

PO LEUNG KUK  
TONG NAI KAN JUNIOR SECONDARY COLLEGE

*2015 Cultural and Educational Exchange Programme*

# New Zealand





## 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



# Preface

Travel makes us modest as it helps us understand how enormous the world is and how tiny we are. Travel not only helps us learn more about our living world, but also guide us a fantastic journey of self-exploration.

Last summer, ten students and two teachers from Po Leung Kuk Tong Nai Kan Junior Secondary College joined a two-week educational study tour in New Zealand. They stayed in home stay families, attended a wide variety of learning interactions and joined different outdoor activities. Students were excited to meet their buddies with different personalities and cultural backgrounds. Time flew but wonderful memories last forever. The study tour left behind valuable international friendship and enriched life experiences.

“The journey of a thousand miles begins with a single step”. Opening up international perspectives, participants of the New Zealand study tour came back with new insights and broad horizons. Both students and teachers shared their exciting and joyful trip in this booklet. I hope you will love reading their sharing on what and how they learned in a different part of the world.

*Vice Principal Siu Pui Yin*

*Po Leung Kuk Tong Nai Kan Junior Secondary College*

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# Name list of the study tour

*Ms. Siu Pui Yin (Vice-Principal)*

*Mr. Leung Wai Kei*

- 1P Leung Tik Long
- 1P Zhang QiTai
- 2P Lau Pui Kwan
- 2P Tam Daniel Brian
- 2A Lee Chak Hin
- 3A Chen Yu Ting
- 3A Wong Jamie Sze Ki
- 3A Chiu Pui Lam
- 3B Chan Wai Ling
- 3B Leung Hong Yin



# Schedule of the study tour

Day	Date	Schedule
1	16/7/2015 (Thurs)	<ul style="list-style-type: none"> <li>• Direct Flight to Auckland International Airport</li> </ul>
2	17/7/2015 (Fri)	<ul style="list-style-type: none"> <li>• Auckland City Day Tour, Albany Mall, Auckland War Memorial Museum, Kelly Tarltons Sea Life Aquarium</li> <li>• Meet with the home stay family</li> </ul>  
3	18/7/2015 (Sat)	<ul style="list-style-type: none"> <li>• Home stay family day</li> </ul>
4	19/7/2015 (Sun)	<ul style="list-style-type: none"> <li>• Home stay family day</li> </ul> 
5	20/7/2015 (Mon)	<ul style="list-style-type: none"> <li>• School Welcome party</li> <li>• Class integration</li> </ul>  
6	21/7/2015 (Tue)	<ul style="list-style-type: none"> <li>• English school class</li> <li>• Class integration</li> </ul>  
7	22/7/2015 (Wed)	<ul style="list-style-type: none"> <li>• English school class</li> <li>• Half-day Helensville tour / school or outdoor activity, Supermarket / Mall</li> </ul> 
8	23/7/2015 (Thurs)	<ul style="list-style-type: none"> <li>• English school class, Cooking Class</li> <li>• Class integration</li> </ul> 



**Day**      **Date**

**Schedule**

**9**      24/7/2015 (Fri)

- English school class,  
Bush Walk in Warkworth and  
Muriwai Beach, Woodhill Forest
- Class integration

**10**      25/7/2015 (Sat)

- Visit the Kelly Tarlton's Underwater World,  
Victoria Park Market, Auckland Zoo,  
Sky Tower



**11**      26/7/2015 (Sun)

- Visit Sky City



**12**      27/7/2015 (Mon)

- English school class,  
P.E. Lesson
- Class integration

**13**      28/7/2015 (Tue)



- English school class,  
Kindergarten
- Class integration



**14**      29/7/2015 (Wed)

- English school class
- Class integration



**15**      30/7/2015 (Thurs)

- Graduation Ceremony  
and Farewell Party



**16**      31/7/2015 (Fri)

- Farewell to the home stay
- Go to the Auckland International Airport and fly back to Hong Kong

# Reflections from teachers

Ten students and two teachers went on a study tour in New Zealand from 16th July to 31st July, 2015. We studied at Kaipara College and stayed with six home stay families in Helensville, Auckland. The study tour helped broaden visions and understand different cultures of all participants.

