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小眼睛 看大世界

衝出香港 挑戰自我

五年級 王梓瑩

香港飛龍大使——廣西賀州交流團（四天三夜）

四月初，我參加了由城市青年商會舉辦的香港飛龍大使——廣西賀州交流團，與當地的學生互相交流學習，獲益良多。

經過九小時的車程，我們便抵達廣西，雖然感覺疲累，但是我和其他的飛龍大使仍然十分興奮，因為我們的友誼在車程中已慢慢展開，再加上一頓既豐富又美味的歡迎晚宴，我們均帶著滿心的期待，返回酒店休息。

第二天才是我們這次學習交流旅程的真正開始，我們和賀州及澳門的學生一起到平桂實驗小學參加活動開幕禮。沒想到賀州人原來是那麼熱情的！他們一看到我們，就主動和我們打招呼，很快便和我們打成一片。他們甚至邀請我們到其中一位賀州學生的家作客，一起畫畫，餵豬隻和種菜，這些體驗相信是一般港澳學生未曾經歷過的。晚上，我們還參加了一個篝火晚會，大家圍著火堆跳舞，氣氛十分熱鬧。

第三天的行程主要以參觀景點為主。我們首先去了紫雲洞景區。那裡的岩石非常奇特，各式各樣的奇石，讓大夥忙個不停地拍照，希望將此留作紀念！接著，我們便乘車前往黃桃古鎮景區參觀，然後，我們還在那裡寫生，靜靜地欣賞美極了的風景！

在這次的交流團中，我不但對「愛祖國、愛社會、愛生活」這題目有了更深入的認識，還懂得如何和不同地方的人溝通，更結識了一些新朋友。我希望能再次參加這樣的交流團呢！



香港飛龍大使——廣西賀州交流團



五年級 余佩鳴

「游泳尖子培訓·成都交流之旅」感想

我熱愛游泳，是學校游泳隊的成員之一。記得去年的七月，我有機會參加由學校舉辦的「游泳尖子培訓·成都交流之旅」，真是十分興奮，因為這是一個難得的機會，可以和隊友一起接受當地專業教練的指導，一起集訓，一同進步。

我還記得集訓期間，每天早上及下午在冰冷的游泳池不停練習四小時，每項練習也非常艱辛。雖然如此，我們並沒有因此而放棄練習。經過國家高級教練胡安強先生的悉心指導下，我們的泳姿得以改善，速度亦因此而大大地提升了。我們每天都用心練習，互相支持、互相鼓勵，結果，我在校在胡教練安排的中港學生游泳比賽中贏得獎項。

在整個旅程中，我很感謝老師對我的照顧，家長對我的支持，當然，我更要多謝胡教練的指導，讓我不單只改善了我的泳姿，亦讓我更熱愛游泳。游泳可以讓我認識更多朋友，亦讓我領略到在團隊中互相合作和互相鼓勵的重要。

游泳尖子培訓·成都交流之旅



六年級 何汶謙 全國一等獎的背後體會

2011年暑假，我很榮幸代表香港到內蒙古參加全國青少年科技創新大賽，讓我有機會與全國不同省分的科學精英交流，真是令我大開眼界！在比賽期間，所有參賽者除了要面對評審的質詢外，還要參加技能及素質測試，在限定時間內砌一個模型和完成筆試測試；除此之外，還要在公開展覽時，面對從四方八面，川流不息，接踵而來的參觀者不同的提問，真是一個難得的學習經驗，使我畢生難忘。在六日的比賽中，我和其他省分的「小小科學家」大家互相交流和觀摩，使我更了解到自己科學知識的不足，促使我更加努力學習，充實自己。

回想過去，在比賽前的預備工作，實在好不容易，因為要兼顧升中呈分試的溫習，又要不停為發明品反覆測試，實在難上加難。幸好有趙穎思副校長、梁詠詩主任和爸爸、媽媽的支持及指導，我才可以順利面對挑戰。

除了六天緊湊的比賽外，我也有機會在大草原生活了兩天。早上，騎着馬在草原上踱步，感受到當地簡樸的生活，體會當地居民濃濃的人情味；晚上，感受無數星宿的偉大，實在是一個奇妙的旅程。



