

2024

深港姊妹學校學術交流特刊

Shenzhen and Hong Kong Sister School
Educational and Cultural Exchange Activity



伊斯蘭鮑伯濤紀念小學

Islamic Dharwood Pau Memorial Primary School



深圳市羅湖松泉實驗學校

Shenzhen Songquan Experimental School

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Aims of the Educational Tour

遊學目的

Enhance
teachers' understanding of
education in mainland
China

加強教師對內地教育的了解

Reinforce cultural exchange
between China and Hong
Kong

促進中港兩地文化交流

Enlarge the school network
擴大學校網絡

Improve
teachers' professional
development

提升教師專業水平



Itinerary 行程安排

第一天：4月25日(四) Day 1: 25 th April (Thursday)		
時間 Time	活動項目 Activity	
08:00	學校雨天操場集合 Meeting Point: School Covered Playground	
08:30-09:30	出發前往文錦渡香港關口 Travel to Man Kam To Control Point	
09:45-10:15	到達文錦渡香港關口及過關 Arrive at Man Kam To Control Point	
10:15-11:00	開車前往深圳市松泉實驗學校 Travel to Shenzhen Songquan Experimental School	
11:20-11:50	歡迎儀式 Welcome Ceremony 1. 兩地學校師生見面，宣布活動開始 Greeting and Introduction 2. 升國旗，奏唱國歌 Flag-raising Ceremony and National Anthem 3. 兩地學校校長致辭 Welcoming Speech by Principals 4. 松泉古詩新唱社團表演 Gu Shi Xin Chang by Sister School 5. 伊鮑小舞麒麟表演 Kirin Dance by IDPMPS 6. 兩日交流活動安排 Announcement 7. 歡迎儀式結束 Closing	
12:15-13:15	午膳 Lunch	
	Educational Exchange Activities 學術交流活動	
	A 組 (Group A)	B 組 (Group B)
	科創 STEM	
14:00-15:00	- 迷你吸塵機 Mini Vacuum Cleaner	- 太陽能動力車 Solar Vehicle
	藝術 Art	
15:15-16:00	- 景泰藍掐絲琺瑯 Cloisonne	- 印度海娜手繪 Henna
	體育 Sport	
16:20-17:05	地壺 Floor Curling	
17:15-17:45	攀岩 Rock Climbing	
18:30-19:30	晚膳 Dinner	
20:00	入住酒店 Hotel check-in	

第二天：4月26日(五) Day 2: 26 th April (Friday)		
時間 Time	活動項目 Activity	
07:30-08:00	梳洗及收拾行李 Dress up and pack luggage	
08:00-09:00	早餐及退房 Breakfast and hotel check-out	
09:30-11:30	深圳珠寶博物館 Jewelry Museum of Shenzhen	
12:00-13:00	午餐 Lunch	
14:00-15:00	深圳博物館 Shenzhen Museum	
15:00-15:30	前往文錦渡口岸 Travel to Man Kam To Control Point	
15:30-16:00	到達文錦渡口岸及過關 Arrive at Man Kam To Control Point	
16:00-16:30	學校解散 Dismiss Point: School Covered Playground	

Preface of Principal 校長序言

伊斯蘭鮑伯濤紀念小學 石志端校長 Ms Salim Sekena

「攜手同行 文化共融 教育創新」

引言

2021 年，伊鮑小與深圳市松泉實驗學校締結為姊妹學校。經過兩年多的期待，2024 年 4 月 25 日，本校師生滿懷興奮與期盼整裝出發，踏上了一段意義非凡的實體交流旅程。雖然抵達深圳時細雨連綿，但松泉實驗學校師生以熱情接待如春日暖陽，為此次交流開啟了完美序章。



兩校師生 活力無限 激發潛能

活動開幕之際，學生們的精彩表演迅速點燃了現場的熱烈氛圍。松泉實驗學校古詩新唱社團的創意演繹巧妙結合了傳統文化與現代元素；伊鮑小的麒麟表演則展示了學生的才華與自信。這些演出不僅是學生努力的成果，更彰顯了兩校教師的專業用心，使中華文化得以薪火相傳。

值得一提的是，本校計劃介紹的地壺球運動，出乎意料成為兩校師生互動的亮點。松泉學校特設地壺球賽道，並有老師精通此項運動，讓賽場上充滿笑聲與歡呼，為師生們留下了彌足珍貴的記憶。此外，兩校師生攜手挑戰攀石，共享充滿活力的校園生活，感受到團隊協作與青春力量的魅力。



攜手共進 專業交流 引領多元合作

這次交流充分展現了教師專業協作的卓越成果。兩校領導與教師克服地域限制，通過視像會議及微信等平台進行溝通，精心策劃活動，制定教學策略，並共同編制教材，搭建了一個高效且充滿價值的學習交流平台，彰顯了教育合作的多元潛力與深遠影響。

兩地學生攜手學習，我校展示的「漢娜」手繪作品與松泉實驗學校的「中國第一色」景泰藍掐絲琺瑯，讓學生深度沉浸於彼此的文化精粹之中，既拓寬了視野，又感受了祖國傳統工藝的非凡魅力。





文化共鳴 激發家國情懷

這次交流充分展現了語言對於兩校學生協作學習的非障礙性。每組小夥伴全情投入，實踐操作、創意思考、細緻觀察並專心聆聽，順利完成任務。本校學生分享收穫，普通話水平顯著提升，並對祖國文化與發展有更深入的理解。他們表示將珍惜此次機會，努力學習中華文化，加深對祖國的認識，體現了積極進取的學習態度與深厚的家國情懷。



總結

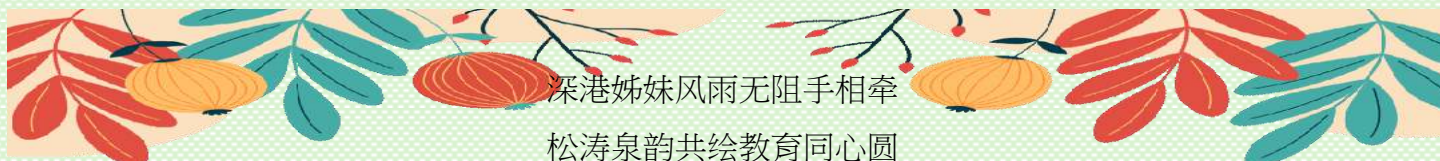
松泉實驗學校是一所充滿活力、愛心與創新精神的學校。曾書記分享的校舍設計、校園設施優化及課程規劃等發展藍圖，讓我們受益匪淺，也為本校提供了寶貴的借鑒經驗。此次交流收穫滿滿，展望未來，我們期盼融入更多元化元素，攜手推動教育創新，共促教育發展與學生的全面成長。



Preface of Sister School 姊妹學校序言

深港姊妹风雨无阻手相牵，松涛泉韵共绘教育同心圆 ——深圳市松泉中学与香港伊斯兰鲍伯涛纪念小学师生开展联谊交流系列活动

深圳市松泉实验学校 2024 年 04 月 28 日 16:24 广东



——深圳市松泉中学与香港伊斯兰鲍伯涛纪念小学师生开展联谊交流系列活动



4 月 25 日中午，在严谨细致的期中考务管理间隙及周密的暴雨应对预案下，备受期待的深圳市松泉中学与香港伊斯兰鲍伯涛纪念小学的联谊交流活动，在松泉中学的天井隆重启幕。香港伊斯兰鲍伯涛纪念小学校监马蓬伟、校董马保华、校长石志端携 60 余名师生参加活动。深圳市松泉中学党总支书记曾挺宇、校长成卓率全校师生、家长代表共 2000 余人热情接待了冒雨而来的客人们。



在热烈的欢迎仪式上，松泉中学校长成卓与伊斯兰鲍伯涛纪念小学校长石志端相继发表致辞，共同表达了深化深港两地家国情怀，提升两校师生综合素养的美好愿景。他们期望通过这一系列的活动，两校能够在相互了解和友谊的基础上，共享教育资源，互补优势，共同提升教育教学的品质。



松泉中学的古诗新唱社团以一曲《渔歌子》的童声合唱，歌颂了鹏城春天的美丽景色，同时以音乐的形式，向嘉宾们表达了最热烈的欢迎。伊斯兰鲍伯涛纪念小学的孩子们则通过传统艺术表演《舞麒麟》，将麒麟的喜、怒、哀、乐等情感，以及动静之间的神态转换，演绎得栩栩如生。两校的精彩表演，不仅赢得了全场师生的雷鸣般掌声，更是将活动推向了高潮。



表演过后，两校领导互赠了精心准备的纪念品。松泉中学送上了由珠宝丹青社团师生创作的“松泉”字样作品、学校纪念银币以及鲜花。伊斯兰鲍伯涛纪念小学则准备了师生共同创作、校监题字的水拓画，以及校董特别打造的纪念牌，还有一副表达家国情怀的对联，这些礼物都富含深意。



当天下午，两校领导在三楼会议室进行了深入的座谈。大家一致认为，这次活动的深远意义在于通过合作交流，促进了深港教育的融合，凝聚了向心力量，厚植了爱国情怀。两校在激发办学活力、打造教育生态系统，以及跨区域教育合作的道路上，又迈出了坚实的一步。



在科创教室里，深港师生共同体验了 **STEM** 课程，从太阳能动力赛车到迷你吸尘器的制作，同学们展现出了浓厚的兴趣和创造力。在景泰蓝掐丝珐琅手工创作课上，深港师生在松泉教师的指导下，学会了“卷、捏、编、粘”的技巧，并亲自动手创作，深刻感受到了传统手工艺的魅力。在伊鲍小老师的印度海娜手绘课堂上，孩子们亲手体验这一古老艺术形式的独特美感，了解其背后的历史和文化意义。让孩子们在享受艺术创作的同时，更加了解和尊重不同的文化传统。在运动场上，深港师生参与了地壶项目的训练与比赛，以及攀岩项目，体验了运动的乐趣和挑战。



青松紫荆相辉映，不负春光携手行。接下来的两天里，两姊妹校师生还将携手开展一系列丰富多彩的活动，包括同游深圳珠宝博物馆等特色文化体验项目。

本次盛会经过近三个月的精心筹备，以“深港姊妹手相牵，共绘湾区同心圆”为主题，生动地落实了罗湖教育 2024 年“14104”总体发展思路，深入演绎了“纵向贯通，外向融合”的方针政策。活动当天刚好是松泉中学小学部和七、八年级的期中考试时间，恰巧又突降暴雨，然而，秉承“迎难而上，守正创新”精神的松泉团队，凭借精心制定的预案，应对从容，有条不紊，确保了考试与活动并行不悖。在严谨细致的考务管理间隙，巧妙地安排了一场庄重而热烈的欢迎仪式，以及一系列丰富多彩的体验活动，这种在挑战中绽放的坚韧和创造力，正是松泉团队精神的最好体现。伊鲍小石校长深情地表示，看到松泉的孩子们在校内如此快乐、有礼，这是她一直期望的理想教育状态。她对松泉中学的精细管理深感折服，并期待两校间能够进一步深化校际交流，特别是在课程建设、教师互派和学生项目式学习方面，建立长期稳定的合作机制。



我们相信，两校的相聚不仅能成为深港教育互学互鉴的典范，更能在松涛泉韵、高山流水的倾述交往中，深化姊妹学校间的情深意长，共同书写和风细雨、山高水长的友谊新篇章。

文字：曾怡瑞、排版：朱燕苑、审核：汪洋

Teachers' Reflection 教師反思

Mr Amer Hussain 洪安武老師

Visiting China is always remarkable especially if you are visiting with students after few years due to pandemic. This tour provide a unique opportunity to students and teachers to broaden their horizon and to learn beyond the confines of the classroom.

Even though the weather was not stable and continued to rain heavily but still it didn't stop us to explore amazing China. Due to badweather condition and crossing border process made us delayed the trip but everyone waited paiently which made a good beginning of the tour. Our sister school was desperately waiting for us to start the opening ceremony.

The programme started with speeches made by both principal where they thanked each school to pay lot of efforts to made this tour successful and appreciated the students. Next, we had beautiful Chinese cultural dance performance by sister school students. Young students showed great talent and passion during the performance which gave everyone goosebumps and appreciated their efforts. Our school lion dance team also performed and everyone gave the big applause to appreciate their talent and hardwork. It was amazing to see the talent and passion of students from both sides who worked hard to prepare for this events.

Next, we had lesson observation and students from each school got a chance to stay with their buddies. They were trying hard to communicate with each using English and Putonghua which was set as a goal for for students on both sides. The first lesson was carried out by sister school teachers where students worked together to complete the coding for their STEM project. Later on, they had a chance to try their final product and most of the students were able to perform well and the lesson objectives were achieved by seeing the happy faces of the students.