The two-week study program started with a warm welcome party organized by the International Department and Maori students. Our students played games and sang songs with the Maori student leaders excitedly. The diversified study program included Maori culture, cooking, history, geographical features, flora and fauna in New Zealand. I was deeply impressed by the knowledge, methodology and passion of our teacher, Ms. Sandy Wendt. A wide-

range of well-designed learning, exploring and self-reflecting activities were facilitated by Ms. Wendt. For instance, we enjoyed a bush walk in Warkworth, had lunch on Muriwai beach, played with the kids in a kindergarten, visited a Honey Bee Farm and observed different exotic trees and birds in Woodhill Forest. These are all extraordinary learning experiences to us.

With a cross-curricular approach, different topics were covered in the lessons. Some of our students are knowledgeable enough to share and discuss different topics. For example, our discussions covered global warming, environmental protection and endangered species. Towards the end of the program, students shared their views on living in New Zealand through a debate session.



Students were more confident of using English to express themselves in a different learning environment. Not only did our students have lots of conversations with Ms. Wendt, but they also enjoyed science, visual arts, physical education and music lessons together with their New Zealand buddies. Students met their buddies every day and shared their lives and traditions in Hong Kong while having lunch together.

Apart from learning at school, we had lots of memorable moments with our home stay families. Different family day activities were arranged during the weekends. To my surprise, our students cooked delicious Chinese dinner for their home stay parents. Students were well-prepared and had practised cooking the Chinese dishes several times at home before the trip. It was a real cultural exchange.







We will miss our friends in New Zealand. It was a wonderful experience to share with my ten lovely students. Also, I was much appreciated to see our students are motivated, self-disciplined and independent in the study tour. I hope that more study tours in different places of the world will be provided for our students in the near future.

*Vice Principal Siu Pui Yin*

It was with great pleasure for me to experience the meaningful exchange tour in Helensville on the north of New Zealand during the summer holiday last year. The area has beautiful beaches, forests, lakes and rivers. We visited many cultural and heritage museums, galleries, stores and cafes, and learnt a lot about the Maori customs, beliefs, myths and legends. Apart from that, we also learnt more about the culture and people of New Zealand.



*New Zealand Study Tour*



It is my first time living with a home stay family. My home stay family includes a young couple and a dog. They prepared many special activities for me, such as visiting local markets, cooking meals together, sharing stories and photos about their family and friends back home and meeting other family members. I was able to really experience the different culture and lifestyle in New Zealand.

I would like to thank the Kaipara College, which warmly welcome our students and offered a wide range of subjects and co-curricular activities. Students had the opportunity to learn more English.

In addition, our students made new friends from all around the world. It was fun when all the exchange students got together and I

am sure they will keep in contact with each other in the future.

*Mr. Leung Wai Kei*

# Diary



Day 1

16/7/2015

(Thurs)

## Direct Flight to Auckland International Airport

When I was waiting at the airport with the students and teachers, I was so excited about the trip. I was looking forward to see the Kiwi which is very famous in New Zealand, the sheep or many different kinds of animals.

After finishing the dinner on the plane, I was very tired and wanted to sleep. But actually it was very difficult to sleep well because it was very uncomfortable to sleep in a small chair. Fortunately, we could see the sun raise through the window. I took a photo of it and sent to my family and friends. Then, I decided to watch the videos and wait for the breakfast. At that time, I thought the time went very slowly and I really wanted to arrive New Zealand as soon as possible.