全國青少年
科技創新大賽
勇奪全國一等獎



最後，我體會到科學並不一定代表高科技，只要肯思考，也能做出優秀的研究，正如愛因斯坦所言：一切科學皆從日常思考提煉而成 (The whole of science is nothing more than a refinement of everyday thinking)。

六年級 林俐好 星馬交流後感

公益少年團本著「認識、關懷、服務」的口號和宗旨，為全港中、小學生提供更多認識和服務社會的機會。而我有幸被選為傑出團員，代表大埔區赴馬來西亞、新加坡交流。這次交流對我來說是一個既艱巨又極具意義的活動，既磨練我的意志力，又令我的心智更加成熟。這次參加交流的成員是由全港十八區選出來的傑出團員，中小學生共有72位，四位督學及9位小組導師。整個計劃都是由督學和導師們精心策劃。

每一個地方都有他獨有的文化特色歷史發展。就像馬來西亞，它共有十三個州，其中十一個州裡有十一個土皇帝，但只有一個國王，土皇帝必須是國王的皇親國戚。馬來西亞的本土人中，全部是回教徒，只有外來人口不是。

馬來西亞有很多外來人口，包括華人和印度人。語言以馬拉文、英文和普通話為主。最近，馬來西亞建造了一個新的首相府，看上去很雄偉壯觀。而新加坡呢？面積雖然比馬來西亞小，卻有「花園城市」之稱，是人們心目中的理想城市。新加坡的面積大約634平方公里，民族方面華人佔77.7%，馬來人佔14.1%，印度人佔7.1%。新加坡沒有國教，華人信奉佛教和道教，馬來人信奉伊斯蘭教，印度人信奉印度教和錫克教。

整個旅程中，我參觀了兩所當地的小學。首次踏足當地的小學，我發現他們的學校課室都沒有空調，只有風扇，可他們的通風措施做得很好，絲毫不會感覺到悶熱。而我最欣賞和佩服的一點就是他們的綠化工作做得很好，校園簡直就是一個公園，令我大開眼界。同時，新加坡的水資源發展迅速，開拓了一個再生水廠，目的是把污水重新過濾，成為可飲用的再生水。

這次旅程別具意義，能把這次計劃順利完成，全靠家人，老師的支持，很感謝學校推薦我，讓我有這個機會獲選參加海外交流。在與組員相處的日子裡，我學會了自理、自立、解決困難，以及怎樣為人處事，我認為在日常生活是很少有這種學習的體驗。



公益少年團傑出團員

六年級 甄錦晴

南京——集歷史與文明於一身的城市

今年的復活節假期，我參加了由學校舉辦的赤子情中國心計劃，前往南京，以了解孫中山先生的革命事蹟，以及體驗南京市天妃宮小學的校園生活，令我印象十分難忘。

我們第一站是中山陵，是孫中山先生位於紫金山山腳下的陵墓，園內種植了不少的梧桐樹，空氣十分清新，風景非常優美。墓道入口是孫中山先生的銅像，底部刻有孫中山先生革命事蹟的浮雕，上面刻有英勇抗敵的革命人士，每個人的表情都流露出艱辛及視死如歸的表情，我可以體會到革命工作是漫長及艱巨的，更能體會到革命人士的偉大。

第二站是南京總統府位於長江路，這是一座歷史悠久的建築，是孫中山先生宣誓就任中華民國臨時大總統的地方，也是一間近代史遺址博物館。我們首先沿着中軸線走，來到煦園（西花園），園內設計古色古香，還有小橋流水，真想想不到會在此進行重大的決策。我們還去了參觀孫中山先生的辦公室、秘書處、太平天國天王府等景點，實在令我大開眼界。



而我期待的小學交流活動在行程的第二天進行。當日一早吃過早餐後，就出發到南京天妃宮小學。天妃宮小學比香港的小學大得多，進入校園，首先看到像香港大球場般大的操場，而且環看四週，可以看到很多教室，後來我們知道每個年級都有五班，每班竟有將近五十個學生之多。我們與當地的學生上了一節語文課和數學課，班上的學習氣氛非常好，同學們都很踴躍積極地進行討論及回答老師的問題，即使不懂也盡力嘗試，我們也要好好向他們學習。後來他們還帶我們四處參觀四周的設施，讓我們能更了解他們的學校及校園生活。他們非常熱情好客，我們有疑問的地方，他們都會為我們解答，以上這幾點都是非常值得我們去學習的。