Our school also prepared a lesson of Henna Art where teacher introduced the history and significance of this art. Teachers also showed some examples of beautiful pattern of Henna and also introduced the places where Henna art is well appreciated such as Pakistan, India and middle east countried. For safety reasons, students were reminded to draw on paper in order to avoid any allergic reaction. Finally, students were asked to use basic elements to design their own original pattern.

Students were really creative in this part and everyone had different inspirations behid their patterns.

In conclusion, I also gained great experience and this tour allowed me to connect with my students on a deeper level and observed their daily behavior and interests in a different context which will help me to improve my teaching skills and communicate with them in a better way. In addition, the tour also helped me to understand my colleagues and work as a strong team to handle any kind of unexpected situation.



Mr Chan Wai Ho 陳偉豪主任

在深圳市松泉實驗小學的交流活動中，我很榮幸擔任學校麒麟隊的領隊，負責在開幕式表演和下午的地壺球介紹環節。這一天對我來說充滿了感動，讓我更有熱愛教育的力量。

當我站在操場上，看著充滿動感的孩子們，我感受到了一份深深的驚喜和興奮。他們的笑容和期待讓我明白，教育不僅僅是學習知識，更是一種文化的交流和友誼的建立。我有幸能夠成為這橋樑上的引領者，將我們的熱情和友善傳遞給每一位孩子。

開幕式表演是一場視覺和聽覺的盛宴，動作和音樂的融合讓人心馳神往。當我看著孩子們舞動的身影，他們帶著無窮的活力和激情，我感到一股力量湧上心頭。這股力量是來自於教育的魅力，它能夠激發人們的潛能，讓他們展現最真實的自己。

而下午的地壺球介紹環節更是讓我領略到了深圳孩子們的熱情和才華。地壺球是一項老少咸宜的運動，它融合了技巧和智慧，需要團隊合作和個人發揮的空間。我看著孩子們一個個投入地參與其中，他們用專注的眼神和熟練的動作展現著他們的實力和自信。這讓我明白，教育不僅僅是傳授知識，更是培養孩子們的品格和能力。

交流過程中，我與深圳學校的老師們進行了深入的交談，分享了彼此的教學經驗和教育理念。我被他們的專業和關懷所深深感動，他們致力於孩子們的成長，用心去教育，用愛去引導。我從他們身上學到了很多，也受到了很多啟發。

這次交流讓我更加確信，教育是一個無盡的旅程。每一次交流都是一次成長，每一位孩子都是一片寶藏，等待我們去發掘和啟發。我感受到了教育的魅力和力量，它能夠連接不同地域和文化，讓孩子們建立友誼和理解。我深信，教育的種子已經在每一個孩子的心中種下，我將繼續努力，用我的力量去培育這些種子，讓它們在陽光和關懷下茁壯成長。



提起「松泉」——一個既陌生又熟悉的名字。那要從相識於兩年多前說起，那時疫情所限，彼此在隔空中一次又一次的積極籌備和交流，一點一滴成了今次親切的嚮導。一走進松泉校園，在陌生的場景中發現熟悉的臉孔，在簡單而隆重的歡迎儀式中旋即拉開序幕。

第一天的活動主要在松泉學校裏进行交流體驗，松泉與我校彼此都是廿載多歲月，正值青春，處處充滿着熱情與活力，兩校可謂有同心同圓之妙。今次兩校配對成組的學生是以隨機的，不過大家很快已無隔膜，熟稔起來，在科創室內合作進行活動時各展渾身解數，放膽嘗試彼此溝通。記得有學生在雪白的杯套袋上利用 **HENNA** 設計圖案，然後寫上彼此的名字，那種純真的友誼原來已經默默萌芽，掛上心頭。進行 **STEM** 交流活動時，學生齊心合作動手拼砌太陽能動力賽車後就自由去進行用家測試、再回去改良及修正以達致成果，那不就是融合自主學習的科創教育精神嗎？

雖然是次交流未能有時間趕上走訪校舍其他地方參觀，不過我相信數算校園最吸睛的，莫過於校門不遠處的三十米寬的攀岩牆。看着松泉代表隊「飛簷走壁」的表演，觀眾們都屏住呼吸，一瞬間又按不住高聲驚歎。輪到攀岩項目體驗，即使有學生未能通過也不丟志氣，也不視作搞砸，相信那攀岩牆該是時刻提醒松泉師生迎難而上的座右銘吧！難得所見我校平日較文靜害羞的學生也主動前來個自我挑戰，勇敢攀登，我也為他們而感到驕傲。

值得一提的是這次分派指導的學生是熟悉的 **TRISTON**，想不到偶遇他陌生的一面。還記得他讀一年級時偶爾令人神經繃緊的情境，此次卻表現成溫和有禮的小暖男，別看他話不多，每每貼心關顧我。雖然他曾探訪過深圳，不過離開家人跨境遊學也是第一次，看到他自我探索、體驗世界的過程，他的成長真的讓人驚喜。想到他還有兩個多月就要畢業離校，現在心中已有不捨之情呀！

這次交流較可惜的是第二天的戶外活動遇上紅雨警示而被迫取消，有聞松泉學校設計出「珠寶文化+基礎學科教學」的特色校本課程，希望日後能有機會再來觀摩。不過總的來說，這次的交流之旅體驗了很多別樣精彩的學習經歷時刻，的確已為回憶增添不少燦爛的微笑！



Ms Cheng Choi Har 鄭彩霞主任

受到疫情的影響，記得去年我們仍是以網上形式與姊妹學校進行學術交流，今年終於能親身到深圳市松泉實驗學校作交流 😊。

雖然只是兩日一夜短短的交流，我們為學生安排了緊密的行程，當中包括不同範疇的活動，如：STEM、藝術及體育，還有博物館參觀等。學生除了可以體驗內地學習特色，亦能對中華文化 🐼 有進一步的認識。

在眾多的交流活動中，有不少項目都令我有深刻的印象。首先是松泉在歡迎儀式的古詩新唱表演，雖然在雨中進行，但每一位表演的小朋友都保持著甜美的笑容，充滿自信地唱出古詩 🎵🎵，配以精心製作的影片，將傳統的中華文化以活潑的方式演譯出來，確是別出心裁！👍

其次是景泰藍藝術課，景泰藍是金屬胎嵌搪瓷工藝，在中國衍生出來的一個獨立品種，對於我校的學生絕對是一個新體驗。學生首先須將銅線貼在杯墊上的圖案，接著再須用琺瑯漿考手地填在用銅絲劃分好的空格內。當中的技巧的確不易掌握，幸好有松泉的學生在旁協助及指導 🤝，我校的學生都能順利地完成作品，當中有不少作品更是不錯呢！

最後當然是松泉的攀岩表演，當中除了那壯觀的攀石牆令我讚歎不已外，攀岩健兒的速度實也是驚人 🤩！相信老師和學生們都花了不少心機和時間訓練和練習的成果！

在這個交流中，唯一遺憾的是第二天的行程因受到暴雨而要取消 😞，未能前深圳珍珠博物館參觀及進行他們為我們安排了的課程，希望日後再有機會再能參與！😊😊



Mr Law Andrew 羅偉基主任

During my recent visit to our sister school in Shenzhen, China, with all the students and particularly my mentee, Zain, from Class 6B, I had the opportunity to reflect on the incredible experiences and meaningful connections we made. The visit was filled with eye-opening moments, cultural exchanges, and a deep appreciation for the educational practices and facilities in Shenzhen.

From the moment we arrived, we were impressed by the advanced technology implemented at the sister school. The electronic screens with cameras outside each classroom not only facilitated attendance taking but also displayed important announcements. It was an efficient and modern system that showcased the school's commitment to innovation and organization.

The welcoming ceremony held for us was truly heartwarming. The students from the sister school put on a wonderful performance, singing poems that celebrated our partnership. Their dedication and enthusiasm radiated through their voices, and it was a joyous moment of cultural exchange.

Throughout our visit, we had the opportunity to observe different lessons and demonstrations, and it was a constant reminder of the depth of knowledge and skills present in the Shenzhen education system. We were exposed to aspects of Chinese culture such as cloisonné, which broadened our understanding of their rich heritage. In return, we introduced them to floor curling, a popular sport in our school. The exchange of ideas and activities fostered mutual learning and appreciation.

One aspect of the visit that left a lasting impression on me was the interaction with the students. Despite the language barrier, their friendliness and enthusiasm transcended any barriers. It was amazing to witness the incredible class sizes, with up to 50 students per class, and yet see how well the teachers managed and engaged them. The systematic approach employed by the teachers to handle such large classes was both impressive and inspiring.

The facilities at the sister school were top-notch, and it was evident that great care had been taken to create an optimal learning environment. The well-equipped classrooms and resources provided the students with the tools they needed to excel academically. Additionally, the warm and welcoming nature of the staff and students made us feel at home and created a positive atmosphere throughout our visit.

As the days went by, I found myself growing more appreciative of everything I experienced in Shenzhen. The people, the culture, and the educational practices left a profound impact on me. I wished we had more time to spend with our counterparts, as the limited duration of the visit hardly allowed for the depth of connection we desired.

Unfortunately, the second day of our visit was affected by a red rainstorm, which forced us to leave early and cancel our planned museum visits. It was a disappointment, as we were eager to explore more of the city and its cultural treasures. However, we remained grateful for the time we had spent together and the memories we had created.

In conclusion, the sister school visit to Shenzhen was an invaluable experience that broadened our horizons and deepened our understanding of the education and culture in the Mainland. The warm reception, the impressive demonstrations, and the genuine connections we made with the students and teachers will forever be cherished. I am grateful for the opportunity to have been a part of this educational tour and hope that our partnership with the sister school will continue to flourish in the years to come.



Ms Poon Shiu Wai 潘小慧主任

隔別五年，期待已久的 2024 深港姊妹學校交流團於四月二十五日展開！總結而言，兩日一夜之旅程給予我一個新知，一個得著及一個啟示，可說是滿載而歸。

新知：甫到達深圳市松泉實驗學校，便開始歡迎儀式。看著松泉學校小朋友穿上華服，古詩新唱，還播放預先攝錄音樂短片，構思用心，效果令人讚嘆不已！隨後分組進行課堂活動，讓我深深明白到中港兩地學生學習模式之異同。見到大家在科學探究及創科同是著重學生動手動腦，利用反覆測試，以科學語言作討論為策略，啟發學生科學思維。而令我印象最深刻就是攀岩活動，松泉學校硬件設置完備，學生裝備齊全，而教練及學生個人素質更加值得我們欣賞與學習，看著松泉學生訓練有素，敏捷攀爬，速度與技術兼備，雖進行競賽，但仍不忘互相扶持，展現體育精神。教練們對伊鮑小師生更是關顧有加，知道大部份初次體驗，不但用心教授技巧，還適時鼓勵，讓每位參與者都盡力發揮，挑戰自己，看到自己最好的一面。學生在學習歷程上，老師已不再是單一知識輸入者，反之，同行者這一角色，更顯其重要性。

得著：平日老師與學生日程都被教學工作及學習目標塞得滿滿，溝通及互動大多於學校環境下進行，話題亦多與學習相關，師生之間總是欠缺了生活感。藉着今次交流活動，大家可以身心放鬆，享受著一團人往同一地方學習，參與同一活動的氛圍。而參訪之同時，大家亦可放慢腳步，多聊天多了解，以增進師生間感情。大家記得攀岩活動，當中老師學生首次嘗試，大家互相支持鼓勵的情境嗎？還有一邊享用清真美食，一邊聊天的歡樂時光嗎？天公雖不造美，但無損大家雀躍的心情，因為我們都很珍惜是次機會，除了令眼界擴闊，得著更多就是師生彼此了解加深，感情加厚，這個才是最珍貴。

啟示：交流活動讓我明白到，學生們除了靠讀書來豐富知識，更應往外走一走，充實自己的學習歷程，亦把讀萬卷書與行萬里路自然結合起來。這個亦是現今年輕一代為自己的未來增值的具體行動。期盼伊鮑小學生藉此交流活動，以親眼看，親手做，親身感受去了解國家歷史文化和現實國情。往後積極參與國家舉辦活動，好好裝備自己，以成為可擔大任之棟樑。



Ms Wong Ching 黃琤主任

期待已久的姐妹交流活動終於開展，回想在活動開展前，大家都積極準備與籌劃，透過這次交流活動，深港教育能互相觀摩學習，相信交流活動必定充實與精彩。當天我懷着興奮的心情與同學們浩浩蕩蕩出發了！

雖然當天下着雨，亦無阻深港兩岸的情誼。深圳市松泉實驗小學的師生，在雨中列隊夾道歡迎我們，他們的熱情為深港教育交流活動展開了序幕。在開幕典禮中，兩岸同學各展所長，盡顯潛能，實在引以為傲！師長對兩岸同學所展現的才華確實讚嘆不已！

下午的交流活動更是多采多姿。**STEM**的活動培育了學生科創思維，兩岸學生透過探索，共同設計小型「吸塵機」。他們用心的鑽研，不斷的嘗試，瞭解如何改良「吸塵機」的吸力，無疑展現了小小科學家的探究精神，這就是科創教育成功的基石。

在藝術的環節中，同學們體驗「景泰藍」這種著名的傳統工藝製作。兩岸同學聚精會神地創作，為工藝作品塗上絢爛的色彩，藉此活動體會藝術的美學與價值。在攀岩的過程中，同學們最初膽戰心驚，不敢攀登，我從旁鼓勵，給予支持，最終同學們勇敢攀登。活動過程，不單訓練學生的體魄，更能磨練學生的意志，就如成長的路途上，縱使荊棘滿途，我們仍擁抱信念，跨越崎嶇，昂然踏步。

是次深港教育交流活動，加深認識各方文化，增強彼此瞭解與溝通，共同觀摩學習，提升教育素質。「深港情誼，風雨同路」快樂的時光總是那麼美好，就讓這美好的經歷與回憶，深印於學生成長中的心弦。



As a primary school teacher, joining the school exchange programme with our sister school has been an immensely rewarding and enlightening journey. This opportunity has not only exposed me to a well-developed school and its practices but has also allowed me to learn valuable lessons that I can apply in my own teaching.

