，我們在這次活動中獲益良多。

這次遊學令我擴闊視野。我們不但認識了沖繩的獨特文化，還明白了保育海洋生態的重要性。這次難能可貴的學習之旅，還令我和同學的友誼增進不少，及留下了很多珍貴的回憶。



6C 呂梓琳

這次考察交流團令我開心又難忘，因為我們學會了更多關於保護海洋的知識。我最難忘的環節是探訪當地家庭，我探訪的家庭有一位叔叔和姨姨。他們的家有一個很特別的地方，就是花園。在花園裏，他們會種植蔬菜吃，閒時還會在花園裏打羽毛球。他們教了我煮日本拉麵和肉臊溫泉飯，真的很好吃呢！晚飯後，還教了我們摺紙，例如天鵝、燈籠、飛機……我們還和他們家的兩隻小狗Coco、Chariy玩呢！

我希望日後還會有機會到沖繩遊學，那我便可以到叔叔姨姨的家學習更多日本文化。



6C 鄧羽喬

這次沖繩交流團實在是令我獲益良多，亦讓我知道如何照顧自己和同行的同學們，使我更有自信。

在這旅程中，我印象最深刻的是「探訪當地家庭」。我所探訪的家庭只有一名家庭成員，她叫仲地靜枝，是今歸仁村內少數懂得流利英文的村民。我和我的組員向她自我介紹後，便跟著她到超市購買待會晚餐的食物，完成購物後就到她的居所去。

到了她的屋子後，發現她的屋子大門沒有上鎖，原來他們村民與村民之間十分信任，家的大門沒有鎖上亦不要緊，也證明了他們的治安很好。接著我們一起製作和進食晚餐，晚餐過後就要回到集合地點。最後，我和我的組員以剛學習的一句日語跟她道別：「お世話になりました！（謝謝你的照顧）」她竟能聽懂我們的「日語」，並報以微笑。回想起來，這真是一個美好的回憶啊！

6C 黃欣翹

這次的遊學團有很多開心愉快的行程，但最令我難忘的有以下兩個：

第一個活動是製鹽活動，首先用火爐燒滾海水，以木匙攪拌海水，然後放入器皿。我認為這個活動很特別和難忘，我亦明白了如何製造海鹽。

另一個令人難忘的活動是探訪當地家庭，這活動不能在一般旅行中體驗，當地的家庭很友善，讓我們參觀她的家，我們也協助她烹調晚餐，活動讓我認識了當地的生活文化呢！

我真感謝交流中心、學校和家人，讓我參加如此特別的遊學，這次遊學真是令我獲益良多呢！

6C 吳悅陶

我覺得這次的沖繩遊學團可以令我增廣見聞，因為可以認識沖繩的文化和海洋生態。其中令我最難忘的是在沖繩的濱比嘉島進行製鹽活動和拜訪當地家庭。

我學會了如何製作海鹽，首先把海水倒進石鍋裏燒，用木匙攪拌海水直到變成海鹽，然後放進器皿裏。

拜訪當地家庭令我知道了沖繩的家和我們在香港住的地方有哪裏不同，他們家裏的地板是鋪著榻榻米的，我們就是普通地板。我們住在大廈裏，他們卻住在屋子裏，屋子附近還有草地呢！

這次的遊學團令我認識了沖繩的海洋生態和文化，我希望未來可以去其他不同的地方認識當地的文化。



6C 楊翹白

今天晚餐，媽媽預備了「粟米肉粒飯」，令我回想起一月份在沖繩探訪家庭的那個晚上：探訪家庭的爸爸親手預備了「粟米肉碎飯」給我們品嚐。那頓晚餐色香味俱全，十分好吃。

出發那天，我一踏上前往機場的校巴就覺得熱血沸騰了，因為那是我第一次和同學一起坐飛機啊！整個沖繩遊學團一共四天，除了之前提及探訪當地家庭以外，最叫我深刻的是到海邊學習製鹽的活動。記得那天天氣不好，整天都下著毛毛細雨，但我和同學知道要去學習製鹽都十分興奮！我們專心聽日本人師傅講解和教導，然後就要親自動手製作了！其實製作過程並非十分困難，但是製成後我們都很有成功感和滿足感，還可以將自製的海鹽帶回家給媽媽作手信呢！