I imagined that my home stay family has a big house and some animals that could play with me. I could try the spaghetti with different kinds of ingredients. I knew that the environment was very nice with grass everywhere and the quality of air was much better than Hong Kong's. I hoped I could know more about the culture of New Zealand from the family through our daily communication. Also, I looked forward to study with the overseas students in the school and to chat with them.

*Chen Yu Ting, Joey*



On the plane, I was excited but sleepy because it was already 11:00 p.m. and the plane was delayed. However, we still had not had our dinner yet. Having nothing else to do, I watched movies. There were many kinds of movies for me to choose from. I enjoyed them.

After I settled down at my seat, the man next to me greeted me and asked me why I was going to New Zealand. He chatted with me for a while. He was quite nice to me and he was talkative and out-going. As we chatted, time went fast. Our dinner had been served. The flight attendant wore a big smile on her face and served me well. I thought New Zealand people were passionate and friendly. Although they do not know us, they treated us well.

After having the dinner, I tried to sleep because it was already 1:00a.m. . However, I could not sleep as the seat was not so comfortable and crowded. Also, as the plane was affected by the air pressure, it went up and down. I was worried and I could not sleep well. I woke up several times at night. As a result, I felt very sleepy during my whole flight.

On the plane, I saw many beautiful views through the windows while it was landing. The buildings in New Zealand are not tall. Also, there are many green plants and it is not crowded with people which is very different from Hong Kong. Living with a lot of green plants in a relaxing environment is my dream. I can finally achieve it.

*Chiu Pui Lam, Cherie*



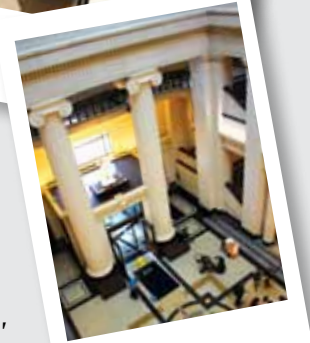
# Day 2-3

17-18/7/2015

(Fri-Sat)



- Auckland City Day Tour, Albany Mall, Auckland War Memorial Museum, Kelly Tarltons Sea Life Aquarium
- Meet with the home stay family



After visiting Auckland City, I have learned many things about New Zealand's environment and weather. Most of the buildings in New Zealand are only two floors. The buildings in Hong Kong are much taller. There are trees and grass everywhere in New Zealand. There are a lot of animals, too. New Zealand people have a relaxing life. I heard from the family that they do not have any examinations. The education system also different from Hong Kong.

*Lau Pui Kwan, Angel*

# Day 4

19/7/2015

(Sun)

Home stay family day



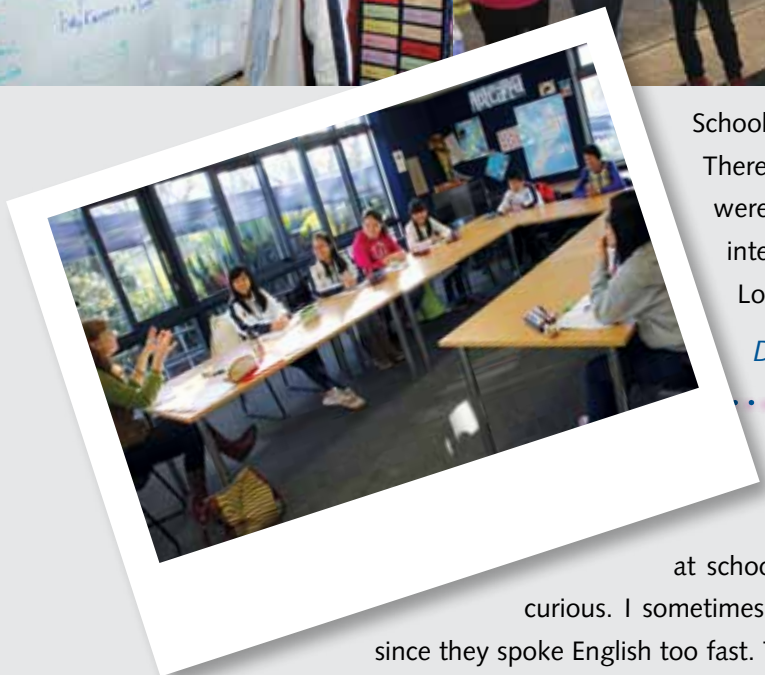


## Day 5

20/7/2015

(Mon)

