



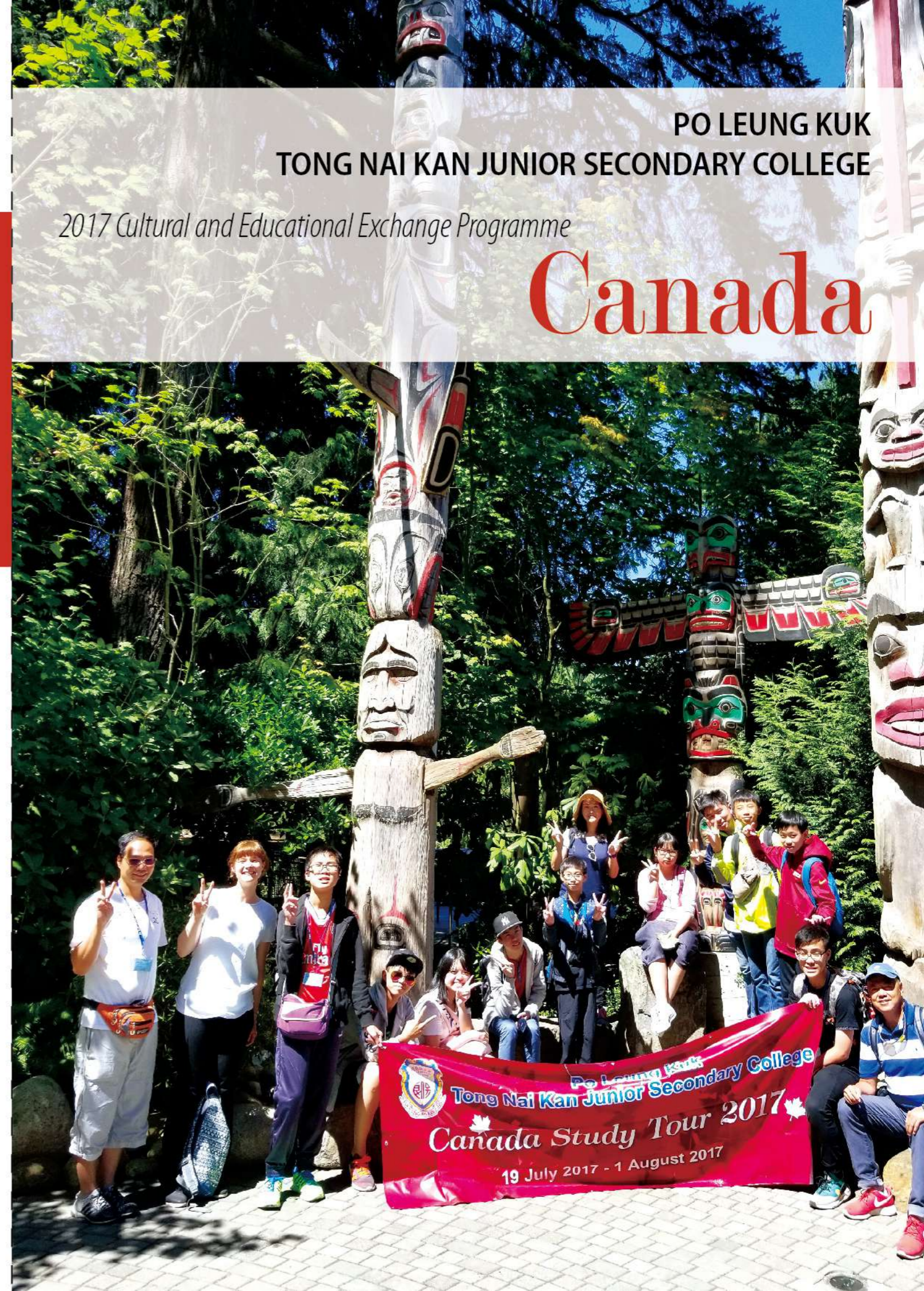
19-31 July 2017

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PO LEUNG KUK
TONG NAI KAN JUNIOR SECONDARY COLLEGE

2017 Cultural and Educational Exchange Programme

Canada





Preface

Our Summer Time in Vancouver 2017
Ms. PF Leung

In order to broaden students' horizons and learning experiences and pursue greater mutual understanding through exchanges between our students and overseas students, our school arranged a 2-week cultural and educational programme to Canada for our students from 19th July to 1st August 2017. Ten secondary one to three students were selected to join the study tour with two accompanying teachers.

After a 12-hour long-haul flight, we were welcomed by a college representative of Vancouver International College (VIC) at the airport. Despite experiencing serious jet lag, students were very concentrate during the short briefing on the city's transportation and homestay information. We then sent students to the homestay families one by one. When the coach bus arrived at their homestays, students were all very amazed by the huge living space, accommodations and environment there.