During the exchange programme, I had the privilege of visiting our sister school, a school renowned for its excellence in education. I was astounded by the school's state-of-the-art facilities, its student-centered approach, and the emphasis placed on holistic development. Witnessing their well-structured curriculum and supportive learning environment has inspired me to strive for similar excellence in my own classroom. I learned the importance of integrating technology and innovative teaching methods to engage and inspire students.



One of the highlights of the exchange programme was the rock-climbing session organized for the participants. As a teacher, I always encourage my students to step out of their comfort zones and embrace challenges. Participating in the rock-climbing session allowed me to practice what I preach. It was a truly transformative experience that pushed me beyond my limits and instilled in me a sense of resilience and determination. I realized the significance of setting goals, overcoming obstacles, and celebrating small victories. This newfound confidence and perseverance will undoubtedly reflect in my teaching, as I strive to inspire my students to embrace challenges and believe in their own abilities.

Additionally, I had the opportunity to attend a STEM session taught by a teacher from the sister school. The session was not only educational but also incredibly fun and engaging. Through hands-on experiments and problem-solving activities, I witnessed how students were able to develop critical thinking skills and apply their knowledge in real-world contexts. I was inspired to incorporate similar interactive and inquiry-based learning experiences into my general studies lessons, making them more enjoyable and meaningful for my students. This STEM session reminded me of the importance of creating a learning environment that fosters curiosity, creativity, and collaboration.

Furthermore, I was deeply impressed by the exceptional organization and arrangements made by our sister school. From the seamless coordination of the exchange programme to the thoughtfully planned activities, every aspect of the visit was meticulously executed. The professionalism and dedication of the staff were evident in their attention to detail and commitment to ensuring a fruitful and memorable experience for all participants. I have taken note of these organizational skills and will strive to enhance my own planning and execution in the future.

However, it was unfortunate that we were unable to visit the museum on the last day due to the red rain signal. Despite this disappointment, the overall experience of the school exchange programme and the various activities I participated in left a lasting impact on me. The exposure to a well-developed school, the rock-climbing session, and the inspiring STEM session have broadened my horizons and enriched my professional growth as a primary school teacher.

In conclusion, the school exchange programme with our sister school has been an invaluable opportunity for me to learn from a well-established educational institution and gain new perspectives on teaching and learning. The rock-climbing session taught me the importance of resilience and perseverance, while the STEM session highlighted the significance of interactive and enjoyable learning experiences. The impressive organization and arrangements made by the school have inspired me to enhance my own planning and execution. Despite the missed museum visit, this exchange programme has truly been a transformative experience that will positively influence my teaching practice and benefit my students for years to come.

Ms Chow Hiu Kwan 周曉君老師

Reflecting on my experience in the sister school, I am filled with a sense of gratitude and appreciation for the opportunity to learn and grow in a different environment. The cultural exchange and immersion in a new school community has broadened my horizons and deepened my understanding of different perspectives.

I am honoured that I could visit the sister school with our students and with my mentee Areeba from 6C. It is really impressed that I could visit the sister school which is equipped with high technology and well-developed facilities. The screen outside classrooms with cameras facilitated the attendance taking.

I have gained a newfound sense of independence and resilience from navigating unfamiliar surroundings and adapting to a different academic curriculum. Building connections with students and teachers from the sister school has enriched my social skills and expanded my network of friendships.

The challenges I faced during my time at the sister school have also taught me valuable lessons in perseverance and adaptability. I have learned to embrace change and uncertainty with an open mind and a positive attitude, knowing that growth often comes from stepping out of my comfort zone.

Overall, my experience in the sister school has been incredibly rewarding and transformative. It has allowed me to broaden my horizons, develop new skills, and make lifelong connections with people from diverse backgrounds. I am grateful for the opportunity to have been a part of this enriching experience and carry the lessons learned with me into the future.

By watching the performance, observing the stem class and henna class, and seeing the students and teachers participating in rock climbing during a sister school visit, I have learnt the importance of cultural exchange and appreciation: By observing the henna class and performance, I can gain insight into the traditions and art forms of different cultures. I also learnt the value of hands-on learning: Through observing the stem class and rock-climbing activities, I can see the benefits of experiential learning and practical application of knowledge. I learnt the significance of collaboration and teamwork as well. By witnessing the students and teachers participating in rock climbing, I can learn about the importance of communication, trust, and cooperation in achieving common goals. Moreover, I learn the benefits of exposure to diverse experiences: By immersing myself in different activities and environments, I can expand my horizons, develop new skills, and broaden my perspective. Last but not least, the power of positive interaction and engagement were enriched. By observing the interactions between students and teachers during the visit, I can appreciate the impact of supportive and encouraging relationships on learning and growth. It is wonderful to see that both our students and those from sister school also enjoyed the process of learning. Even though there were heavy rain and thunderstorm on the second day of the tour, which both students and teachers were a bit disappointed that we could not visit the Shenzhen Jewellery Museum and another museum about Shenzhen, we could also learn that nothing can be taken as granted.



Ms Liang Siu Kuen 梁小娟老師

My recent exchange visit to a school in Shenzhen was a truly enriching experience that left a lasting on me. The school's commitment to providing a well-rounded education that goes beyond traditional academics was evident in the diverse and engaging activities offered to the students.

One of the of my visit was the henna workshop that I had the pleasure of participating in. It was fascinating to learn about the intricate art of henna application and its cultural significance. The students were not only skilled at creating beautiful designs but also knowledgeable about the history and traditions associated with henna. This workshop provided a unique cultural learning experience that I believe will broaden the students' understanding and appreciation of different customs and practices.

Another unique workshop that caught my attention was the Cloisonne workshop. This traditional art form involves the use of indigo dye to create stunning patterns on the plates. I was impressed by the students' creativity and attention to detail as they worked on their own Cloisonne pieces. This workshop not only showcased the students' artistic abilities but also promoted the preservation of cultural heritage and craftsmanship.

Our school's commitment to the arts was further demonstrated through the Qilin dance performance that I had the privilege of watching. The students' graceful movements and coordination were a testament to their dedication and passion for performing arts. The Qilin dance, with its rich symbolism and intricate choreography, was a beautiful display of the students' talent and cultural awareness.

In addition to the arts, the school also offered a variety of sports and hands-on activities to promote physical fitness and problem-solving skills. I had the opportunity to observe a floor curling competition, where students displayed teamwork, strategic thinking, and sportsmanship. The competitive yet friendly atmosphere of the competition highlighted the importance of collaboration and fair play in achieving success.

Furthermore, our sister school's emphasis on innovation and sustainability was evident in the make a solar car course that I observed. The students' enthusiasm and creativity in designing and building solar-powered vehicles showcased their ability to apply science and technology in real-world contexts. This hands-on experience not only enhanced their engineering skills but also instilled a sense of environmental responsibility and resourcefulness.

Lastly, I was captivated by the singing performance and bouldering activities that their school offered. The students' melodious voices and confident stage presence during the singing performance were truly impressive, reflecting their dedication to honing their musical talents. The bouldering activity, on the other hand, challenged students physically and mentally, fostering resilience, problem-solving skills, and a sense of achievement.

Overall, my visit to the school in Shenzhen was a testament to the power of holistic education in shaping well-rounded individuals. The range of activities and programs offered to the students not only enriched their academic learning but also nurtured their creativity, cultural awareness, physical health, and problem-solving abilities. I believe that the students' participation in these diverse experiences will not only benefit them academically but also equip them with the skills and values necessary to thrive in an increasingly complex and interconnected world. I am grateful for the opportunity to have witnessed firsthand the positive impact of such a well-rounded education on the students in Shenzhen.



Ms Jiang Xue 江雪老師

四月二十五日的早上，伊鮑小 60 多位師生浩浩蕩蕩的登上旅遊大巴，開啓了兩日一夜的深圳姐妹學校——深圳市松泉實驗學校交流之旅。姐妹學校位於羅湖區，在黃岡口岸過完安檢後很快便抵達了，猶記得到訪當日天公不作美，淅淅瀝瀝的下着大雨，然而姐妹學校的學生仍是井然有序的排著隊，一看到搭檔的本校學生就熱情的獻上一朵玫瑰花，學生們第一次收到同齡人送的花都有些靦腆和驚喜，年齡相仿的孩子們很快便交上了朋友。

學生們分別參加了由本校老師主持的藝術類印度漢娜手繪活動和姐妹學校老師主持的科創類太陽能動力車組裝活動。雖然動力車的零件很細碎很複雜，但學生們還是不厭其煩地一步一步跟著指示組裝，最後在測驗中取得不俗的成績，還收到一份額外的電動車模型予他們帶回香港組裝，真是滿載而歸。

下午的體育類活動也是精彩刺激、學生們換上安全裝備體驗室內攀岩活動、勇攀高點突破自己的極限，又或是發揮團隊合作精神、鬥智鬥勇、身手矯健的投擲地壺球。一整天的行程格外充實，學生們德智體美全方位發展，既結交了新朋友、又嘗試了多類型的活動，個個都雀躍不已。而教師們也有機會暫時放下繁重的教務，與學生一起認識姐妹學校的文化特色、教育理念，並與對方學校的教師交流、比較兩地教育的異同之處，相互學習、交流砥礪，實為難能可貴的經驗！



在這次深港姊妹交流團中，我得到了寶貴的經驗及珍貴的回憶。

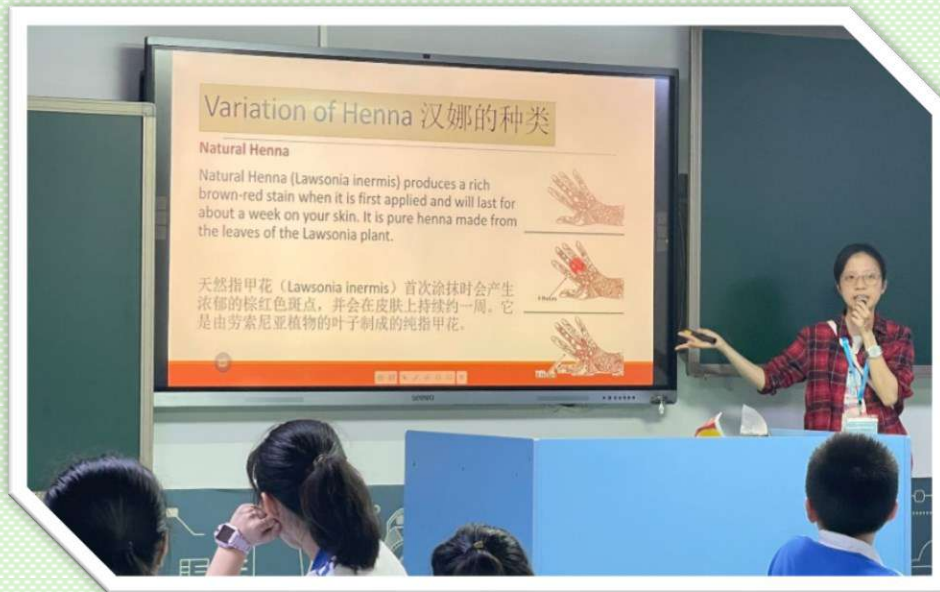
甫一抵達，深圳市松泉實驗學校的同學們冒着風雨在門口送花給我校的同學，他們的熱情與好客之道真令人敬佩。

在這次的交流團中，學校安排了很多豐富的節目。其中，最令我尤為深刻的是漢娜藝術和攀岩體驗。

首先，漢娜藝術的教學示範是屬於我校安排的活動，由本人教授。這次的教學經驗使我獲益良多，不僅首次使用普通話作授課語言，連同時教授兩地學生也是首次呢！在教授的過程中，我深刻體會到姊妹學校同學們全神貫注、專心致志的學習精神；也看到我校同學樂於助人、勤奮好學的良好品質。此外，姊妹學校的學校設備也令我大開眼界，無論是設備還是技術，也很出色。