6D 宗健峰

最難忘的行程是第三、四天，我們到古宇利塔、貝殼博物館和美麗水族館，我認識了非常奇形怪狀的貝殼類，我覺得裏面最奇異的貝殼，是一個很像甜筒的貝殼。水族館的鯨鯊外型非常龐大，顏色呈黑色，中間還有一點藍色。第四天我們到達琉球村考察，欣賞了當地表演，我還找出了三種文化遺產呢。考察完成後，我們搭單軌列車，列車軌道置於空中，非常神奇。這次遊學團我學會了很多關於沖繩的文化，有機會我一定叫爸爸媽媽帶我去一次。





6D 陳嘉晞

這次旅程最難忘的是能認識海洋生態，我參觀了水族館，水族館的魚非常漂亮，有鯊魚、魔鬼魚、鰻魚等等不同種類的魚，我還聽了一個關於海洋生物的講座，講者以科學原理解釋為何我們要保護海洋。我覺得這次日本旅行給了我非常多海洋知識。



6D 陳梓文

這次沖繩之旅，我能夠親自到訪當地不同景點學習，認識許多過往未能接觸到的新事物，這些都是無法在電視或書本中了解到的，我也十分感謝老師能夠挑選我參加這次遊學團。

這次旅程中，我能親身體驗沖繩的本土文化，而且還能夠與當地家庭一起用餐，真的很難忘。這是我第一次去到沖繩，我還去了海洋館，裏面有數不盡的、以前從未看過的海洋生物，這次遊學過程令我十分享受，原來去到和香港不同的地方，連飲食文化也不相同。

我透過這次遊學，能接觸到沖繩的真實一面，還增進了和同學的感情。

6D 張家榮

旅程的第二天，我們首先到一個半露天的水族館，裏面有海星、海膽甚至是海龜。令我大開眼界。接着，我們又去親手製造海鹽，我們都對這個活動十分期待，因為製造海鹽對我們來說很新奇，亦很有趣。



第三天，我們去到貝殼博物館，我們坐在觀光車上，沿彎彎的小路上到主館。裏面的展品都是貝殼，可是形狀不一，千變萬化。當我們吃完午飯之後，我們還在門外的寒緋櫻旁拍照呢！黃昏時，我們又去到當地家庭探訪。由於我們不熟悉日文，所以不能輕鬆交談，可是我們靠着網絡的力量一翻譯軟件，也能夠和他們溝通，及了解他們的生活。

這次遊學團令我知道不少沖繩歷史、當地生活文化。實在令我大開眼界。

6D 李美儀

我好感謝學校給我這個機會去日本遊學團，讓我學習到書本學習不到的知識。

在日本這四天裏，我們參觀了很多不同的博物館，體驗了很多不同的東西，讓我們大開眼界。

我印象最深刻的是製鹽，雖然過程有少少困難，但是我們都努力完成了製鹽工作坊，在製鹽的過程期間，他的困難之處就是它的火很大，雖然戴上了手套，但是也感覺到火的熱。這次過程會使我十分難忘，因為這是我人生中第一次親手製海鹽。

這次的日本遊學團令我十分難忘，雖然只有四天的時間，但是我們已經學了很多東西。我要感謝學校給我這個機會去參加這次遊學團，還要感謝帶隊的每一位老師和工作人員，如果沒有他們，我們這次遊學團就不會那麼順暢。

總括言之，我在這次日本遊學團中，學習到很多不同的知識，也玩得很開心！



6D 陳心瑩

最難忘是第三天早上參觀貝殼博物館，那裏的貝殼品種繁多，花一天都看不完。下午我們參觀沖繩美麗海水族館，水族館裏有很多品種不同的魚。逛完水族館便去看海豚表演，那裏的海豚十分可愛。這次旅行給我的印象很深刻，希望下次再有機會參加。