- School Welcome party
- Class integration



Schools in New Zealand are exciting. The campus is really large. There are many facilities. I made friends with my buddies. They were Nick, Lithum and Mactari. Also, I made friends with other international students, such as Shina, Asuka from Japan and Louie from China.

*Daniel Brian Tam*

Today is the first day that I studied in Kaipara College. I learnt a lot of things and had lots of fun there. We arrived at school at 8:30a.m.. Since it was my first time there, I felt very curious. I sometimes found it difficult to communicate with the students there since they spoke English too fast. The lessons in Kaipara College were fun and I enjoyed them very much. I learnt a lot of new vocabulary and did not feel bored at all. We had PE lessons today. Also, we played ball games with our schoolmates. Before playing the game, I felt cold. After it, I felt hot because I moved a lot.

After having the lessons today, I found that English is really interesting.

*Lau Pui Kwan, Angel*



## Day 6

21/7/2015

(Tue)

- English school class
- Class integration





## Day 7

22/7/2015  
(Wed)

- English school class
- Half-day Helensville tour / school or outdoor activity, Supermarket / Mall

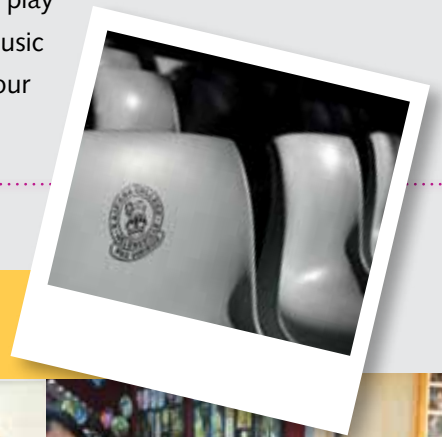
This morning, I walked back school with Joey and we went to the international department and waited for Ms. Wendt. At 9:00a.m., we went to the hall and attended the assembly. This was my first time listening to Kaipara College's announcement. It was different from our school because the students could sit in the hall during assembly. Next, Ms. Wendt invited some of our classmates to play the piano in the hall. All the classmates were amazing and Ms. Siu played the piano for us, too. The music was very beautiful. However, I do not know how to play the piano. Then, we had a walk around the school, we visited the drama room, music room, staff room etc.. The rooms are much bigger than those in my school because our school is small. We also had a cooking lesson on that day and it was fun.

*Chiu Pui Lam, Cherie*

## Day 8

23/7/2015  
(Thurs)

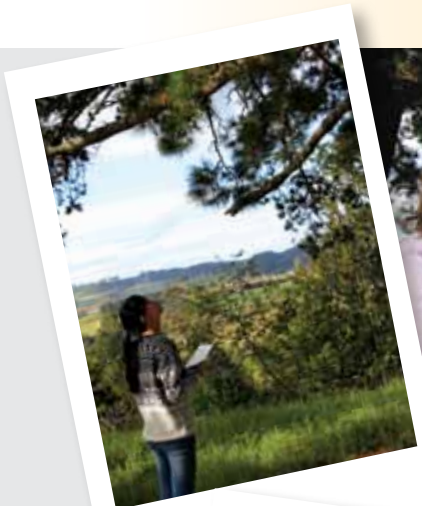
- English school class, Cooking Class
- Class integration





**Day 9**  
**24/7/2015**  
**(Fri)**

- English school class, Bush Walk in Warkworth and Muriwai Beach, Woodhill Forest
- Class integration



I arrived in New Zealand to my home stay family at night. We had fish and chips for dinner which was new to me and very delicious as well. Then we had ice-cream and watched some TV shows and went to sleep.