其次，姊妹學校安排的攀岩體驗活動也令我感受良多。在偌大的攀岩場地中，我看到的是學子們力爭上游、堅毅不屈的態度。新世代的少年，我們講求的不再是閉門苦讀，德、志、體、群、美，每一方面都應得到相應的發展。“體者，載知識之車而寓道德之舍也”，我們培育的新一代，不單要有好學思辨之能，也應有矯健的體魄，為社會育健康快樂的新棟樑。

雖然今次的交流之旅因天雨關係，未能參觀博物館，但每個細節的安排都洽到好處，使老師、同學們都能盡興而歸，衷心感激兩地學校的安排，期待下一次旅程的開展。



Ms Lam Chung Wa 林頌華老師

在學校安排的深圳姊妹學校交流是一個師生共融的寶貴的學習經驗。交流歷時兩天，兩天都落了滂沱大雨，也算是很特別的體驗。

在第一天，駛近四小時的車程，將下車的時候，深圳市松泉實驗學校的老師們已經準備好不同的雨具去迎接我們，十分窩心。深圳同學迅速地找到預先配對好的學生作出友善的問候，盡顯好客之道。

在參觀姊妹學校期間，學生參加了由本校常識科林老師主教，一個以製作吸塵器為主題的 STEM 課程。與當地學生一同上課是一件有趣的事情，我校學生的英語能力較高，內地學生的專注力強，在課堂中各顯優勢，互補不足。這個活動主題本身就生活化，教授過程結合理論、實踐及測試，讓學生學得不亦樂乎。

我們參加的另一項是由內地老師教導的藝術課，「製作景泰藍」。這種中國傳統藝術形式涉及複雜的設計和鮮豔的色彩，非常考驗學生小手肌的靈活度。學生有很高的自主度可以選擇自己想呈現的藝術風格。

令我印象最深刻的還是深圳學校的攀石表演。攀石牆設計分開不同的難度，讓不同年紀的學生也能不斷地挑戰自己。當我們見到年紀輕輕的學生以飛快的速度達陣，大家都無不讚歎，同時，我們也非常佩服內地同學的勇敢和堅毅！隨後，師生都有機會到攀石牆試玩，瞬間師生打成一片，創造了兩地及師生之間的美好回憶。



Ms Lam Hoi Ching 林凱靜老師

姊妹學校交流團兩日匆匆便過去了，但當中的點點滴滴卻使人回味至今。

是次姊妹學校交流團的活動中，我有幸負責安排 **STEM** 課程，指導兩校學生製作迷你吸塵機。在這次的課程中，學生們親自動手製作迷你吸塵機，深入了解當中的科學原理和工程應用。雖然剛剛開始時，同學們都有些手忙腳亂，但仍然細心聽講，一步步慢慢嘗試，更懂得和好友分工合作。學生們不僅學會了基本的科學知識，還培養了團隊合作的精神和解決問題的能力。通過這次 **STEM** 課程，我們見證了學生們的成長和進步，他們在課程中展現出的好奇心和求知慾讓老師們都大感振奮。

雖然第二天則遇上大風大雨，以致要取消參觀博物館的行程。但我相信，是次交流團的完結標誌着一個新開始，不但激發了學生們的潛能，更引導他們探索未知世界，讓他們在學習路途上乘風破浪，成為未來的領袖和創新者。

最後，希望每一位同學都能在這次姊妹學校中有所得著，不論是珍貴的友誼、難忘的體驗，還是課本上的知識，也是你們人生中寶貴的禮物。同時，也感謝兩地學校的安排，讓同學們能擁有不一樣的學習經歷。感謝校長和每一位老師兩天來悉心教導和照顧每一位學生，啟發他們的智慧和潛能。讓我們攜手共同努力，為下一代的成長和發展貢獻自己的力量。願我們的教育事業越走越好，讓孩子們在知識的海洋中茁壯成長，成就美好的未來。



Mr Lam Shui Fai 林順輝老師

我非常榮幸有機會參加這次與深圳一小學的交流活動。作為一位香港小學的普通話和體育科教師，我對於這次的經驗感到無比寶貴和難忘。

在交流活動中，我負責指導學生進行地壺球活動。地壺球是一項具有中國特色的傳統運動，它不僅考驗了學生們的協調能力和反應能力，還培養了他們的合作精神和團隊意識。我很高興看到學生們在活動中互相幫助，共同努力，並且獲得了很大的成就感。這次活動不僅增強了學生們的身體素質，還培養了他們的意志力和堅持不懈的精神。

除了地壺球活動，我們還有幸參觀了深圳一小學的攀石活動。攀石是一項極具挑戰性和刺激性的運動，它需要學生們具備勇氣、耐力和集中注意力的能力。我看到學生們在攀石過程中面對困難從不氣餒，相互鼓勵，最終攀登到了高峰。這個過程不僅提升了學生們的身體素質，還培養了他們的勇敢和自信心。而且，這次攀石活動也讓我們深入體驗到了深圳一小學注重學生全面發展的教育理念。

這次交流活動不僅是一次體育活動，更是一次跨文化的交流。我們的學生和深圳一小學的學生進行了深入的交流和互動，他們互相學習，互相了解了不同的文化背景和生活方式。這不僅擴寬了他們的視野，還促進了他們的友誼和合作。

在這次交流活動中，我也深深體會到了教育的重要性。教育不僅是傳授知識，更是培養學生們的品格和價值觀，讓他們成為有擔當的社會人士。我將把這次交流活動中學到的寶貴經驗帶回香港，並將其融入到我的教學中，以激發學生們的學習興趣，培養他們的團隊合作能力和勇於接受挑戰的精神。

最後，我要感謝深圳一小學的師生們對我們的熱情接待和無私的付出。這次交流活動將會成為我們一生難忘的回憶，並且對我的教育生涯有著深遠的影響。我相信這樣的交流活動對於學生們的成長和發展至關重要，我們應該繼續鼓勵和支持這樣的跨文化交流，讓學生們在不同的環境中學習和成長。



Ms Lau Wing Yan 劉詠恩老師

我有幸陪同學生們參加 **2024** 姊妹學校交流團，到羅湖松泉實驗學校進行交流活動，包括 **STEM** 課程和藝術手繪活動。儘管第二天的行程因為天雨關係取消了，但這次交流活動仍然讓我獲益良多。

第一天上午，我和學生們一起參與了 **STEM** 課程，主題是製作迷你吸塵機。這項活動不僅讓我們了解了吸塵機的運作原理和結構，還讓我們親自動手參與到了製作過程中。通過團隊合作和思考，我們成功地製作出了一個迷你吸塵機，這給我們帶來了巨大的成就感。

接著，我們參加了藝術類活動，進行了印度漢娜手繪。這是一項非常傳統和獨特的藝術形式，我們學習了手繪的技巧和過程。通過這次活動，我們深入體驗了不同文化之間的藝術交流，並且發現了藝術的力量和美麗之處。

下午，我們有幸觀賞了深圳學校的攀登活動。這是一項挑戰自我的活動，需要勇氣和毅力。看著學生們克服困難，一步步攀登到頂峰，我們深受啟發。這次活動不僅加深了我們對團隊合作的理解，還激發了我們對於挑戰的渴望和勇於面對困難的勇氣。

儘管第二天的行程因天雨關係取消了，但這次交流活動仍然給我留下了深刻的印象。通過這次活動，我與羅湖松泉實驗學校的學生們建立了深厚的友誼，並且拓寬了我的視野。我意識到不同學校和地區之間的教育和文化差異，這讓我更加開放和包容。

總的來說，這次 **2024** 姊妹學校交流團的經歷是一次難以忘懷且寶貴的機會。我感謝這次機會讓我與不同學校的學生們相遇和交流，並且深入體驗了 **STEM** 課程和藝術手繪活動的魅力。儘管行程有所改變，但這次活動仍然讓我們受益良多，讓我們開拓了視野，增長了見識。



Ms Lee Yee Tak 李懿德老師

本年 4 月 25-26 日港深姐妹學校學術交流團，帶給我有很深很多的感受及感觸，還有學習機會。

出發前，學校已要求學生學習簡單的普通話及禮貌，同時也向同學簡介交流時有甚麼需要注意及學習地方。令學生懷有興奮的心情期待出發的一天。

出發當天，我們順利從香-港到深圳，直接到位於深圳市松泉實驗學校——姐妹學校進行探訪及交流。雖然下車天公不造美，下着大雨，不過無損深圳姐妹學校對我們熱烈的歡迎，深深令我們感動。

接着是隆重而簡單的歡迎儀式——升旗禮令我們看到真正的升旗儀式。跟着，雙方學校表演：我校派出醒獅隊，把氣氛炒起來；松泉學校派出合唱團唱出動聲的歌曲，真是繞樑三日，加上同學們穿上漢服，使整個表演環節推上高潮。

午膳後，再次回到姐妹學校進行下午活動，首先常識科自製吸塵機，同學努力去剪剪貼貼、拼拼畫畫，不經不覺做出一部小型的吸塵機。跟着大家熱烈地討論，修修改改完成了完美的吸塵機，看到大家露出自信、可愛的笑臉，猜到一家成功了。原來大家一起合作去完成事情是比個人獨立完成更有趣更容易成功。

接着，我們學習新視藝活動「景泰藍掐絲珐瑯」，我是第一次接觸覺得很有趣很好玩，原來用彩沙就可以完成一幅畫，真是非常特別。最後，大家一起玩地壺及攀石遊戲，可以促進大家交流，同時加深了相方認識，令這次活動更加完滿。不經不覺已黃昏，大家帶着依依不捨、開心心情回家。

期待下年再次深港姐妹交流團。



Ms Lu Szu Ying 呂思穎老師

剛完成兩日一夜的深圳姊妹學校交流，我實在由衷感受到這次活動的意義重大，為兩地學生開啟了一扇全新的視野。

一走進深圳市松泉實驗小學的校園，便映入眼簾的是一派現代化、科技感十足的氛圍，與我們傳統的校園有著天淵之別。儘管我校學生和內地學生語言不通，當彼此第一次見面時，他們仍用熱情友好的笑容打破隔閡，更互送禮物，及主動介紹自己的學習生活。看到他們如此坦誠相見、毫無隔閡，我感到十分欣慰。

課堂交流是整個交流之旅的重頭戲。透過 **Steam** 課堂，雙方學生化身小小工程師，在老師的啟導下，兩地學生合力造出獨一無二的創意小型吸塵器。難能可貴的是，本校和內地學生雖然母語不同，但仍能力以英文和普通話交流，熱心地互相觀摩學習。現場一度洋溢著熱烈討論的空氣，大家互相合作，分享自己的獨到觀點，就連語言也絲毫無阻溝通的熱誠。偶爾遇到製作上的難題，大家更是體現出團結一心、群策群力的合作精神，一同思考對策。



視覺藝術課堂同樣讓人印象深刻。香港和內地學生用彩砂和銅絲，一同製作出精緻漂亮的景泰藍作品。在沉醉於藝術創作之餘，也感受到中國工藝的巧奪天工之處。看著學生們專心致志地完成作品，將藝術創作視為交流的橋樑，我既感動又對他們的恆心表示由衷敬佩。

除了增廣見聞外，這次交流最大的收穫，莫過於讓香港和內地學生建立起真誠友誼。短短兩天，雙方已然打成一片，互相稱讚對方的才藝，甚至在分別時也難掩失落之情。有學生更主動表示，希望日後能多些這樣的交流機會。這份無分彼此的友誼之情，豈不正是兩地融合的最佳寫照？

綜觀這次姊妹學校交流之行，可謂是卓有成效。它不僅豐富了兩地學生的知識和體驗，更重要的是讓他們樹立起相互尊重、包容並蓄的胸襟。作為教師，我由衷期盼香港和內地日後能夠加強合作、促進交流，為孕育新世代人才續展新一頁。

Ms Mak Sui Wan 麥瑞雲老師

A group of 39 teachers and students, living in Hong Kong, visited Shenzhen Songquan Experimental School in early 2024 for an educational learning tour. This Educational Tour provided students and teachers with a chance to extend learning beyond the classroom. This study tour offered different activities for students and teachers, such as STEM, art and sports. Students explored new territories for acquiring insights and experience. These educational tours also enhance students' sense of national identity and cross-cultural empathy.



After visiting the school, I recognized the diversity and modern development of Shenzhen. The people were really enthusiastic. From the headmaster to the students, everyone was welcoming us like guests. We were welcomed outside the school entrance, and all the students were lining up to give flowers to our students. Their Flag-Guards were spectacular. When we arrived at the school, my students' first comment was 'Their school is really big!' We had to walk a long way to the classroom. And there is a standard 400-metre running track.