蘇州



「傳承動起來」 蘇州交流團

行程

1-4-2019 (星期一)	香港往蘇州
2-4-2019 (星期二)	參觀田家炳實驗中學，進行吹糖、糖畫、棕編體驗活動，夜遊大潤發超級市場。
3-4-2019 (星期三)	參觀拙政園、蘇州博物館、蘇州絲綢博物館，再到田家炳實驗中學，進行蘇扇、蘇繡體驗活動，夜遊山塘街。
4-4-2019 (星期四)	參觀蘇州評彈博物館、蘇州戲曲博物館、雷允上中醫館，再到田家炳實驗中學，進行茶藝、太極拳體驗活動，晚上參與分享會。
5-4-2019 (星期五)	參觀蘇州教育博物館，下午由蘇州回香港

音樂科

- 「數白榄」技巧
一邊拍出節奏，一邊唱出想講的內容
- 打「鑼鼓」
按节拍敲打



本校老師與 4 名五年級學生參加由香港中文大學優質學校改進計劃舉辦之「非物質文化遺產計劃」—香港至蘇州中華文化交流團（五天），讓學生認識蘇州的非遺項目及相關的中華文化，深化「傳承動起來」香港非物質文化遺產課程的學習。學生於交流團中通過參觀多間博物館、專題講座及參加由田家炳實驗中學舉辦之體驗活動，包括吹糖、糖畫、棕編、蘇扇、蘇繡、茶藝及太極拳等，感悟「姑蘇文化」。是次活動亦同時讓學生實地觀賞「小橋流水人家」，從中感受到「人」如何用「耐性」及「時間」成就一件美事。此外，學生亦與來自國內多所小學之學生進行分享會，分享參觀時的所見所聞所感，建立友誼的同時，亦能促進兩地學生文化交流。



姑蘇，就是蘇州。蘇州有一個典雅的別名—「姑蘇」。姑蘇文化歷史源遠流長，建城二千五百多年以來，文化積累十分深厚。在這塊得天獨厚又美麗富饒的土地上，世世代代的蘇州人在創造物質文明，先輩們在那裏留下了豐厚的文化遺產，除了體現在古城名鎮、園林勝跡、絲綢、刺繡、工藝珍品等豐富多彩的物化形態，還體現在昆曲、蘇劇、評彈的藝術形態，及現在文化心理和氛圍中。



蘇州



帶隊老師：冼穎思老師

交流團中令我印象深刻的片段是男生也來體驗蘇繡，因為香港學生就算在中學上家政堂，也未必有機會學習如何穿針引線，還要一針一針密密麻麻地縫，對男生來說是一項難忘的體驗和經歷。製作蘇扇亦講求耐性，要把扇骨一根一根地穿進扇面內殊不簡單，令學生更珍惜那把「自製紙扇」。另外，他們在幾天晚飯時也要與不同學校的學生一起交流，一起用餐，特別是平常較害羞的女生，竟放膽與別人聊天，並交換聯絡方式，完成交流團回校後亦比之前變得開朗及有自信，這是意外收穫之一。

小眼睛大發現

考考你：
古人會在圖中的華麗廂房做甚麼？

- A. 畫畫
- B. 下棋
- C. 聽曲



5B 楊紫琳

令我感到最深刻和喜歡的體驗課程是學習蘇繡，蘇繡的步驟是先穿針，然後利用回針的方法繡出圖案，我喜歡蘇繡是因為我覺得蘇繡很好玩和繡出圖案後會很有成就感和滿足。我也通過這次學習蘇繡令我覺得媽媽很偉大和辛苦，因為本來我以為編織是很簡單，不過嘗試過後卻發現原來編織是很難和辛苦的。



補充資料：古人會在華麗廂房內，一邊喝酒，一邊欣賞戲曲，往外欣賞戲曲。

答案：C. 聽曲



5C 鄧羽喬

蘇州

在這次交流團，令我最難忘又最喜歡的活動是——「蘇繡」。刺繡一直被視為女生所做的事，但我這個男生也能做得到。我在刺繡時學到「工匠精神」，這就是葉正亭老師所說的金句。「工匠精神」是一種職人道德，表示工



匠對自己的作品要有要求、追求完美和極致，這是工匠自己一種品德精神。



5D 鍾家信

令我最深刻的一個活動是——吹糖人，這個活動是將一些糖漿弄一條軟管，然後慢慢地吹，最後用手捏成喜歡的形狀，但小心別讓它與其他東西碰撞，不然的話就會化成碎片。這次活動令我領悟到做事要小心，不然前功盡廢的道理。