*Randy*



### Visit the Kelly Tarlton's Underwater World, Victoria Park Market, Auckland Zoo, Sky Tower, Sky City

The name of the museum is called, Auckland War Memorial Museum. It is different from the museums in Hong Kong. The museum has three floors and it is very big. We can learn a lot from the museum. The ground level is about the People of the Pacific. The second floor is stories of New Zealand's land and sea and the third floor is about New Zealand's war stories. I learnt about the Maoris culture and their clothes. There were also some died insects and dinosaurs. They are very realistic and huge. I really learnt a lot of new knowledge about New Zealand.

Next, we went to Kelly Tarltons Sea Life Aquarium. There are lots of living things which live in water, such as the penguins, sharks and fish. The sharks are not big but are very scary. The penguins are cute and smart. They came near our camera and co-operated with us and let us take photos. I wanted to hug them and bring them home! The activities were fantastic.

*Chiu Pui Lam, Cherie*



**Day 10-11**  
25-26/7/2015  
(Sat-Sun)

We went to Kelly Tarlton's Underwater World Victoria Park Market on 20th July. We went to the beach first, the beach was near the Kelly Tarlton's. It was cold outside, but I forgot to bring my jacket, so I felt very cold. We played at a playground near the water world. Later, we went to the Kelly Tarlton's Underwater World. The most special thing in the Underwater World were the penguins because I had never seen real penguins. There were 3 kinds of penguins in the Underwater World. They were cute and funny. We also saw the shark, starfish, octopus and lobsters. We went to the souvenir shop, the things were too expensive, so that I didn't buy anything there.

*Lau Pui Kwan, Angel*





# Day 12

27/7/2015

(Mon)

- English school class, P.E. Lesson
- Class integration



Today, I met many friends there and Nick is my buddy. We played hockey in the P.E. lesson which was exciting because I have never played hockey before but it is a bit dangerous.

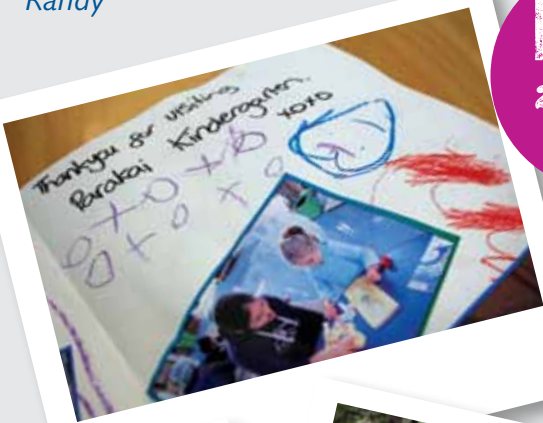
Randy

# Day 13

28/7/2015

(Tue)

- English school class, Kindergarten
- Class integration



# Day 14

29/7/2015

(Wed)

- English school class
- Class integration



**Day 15**  
**30/7/2015**  
**(Thurs)**

**Graduation Ceremony and Farewell Party**



**Day 16**  
**31/7/2015**  
**(Fri)**

- Farewell to the home stay
- Go to the Auckland International Airport and fly back to Hong Kong



# Reflections from students

I think the most significant difference of living style between people in Hong Kong and New Zealand is the sleeping habit. The people in New Zealand sleep very early and wake up very early too. They have a good sleeping habit and a healthy life style when comparing with the people in Hong Kong who never sleep until 11 p.m. and work till very late every night. People in Hong Kong do not do a lot of exercises. People in New Zealand have a balanced diet and they usually eat meals with their family. Parents do not like playing with the gadgets. They like reading books. However, children in Hong Kong always play with their mobile phones and seldom eat and chat with their family.