Students needed to collaborate together to build a Solar Vehicle, which was a challenging process that tested their teamwork and communication skills. During making of the Solar Vehicle, students engaged in tasks such as joining small parts, constructing the frame, and connecting wires. They needed to pay attention to every step. Our students were eager to communicate with students from Shenzhen. They were trying their best to speak in Putonghua. Students were discussing how to put the small pieces into one piece while they were watching a demonstration video. My student, QQ, and her new friend Fu were very much team players. It was a pleasure to team up with them. When they were not sure how to solve a problem, they asked me. They would listen to my advice attentively. We all have confidence in our vehicle since we all worked together. 'Let's put it on the track!' They grabbed the model and left their seats excitedly to have a speed test. One of them placed the vehicle on the track carefully; while another held a light bulb to give energy to the vehicle. You can tell how fast our car was just by listening to the sound of the wheels turning. We would be the champions- if the vehicle were allowed to drive in the opposite direction! 'Let's try one more time!'; 'Let's improve our car right now!' QQ and Fu did not give up. They modified their Solar Vehicle once again.

I am the lucky one to have been chosen to join the study tour this year. One of my most enjoyable experiences was chatting with my students all day long outside school! they showcased another side of themselves at school. They are unique qualities! The visit to Shenzhen Songquan Experimental School gave me a sense of the beauty of our China. Looking forward to visiting and feeling the people in different parts of China. I'd like to thank our school, Islamic Dharwood Pau Memorial Primary School, for providing this learning opportunity for the teachers and students.



Ms Ng Lok Yung 吳樂蓉老師

在馬校監及石校長率領下，本校師生於四月二十五日至二十六日到深圳市羅湖區松泉實驗學校（小學部）進行交流活動。

那天的天氣不太穩定，天還下着濛濛細雨。甫下車，松泉學校的師生一手為我校同學披上雨衣，一手送上鮮花。隨着五星紅旗徐徐升起，太陽也終於從雲層中露出了笑臉，溫暖和煦的陽光灑落在操場上。這一幕讓大家感到無比的喜悅和期待。

交流活動正式展開，伊鮑小與松泉學校的師生進行了深入的互動和交流。同學互相合作，製作太陽能動力車和印度海娜彩繪杯套。過程中，大家分享了彼此的學習經驗和文化特色，增進了相互之間的了解和友誼。除了學生之間交流外，松泉學校的設備、環境和學生亦令我印象深刻，例如校園處處展示了古今中外的偉人名言或詩句，學生舉頭便能獲得啟發和思考；每個課室門口都有電子屏幕，顯示了該班的資訊、學生成就和作品；松泉學生毫不害羞，主動向我們分享校園生活的點滴、時間表和學習上的趣事等。

雖然天公不造美，第二天的活動被迫取消，但反過來想，「有緣千里能相會」，同學仍有大半天時間在松泉度過，感受深港情誼，彌足珍貴。希望將來我們的學生能參與更多交流活動，與更多不同背景和文化的學生互動，進一步了解祖國教育的最新面貌，進一步擴闊師生的視野。



以全新的身份，踏入多元及充滿活力的校園，著實是一段難以磨滅的體驗。

四月二十五日，我們被熱情的深圳市松泉實驗學校接待。他們不僅帶領我們參觀的校園，伊鮑小學生和他們的學生還進行了配對，共同參加了科創、藝術和體育主題活動，進行文化交流。這些活動不僅增進了雙方的友誼，還讓老師和學生能夠更好地了解彼此的學習環境和文化背景。對我而言，藝術主題活動——景泰藍掐絲琺瑯，是我印象最深刻的。因為金屬絲勾勒圖樣講求的是細心和耐性，絲之間不要留有縫隙，不然圖案會受影響。

正所謂：「貴人出門招風雨」。在這美好的校院交流活動結束後的第二天，天空突然變得陰沉起來。原本計劃在這一天參觀當地的博物館，但由於天氣的變化，我們不得不改變原定的計劃。儘管如此，這場突如其來的大雨並沒有擊敗我們的熱情和好心情，我們在室內稍作休息後，便出發去吃豐富的清真料理然後回港。

在這次交流中，**Rachel** 與匹配的姐妹從素未謀面到抵掌而談只是五分鐘的時間，他們相互交流著自己的興趣和夢想，分享著生活中的點滴。身為一位教育工作者，我深深被這份深厚的友誼所打動。另外，這次與姐妹學校的交流經歷對我來說是一個難忘的時刻。不僅結交了新朋友，還學到了許多關於文化交流和人際關係的寶貴經驗。即使遇到了大雨，但我們的心情並沒有受到影響，我們依然保持著愉快和開放的態度，在逆境中的共同體經驗讓我們更加團結和堅強，風雨無阻。這次經歷讓我更加珍惜友誼和跨文化交流的機會，並且鼓勵我持續探索和學習。



Ms Sin Ka Ying 單嘉瑩老師

我很高興能參與今次兩日一夜的深圳姐妹學校——深圳市松泉實驗學校交流之旅，這次的經驗令我獲益良多。當我們到步深圳市松泉實驗學校後，兩地的學生互相配對，成為今天學習的好拍檔。雖然他們都是今天才認識，看見雙方的學生都努力用互相不太熟悉的語言，普通話和英文溝通，令我感到十分欣賞，因學生能嘗試運用上課學習過的知識，勇於嘗試。

隨後，開幕儀式便開始，經過學生一番精彩的歌唱、舞麒麟等表演後，便立即開始第一節課堂。他們的第一節課堂是製作太陽能電動車，雖然製作過程比較複雜，太陽能車也有很多部件，但經過兩地學生的通力合作後，也能掌握製作太陽能車的步驟。我也很欣賞學生自主學習的精神，當有不懂事，會自行查閱說明書，尋找遺留或錯誤的步驟。接着，便是學習印度漢娜的美術課。看見學生們都努力發揮自己的創意，把喜歡的圖騰或圖案繪畫在飲品套上，並向全班分享作品。令我十分欣賞他們的創意，許多作品也非常有個人特色，不同的風格百花齊放。最後，便是攀登的課堂，攀登的場地比預期更高和更困難，差不多有四到五米高。然而，大部份的學生仍願意挑戰攀爬，即使對高牆，仍克服對高度的恐懼，努力挑戰自己，盡力爬到最高處的冒險精神，十分令人讚賞。

最後，這次的交流團，兩地兩校的學生能提供真實的語、交流學習經驗、語言文化；教師能互相教學方法、經驗分享，都令老師和學生獲益良多。



Ms Suen Chi Ki 孫智琪老師

Participating in the student exchange program to Shenzhen and engaging in various activities, including building solar-powered cars, creating henna cup sleeves, and rock-climbing, was an incredibly enriching experience as a teacher. The trip provided a unique opportunity for us to learn, grow, and foster meaningful connections.

One of the highlights of the program was the STEM activity of building solar-powered cars. Watching the students collaborate, problem-solve, and apply their knowledge of science and engineering principles was truly inspiring. They worked diligently, experimenting with different designs and strategies to optimize the efficiency of their vehicles. It was remarkable to see their excitement when their solar cars successfully moved, powered by the energy of the sun. This hands-on experience not only deepened their understanding of renewable energy but also instilled a sense of pride and accomplishment in their ability to create something functional.



Another memorable aspect of the exchange program was the henna cup sleeve activity. This cultural exchange allowed the students to learn about the ancient art form of henna and its significance in various cultures. They were captivated by the intricate designs and the stories behind them. Guided by local artists, the students had the opportunity to create their own henna cup sleeves, showcasing their creativity and appreciation for different artistic traditions. This activity not only promoted cultural understanding but also encouraged self-expression and respect for diversity.

Furthermore, the rock-climbing activity challenged the students both physically and mentally. It pushed them out of their comfort zones, fostering resilience, determination, and teamwork. As they scaled the rock walls, they learned to trust themselves and their peers, supporting and encouraging one another throughout the process. Overcoming their fears and reaching new heights instilled a sense of achievement and self-confidence in the students. The rock-climbing activity served as a powerful metaphor for facing life's challenges with perseverance and determination.

Beyond the specific activities, the exchange program provided a unique cultural immersion experience for the students. Interacting with local students from Shenzhen allowed them to develop friendships, exchange ideas, and gain a global perspective. They learned about different customs, traditions, and ways of life, fostering cultural sensitivity and open-mindedness. The bonds formed during this exchange will undoubtedly leave a lasting impact on their personal growth and understanding of the world.

As a teacher, witnessing the students' growth and transformation during the exchange program was incredibly rewarding. Their enthusiasm, curiosity, and willingness to embrace new experiences were truly inspiring. It reinforced my belief in the power of experiential learning and the importance of providing students with opportunities to explore, discover, and connect with the world around them.

In conclusion, the student exchange program to Shenzhen, with its STEM activities, henna cup sleeve creation, and rock climbing, was a truly unforgettable experience. It allowed the students to develop essential skills, such as problem-solving, creativity, resilience, and cultural understanding. As an educator, I am grateful for the opportunity to have been a part of this transformative journey and look forward to continuing to inspire and empower my students in their educational and personal growth.



「老師、老師……」連日的大雨和烏雲密布的天氣預報似乎無阻同學們那份熱切的期盼——畢竟這是三年疫情過後、好不容易籌備成功的交流團。

出發當天的天氣一如預期地不穩，候車期間伴着一陣雷雨為今天的交流團拉開帷幕。雖然過關的時候，因為部分學生的簽證問題而稍有遲滯，所幸全員還是順利通行。

經過重重的難關後，我們一行師生戰戰兢兢地快步走入位於深圳龍崗的姊妹學校，尚未去到正中央的會場，卻已聽見不斷的歡呼聲。奏畢國歌之後，一連串精彩的活動終於要開始了。

最初的時候，我校學生和姊妹學生的同學很是怕生，但是在活動的過程中卻也漸漸熟絡起來。我印象最為深刻的是由姊妹學校帶領的琺瑯彩陶瓷製作活動，令較少接觸藝術品的大家都能一嘗動手的滋味。此外，更加高興的是見到學生們日常所鮮有流露的一面，或是挑皮活潑、或是認真專注，大家都盡情投入到不同的活動之中。

這是復常後一次難得的活動，同學們都表現得非常雀躍及投入。雖然姊妹學校的同學們面對着語言的包袱，但是大家都盡力解釋和協助我校的學生，這份積極和主動正是絕佳的榜樣，讓同學們好好學習。

而作為老師，令我佩服的是友校師生們於活動及課堂中所表現出來的默契與常規。老師們的準備充足、講解清楚，輔以各種資訊科技工具，令學生們很好地投入到課堂之中。即便是旁觀，卻也能從各種細節中感受到友校師生的用心。

Ms Wan Wing Yi 溫詠怡老師

參加 2024 深港教師發展日暨交流團是我教育生涯中一個難得的機會，而在這次活動中，我有幸到訪了羅湖松泉實驗學校並參與了一系列的交流活動。這次經歷對我來說是非常有意義和豐富的，讓我更深入地了解了當地的教育環境和學生們的出色表現。

我在這次活動中主要負責協助地壺活動的交流，這是一項具有傳統文化特色的運動。我非常榮幸能夠和學生們一同參與這個活動，並且看到他們的積極參與和熱情。每個同學都非常努力地把地壺推至目的地，展現出了團隊合作和個人技巧。這種團隊合作的精神和對於技術的追求讓我深受感動。這次交流活動不僅是一次學習的機會，更是一次心靈的洗禮。

除了地壺活動，我還有機會參加了攀登活動。攀登是一項需要勇氣和毅力的運動，它不僅考驗身體的力量，更考驗心理的堅韌。我見識到了羅湖松泉實驗學校學生們出色的技巧和表演，他們在攀登過程中展現出了驚人的毅力和勇氣。每個學生都充滿自信地攀登著，並且在頂點上展示出了自己的才藝。他們的表演不僅技巧獨特，而且充滿了青春的活力和激情。這讓我深深體會到，教育不僅是知識的傳授，更是培養學生個性和才華的薪火。

然而，我們原本計劃在 4 月 26 日前往深圳珠寶博物館及仙湖植物園，但由於天氣惡劣的關係，這個行程被取消了。我對此感到非常可惜，因為我非常期待能夠欣賞深圳珠寶博物館的珍貴展品和在仙湖植物園中享受大自然的美景。

總括而言，這次活動對我來說是一個難忘的經歷。我通過與羅湖松泉實驗學校的師生們的交流，深入了解了不同地區的教育風貌和學生們的才華。這次活動讓我意識到教育的力量和價值，教育不僅是知識的傳遞，更是學生個性和才華的培養。我將這些寶貴的經驗帶回到我的教學工作中，並努力激發學生的潛能和熱情。我也希望有機會再次參與這樣的交流活動，與更多優秀的教師和學生們進行交流，共同成長和進步。



Ms Wong Lai Wan 黃麗雲老師

五年來第一次參與姊妹學校交流團，難免帶點雀躍的心情。

活動開首是開幕禮，大家齊集在一個擠滿人群的室外場地，雨後陽光照耀，氣溫逐漸升高，濕熱感讓人感到不適。儘管如此，這並沒有影響到學生們的熱情和興奮。他們在開幕禮上積極參與，鼓掌不斷，展現出激動的心情。

接下來，學生們透過 **STEM** 和 **Henna** 活動，進行合作和交流。他們解決問題、分享彼此的想法和經驗。看見他們互相協助、互相鼓勵，克服困難，讓我深感欣慰，我相信這將對他們的成長有所裨益。

第一次沒有家人的情況下在外用膳和留宿，對不少學生來說，都是一個新體驗、新挑戰。他們未必知道餐桌禮儀和酒店房間的設備。作為老師，我們指導了他們基本的技能和態度，為他們提供安全和舒適的食、住環境。

活動來到第二天，可惜的是，我們遇上紅色暴雨，使得原本計劃的活動不得不取消。學生們都感到失望。我們花了一些時間與學生們溝通，讓他們明白「安全」的重要，取消活動是明智的決定，並鼓勵他們保持積極的態度。

回顧這次活動的經歷，我深感感激。我看到學生們在各種情況下都展現出堅韌和靈活的態度。我希望他們從中學到了更多的知識和態度，並且培養合作和溝通的能力。作為老師，我們會繼續關心他們的成長，並為他們提供所需的支持和指導，幫助他們成為更優秀的「全人」。



Title: Embarking on an Educational Tour: A Journey of Wonder and Discovery

Introduction:

Embarking on an educational tour is an experience like no other. It is a chance to step out of our comfort zones, explore new horizons, and dive deep into the realms of learning and adventure. Whether it's delving into the intricacies of solar vehicle engineering or immersing ourselves in the artistry of henna design, each activity on the tour promises to be both educational and exciting.