四天的活動很快便過去，離開南京時有點依依不捨。南京，確實是一個集歷史與文明於一身的美麗城市，有機會我會再來！

六年級 鍾翰韜 何汶謙 孔德熙 黃家傑 接觸南京——一次難忘的體驗

拓展國際視野

南京——一個文化匯聚、歷史發展、改革的重要之地。今年，我和同學們參加了學校舉辦的「辛亥革命百周年——緬懷中山之旅」的交流活動。出發當天，我一早到達機場，準備心情邁向南京之旅。

在整個旅程中，令我們印象最深刻的地方是南京屠殺紀念館。一九三七年十二月二十日——一個本來是一家人共聚天倫的日子，但卻遭遇可怕的大屠殺，全南京變成了屠城，只有少部分的人倖存下來，而此館就是紀念這次大屠殺。在這紀念館中，看到的展板使人不寒而慄，但這只是南京大屠殺的序幕，使人最痛心的是，屠殺我國同胞的日本人，可以這樣做，卻不敢承認，簡直就是「懦夫」的表現！沿着展館的參觀之路，我們看到了細菌戰中的遺骸者之骨，真叫人毛骨悚

然！日本人竟然可以殘忍到以殺人來作比賽，這個「百人斬」實在太恐怖了，經過此地，使人傷感，最後我學會了一句話——「這段歷史，可以傷感，但不可以遺忘，這會永遠留在記憶之中，是一件刻骨銘心的事情。」想到這裡，我們不禁黯然落淚。

其後，我們到了舉世知名的南京長江大橋。整座都由中國人自行構思和興建，由「零」開始研究，使人驚歎。當我們到達了長江大橋橋頂，有一種使我身心舒暢的感覺，令我們十分舒懷，看到這樣的成就，我們為祖國感到光榮、自豪。

雖然南京之旅只有四天，但給我們留下深刻的印象，南京雖然是一個大城市，但也留下了不少人情味和歷史古蹟。就是這份執着，深深地吸引着我們。有機會的話，我們一定會重遊此地，在這充滿人情的風土中，細味它的氣息！

My memorable trip to Kentucky Tang Wai Lun, Chloe

Hi guys! Have you ever been overseas before? During the Lunar New Year holiday, I joined an exchange programme to Kentucky, U.S.A for ten days. It was a fabulous trip and I still miss Kentucky now!

When I was on the plane, I felt really excited and I couldn't sleep I always looked out the window and thought: "When will we arrive at Kentucky?" "Oh! The plane is slow!" "I can't wait anymore!"

After a long long flight, we finally reached Kentucky! We went to Stamping Ground Elementary School. I saw my host family, Mr and Mrs Dickerson. They had three daughters, Emily, who studied at Elementary School, Katy and Abbey who studied at Middle School. They were kind to me.

On the third school day, I went on a field trip with the entire fifth-grade students. We went to the old capital of Kentucky, I learnt a lot about the old Kentucky and it was amazing and a wonderful experience.

I learnt a lot in school too. Our class teacher asked us to do a project about some famous people in the US history. I did it with my buddy, Lindsey.

We drew a poster about Mr Jefferson Davis. It was great fun. Lindsey was nice to me. She answered every single question that I didn't understand. She was always very patient. The most unforgettable thing happened in the gym class when we were playing Dodge Ball. I was hit by a ball! I wept bitterly but Lindsey cheered me up. Therefore I didn't cry anymore and I went back to play ball games. It was fun.

Everyday after school, I would spend time with my host family. I always played Twister and UNO with them. They chatted with me and we talked about our different cultures. My host mum often took me and my host sister to the shopping mall. There they showed me some special things. It was joyful.

Time passed quickly and we had to go back to Hong Kong. I miss my host family and I will always remember them. I really wanted to stay in the USA. Maybe in the future I will go to America to study.



Life in Kentucky So Cheuk Pui, Timothy

I joined an exchange programme and went to Kentucky for the Easter holiday. It was a fruitful and rewarding trip which I will never forget. Life in Kentucky is very different to life in Hong Kong. During this trip, everything was very new to me. Let me walk you through my wonderful experiences in Kentucky.