During weekdays in these 2 weeks, students had graded English lessons with other teenagers from countries around the world in the mornings. After the lessons, students and teachers gathered together and enjoyed packed lunch prepared by their homestays. On weekday afternoons and on Saturdays, we did various local sightseeing activities like visiting the University of British Columbia (UBC), iconic spots of the town such as Gastown, Canada Place and Olympic Stadium. We had bicycle riding at Stanley Park to enjoy the leisure living style there. We also visited the Granville Island for open market and domestic produces, the Capilano Suspension Bridge for the forest, the Victoria B.C. for a unique blend of old world charm and new world experience and took a tour to the Whistler Mountain for nature beauty and Winter Olympic Game Village.

In the trip, I were happy to see another side and growth of my students. They showed us their strengths and advancement in self-management, as well as problem solving and inter-personal skills. They took care of each other, being understanding, co-operate and independent throughout. Thank you very much for all my beloved students and hope that all these precious moments will stay in their hearts here and after.

The Kuk's Spirit

Mutual Respect
United Effort
Benevolence
Charitable
Gratefulness and Recognition

Dedication to Serving
the Community

Vision

Children are nurtured, Youngsters are educated
Adults are supported to contribute
Elderly are cared for
The less fortunate are lightened with hope.

Mission

To be the most prominent and committed charitable organisation,
In the Kuk's Spirit to do good deeds with benevolence.
Dedicated in protecting the young and the innocent,
caring for the elderly and the underprivileged,
aiding the poor and healing the sick,
educating the young and nurturing their morality,
providing recreation to the public, caring for the environment,
passing on the cultural inheritance and
bringing goodness to the community

Values

Fine traditions, Accommodate the current needs
People-oriented, Care and appreciation
Sound governance, Pragmatism and innovative
Integrity, Vigilance
Optimal use of resources, Cost-effectiveness
Professional team, Service with heart



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Name list of the study tour

Ms. LEUNG PUI FAN













Mr. CHAN HON SHING

Class	No	Name
1E	28	LEE CALBERT HO YI
1A	23	LIU CHUN KAN
1B	19	KWOK CHUN MING
2P	28	WONG TSZ YUEN
2A	27	SUEN MAN TSUN
3A	22	KEUNG KWAN TAI
3F	3	LU NGO SUET
3F	6	CHAN ON KIU HOUSTON
3B	17	CHENG PING LAM
3E	26	WONG PAK IN





Schedule of the study tour

Day	Date	Schedule	Day	Date	Schedule
1	19/7 (Wed)	<ul style="list-style-type: none"> Meet at the HK International Airport in the afternoon take flight via CX 838 (16:20/13:15) to Vancouver 	8	26/7 (Wed)	Am-pm Night <ul style="list-style-type: none"> English School Class Granville Island Rest and stay with homestay family 
2	20/7 (Thu)	Am-pm Night <ul style="list-style-type: none"> Upon arrival, meet with the homestay family Rest and stay with homestay family 	9	27/7 (Thu)	Am-pm Night <ul style="list-style-type: none"> English School Class Visit at SFU Rest and stay with homestay family 
3	21/7 (Fri)	Am-pm Night  <ul style="list-style-type: none"> VIC (Vancouver International College) 1 Day activity Picnic Rest and stay with homestay family 	10	28/7 (Fri)	Am-pm Night <ul style="list-style-type: none"> English School Class Farewell Party Rest and stay with homestay family 
4	22/7 (Sat)	Am-pm Night <ul style="list-style-type: none"> One Day Victoria Trip Rest and stay with homestay family 	11	29/7 (Sat)	Am-pm Night <ul style="list-style-type: none"> One Day Whistler Trip Rest and stay with homestay family 
5	23/7 (Sun)	Am-pm Night <ul style="list-style-type: none"> Family Day Rest and stay with homestay family 	12	30/7 (Sun)	Am-pm Night <ul style="list-style-type: none"> Family Day Rest and stay with homestay family 
6	24/7 (Mon)	Am-pm Night <ul style="list-style-type: none"> English School Class Bicycle riding at Stanley Park Rest and stay with homestay family 	13	31/7 (Mon)	Am-pm <ul style="list-style-type: none"> Go to the Airport and fly back to Hong Kong via CX 837 (14:45/19:15) Arrive in Hong Kong on 1 Aug 2017
7	25/7 (Tue)	Am-pm Night <ul style="list-style-type: none"> English School Class Capilano Suspension Bridge Rest and stay with homestay family 			



Reflections from teachers

Vancouver Study Tour Mr. Chan Hon Shing, Joe

Our Canada study tour took place from 19th July to 31st July, 2017. We were ready to start off our journey to Canada. On the first day, we took part in the outdoor activity organized by Vancouver International College. Our students have had good performances and won some awards in the competition.

