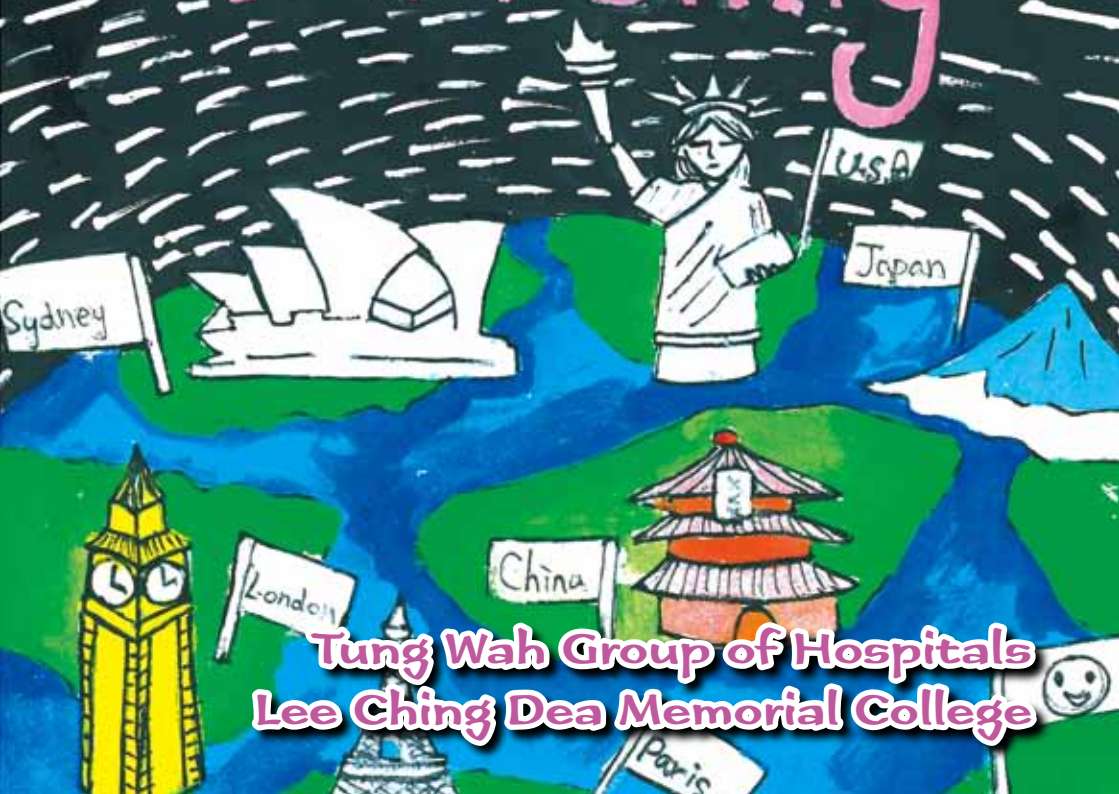


May 2014

Aglow

I ♥ Traveling



Tung Wah Group of Hospitals
Lee Ching Dea Memorial College

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Summer Immersion Programme in Sydney 2013

Knowing more about Australia, knowing more about ourselves!

Last summer, we joined a fabulous Immersion Programme in Sydney, Australia. The programme was a joint-school study tour organised by three Tung Wah Schools (KYD, LCD & LKS), with a total of 29 students, including 10 students from our school. The immersion programme lasted three weeks, from 20 July to 10 August 2013. We explored Sydney in depth with our English teacher, Mr. Chan. We had a great opportunity to broaden our horizons by learning more about Australian culture and to practise spoken English every day with our host families during the three weeks.

Besides learning in the classroom, we were also given opportunities to go on excursions to different scenic spots in Sydney.

Let's recap some of the most unforgettable and wonderful landmarks and moments of our trip:

Information about the trip

Date: 20 July – 10 August (3 weeks)

Destination: Sydney, Australia

Participants from our school:

Mr. Sammy Chan (English teacher)
Aeon Lo 3A / Ben Cheng 3A /
Boris Lee 3A / Thomas Chan 3A /
Thomas Wai 3A / Timmy Wong 3A /
Timothy Yip 4C / Andrew Ng 6D /
Kevin Lai 6C

1 The Blue Mountains

The Blue Mountains is a magical place any time of the year. It is colourful in spring and refreshing in summer. We could see many Eucalyptus trees and special rocks in the area. The atmosphere is filled with finely dispersed droplets of oil, which, in combination with dust particles and water vapour, scatter short wavelength rays of light which are predominantly blue in colour – that's why it's such a "blue" area!