Classroom

There were many classrooms in the school. The fifth-grade students had four classrooms. The classroom in which we had lessons was very big. There was a shelf which was used for distributing notices. The wooden tables for students were very big. Two students shared one table. I always talked to the classmate sitting next to me. He was my host brother, Landon. We developed a very close relationship by discussing various topics.

Lessons in the school of Kentucky

Every day, we would meet in our classroom and listened to the announcements for the day. Then, we would sing the US anthem and say the pledge. After that we would start our lessons.

The first lesson we usually had was reading. We did comprehension exercises. Afterwards, the teachers would give us homework. I believe that this could help us to improve our English.

The second lesson was Music. We usually played the recorders and the Music teacher always asked us to keep practicing. I think it was boring because it was too simple for me as I learnt it before. My USA classmates liked the music lesson very much and thought it was interesting.

We also learnt some American history, such as the USA presidents from the past and about the American Civil War which happened many years ago. I was very interested in it because I could learn more about the history of the USA. We were allowed to use the computers to extend our knowledge. This was my favourite lesson.

In the Maths lesson, we just learnt about different measurement units, such as yards, feet and inches. It was new to me and I found

it difficult as I had not learnt it before.

In the Science lesson, we did many experiments, we used a long plastic tube to make a round circle, but both ends of the tube would extend further with a little curve. Then, we put a small ball into the tube and looked whether the ball could roll down from the one end to the other end. Finally, we successfully completed the task. The teacher introduced the theory of gravity. I enjoyed this interesting and fun lesson and I could learn something new.

Friends in the school of Kentucky

During our visit to Garth Elementary School, a friendship was established between the USA students and the HK students during the visit. So, I have many friends now. Amongst them, Landon was my best friend and my host brother. He was a kind and sincere boy and he was extremely kind to me. One day I forgot to bring my pencil box, he lent me his pencils. He always talked with me. He even shared snacks with me.

Besides, my host brother - Landon, Will is my other best friend. In the recess, he usually played with me in the playground. The last evening I stayed in Kentucky, he came to my host family's house and ate pizza with us. That night, he slept with us too. We kept on talking and talking and we really had a wonderful time.

Conclusion

In this exchange programme, I found my host family was lovely and kind to me. In Garth Elementary School, were many facilities on the campus, such as the playground and gym. I loved them all. The teachers were very nice and the classmates were kind to me too. They always shared snacks with me. I miss my USA friends, teachers and host family very much.



A Great Time In Garth Elementary Kwok Ling Chun, Tiffany

I had a great time at Garth Elementary School. I prefer their school life more because they are very free! I want to introduce this lovely school to you and tell you more about their lessons and the activities.

Garth Elementary School included Primary and Kindergarten. It was a three-storey building so it was very convenient for both teachers and students. It had a big playground with lots of greenery. Students could have recess with their teachers outside. They changed classrooms every lesson. They did not have a tuck shop at their school.

I gained some knowledge about owls and tornados in the Science lessons. We could play Math games on the net during Computer lessons. We read books in reading lessons and did tests in Math lessons. This was similar to what we do in Hong Kong. Sometimes, they had some performances. The school choir sang and the band performed a lion dance for us. It was unbelievable!

One learning day, we had special activities. We walked around the school and learnt to appreciate the pictures on the wall. The Art teacher taught us the different techniques used in the drawings. After that, we painted a picture with water colours. We also learnt how to weave a scarf with our fingers. It really worked and I made a long colourful scarf. We also had a fun dancing lesson. We followed the teacher's steps and danced together to pop music! After school, they had a fund-raising party in the cafeteria. We could buy a pizza or a glass of fruit punch for HK\$8.00 dollars. We could also buy a hair clip and dance with the teachers! It was fun!

During the normal school days, we went to school before 7:30 and had breakfast, either chocolate muffins with milk or sausage and egg muffins. We had only one recess but it lasted for 45 minutes! After that, we had lunch together. We could choose any food we like, such as fried chicken, hamburgers or sandwiches, and pay at the end of the month.