On Friday, we visited the Gas Town steam clock. According to the tour guide's introduction, Raymond Saunders built the first steam clock in 1977 at the corner of Cambia and Water Streets in Vancouver.

On Sunday, I went to Quarry Rock for hiking with Devon, Allie and Nate (my home-stay family) in the morning. We had great fun at Quarry Rock and there was a beautiful scenery. I really enjoy the countryside in Canada.



As a teacher of Chinese History, I think one of the most significant lessons for the entire Canada study tour was our visit to Dr. Sun Yat-Sen Classical Chinese Garden. We seemed to have returned to the 15th-century China and visited the home of a scholar's family. Scholars in the Ming Dynasty were the elite of their time and they served as highly educated officials in the Imperial Chinese government. The Dr. Sun Yat-Sen Classical Chinese Garden is the first of its kind built outside of China. Fifty-three master craftsmen came from China with 950 crates of materials and constructed the Garden using the traditional methods. The Garden Park was built with no glue, screws, or electrical tools used! The result is this enchanting space filled with the perfect balance of yin and yang (陰陽).

To conclude, we have had a wonderful time with our students during the local visit activities. We did sightseeings in Canada at Dr. Sun Yat-Sen Classical Chinese Garden and visited the Gas Town steam clock. Hopefully, we will have the opportunity to organize more cultural exchange study tours for our beloved students in the coming future.





DAY 1,2

3F03



After an 11-hour flight, we finally arrived in Canada! It was the first time I went to Canada. Therefore, I felt really excited and happy. We joined a day camp at VIC. It was boring as the games were a bit childish. However, we had some yummy pizza for lunch!

3E26



It was the day we began our tour. I was a bit nervous but also excited because I had not left Hong Kong for such a long time. I arrived at Canada after a long flight. I suffered from jet lag. I felt energetic at night but very sleepy in the morning.



1E28



We went to Canada Place to wait for the bus to start off today's journey. We got on the BC Ferry today. When we went up to the top deck, I could see the ocean there. It was gorgeous. I visited some shop on the fifth deck of the big ship. When the ship arrived at Fisherman's Wharf, I saw many houses built on water. The photo here was a flower shop at Fisherman's Wharf. I had a delicious ice-cream there too. Then we went to the Legislature. It is where the government of Canada located. Lastly, I visited the Bay Centre and bought a drink there. I went back to Canada Place at 21:30 but only found my bus to home stay changed its schedule and had left. Luckily, with Miss Leung's help, I went back to my homestay family safely.



1A23



We visited Canada Place today. The seaview was beautiful and there was a big ship. People were celebrating Canada 150, which is the 150th Anniversary of Canada!

2P28



We took a test in VIC today. After that, we went to Canada Place and Gastown for sightseeing and buying souvenirs. It was a great day.

2A27



We went to Canada Place. We saw a huge ferry at the pier. The weather was nice today.

1A23



We had a day trip around Victoria today. The tour said we might be able to see whales but we couldn't at the end. What a pity. However, I still enjoyed the beautiful scenery and I could see many big ships in the sea. We also visited many local food stores on the journey.

3F03



We went to Victoria Park today. It was cool and amazing because there were many colourful flowers. It was such a nice day! We did some simple work and played some games. We learnt a lot of vocabulary in class today. We had fun while we were having lessons.



DAY 3,4





DAY 5

1B19 Today was family day, so we went to the park. I played board games with the child in my host family and enjoyed a nice sea view. At night, we had a wonderful family dinner together.



1E28 Today is the family day. I stayed with my homestay family. I did my summer holiday homework in the morning. I felt really glad because I could finally sleep in this morning.



DAY 6



1A23 Today we went for a bicycle ride in Stanley Park but I did not join it. Instead, Ms Leung, Paul Chan and I went to take photo near the sea. It was big and beautiful. The sky was clear and the view was nice. Although I had crashed twice on a bicycle before, I still felt excited about riding bicycle since it is fun. I took some photos while I was riding. At night, we went playing basketball with the host family. I had great fun. However, we had forgotten to tell the teachers, so they could not reach us on phone. Anyway, I thought today was a good day.



DAY 7

2P28 Today we learnt about maps and directions at school. We learnt more about places in Vancouver and the surrounding area. Then we went to Capilano Suspension Bridge. We all crossed the suspension bridge, which was long and shaky. It was so scary when I looked down from the bridge. Our tour guide told us some information about the bridge and some trees. They were all above 300, and some even reached 800, years old! After that, we tried the tree top adventure, where I could see a very nice view above. We were all very satisfied with today's activities.





2A27

Today we went to Granville Island. It was not exactly an island but more like a peninsula. The weather was very nice. There were some factories, some shops and a market. We stayed there and bought some food and drink, such as taco, sushi and hotdog. We took a walk around the market. All the products were hand made and local. We went to a toy store afterwards. There was a magic shop in it and we tried some amazing tricks. It was so much fun!