Exploring the Wonders of STEM and Creativity:

One of the highlights of the educational tour is the opportunity to design our own solar-powered car. Imagine the thrill of bringing together science, technology, engineering, and mathematics (STEM) to create a vehicle that runs purely on solar energy. We got to build our own mini solar-powered cars using solar panels, motors and wheels. Our cars were pretty fast! We learned how solar energy can be converted into motion and electricity. It not only provides us with hands-on experience but also deepens our understanding of renewable energy and sustainability.

In addition to the wonders of STEM, the tour also offers us a chance to indulge our creative side through henna design. Henna, an ancient form of body art, allows us to express ourselves through intricate patterns and designs. Teacher told us about the history of henna and how it's used in different cultures for celebrations. Through workshops and demonstrations led by skilled artists, we can not only appreciate the beauty of henna but also learn about the cultural significance behind it.

Cultural Immersion and Connection:

An educational tour is not just about learning academic subjects. It is an opportunity to immerse ourselves in the local culture, engage in lively discussions, and forge meaningful connections with people from different backgrounds. The tour provides a platform for cultural exchange, where we can learn about the history, traditions, and values of the communities we visit.

By actively participating in the local way of life, we gain a deeper appreciation for diversity and develop a broader worldview. From tasting traditional cuisine to listening to captivating stories passed down through generations, we become a part of something greater than ourselves.

Leaving with Cherished Experiences:

On the ride back to school, we shared our favorite moments from the trip. As we embark on this educational tour, we are not just accumulating knowledge - we are creating memories that will last a lifetime. The joy and fulfillment we feel from engaging in immersive and hands-on experiences are unparalleled. It is not just about visiting a place, but about truly integrating with its culture and leaving with a heart full of cherished experiences.

Conclusion:

So, if you're ready to embark on an educational tour, pack your bags, gather your curiosity, and embrace the extraordinary. From STEM wonders to creative expressions, cultural immersion to forging connections, this journey promises to be enlightening, inspiring, and full of joy. Get ready to step into a world of wonder and discovery, where the possibilities for learning and adventure are endless.



Ms Wong Yee Ki 黃綺琪老師

回想起這一趟深港姊妹學校交流團真的是得來不難，而且十分難忘。出發當天，香港下着滂沱大雨，但亦無阻伊鮑小師生的興奮心情。一路順利來到姊妹學校——深圳市松泉實驗學校。校長，一眾老師及學生的熱情歡迎為我們帶來一抹彩虹，內心很感動。

當天與姊妹學校交流的行程十分豐富，最難忘的分別是製作迷你吸塵器及體育科的地壺交流。在製作迷你吸塵器的過程，所有同學也感到很好奇，也明白到製作原理。過程中，學生不但合力製作出吸塵器，更在共同合作中作出交流，互相認識及了解兩地文化。但兩地學生的共通點是他們十分熱愛學習及喜歡校園生活。在地壺交流過程中，兩地學校的師生十分投入地參與。及後更展開了一場激烈比賽，比賽第二，友誼第一。在寫感想時，一張張笑臉也浮現在眼前，此情此境十分難能可貴。希望透過此機會感謝姊妹學校校長，老師及學生。他們所準備的活動-太陽能動車及景泰藍掐絲珐瑯，過程很精彩，我也享受其中。

能夠與學生共同渡過兩日一夜的深圳交流團是一個難忘的體會，是次行程緊湊，學生每天也懷著興奮及喜悅的心情迎接每一個活動和參觀。充分體會「讀萬卷書，不如行萬里路。」。臨別依依，伊鮑小與松泉實驗學校的同學給對方送贈小禮物，為大家友情作一份見證。



我的第一次伊鮑小學校深港姊妹學校交流團

我帶著既期待又興奮的心情參與第一次深港姊妹學校交流活動。雖然天氣不似如期，但我們總算能在天雨下平安到步，彼此都非常努力完成首天活動；

最令我大開眼界的是，當我們到達姊妹學校——深圳市松泉實驗學校時，他們的學生整齊的列隊歡迎我們，很有禮貌送小禮物給伊鮑小學學生，並且即時帶領著我們的學生參觀學校，令我感到非常親切，再次感謝松泉實驗學校的細心安排。

一進入松泉學校，我已經感受到一股很強烈的民族感！十數位學生穿上整齊的制服，一點都不馬虎，精神抖擻地進行升旗禮，伊鮑小學校的同學也很投入，聽到國歌響起，與松泉學校的同學一起立正仰望國旗。接著一群穿上中國傳統服飾的小朋友唱歌跳舞，還用心製作了 video，實在精彩！看到松泉實驗學校老師的用心訓練，令我都學習不少！我們伊鮑小學校高年級同學舞獅隊表現同樣出色，獲得全場掌聲！松泉幼小學生載歌載舞，配合我們伊鮑高小同學精彩舞獅表演，這個配搭簡直是「無得頂」！



在 STEM 活動裏，看到松泉學校小朋友細心與我們伊鮑小同學交流互動，表現相當有大將之風，兩校的交流，不但讓學生之間互相學習，而且讓我們作為教師的，也獲得不少教學新靈感，這就是教學相長了。最後，最遺憾就是第二天因天雨關係取消了參觀博物館的活動，希望將來再有機會到國內其他學校作教學交流和參觀當地博物館吧！同時，期盼松泉實驗學校擴建工作順利，栽培更多年青人，與我們伊鮑小學校一起培育更多明日棟樑。

Ms Lai Ka Ying 黎嘉瑩老師

這次深圳姊妹學校學術交流團給我留下了深刻的印象和寶貴的學習經驗。從早上在學校集合開始，一直到活動完結，整天都充滿了各種挑戰和機會。

剛到深圳市松泉實驗學校，已感受到他們的熱情，由門口送花，到開幕式上兩校的表演，都讓我感受到兩校對於這次交流的重視。我帶領着一位小六同學，起初她對陌生環境感到緊張，但她和姐妹學校的伙伴交談後，找到了放鬆的方式，亦順利完成了開幕式表演。有時，與他人的交流或許能獲得意外的收穫。

在交流活動中，我與學生參與了迷你吸塵機和景泰藍掐絲琺瑯等活動。這些活動不僅提高了學生的創造力和合作能力，還擴展了我的教學視野。從和松泉實驗學校老師交談中，深深了解到兩地的教學差異，大家都會面對不同的教學挑戰，然而大家也是有共同的目標，我們以不同的方式，一同教書育人、傳道、授業、解惑。

然而，由於天氣原因，我未能和姐妹學校的老師和同學一同參觀博物館，這讓我感到有些遺憾。

總括而言，這次交流活動是一個難忘的經歷，不只是學生能透過這次交流團增廣見聞，也讓我們作為老師，學到了許多新的技能和知識。我會將這些收穫應用到未來的教學中，並致力於提高自己的教學水平。希望下次能再次參加這樣有意義的交流活動，與更多的同事和學生互動，共同成長。



Mr Jim Tsun Yin 詹峻然老師

在四月二十五至二十六日，本人榮幸可以以一位帶隊老師的身份帶同本校同學到姊妹學校——深圳市松泉實驗學校進行交流活動。行程安排每個老師都要照顧一至兩位本校同學，一日半的行程眨眼就結束，當中有不少的交流活動，令本人大開眼界及留下深刻印象，尤其是攀石、**STEAM** 的交流活動。

攀石活動是其中一個令本人大開眼界的活動。深圳市松泉實驗學校的攀石場十分巨大，可以容納很多學生，而且攀石場的面積很高，目測應該有八層樓左右的高度，但是如此高的攀石場，同學竟然可以在十秒內達到目標。在試玩環節時，即使是沒有學習過攀石的同事及同學都勇於參與攀石，踏出第一步，而且在試玩的過程中，老師與同學互相鼓勵，更有同學完成攀石後向其他同學及老師分享經驗。

而在**STEAM**的交流活動中，共分開有兩個主題，分別是吸塵機及太陽能動力車。學生在組裝時遇上不少困難，而同組的同學會互相幫助，以解決難題。當他們完成了製成品時，他們都十分踴躍為製成品作測試。而我看到同學互相幫助及完成製成品時，都為他們感到開心。

以上兩個活動能夠讓學生加深其學習經歷，更可以增加學生的知識。同時，同學在活動上互相協助及鼓勵，都能令到身為一名教育工作者，有所反思，教學相長，學生都可以成為老師的老師。



Students' Sharing 學生感想

4A LI LOKYI 李洛伊 (指導老師：Ms Poon Shiu Wai 潘小慧主任)

四月二十五日，我展開了兩日一夜姊妹學校交流旅程。我們先在禮堂集合，校長致辭後，我們便乘車前往深圳。

沿途風景怡人，目不暇給，我也趁此時候在車上閱讀西遊記。過關後，天氣漸變不穩，但我仍懷著興奮心情到達深圳市松泉實驗學校。

在開幕儀式上，我看了精采的表演！松泉學生穿著華服，古詩新唱，真是很有新意！而伊鮑小學生表演舞麒麟，充滿動感！我很喜歡他們的表演，而身為伊鮑小一份子我也感驕傲呢！

我們上第一課是製作迷你吸塵機，首先學習吸塵機內裡結構及原理，令我得益不少。雖然製成品未算成功，但是我享受製作過程呢！第二課是製作景泰藍掐絲琺瑯，我覺得作品很精美，我很喜歡它！

第二天下着滂沱大雨，無奈地取消當日行程。雖然有點失望，但是我可逗留酒店，與我的好友—陳秋彤一起聊天及分享學習趣事！

我覺得這次交流旅程很有趣，亦很有意義，可以令我了解兩地校園建設及學習模式之異同，期望明年也可再參加！



4A LEUNG WAI HANG 梁韋珩（指導老師：Ms Kwan Tsz Yan 關芷欣老師）

我在這次交流團中，學到了團體合作以及互相幫助的精神。在這次的交流團中，我認識了汪聿。在他的熱心指導下，我的迷你吸塵機和景泰藍掐絲琺瑯作品成功地製成了，這使我明白到團體合作，以及互相幫助的重要性。

我真的很喜歡汪聿----我的好伙伴。在旅程的尾段，我更和他依依不捨地道別。下一次，如果有機會再參加交流團的話，我真的很想再和他合作呢!



4B KAMIL WAVOO FATHIMA ZAINA 胡澤娜（指導老師：Ms Wong Yeuk Kuk 王若谷老師）

Hello, today I am going to share my feeling about the Shenzhen trip. So first, we went to school then we left it after the flag raising ceremony. After that, we travel to Shenzhen and go to our sister school have a welcome ceremony. We had lunch in a restaurant at 1:00pm. The food there was really tasty. Then , we went back to school to have some activities and also got some souvenirs. It was a moment of fun. We also went to rock climbing after that. We just headed back for dinner after climbing activity. After dinner, we went to the hotel. That was the best hotel that I even seen ! I can't imagine how cool it was. And in the morning, I woke up at 7:12 am and we brushed our teeth and also took shower. Later we had a wonderful breakfast that was so good !