On the last day when we left school, we gave them some books and ate cupcakes together happily. I felt very honoured that I could have joined this exchange programme and I learnt more about Kentucky. This is an unforgettable experience for me. I improved my English and now know more about Kentucky's culture. I also learnt how to be independent and get along with others. I still keep in touch with my host sister, Hailey through Facebook. Friendship forever!



營造共融世界

5A 鍾穎琳 惠州交流記

轉眼間，兩日一夜的行程已經結束了。我真捨不得那人傑地靈的地方，捨不得那清新的空氣，更捨不得那兩天與同學相處的時光。

還記得那天，我懷着興奮的心情參加了學校舉辦的「同根同心——自然國情（環保）現代生活與環保惠州市交流之旅」。行程當中，我們參觀了海龜國家自然保護區、大鵬古城及西湖等地方，而當中令我印象最深刻的地方，便是西湖。

西湖美若仙境，十分漂亮，我們一邊欣賞四周的景色，一邊留心聽着導遊的介紹，了解當地政府為保持西湖的自然景觀及水質所制定的政策

五年級 張潼茵 自然保育與愛護動物的重要

在是次惠州市自然國情（環保）的交流中，我選定了一個研習的題目——自然保育與愛護動物的重要性。

出發前，我搜集了不少資料，知道所謂保育類的野生動物，在中國及國際上都有一個共同的特性，就是牠們瀕臨絕種或是正以非常驚人的速度從這個地球上消失。這是一個非常嚴重的問題，如果人們不再設法阻止的話，終有一天將會輪到人類滅亡，因為人類跟萬物是互依互存的。

今次的交流，讓我們有幸參觀惠州海龜自然保護區港口灣，這是我國唯一的海龜自然保護區，於1985年由廣東省人民政府批准建立。當我看到可愛的海龜，令我想起很多瀕臨絕種的

及措施。走着走着，我們看見不少蘇東坡先生的詩詞，還有蘇東坡的雕像，老師立刻指揮我們在那裏拍一張大合照。接着，我們踏上了九曲橋，這時老師還讓大家進行自由活動，不少同學忙於拍照，亦有同學趁機以不同角度欣賞西湖的美麗景色。雖然周圍已有不少現代化的建築物，但仍不損惠州西湖的自然景觀，真的非常難得！

短短的兩天行程，令我明白到環保是大家的責任。要地球變得更美，方法就是大家要為環保出一分力！

小動物，我希望人們不要隨意捕捉、殺害、虐待及買賣牠們，也不能隨意改變或破壞牠們的棲息地。在海龜自然保護區裏，我也拍了一些可愛的照片回來，希望人們看到牠便會想起保育和保護環境的重要性。

經過這次的交流，令我認識到自然保育的重要性。資源的枯竭與物種滅絕使得生存環境的品質不斷的降低。面對這種問題，解決的方法就是改變人類開發資源的方式與資源利用的習慣，以使我們的生存環境得以永續生存。

我希望國家能制定更多，更合宜的條約來彼此約束，同時也希望同學們能把學到的知識宣揚出去，做一個有愛心，愛國和愛人類的好榜樣。



五年級 李芍靄

同根同心——自然國情（環保）現代化生活與環保惠州市交流之旅

看著一張張照片，使我不禁回想起一次難忘的旅程……

在十一月十八日至十九日期間，我參加了學校舉辦的同根同心——自然國情（環保）現代化生活與環保惠州市交流之旅。在出發前一天，我既興奮又緊張，期待那一天的來臨。

出發當天，老師派發了我們所需的物資後，便立刻啟程。經過兩個多小時的車程後，我們終於到達第一站——大鵬古城。那裏展出了不同的歷史古蹟，每一件文物也保存得很好，具有古代的風格，很值得我們遊覽。

接著，我們到達了大亞灣石化區參觀，我從遠處看見廢氣不斷從大亞灣石化區噴出來，心裏不禁感到可惜。石化區噴出污濁的廢氣，污染了環境。想改善空氣污染的問題，市民們必須要盡量減少廢氣的排放量，以免令環境受到破壞。另外，石化區排放污水的問題也日漸嚴重，希望當局能盡快找出解決方法吧！