5C 鄧兆煊

令我留下最深刻印象的是不失現代氣息之蘇州博物館。它由著名建築大師貝聿銘所設計，裏面藏有歷年考古出土文物、明清書畫等，令我歎為觀止。裏面的文物更是多不勝數，而國寶級文物——五代秘色瓷蓮花碗，給人一種神秘感，令我大開眼界。蘇州不愧是個古色古香的城市，難怪享有「人間天堂」的美譽。



“传承动起来” 香港-苏州中华文化交流



「同根同心」——上海歷史及科技探索之旅

(7/3/2019-9/3/2019)

上海



行程

- | | |
|----------|--------------------------------------|
| 7/3/2019 | 香港乘坐飛機到上海，參觀上海科技館，再到上海外灘。 |
| 8/3/2019 | 與當地學校交流，參觀上海博物館、上海城市規劃展示館和東方明珠廣播電視塔。 |
| 9/3/2019 | 遊逛田子坊，再到中華藝術宮，最後乘坐磁浮列車到機場乘飛機返港。 |



本校老師與四十位來自四至六年級的學生參加「同根同心」——香港初中及高小學生內地交流計劃：上海歷史及科技探索之旅（三天），讓學生認識上海的發展。

為期三天的上海交流團活動行程豐富，包括參觀上海科技館、上海城市規劃展示館等，認識上海發展的變遷，我們更有機會一睹高速磁浮列車模型和模擬駕駛船隻。同學又到訪了上海外灘、田子坊等，不但能欣賞由歷史遺留下來的建築，也認識上海從古到今的變遷，以及未來的發展；另一獨特的行程是與上海市徐匯區求知小學的學生作交流，了解內地學生的生活及學習方式，更一同參與學習活動，例如體育課和繪製青瓷碟。大家也在這次交流中開拓眼界之餘，更認識海外的朋友，親身接觸和感受異地的文化，最後主風學生們亦依依不捨地送上親手編織的手繩予內地學生作記念。

隨時代的進步，學校鼓勵學生們多接觸世界不同的事物，了解世界各地的發展與轉變。

歷史小知識 上海

上海是中國的直轄市，以白玉蘭來作市花，象徵著一種開路先鋒、奮發向上的精神。上海這個沿海城市，是與外國通商、貨運便利的港口，有不少外國式建築亦因而留了下來。透過參觀上海外灘的歷史建築群和田子坊的獨特石庫門建築，可了解上海舊的一面。近年，上海致力發展四個中心，分別是金融、經濟、貿易和航運。學生透過參觀上海城市規劃展示館，可認識上海的百年變遷和城市發展藍圖，以了解上海新的一面。



6A 陳昱彤 (2019)

這次三日兩夜的上海之旅，實在令我大開眼界、獲益良多！我們不但去上海外灘觀看夜景，還去到當地的小學進行交流，了解他們的小學生活，從中也學習他們好學的優點。令我最難忘的是上海博物館，那裏的展品多不勝數，而且十分精緻，古色古香。經過這幾天的旅程，我學到上海的文化、特色以及歷史，希望有機會再來上海遊玩。



齊來尋趣

透過到訪中華藝術宮，我們認識了中國如何應用建築科技於藝術創作之中。

你覺得中華藝術宮的倒三角形的建築模型與哪個文字外形相似？

- A. 中
- B. 國
- C. 華



考考你

我們有幸乘坐磁浮列車到達機場，親身體驗它「飛」一般的速度。

上海磁浮列車是健力士世界紀錄認證為「現今世界上最快的陸上交通工具」，目前其最高運營時速可達到每小時多少公里？

- A. 230 km/h
- B. 330 km/h
- C. 430 km/h



5D 何卓殷 (2019)