*Jamie Wong*



I think the biggest cultural differences between New Zealand and Hong Kong are the education system and the environment. As New Zealand has more flat land, schools have enough space to build more rooms for teaching. They have huge playgrounds for students to play sports games during lunch or after school. Also, each room has many equipment to help students to learn more effectively. The teachers in New Zealand do not want their students to be 'copy cats'. They allow them to be more talkative and to think critically. The time for the morning tea and the



lunch time are the best time for students to take a break and chat with their friends. In Hong Kong, I usually do my homework after finishing my lunch. It is a totally different learning culture.



Students in New Zealand only have four to five lessons a day and they are not very busy like Hong Kong students. All of them leave school at around three twenty as some of them have to catch the bus on time. In Hong Kong, students would like to stay in school to finish their homework first and teachers are very busy afterschool, too. We do not have enough time to communicate with our family.

But when in New Zealand, when we went back to the home stay family, we still had some time to chat with them before dinner and also after. I enjoyed the culture in New Zealand more than Hong Kong. I will keep my memory of having a great time here by heart.

*Chen Yu Ting, Joey*



In this study tour, I learnt how to take care of myself, so I think it was a wonderful experience for me. Moreover, I have learnt to protect the nature. If not, the earth will be damaged soon. Also, I have learnt about the Maori culture. Their method of saying 'hi' is very interesting, too.

*Nickle Leung*



I enjoyed this trip so much. My home stay family, my buddy and teachers, they all were so nice to me.



In this trip, I really learned a lot from Ms. Wendt. Not just the knowledge about New Zealand, but also the lifestyle. I am glad to be her student and learnt a lot from her.

I think most of my good friends know, I am afraid of making new friends, especially with those who do not speak the same language.

However, Olivia has become my best friend. I really love her.

Although she is 13 and I am 15, we get along so well that you wouldn't believe. We speak in different languages and have different culture, but it just doesn't seem like there is any gap between us.



Moreover, my home stay family were really nice to me. I thought it would be awkward at first, but it was not! They were just so nice and made me do not want to leave. New Zealand is a really wonderful place. I hope I can study here as I have much more freedom. There are many beautiful places, too. There are beaches and forests everywhere which are so relaxing. I hope I can live there and I will miss all the people and things in New Zealand.



In this study tour, I have learned a lot. I think the most important thing is that I should love my family and thank my parents. I think this is important for all of us. Moreover, I learned that I should protect the environment. Of course, I have learned so many things about New Zealand, including some background

information, culture, the plants, the animals and how they live.

I think this tour was quite special because we did not live in the hotel, but with a home stay family. As a result, we gained valuable experience living with some New Zealand people and could always communicate with them.

I had tried many different kinds of food. I thought they were so yummy and I loved all of them.

I went to many places, too. For example, the Sky Tower, the forest, beaches and shopping malls.



In the Sky Tower, I saw the beautiful view of Auckland, it was amazing. At the beaches, I could relax myself. To conclude, I have learned a lot from this tour and have gained many new experience, too.

*Leung Hong Yin*

16-31 July

# Our unforgettable photos











Homework

- 1) Write up your daily Diary
- 2) Ask your Homestay family what is their favourite T.V. Program <sup>or</sup> Movie <sup>or</sup> Book and why.



# Pre-activity



## Pre-activity 1:

- 1.1 Please introduce yourself in 1 minute to your home stay family  
(including your name, age, school, favorite subjects, hobbies, etc).
- 1.2 Please fill in the diagrams below and introduce your family members to your home stay family.

### My Family

.....  
Father's Name

\_\_\_\_\_  
Mother's Name

\_\_\_\_\_  
You

\_\_\_\_\_  
Your brother

\_\_\_\_\_  
Your Sister

- 1.3 Please post 2 photos and describe your family.