我們來到第三個景點——東港口海龜國家級自然保護區。那裏養育了不同種類海龜，也展出了標本，令我們更深入了解海龜。經過導遊詳細的介紹後，我們才知道原來海龜是瀕臨絕種的物種，因為多



年來有很多人獵殺海龜，我認為政府應該多加強漁民的知識，不要捕獵海龜和破壞牠們的棲息地。

時間過得很快，一天已經過去了，我們回到酒店，吃過晚飯後，便帶着疲倦的身軀回房間休息了。

第二天，吃過早餐後，我們乘搭旅遊車來到惠州的著名景點——西湖。在參觀的途中，我看到蘇東坡的銅像和詩句。傳說蘇東坡被皇帝貶到惠州做官，他在西湖品嚐了一種人間美食——荔枝，更寫下「日啖荔枝三百顆，不辭長作嶺南人。」來讚美荔枝。西湖那裏美若仙境，使人流連忘返。看著蔚藍的天空，平靜的湖面，我禁不住被西湖的景色所吸引。不過，現在水質污染日漸嚴重，希望人們能夠保育西湖，使它的水質更清澈，與宋朝時蘇東坡留下的足跡墨寶，一起令這個名勝景點繼續流傳下去。

吃過午飯後，我們就乘搭旅遊車回香港了。在最後一天，我們在旅遊車內舉行了主題演繹比賽。在這個比賽中，我學會到怎樣辯論，雖然未能取得冠軍，但我們組也不會灰心，會繼續努力。在途中，我從窗外看到街上佈滿垃圾，一些膠樽、罐頭被人們扔在地上，可見部分人的環保意識也不是太好。

兩天的行程已經圓滿結束了，這次旅程真是令我大開眼界。回想起大亞灣石化區噴出的廢氣、海龜被人捕殺、街上佈滿垃圾……心裏就會為造成破壞的人們感到萬分慚愧。透過這次旅行，也讓我體會到環保的重要。同學們，就讓我們為地球出一分力，一起保護環境吧！

Universal Studios in Singapore She Hei Tung, Ariel

On the third day of the trip to Singapore, we went to Universal Studios in Singapore, which is a theme park located on Singapore's holiday island of Sentosa. It was opened on 18 March 2010. It is a famous theme park. All of us were so excited because we were all looking forward to play those exciting games.

When we arrived, we saw a gigantic pond and our tour guide told us that the pond was called Lake Of Dreams. After going through it, we took a map to look for the themed zones of Universal Studios. The themed zones were named Hollywood, New York, Ancient Egypt, Sci-Fi City, The Lost World, Far Far Away and Madagascar.

First, we went to the Far Far Away zone. It was based on a movie called Shrek. We rode on a roller coaster, called Enchanted Airways. It was just a short distance so I was not so scared. Then, we watched a 4-D movie about Shrek. It was interesting and all the seats moved and we could feel the action right from under our seats. It was fun.

Next, we went to the Lost World. It featured smaller themed regions: Jurassic Park and Waterworld. We went on a thrilling river raft ride called Jurassic Park Rapids Adventure. It was very exciting and after the ride, we were wet and soaked with water!

Then, we went to the Ancient Egypt zone. It was based on the historical adaptation of Ancient Egypt during the 1930s, The Golden Age of Egyptian Exploration. Some of us wanted to ride on the roller coaster called Revenge of the Mummy. But some of us were scared so we divided into groups to rather play the games. I was so scared that I went to play the Treasure Hunters game. We needed to drive the jeep through an abandoned Egyptian excavation site. I was a little bit bored. Later when the girls in another group requested to have another ride on the roller coaster, I dared to try. So I followed them. But once I sat on the roller coaster, I had regrets.

When the ride started, a mummy popped up and I screamed! The centrifugal force was so strong and I screamed all the time! When it ended, I was so dizzy. I would never ride on it again!

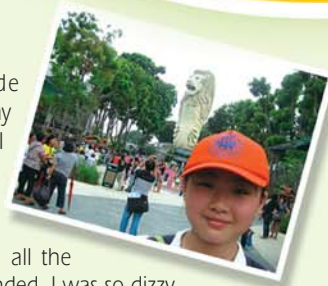
After having lunch in the Lost World zone, we went to Waterworld to see a show. The stuntmen and women used water guns to spray water on the people and they had to open their umbrellas, not to get wet. The show was great but we all got wet!