這個探索之旅最令我印象深刻的是到訪當地的小學，一踏進去就能感受到學校面積之大。參觀學校後，老師教我們畫青花瓷碟，學生們又熱情地邀請我們玩「扔豆袋」，更教我們玩「鋼圈比賽」。到最後，我們送上親手製作的手繩給當地學生後才依依不捨地離開。另外，東方明珠廣播電視塔的宏偉壯觀也令我留下深刻印象。我們乘升降機到達塔頂觀光層，能看到很多特色建築，也看到船在航行，還有琳琅滿目的精品，使我不禁拿起相機拍照。這次的交流計劃讓我學會了上海的科技、經濟、歷史和文化發展，短短三天旅程讓我大開眼界、獲益良多。



4B 江之琳 (2019)

透過這次參觀，讓我們可以開闊眼界，了解到中國歷史的變遷，也能感受到科技和城市發展對我們日常生活的影響愈來愈大。

再次感謝學校給予機會讓我們到上海遊學。這是我們第一次乘坐磁浮列車，感到驚嘆不已。透過這次遊學，讓我們可以擴闊視野，接觸中國藝術。我們應裝備自己，多接觸世界不同的事物，迎接未來充滿挑戰的高科技世界。



考考你 - C. 430 km/h

齊來尋趣 - C. 華

答案：



「同根同心」——香港初中及高小學生內地交流計劃 (2018/19) 深圳創新科技與經濟發展探索之旅 (29/11/2018)



深圳

行程

29/11/2018 上午	乘坐旅遊巴往深圳，參觀深圳工業展覽館認識深圳的產業經濟發展、工業企業及產品品牌，並了解深圳的創新科技、營商和投資環境，以及如何開拓市場和推廣產品，促進經濟發展。
29/11/2018 上午	參觀深圳改革開放展覽館，認識廣東改革開放的歷史和發展。
29/11/2018 下午	午膳後，參觀創新科技企業，認識內地創新科技的發展，並了解深圳地區的企業規模。



本校老師與全體五年級學生於 2018 年 11 月 29 日參加了由教育局主辦的深圳交流團，是次行程主要為認識深圳的創新科技、經濟及歷史發展。整個行程令同學獲益良多，透過參觀深圳工業展覽館和深圳國際機器人城，使他們認識到深圳的高科技及經濟發展之處；同學也參觀了深圳改革開放展覽館，不但認識深圳及國家的歷史，更讓同學更深入認識國家在改革開放後的發展及機遇。

時代不斷進步，科技發展一日千里，學校鼓勵學生們應裝備自己，多接觸世界不同的事物，迎接未來充滿挑戰的高科技世界。

深圳市工業展覽館

我們首先參觀了深圳工業展覽館，認識了深圳的產業經濟發展、工業企業及產品品牌，並了解深圳的創新科技、營商和投資環境，以及如何開拓市場和推廣產品，促進經濟發展。



景點小知識

深圳市工業展覽館（下稱工展館）於 1985 年建館，並在 2011 年 4 月對外正式開館。工展館的主要功能是宣傳並推廣深圳產業經濟成就、工業企業和產品品牌，以及投資環境的專業展覽機構；調查和收集工業歷史發展資料，徵集深圳市工業發展歷史見證物，對深圳市工業發展歷史和工業文明進行研究並舉辦相關展覽。





深圳改革開放展覽館

我們參觀了深圳改革開放展覽館，通過主題場景、美術作品、互動體驗等，認識廣東改革開放的歷史。



景點小知識

深圳改革開放展覽館設於深圳市當代藝術與城市規劃館四樓、五樓，展館內「大潮起珠江——廣東改革開放40周年展覽」的展覽面積達6300多平方米，運用LED影像牆、多個主題場景、美術作品、互動體驗、模型沙盤及其相關資料等，展示了廣東改革開放40年波瀾壯闊的歷史進程。