4B CHEN QIUTONG 陳秋彤（指導老師：Ms Ng Lok Yung 吳樂蓉老師）

四月二十五日至二十六日，老師、同學們和我一起到深圳參加姐妹學校交流團。

第一天下午，我去了松泉小學，新朋友 Fiona 一見到我，便送給我一朵玫瑰花。雖然我很高興，但又有點害羞。

之後，我和 Fiona 一起做太陽能動力車。首先，我們看了一條教學短片，然後，我們動手拼裝零件。我很高興，因為我現在學會做太陽能動力車，它能在太陽下走動或是用開關按鈕啟動。我們還改良了一次又一次呢！接着，我們畫了印度海娜的手繪，我還幫我的新朋友畫呢！

可惜的是因為下雨，所以第二天我們不能去珠寶博物館參觀。希望下次可以到博物館玩吧！整體來說，這次我很開心！



4B CHEUNG CHING KIU 張政僑（指導老師：Ms Lam Hoi Ching 林凱靜老師）

四月二十五日 星期四 雨

早上起床，我懷著一個又興奮又緊張的心情，因為我第一次參加學校舉辦的交流活動。

我七時正出門，到學校的雨天操場集合點出發，開始我們二天一夜的交流活動。首先乘坐直通旅巴直達深圳市松泉實驗學校，到學校後，我們先和我們的新朋友見面，再上到課室放下手上的東西下去參加歡迎儀式。我們先升國旗、唱國歌和兩地校歌，雙方校長致辭。到了兩地校方的表演，友校先表演松泉古詩新唱表演，然後到我們的伊鮑小舞麒麟表演，接着去吃午飯。

午膳後，回去友校學習做吸塵機的原理。然後我們做了一個叫景泰藍掐絲琺瑯，我們學了它的工藝。再玩了地壺和攀岩，再去吃晚膳後，才去酒店睡覺。

第二天，就因紅雨，所以所有行程取消，吃過午膳後我們就要回港，這次的交流活動結束了。

雖然第二天的行程取消了，但我也認識了新朋友和學了很多知識，下次有機會我要再參加。



4B KAMAL EDDIN EMAD 金朗安（指導老師：Ms Lam Chung Wa 林頌華老師）

It was so fun in Shenzhen. I met my buddy. He is really funny. He helped me make a vacuum cleaner and an art. We needed to make the sand paint. We needed to color the rabbit for the art work. In the sister school, I can also climb a long wall. It was fun. There after that we went into the bus and we ate lunch and we went to the school again and took a group photo in the football ground. And then we went to eat dinner. When we finished dinner, we went to hotel and took rest. The hotel provided a buffet breakfast for us. Unfortunately, we did not go to the museum because of a heavy rain. So that, we took rest in the hotel again. Finally, we went for a lunch and then went back to Hong Kong.



5A TUE HOI YEUNG 脫海揚（指導老師：Ms Lau Wing Yan 劉詠恩老師）

我對於這一次的深圳姊妹學校交流團活動，感到開心，但也有感到遺憾的地方。

第一件事就是在過關時，當然我很快就過關了，但有一個令我感到難受的地方，就是我過完關之後，在大巴上等了一個小時，因為要等一些同學辦好過關的手續才能繼續旅程。

到學校之後很快就開始上課了，在上課的時候可以拿到一個名為開拓者的太陽能動力賽車，第二個活動是印度手繪，我沒有甚麼創意，只能畫星星，第三個是地壺，我只玩了一次，因為我的技術真的不太好，第四個是攀岩，最後一個我沒有參加，因為我沒體力了。參觀完後，我們就回到酒店。

到達酒店後，我發現我的室友竟然是跟我一起坐校車的一個朋友，所以我不致太無聊，這一次活動真是令我感到愉快。



4B MANN WAH TAI JAVIER MCKINLEY 萬華泰 (指導老師：Ms Wong Ching 黃琤主任)

During my exchange tour, I learned a lot of knowledge. I met a new friend who also likes to play table tennis.

In the opening ceremony, I performed the Kirin. I felt very happy and proud to perform for everyone. There was a lot of food for lunch. I had fish and chicken. I also drank coke. The food was tasty.

In the afternoon, we had STEM activities. I made a vacuum cleaner and I learnt about how a vacuum cleaner works. I made a mini one with my friend. I had fun in the process although our product was not so perfect. Then I had art activities. I learned to make a cloisonne. The activities were very interesting.



Then I played the floor curling. It was joyful and I enjoyed it much. Then I went rock climbing. I was very scared because it was very high. I climbed a little and then returned to the ground. After the activity, we went to dinner and then returned to the hotel.

The next day, we had breakfast at the hotel. Suddenly there was a red rainstorm and the activities were all cancelled. We had to stay in the hotel and complete the activity book. I was bit disappointed.

This learning activity is very meaningful. I would encourage other schoolmates to participate in this programme next year.



6A FAROOQ MUHAMMAD YAHYA 穆罕默德 (指導老師：Ms Lee Yee Tak 李懿德老師)

Firstly, I woke up at 7:05am, I had to get ready very fast.

I had my breakfast. I needed to run to the minibus stop. Everybody was there. I was in Coach A. My mentor was Ms Lee.

When we arrived in China, We went to the Sister School. I had a lot of fun there. First we had an welcome show, we can see Sister School's students singing

After, we go to lunch and had STREAM and VA lesson. Next we did floor curling which was very fun. After that we had rock climbing, there students were doing very fast. When I went there, my feeling very venous and tired.

After dinner we go back hotel, take bath and early sleep.

This China Trip I learned how to get along with people from other areas and learned some Phthongal words, I feel happy meet new friends and understanding them.



6A KAMAL EDDIN MOSES 金朗昇（指導老師：Ms Lu Szu Ying 呂思穎老師）

On the first day, we went to visit the sister school in Shenzhen. I met my partner there, his name was Kevin. He was very nice to me and we became friends. Kevin is fun. He likes blue and his favorite food is chocolate. We had VA lesson together. I drew a rabbit. We also played floor curling together.

After lunch, we had rock climbing in the school. We had fun in the activity. Some of our teachers also tried!

The next day, we had a nice breakfast in the hotel. We planned to go to the museum that day but unfortunately it rained heavily. Therefore, the visit was cancelled.

Overall, I enjoyed this trip a lot. It was very fun and meaningful. Although we missed the visit to the museum, I still learned a lot. I like the VA lesson most. I learned how to make an artwork out of wet coloured sand.



6B MO YAN YU RACHEL 毛欣愉（指導老師：Ms Poon Mei Lam 潘美琳老師）

這次參觀深圳市松泉實驗學校中，真的令我大開眼界。

在姊妹學校時，我不但交到了朋友，而且我還玩了很多不同主題活動的小遊戲，其中包括：科創、藝術和體育。

首先，令我最開心和獲益良多的是科創主題活動——迷離吸塵機。雖然最後成品的外觀有參差，但從中的過程，能與老師及朋友一起合作並見證結果，是最為重要。其次，在藝術主題活動中，老師和朋友都十分有耐心地教導我完成景泰藍掐絲琺瑯，令沒有太多的藝術細胞的我感到被愛。最後，在體育主題活動中，我和朋友的心情十分澎湃，因為我們在第一輪的地壺球比賽中取得最高分數並最接近中心點。所以在這次友誼賽中，我們都得到了不同歡呼聲，令我體驗到中華民族的友誼。



6B KAMIL WAVOO MUHAMMAD ZAINUL ABDEEN 胡堅明（指導老師：Ms Wan Wing Yi 溫詠怡老師）

The trip to Shenzhen was very good, arranged by both schools! I have to say a few words: Shenzhen was a much-developed place to visit. Even the sister school visit was not bad. But the parts that I enjoyed the most in Shenzhen were the Chinese foods in all the wonderful restaurants we went to. And staying in the hotel for one night was very good. I even wished we stayed in the hotel for more time, but actually, we had to leave the hotel. So, we went down to the 1st floor of the museum. Suddenly a big typhoon occurred so all the teachers said, "Go back to your hotel room." Then my feelings were busted out full of joyful happiness.



Thank you for listening to my opinions. See you next time – Goodbye!!!

6A LI TAO 李滔（指導老師：Ms Jiang Xue 江雪老師）

這個星期四、五，我跟隨老師、同學一起去了深圳姐妹學校進行兩日一夜的交流活動。當我坐上旅游大巴的時候，我十分開心，過了幾十分鐘後，我們終於到了姊妹學校。這裏的同學非常熱情，我在分組活動的課室裏第一次見到了我的搭檔，李亞彤，她是個可愛友善的女生，在動力車測試中也非常有耐心和我一起努力組裝動力車。最終，皇天不負有心人，我們拿到了第一名，我欣喜若狂！

第二天，我起床梳洗後，便下樓吃早餐，吃着吃着，窗外突然下起滂沱大雨。所以這天的活動取消了，等到十一點左右雨勢漸轉弱，我們就回香港了。雖然有點可惜，但我還是很開心能參加這次的交流活動，希望下次還可以再參加！



6A LEONG KEI YAM 梁淇欽 (指導老師：Ms Wong Yee Ki 黃綺琪老師)

Today is the day to the Shen Zheng exchange tour. I woke up at 7:00 in the morning.

I went to the school and went off to Sheng Zheng. After we went to Sheng Zheng. After we went to Sheng Zhen, we need to get past the transit. After that, we went to straight to the sister school and continue to have the tour. I really enjoy the Cloisnne section, me and the classmate enjoyed the making process.



After the sister school visit, we went to hotel. My roommate is Jackson. The hotel room is really big, clean and tidy. There are two big beds and a television. We have UNO game and some card game.

This a special trip that I can meet a new friend in sister school. We can understand the culture and environment in China.

6A SAADIA NASEEM 亞麗 (指導老師：Ms Liang Siu Kuen 梁小娟老師)

When I first met, I was super shy and nervous. We did the flag-raising ceremony and someone fainted. I was so scared for that girl and I felt bad. Then we had lunch and the food was amazing. The only thing I disliked was there was no chicken. But I was grateful for the food. Then we went to the second activity, we made a solar car and it was so cool. We improved it by fixing some of the wires. Then we did henna and she drew some henna on her arm and hand. I must admit, she was very talented. Then we had a floor-curling competition. We had free time for afternoon tea. After that, we finally went to the hotel. It was the best time for me. The hotel was very fancy and modern. It was so cool and very comfortable. We checked in then we found our room!

Usually the room would be for two people but since one classmate couldn't come we had three people share one room. After showering we went to bed. The next day, we had breakfast very early. At the same time, it started raining heavily with strong wind. The activity of the museum was canceled. We packed up and went home. I felt happy and unreal. I hope I could go again someday!



6A WANG ALLEN 王子欣（指導老師：Ms Lai Ka Ying 黎嘉瑩老師）

早上，我們在學校集合後，就上車出發前往深圳，為了這次交流活動，我準備了兩日，到了當日我仍然難掩興奮的心情。到達後，學生們拿著花迎接我們。

首先，放好行裝後，我就來到地下集合，因為我要為開幕式表演，我感到非常緊張，幸好表演前和姐妹學校的伙伴交談讓我輕鬆了不少。表演完結後，我們先去了餐廳吃午飯，吃完午飯後，交流活動就正式開始了。

我和伙伴一起做了很多活動，我先做了迷你吸塵機，再嘗試製作景泰藍掐絲琺瑯，最後和伙伴一起打地壺球和攀石。學校的活動各式各樣，非常有趣。在這些活動中我學會了堅持和團隊合作能力，收穫很多。

最後，第二天因為天雨關係，我未能和姐妹學校的伙伴一同參觀博物館，確感依依不捨。

這次活動讓我們學到很多生活技能和知識，希望下次也能參加這樣的活動。



6B MUHAMMAD ZAIN AWAIS 安可山（指導老師：Mr Law Andrew 羅偉基主任）

When I first went to Shenzhen, I thought it would be boring. But then, I saw how much the city was growing and I fell in love with it. The transportation there is so cool and futuristic, and the economy is really strong. I also noticed that the kids there are very smart and well-educated.

We visited lots of places like restaurants, schools, and hotels, and I was amazed by everything I saw in this developing city. I made a friend named Eason at school, and he was really nice and patient. We had so much fun playing together. Eason is good at sports, arts, and many different subjects. He's the best friend I could ask for!

I hope that I can go back to Shenzhen again soon and see all the things I miss. I want to visit the beautiful views, interesting museums, super-fast trains, and fancy hotels. I also hope that China keeps getting better and better in technology.



6A YIP HAU YIN 葉孝彥（指導老師：Mr Lam Shui Fai 林順輝老師）

On this trip, I learnt how to make a solar vehicle, how to draw Henna and make friends.

First, we went to school to wait for the coach for about ten minutes. Next, we arrived at Lo Wu to go past security to go to Shenzhen. Then, we had to wait for a while for some non-Chinese students to get past security. Finally, we arrived at the sister school. Out of all the activities, my favourite is the solar vehicle because it was very interesting.