After that, we went to Sci-Fi City. It was a zone about Science. One of our schoolmates, Helio rode on the world's tallest pair of dueling roller coasters! I chose to go on the Accelerator Ride with my friends. It was a whirling twirling ride that spun guests around. It was fun.

Then, we went to New York. It was based on the original New York City. We went to an action show called "Lights! Camera! Action!", which was hosted by Steven Spielberg. We experienced being hit by a hurricane in a boathouse. The wind and debris swept towards us. We were all stunned by the incredible special effects. It was amazing!

Finally, we went to Madagascar. It was inspired by the Madagascar animation. We took a ride on the crazy carousel called King Julien's Beach Party-Go-Round. It was fun too.

This was the end of the day at Universal Studios Singapore. It was great and unforgettable. I will not forget this joyful day!



A study trip to Singapore Lin Chung Yin

During this Easter holiday, I went to Singapore with my classmates and teachers on a study tour. Singapore is a Southeast Asian city off the southern tip of the Malaysian Peninsula where many different races such as Chinese, Indians and Malays live together. It is famous for its cleanliness and neatness.

Let me share some of my experiences in Singapore with you. On the first day we went to Little India where many Indians live. When we walked around we thought we were in India. There was a long shopping street, similar to our Ladies Street in Hong Kong. All the shops sold Indian products such as, jewellery, scarves, handbags, artifacts and clothes. They were very colourful and beautiful. The Indian salesmen were all very nice and provided a fantastic service. Everyone was excited because we could buy souvenirs. Our tour guide, Mr Q.T. Ng, suggested that we should try one of the Indian customs. It was called 'Henna'. The artists would draw pictures on someone's body with special herbal dyes. Most of us were willing to try. So many of our hands were covered with pictures of fire, water, the sun and flowers. It was amazing.

On the second day we visited Pasir Ris Primary School. When we arrived at the school, we were welcomed by some friendly Primary five students. The teachers helped us to team up with the "Buddies". My buddy, Darren, was nice to me. First he took me to his classroom and introduced me to his classmates.

In the Maths lesson, he gave me a paper and a book for drawing graphs and reading, I enjoyed this lesson very much. Then some students asked me questions about Hong Kong. It was very amusing and answering them felt a bit strange. After the Maths lesson, we had a P.E. lesson.

Everyone was very excited because we could play football. We had a mini-football match on a big football field. It was great. During the match I kicked two goals so my team won the match by one point. I was very pleased because the P.E. teacher praised me for my football skills. After that, Darren took me to the Music room to meet my classmates and teachers because we had to do presentations about Hong Kong to the local students. My group talked about the transport of Hong Kong. All the students paid attention to us during our presentations and it seemed they were very pleased with it.

In the recess, everyone bought some food in a big tuck shop. It sold potato chips, cup noodles and cans of drink, etc. There was also a stationery shop, which sold many kinds of things such as, pencils, rubbers, toys, books and even calculators. After recess, Darren showed me around. The school was huge, tidy and clean. There were a playground, a football field, a basketball court, a big car park and a comfortable canteen. There was even a dancing room, a Chinese studying room, a library and a big garden with a fountain in the middle. Surprisingly, I discovered that the school actually consisted of two buildings. It was so unbelievable. We would not find any school like this in Hong Kong.

At last, we exchanged gifts with the local students in the library. I got a letter from Darren. I would keep it safely as it was so valuable to me.

This trip was unforgettable. Not only did I learn about the culture and history of Singapore, but also about the school life in Singapore. Singapore is really a wonderful place and worthwhile to visit.