### Pre-activity 2:

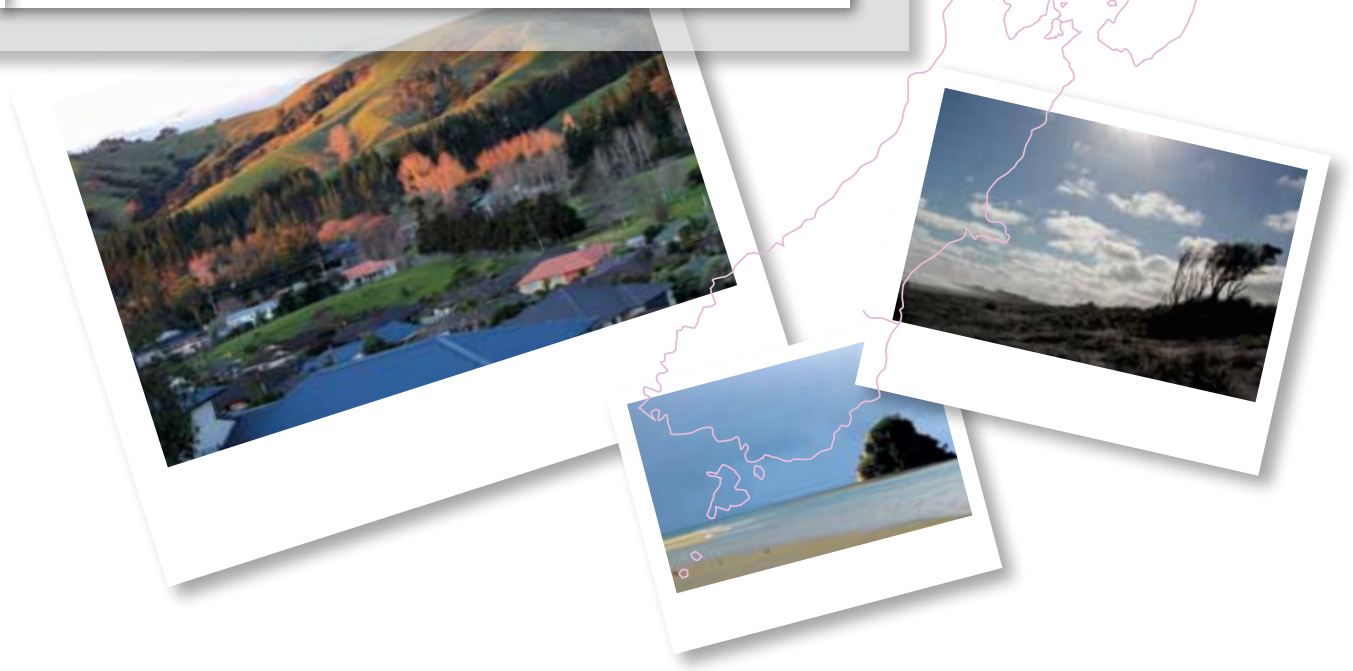
- 2.1 Please introduce Hong Kong in 200 words  
*(including the geographic location, weather, land size, population, official language, etc).*
- 2.2 Please post 1 photo of one famous Hong Kong tourist attraction and introduce it.

### Pre-activity 3:

- 3.1 Please buy a souvenir (about \$200) for your home stay family. The souvenir can be a screen, brocade, embroidery, ornament or food which represents Hong Kong or China. Please also write down the reasons why you choose it.

### Pre-activity 4:

- 4.1 Please prepare a Hong Kong style dish and write down the recipe and the cooking steps. You need to cook for your home stay family once.



# Acknowledgements

We would like to thank the following people for their encouragement, guidance and support from the initial stage of the project.

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*Principal Wong Chung Ki, Kenneth  
Ms. Siu Pui Yin (Vice-Principal)  
Mr. Leung Wai Kei  
Ms. Wong Hiu Tung  
Mr. Kwan Siu Ming*

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*16-31 July 2015*

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