When we first arrived there, I could feel the fresh air around us. I walked to the side of the mountain immediately as I had never seen such a big forest before. In the forest, we could see three huge special rocks named "The Three Sisters". It definitely drew our attention. The three rocks stood in the middle of the endless forest. We also had a chance to take a ride on the cable car and went down to the valley to visit an old mine. We saw a magnificent waterfall beside the mine. It was a memorable sight for a shot! We enjoyed the natural side of Sydney!



2. Australian Farm

“Old MacDonald had a farm, E-I-E-I-O.” – a familiar song, isn’t it? But, have you ever visited a real farm and seen farm animals at close range?

We had the pleasure of visiting an Australian farm and spending a whole afternoon there. We did things that were hard to do in cities, such as milking cows and watching someone shearing sheep. In addition, we also fed some animals and petted bunnies. Besides, we tried throwing boomerangs and whipping through an open and spacious area on the hill, which was a very unforgettable and rare experience! At the end of the trip, we all sat near a fire and made dampers. After trying the famous traditional Billy Tea, we went back to the city.



3. Visiting a school in Sydney

The teachers arranged a visit to an Open Day of a school in Sydney. We went there to watch performances by students – dancing, choir, singing and drama. There were fourteen teams performing. The shows were organised by the students, and their parents came to support and cheer them down the stage. After the show, we went to the playground to watch two handsome boys’ improvisation of their songs. The whole show was exciting and amazing and both singers sang well too! It was a totally new experience for us.



4. Featherdale Wildlife Park

We visited the Featherdale Wildlife Park one day. We saw different kinds of Australian animals there, like dingoes, koala bears and kangaroos. It is very rare to see so many animals in one place at the same time. The animals were so close to us and they were not afraid of humans. We went for a briefing about the life of the animals there and the staff took out a snake suddenly and asked us to touch it. We felt very scared and some girls even screamed. But we all thought it was an interesting and educational day!



5. Go Manly Beach

Sydney is famous for its beaches and water sports. During the trip, we went to visit a magnificent beach, the Manly Beach. At first, we were shocked because we had never seen such a wonderful sea view in Hong Kong and the sand was really soft and fine. I could not see the end of the Manly Beach! We also went to the shops and restaurants nearby. We had a good time there!



6. Sydney Opera House and Darling Harbour

We took a train to the centre of Sydney one day to explore the city centre. We first walked along the avenue near the Sydney Harbour and the most well known Sydney Opera House appeared in front of us in a few minutes! The design of the Opera House was special and eye-catching. Then, we moved on to Darling Harbour where the best point to enjoy the whole astounding view of Sydney was. Chinatown was not far away from the harbour and we saw many elegant restaurants there and one of them was called "Ah-B Abalone" – what a strange name, isn't it? Finally, to end the day, we visited Paddy's Market and bought a lot of souvenirs and gifts for our parents and friends.



Reflection - An enjoyable trip we won't forget!

We have learnt a lot and gained more experience after joining the immersion programme. We know more about the culture of Australia and we practised spoken English every day with our host families. We also learnt how to take care of ourselves and be more independent. More importantly, we made new friends with people from other countries. The friendship will last forever in our hearts!

We would like to take this opportunity to express our thanks to the host families who treated us like their children and always made us feel comfortable and warm. We would also like to thank our teacher, Mr. Chan, for taking good care of us. All in all, we think the immersion programme was meaningful, enjoyable and full of excitement. You will find out what fun it is only if you join the programme yourself!





To be a Korean

What do they eat?

KIMCHI!!!

It is one of the top 10 healthy foods in the world. It is mainly spicy. If you are interested in Korean food, try it! I guess you will fall into the trap of this Asian cuisine. Korean food is spicy, however, many people love it so much. They enjoy the food with their heads dripping with sweat because of the HOT taste!

However, we are in Hong Kong. Where can we go to have traditional Korean food?

I suggest you go to the 'Korean Street' in Tsim Sha Tsui. You will not be disappointed as there are many shops selling different kinds of Korean stuff like clothes and shoes. There are also restaurants and grocery stores selling some ingredients of the Korean recipes, like the barbecued pork, sauce and kimchi.