During the trip, we had a lot of activities. We also had to make friend with one of the sister's school students there. I had a lot of fun. I hope there are more activities like this in the future.



6B MAYIDAH TANVEER 馬玲（指導老師：Ms Wong Lai Wan 黃麗雲老師）

Yesterday, I went to the sister school in Shenzhen, China. I met a guy named Wenjan. He didn't know English and I didn't know Putonghua. It was hard to communicate with him. But I learnt a lot of Putonghua vocabularies after these two days.

During the educational tour, we did many things. We made a solar car and drew Henna together. After that, we went to play floor curling. My favourite activity was rock climbing but I didn't make it in the end because of the time limitation. We went to have dinner then. It was delicious, I eat a lot and I felt full. After a long day, I was tired. I felt asleep on the way to hotel. The room was super big! The big was comfortable. We took a shower and felt asleep soon.

In the next morning, when we were having breakfast, it was raining heavily. Our teachers said we needed to go back to our room and wait. We waited for three hours but there wasn't any Wi-Fi connection. The tour guide said that some time you need to live without the Internet, I learnt.

The second day activities were all cancelled. I was sad and disappointed. Luckily, we had a fun first day. That was a memorable day in my life.



6B AU-YEUNG NGA LAM 歐陽雅林（指導老師：Ms Chik Pui Man 戚佩敏老師）

In these past few days in Shenzhen, I have learnt something new. The school had organized a Shenzhen and Hong Kong's exchange trip and honestly, I felt really excited.

I recalled last year when I participated in a met up with a school in Shenzhen. But it was through the internet and there weren't any fun activities, so it was kind of boring. Now that the pandemic is over, it's a rare occasion that we get to meet up face to face.



During the exchange trip, each student from Hong Kong has a mainland student as their buddy to do activities with. I have a buddy called Xue xi she is tall, slim and has very beautiful hand writing!

During the activities, I have learnt that Xue xi doesn't speak English well and is weak at art. I try to help her in English and teaching her basic art skills. But we also had a thing in common we are both very shy when we meeting new people.

After the exchanged tour, my buddy and I exchanged WeChat IDs so that we could get to know each other better. What impressed me any Xue xi is that she is helpful and hardworking.

When I went back to the hotel, I noticed that there was no internet connection, so I had a casual chat with my roommate. All in all, these things gain me new experiences that I had never had before.



6B LEUNG HO SHUN 梁皓迅（指導老師：Ms Chan Yuk Fa 陳玉花主任）

在這一次的交流中，我收穫良多。我在深圳的姊妹學校裏認識了很多新朋友，我們在學校裏做了很多手工藝活動，尤其是景泰藍掐絲琺瑯，老師還稱讚我做得好看，我們又畫了一些抽象畫，又玩了地壺！這一次的交流讓我對姊妹學校有了更多的認識，和學校的新朋友們一起玩，真的得很開心，也增益了很多呢！希望很快我們又可以再見面！



6B TAM TSZ YUET 譚紫悅（指導老師：Ms Emily Reynolds）

This study tour was to experience learning in a group of students between Shenzhen sister school and us, IDPMPS. This tour was designed to expose students to as many elements of the course as possible. Every student could experience new cultures, languages and customs first-hand, which helps us to develop a boarder perspective and a deeper understanding of the world.

On the first day, we had lots of activities with our Shenzhen sister school such as rock climbing and floor curling. I got to know more friends during this trip and got the most important thing which is friendship. I hope the school will hold more educational tours to broaden our visions.



6B TONG CHEUK HANG 唐焯恒（指導老師：Ms Cheng Choi Har 鄭彩霞主任）

這次深圳姊妹學校交流團活動，讓我感到十分興奮，因為這是我第一次到我們的姊妹學校 -- 深圳市松泉實驗學校。

當天早上，老師交代了注意事項後，我們便浩浩蕩蕩地乘坐旅遊巴出發。約早上十一時左右，我們便到達姊妹學校，雖然下著大雨，但也不減我興奮的心情！姊妹學校的同學們拿著鮮花熱情地歡迎我們，並陪同我們一起參加歡迎儀式，兩校的表演都十分精彩，令我嘆為觀止！

午餐後，我們回到學校進行校內的交流活動，當中有 **STEM**、藝術及體育活動。而我最欣賞的是姊妹學校為我們安排的景泰藍藝術課。藝術天份不太高的我，起初確是覺得有點困難，但幸好有姊妹學校老師的詳細解說和同學的細心協助，最後也能順利地完成作品！

第二天早上，我懷著期待的心情準備到深圳珠寶博物館參觀。當我們吃著早餐的時候，突然下起狂風大雨，雷電交加的天氣降臨在深圳市，令我們當天的行程全部取消，只得提早回香港了。雖然有點失望，但大家總算平安回到香港！



6B YAK CHEUK KIU 葉卓喬（指導老師：Ms Mak Sui Wan 麥瑞雲老師）

4 月 25 日這天，我跟着學校交流團去到了我們的姊妹學校。我一路上心情既激動又擔心。激動的是因為這是第一次自己和同學外出，而擔心的是因為害怕姊妹學校的同學們不喜歡我。

到了學校，我的組員是一個六年級的男同學，他叫羅偉富，當我進入學校，我才知道這間學校的面積比我的學校大幾倍！

步進操場，便聽到雄厚的聲音，原來是各校的校長正在發言。當老師們交換了禮物後，第一個項目便開始了。我和同組的同學到樓上的教室進行活動，我和羅偉富一起努力把作品做好，但原來我們的太陽能板弄錯反轉了，導致作品的車向後開，於是，我們在最後 10 分鐘成功把太陽能板重裝正確了。在這間學校後來的活動裏，我也認識了六位同學，我們還交換了電話號碼呢。我們在姊妹學校的活動在快六點時結束，吃完晚餐後便去了酒店。



當我們第二天起床，收拾好行李，吃好早飯，天卻下起大雨來，所以老師們決定等雨停了再活動。可是，當雨停了已經 11 點了，本來還有一點希望可以去博物館的，但大家一坐上旅游巴又下雨了，最後只能離開。

真可惜，心心念念的博物館不能去了，好失望呢，期待下一次的交流活動。



6C MANZIL ABBAS 文信阿巴史（指導老師：Mr Tsang Wai Hong 曾偉康老師）

Although this is not the first time I visit Shenzhen, I am surprised. I visited there a few years ago, this time when I come back, I found a lot of differences in the city.

We visited the sister school, the environment is beautiful. I learnt how to make a robot car that charge with sun energy, it was so much fun. But, during the process, we lost some of the parts and wasted some time to look for it.

Another challenge for me is the visa, because we need to go to the embassy to apply it. I am really happy that I got the visa and visited Shenzhen.

I enjoyed the whole trip, eating out together in a restaurant and staying in hotel with classmate is really exciting. I enjoyed the time with teachers and schoolmates, thank you for arranging such an amazing trip for us!



6A YU KA CHUN 余嘉俊（指導老師：Mr Chan Wai Ho 陳偉豪主任）

我在姊妹學校認識了一位新朋友叫鍾子淇，她今年 12 歲，讀六年級啦！令我可惜的是鍾子淇沒有手機，加不了微信。她最喜歡的事情是睡覺，她最喜歡的科目是語文，她最喜歡的甜品是冰淇淋，這個新朋友給我的感覺是她很友善，對我也很好。

我在第一次測試科創產品時，運作不順，因為它走起來有點歪，但我盡我所能再去慢慢調教，最後也能成功。在印度海娜手繪中，我和我的夥伴都弄同一個圖案，非常合拍呢。

在地壺學習中，我和我的夥伴都表現得一般，因為地板不夠滑。雖然我們在比賽中沒有取得勝利，但我認為在比賽中最重要的是友誼。

最後我在交流團中，都玩得很開心，下次如有機會，我還想再去那所學校參觀。



6C IMRAN MUHAMMAD ESA KHAN 伊沙（指導老師：Mr Jim Tsun Yin 詹峻然老師）

I am Esa from IDPMPS. I feel very happy that I can join this educational tour. As I remember that I felt shy when we are going to school. In this educational tour, I met a new friend called Leo, he is my teammate to join activities. Sometimes it was a challenging to speak in Putonghua with my new friend Leo. For the educational tour, there are three activities during the educational tour, the theme of activities are STEAM, Art and Rock Climbing.

For the STEAM activity, I have learnt how to make a car work by the solar energy. Also, I have learnt how to draw more beautiful from Leo during the Art activity, since he was very good at drawing. Rock Climbing is the last activity with my new friend Leo, I pretty want to join this activity but I cannot, it is because I was hurt on my right hand.



6B HO KA LEE 何珈鏗 (指導老師: Ms Suen Chi Ki 孫智琪老師)

My experience of going to Shen Zhen was very exciting and overwhelming. I got to see a lot of new things and met many amazing people. I got to befriend a Mainland student called Lucky. We are the same age. He likes playing tennis and riding a bike because he thinks these help him to stay healthy. His favorite subjects are Chinese and Mathematics because he can communicate with others well in Chinese and he is good at calculation. I like him a lot because he's nice and kind as he treats people like his own friends. We sometimes make very funny jokes and make us laugh.

We worked on a STEM project about the solar vehicle. In the test phase, our vehicle didn't function well in the first try as it moved for a while and stopped. After we adjusted the solar panels and put it under the sunlight for a longer period, we improved it by giving it more energy. We went to ask for feedback on our vehicle from other classmates. My friend said that we put some of the parts in the wrong positions. That was why it did not function as well as we thought.

The last activity we did together was drawing Henna. Our teacher taught us the history of Henna. Then, they gave out henna materials. Lucky and I started to design the cup holders. It was hard at first, but when we practiced more, the activity became more and more relaxing. Lucky was very funny because he started doodling some silly drawing with Henna. We drew Henna blobs everywhere and it was very interesting.

In conclusion, my trip to Shen Zhen was very fun and educating. Lucky was a great friend because we praised each other for our work and encouraged ourselves to be better. I improved a lot by learning different subjects and how to communicate with my Mainland friends. It was sad that we didn't go to all the places we had planned, but at least we could learn something new with our new friends.



6C AREEBA AZHAR 艾美芭 (指導老師: Ms Chow Hiu Kwan 周曉君老師)

I love the journey because it was so fun. I felt a bit tired because it took a long time to cross the border. I was happy because there were many activities to join in the sister school, like making robot cars and henna. We ate a lot of Chinese food which was very delicious. However, I felt sad because of the rain and thunderstorm on the second day. The visit to the two museums were cancelled. I still want to say thank you to the principal and teachers for bringing us to the trip because it was so worthwhile. Especially I like the room very much since it was tidy and spacious.



6C AAMINA HURAIN 何美娜 (指導老師: Ms Sin Ka Ying 單嘉瑩老師)



I feel very happy because this is my first time to go to China. When we went to the sister school in China, I met my friend Lindi. She is my partner of doing all the lesson there. We had STEM, art and PE lessons there. I made a solar energy car in the STEM lesson. It was a little bit hard to make, but I made the car with my partner Lindi very nice. We did try and play the car, it works. I also got the gift car, then I can make it at home with my brother and sister. We drew Henna in the art lesson. I drew some Henna on Lindi's hand and she said

this is beautiful. She also learnt how to make Henna. After the art lesson, the activity was climbing, I did try. However, I was scared of the height so that I just tried a little bit. Then, we went to hotel. I am first taking a shower and then I play with my friend together and sleep. In this trip, my friend Lindi taught me a little bit of Putonghua and I also taught her some English. I really like this trip and the activities, I wish I can join again.



6C ZENIA ABID 辛美華 (指導老師: Ms Sin Ka Ying 單嘉瑩老師)

It was very fun in China! We all got to enjoy and the funniest thing was we had to study in China. We went to Shen Zhen school, I loved it there. First, we had an open ceremony there and we ate some China food. Then, we went back to the school to make robots cars, it worked and we also had the henna activity. Everyone was so nice in the Shen Zhen school, I made so many friends there. We sent presents to each other and learned some Putonghua there. And later, we went to the hotel and the best time was we can sleep with our schoolmate. Sadly, as the bad weather, we couldn't finish the whole trip, but it was very fun. I loved it there.



6C SHUKAT SHAHNOOR 莎樂雅 (指導老師：Ms Wong Hiu Ting 黃曉婷老師)

Let's write a fun and exciting journal entry for you! Here it goes: Today, I want to talk about my awesome educational tour in Shenzhen! Even though the weather was rainy and super hot, we still had a blast climbing and building toy cars. The best part was when we built the coolest car ever! What else? Oh, you bet - the delicious food we devoured! On the second day, something super cool happened – a red Rainstorm Warning was given! It was like a real adventure movie unfolding right before our eyes! Stay tuned for more fun updates about our amazing tour!



6C MOHAMMAD YUSUF 李森 (指導老師：Mr Amer Hussain 洪安武老師)



It's the good memories that
will last a lifetime. Thank
you to our teachers!