DAY 8



Po Leung Kuk
Tong Nai Kan Junior Secondary College
Canada Study Tour 2017
19 JULY 2017

DAY 9



1A23

Today we took the sky train and bus no. 99 to the University of British Columbia. After this trip, I knew more about UBC. We also visited the souvenir shop where I have bought something for my friends. I felt happy.



3A22

It has been a good and wonderful day today. The sun was shining brightly and smiling at us all day. The sky looked more blue and the water clearer than before. It was such a perfect day out. After an educational, yet a bit boring, English lesson, we went to visit the University of British Columbia. We learnt about how unique it was and why it was so prestigious and popular.



2P28

We went to UBC after class today. We walked around the campus and it was very big. It was a wonderful day.

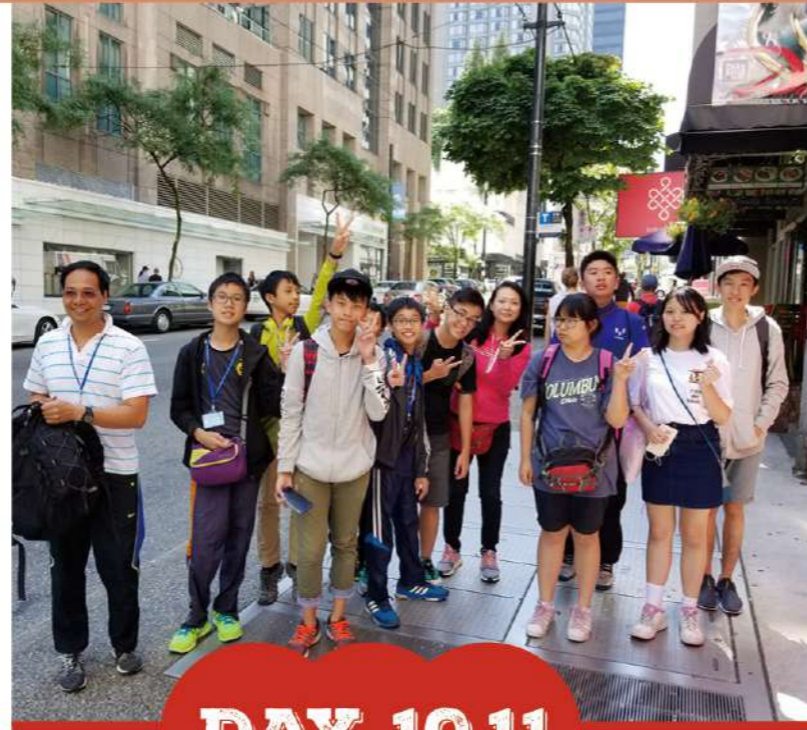




1E28 Today we had the closing ceremony at VIC. Before the prize-giving session, we had a tea-time gathering. After that, we visited the Pacific Centre. It was large and I could buy a lot of things there.



1A23 It was our last day at VIC. We had a closing ceremony and a party. There was a lot of food and drink, which was yummy. After that, we went to Pacific Centre to eat and shop. We had a busy but fruitful day. I will never forget VIC.



DAY 10,11

3F06 It was a nice and wonderful day today. I went to Whistler and I thought it was such a nice and wonderful place. The temperature was nice. I saw a very beautiful scenery there. We enjoyed some nice food like chicken wings and pizza. We also visited a beautiful lake in Whistler. I loved this place very much,



2P28 Today we went to Whistler and visited the Lost Lake. The weather was very nice. It was a nice day.



DAY 12,13

3B17 It is our last day in Canada and we had to say goodbye to our homestay families tomorrow. We went to the supermarket to buy something back to Hong Kong. I bought a pack of green peas. At night, we had dinner with the host family. I would not forget these days in Canada as we had unforgettable memories in Canada.



1A23 We need to go back to Hong Kong today. I did not want to leave Canada. I will never forget my host family and my time in Canada.



3F03 Times flies. It is the last day of the 2017 Canada Study Tour. We are waiting for the flight back to Hong Kong. It was the last day at Vancouver International College. The teachers and students there were very friendly and nice. My teacher, Alex, tried his best to teach us. Although he was sick, he still went to work. I was very impressed. Therefore, I studied hard. We had a test on the last day and I managed to pass the test successfully. I was proud of myself. In this study tour, my English oral skills has improved. I could speak English more fluently than before. After the test, we had a graduation ceremony. We all felt sad and missed this place so much. We left VIC and went to London Drugstore. There was a lot of yummy food and souvenirs. It was a cool place. Finally we went back to the homestay and packed our luggages.





Our unforgettable photos

19 - 31 July







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