Korean foods in Hong Kong are expensive. How can we spend less money to have delicious Korean food? Let's try this recipe – the fried KIMCHI rice.



Ingredients:

- 3 bowls steamed rice
- 1 cup chopped kimchi
- 1/4 cup kimchi juice
- 1/4 cup water
- 2-3 tablespoons gochujang
- 3 teaspoons sesame oil
- 1 teaspoon vegetable oil
- 1 green onion (chopped)
- 1 tablespoon roasted sesame seeds
- 1 sheet kimchi (roasted and shredded)

Steps:

1. Heat up a pan. Add vegetable oil.
2. Add kimchi and stir fry for 1 minute.
3. Add rice, kimchi juice, water and gochujang. Stir all the ingredients together for about 7 minutes with a wooden spoon.
4. Add sesame oil and remove from heat.
5. Sprinkle with chopped green onion and sesame seeds. Serve right away.



Korean Make-up Industry

Korean make-up industry is one of the most successful industries in Korea, and their products are cost-effective. We are going to introduce you to some of the famous brands in Korea.

The Etude House

The Etude House is specialised in products for young girls. Its products are affordable for teens, and it is popular among girls in Hong Kong. Some of them become regular customers of Etude House.

INNISFREE

Innisfree is a well-known brand in Korea. Although they are not that famous in Hong Kong, they have many fans all over the world because they promote skin care products with natural ingredients.

Laneige

Laneige is the most famous Korean make-up brand in Hong Kong. They are not only selling their products but also running make-up classes, providing face treatments and even setting up a men's counter.



CROSSOVER BETWEEN LCDMC AND HKIS



About the Programme - Sharing by Nash



At Hong Kong International School, Nicky, Emerald and I are taking a unique class called Humanities in Action. This one-of-a-kind course blends conventional humanities skills with an emphasis on social conscience, global awareness, and service.

As part of this course, each student has to complete the Elixir Project, which is essentially a service project through which we try to make a change in ourselves, our society, or the world.

The three of us were introduced to the Tung Wah Group of Schools and LCDMC at our school's Service Summit, which involved various organisations with causes as varied as environmentalism and human rights.

Nicky, Emerald, and I were all attracted to the prospect of constructing a short teaching course and got together to design it. After communicating with representatives from the Tung Wah Group of Schools and administration at LCDMC, we spent many afternoons drawing up lesson plans and consulting our teachers for guidance.



Our goal for the programme was to recreate a condensed version of the Humanities in Action course for the students. Apart from a mixture of societal awareness and service, we also wanted to incorporate an element of English learning in our programme.

We certainly encountered difficulties during the process as we tried to determine how to compress a year-long course into a few short classes, and it was a challenge to mould lesson plans that would be both engaging and easy to understand.

This programme has thus far been a fulfilling and original experience for us; prior to this, none of us had much experience teaching, let alone teaching a course such as the one we have put together. We are delighted to have this opportunity to apply what we have learnt in class, and are immensely grateful to have an audience of enthusiastic students willing to learn and engage themselves in thoughtful discussions about pressing global issues.

Through our teaching, the three of us have also learnt much, as we have had the honour of being able to exchange ideas with students who have a different perspective than that of the average HKIS student.

To conclude, we would like to convey our deepest gratitude to the Tung Wah Group of Schools and the teachers at LCDMC, especially Ms. Wu and Ms. Fung, for their contributions without which this programme would have been impossible. We'd also like to thank the students for coming to attend these lessons in their free time, and for participating with an open mind. Together, we can truly make a difference on our planet. To end, a quote by anthropologist Margaret Mead, "Never believe that a few caring people can't change the world."



"We played games, enjoyed the snacks, talked about different world problems... In short, the activities made me think."
Edward Cheng 2A



"The world is unfair to some people who live in poverty. I think I am lucky because I live in Hong Kong."
Mary Wong 2A



"I loved the games and the activities. Through them, I learnt more about the conflicts and inequalities in the world."
Nick Hui 2B





"I think this activity was very educational and it taught me a lot about social problems like the disparity between the rich and the poor and conflicts in the world. At first, I was not familiar with the topics but the games helped me understand more."