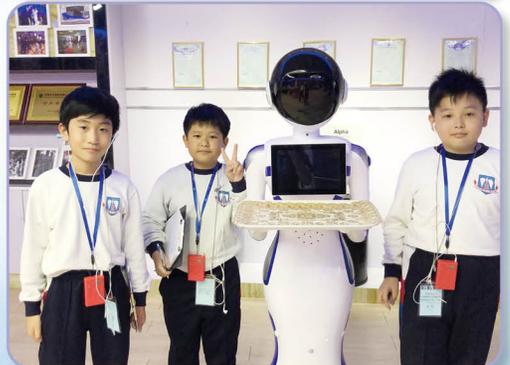


考考你

這雕塑展品的名稱是甚麼？

- A 上進牛
- B 開荒牛
- C 努力牛





📍 創新科技企業

吃過午飯後，我們到了深圳龍崗區參訪創新科技企業，通過接觸機器人、使用無人機、參與科技遊戲，認識內地創新科技的發展，並了解深圳地區的企業規模。

5A 余承晉

在這次遊學中，令我印象最深刻的是我們能參觀改革開放展館，認識國家改革開放的歷程和其好處，並能與同學快樂地討論展館的內容。另外，深圳市工業展覽館和創新科技企業的創新科技展品和設施都令我很感興趣，例如人面辨識系統、自動搬運的機器人都讓我大開眼界。

5B 鄭一力

深圳市工業展覽館的科技展品多不勝數，令我最難忘的是環保屋，它不但設計美觀，而且對自然環境有利。另外，我也喜歡參觀創新科技企業，當中的機器人有不同功能，有的會跳舞，有的會寫字，還有的會躲避障礙物，十分有趣。

5C 姚可玥

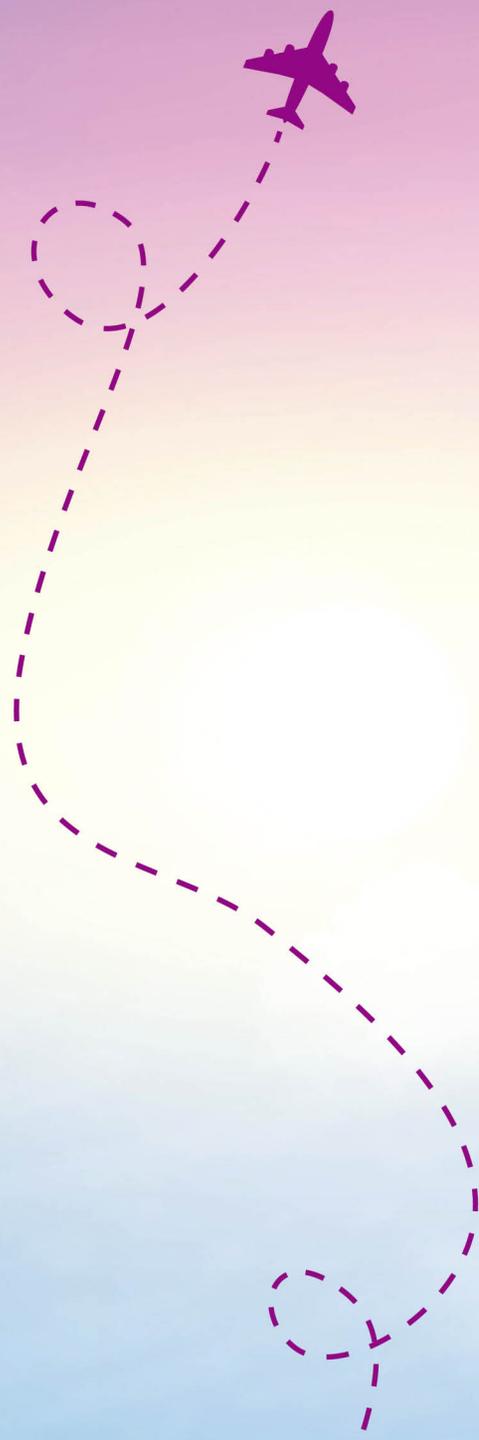
這次遊學令我十分難忘，因為這是我第一次沒有和家人離開香港，感覺十分特別。在參觀的過程中，我發現國內的展覽館都很大，而且有很多特別的展品和場景，令我對國家歷史有更深入的認識。

5D 鄧咏森

這次遊學除了使我對國家歷史和國家改革開放政策有更深入的認識外，還對祖國的科技發展有更進一步的認識。前往創新科技企業時，我在旅遊巴上已經十分期待，當真正看到眾多會唱歌、跳舞、寫字的機器人時，真的感到祖國的科技發展日新月異。

寫景：廣東是改革開放的排頭兵、先行地、實驗區。(離望：潘鶴 1978)

音樂：B 開葉牛



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