走出校園 關愛社區

四年級 黃晉綸
我是清潔小先鋒

六月六日學校的是社區清潔服務日，當天我非常興奮。前一晚，我已把塑膠袋、手套和口罩放進書包裏，等待六月六日的到臨。

下午二時正，我們便出發了！我們跟着唐老師走到大埔官立中學側的行人徑撿一些枯葉和垃圾。那

兒的垃圾不多，這都是清潔人員的功勞。我們在那裏清潔了大約二十分鐘，就前往大埔中心側的行人徑及大埔警署隔壁的公園清理垃圾。途中，我看到許多煙蒂，這反映了吸煙人士亂拋煙蒂，除了增加清潔人員的工作，亦是破壞公德的行為。



經過這次的活動後，我體會到清潔人員的辛苦和明白到不可以亂拋垃圾的原因。



五年級 張琛妍 長幼共融長者日

為了長幼共融長者日的服務，我們全班同學都非常用心和認真地準備當天的表演。

我們決定唱歌、表演魔術和跳健康操。跳健康操是全班同學一起跳的，而我就負責表演唱歌和魔術，令我既開心又緊張。

我們要演唱的歌曲是容祖兒主唱的明日恩典。我們先要完全背熟這首歌曲的歌詞，然後再一起討論排位的問題。一開始我們有些意見不合，有時候還會爭吵呢！由於大家也明白到團結就是力量的道理，因此，大家也變得更加投入和合作了！



經過這次長者探訪日，令我明白到合作和照顧長者的重要性，還有令我對「助人為快樂之本」這句話加深了認識！



六年級 吳思彥
幼稚園服務學習感想

五月三十日是幼稚園服務學習日，那天我懷着興奮的心情和我班的同學到幼稚園向一班小朋友說故事，這天大家都很緊張，因為我和一些同學都是該間幼稚園的畢業生，能回母校為小朋友說自己創作的繪本感到十分興奮、雀躍。

記得在視藝課的時候，老師說：「你們要製作一本繪本，然後會到幼稚園裏向小朋友說故事，大家要用心地設計。」我正在想應該畫甚麼：有些中文字可能太深，小朋友會不明白；雖然英文比較簡單，要製作成一個故事，也十分困難。終於，我決定製作數學繪本，因為數字對

小朋友來說比較容易理解，利用動物隻數代替數字，小朋友會比較有興趣。首先，我先構思完整的故事，畫一些可愛的動物，將動物進出動物園來代替加減數，小朋友便更加明白理解。

當天，大家都很緊張。到了課室後，我們便跟小朋友玩遊戲，請他們吃糖果，然後便開始說故事。我的第一位「客人」是一個害羞的小男孩，所以他不敢說話，於是我主動跟他談天，令他沒有那麼害怕，然後才開始說故事。他很留心地聆聽，而且答對了所有問題，所以我把一些禮物送給他。他即時也感到很滿足。

最後，我們跟幼稚園的小朋友大合照，然後便回校。那天大家都十分開心。



五年級 蘇樂遙 探訪獨居長者後感

我期待已久的長者服務計劃，終於來臨了！

記得在籌備的過程中，我和同學都十分興奮。當時，我們不停地思考，希望可以預備精彩的表演，讓公公婆婆有一個難忘的下午！可是，從考慮表演項目，到分配組員的崗位等等，都花了不少時間。

服務當日，我懷著戰戰兢兢的心情，前往運頭塘邨的長者屋。到達了長者的居所，我們進入了公公婆婆的房間，我們先和他們聊天，接著便開始了精彩的表演。雖然我們的表演有點失手，但公公婆婆都十分享受。最後我們送了他們一份禮物後，便離開了。

經過了這次的長者服務計劃，我吸取了服務長者的經驗，知道如何組織活動、如何與長者溝通，我亦對服務充滿了熱誠，因為服務實在十分有意義，既可以幫助別人，又可以學習，真是一舉兩得！



五年級 周芷蕙 長幼共融服務後感

在這次「長幼共融」活動中，我和5D班同學都準備了不同類型的表演。正所謂：「台上三分鐘、台下十年功」。我們兩班同學都花了許多時間去籌備和排練。我擔任的是司儀，我和另外三位小司儀一有時間便聚在一起練習，希望可以在演出時達到最好的效果。當天面對著台下的觀眾，我毫不害怕，反而有無比的信心，也令我吸收了許多主持的經驗，更提升了我的隨機應變的能力。當表演完結後，看見那些公公婆婆都熱烈的拍掌，我們都覺得花了許多時間去預備都是值得的。經過這次的服務後，令我更體會到「助人為快樂之本」這句話的意思。

我們都覺得花了許多時間去預備都是值得的。經過這次的服務後，令我更體會到「助人為快樂之本」這句話的意思。