Daisy Sze 2B



"It was fun and I learnt a lot. I know more about income inequality and many people are earning so little that they cannot support their families. The activity has broadened my horizon and improved my vocabulary."

Thomas Chan 3A



"I have had a great time learning from the students of HKIS. We looked at some world issues through games. I enjoyed the mini triathlon. I will surely join the programme if there is one in the future."

Timmy Wong 3A

"I am glad that I could join this activity. Nicky, Nash and Emerald were nice and friendly. They are smart and have helped us improve our communication skills."

Chris Woo 3B



"Students from HKIS were friendly. The activity helped me improve my English."

Wendy Hui 3B





Delicacies in our District

Snacks



Who says healthy food is unpalatable. Healthy Vegetarian is a vegetarian restaurant that provides both delicacies and healthy cuisines. Although it is a small shop on the street, it is very popular. The interior design of the restaurant is simple but full of European style. Guests can relax and enjoy the food at the same time. The signature snack of the shop is Mexican Roll: a variety of vegetables and vegetarian meat wrapped in flat bread, with a special sauce made by the chef. It is full of flavour. You can get one for \$28. The thick and creamy Pumpkin Soup made from fresh and sweet pumpkins is worth trying. All foods are freshly prepared, and they can meet our desire to stay healthy while enjoying tasty food.

Desserts



We can easily find different kinds of attractive western desserts everywhere in Hong Kong. Mouth-watering Chinese desserts are comparatively rare. In North Point, there is a very popular traditional Chinese dessert shop. It provides a variety of traditional Chinese desserts, such as walnut paste, sesame paste and so on. The shop uses only the best ingredients; each bowl of dessert is full of goodness. You can buy a bowl of almond paste for just \$14. Almonds can make our skin smooth, so almond paste is certainly welcomed by girls.



Sichuan Food

Do you like spicy food? If you do, then this restaurant is your best choice. The owner of this shop is an ethnic Sichuanese. Many years ago, she came to Hong Kong from Sichuan. From then on, she was determined to bring the Sichuanese food culture to Hong Kong.

After years of effort, she finally set up her own Sichuan restaurant which is now quite well known in North Point. The signature dish of the restaurant is Steamed Chicken with Chilli Sauce. The dish is famous for its tender texture and spicy flavour. To satisfy individual tastes, customers can choose different degrees of spiciness. There are many other unique dishes in the restaurant, such as Boiled Frogs with Chilli Sauce, Boiled Beef with Chilli Sauce and Dry-fried French Beans with Minced Pork and Preserved Vegetables. The price of most of the dishes is between \$30 and \$60. Students can go with their families to try the delicious dishes on holidays.



Disappearing Delicacies

"13 Beef Offal", a famous snack store in North Point, known for its popular street foods, closed its door in March this year. This well-known local snack store opened 39 years ago, and loads of people felt extremely disappointed to hear the news. At the end of its last business day, plenty of patrons stood in a long queue with the intention of tasting the offal for the last time. The owner organised a charity sale, the proceeds from which would be donated to a hospital as a way to say good bye and thank the customers for their support over the years. The reason for the closure was the unaffordable rent and the lack of labour. The owner hoped that he could open "13 Beef Offal" again in Hong Kong and is considering setting up a Hong Kong-style snack store in Taiwan.

There are more and more local eateries that are as famous as "13 Beef Offal" disappearing in Hong Kong. Why are these snack shops unable to survive? There is no denying that these small stores cannot compete with the large restaurant chains since proprietors are willing to rent space only to large enterprises with more money. What is worse, it is more difficult for traditional small eateries to operate because of rising wages but no support from the government. It goes without saying that more support should be given to these shops with a view to preserving local food culture.



Scenic Nam Sang Wai



Have you been to Nam Sang Wai before? What do you think about the place? Is it beautiful? Let me tell you something about Nam Sang Wai. Nam Sang Wai is a wetland area to the north of Yuen Long. It is bordered by the Shan Pui River in the west. You can take the MTR to Yuen Long, then take a taxi to get there. The taxi ride only takes about 10 minutes. In Nam Sang Wai, there is a special boat called “橫水渡”. Many people love taking wedding photos there because of its beautiful scenery. It is also a popular shooting spot for films and TV programmes. If you are lucky, you may meet your favourite stars there.

Nam Sang Wai is rich in fauna and flora. There you can see lotus, reeds and mangroves. It is also the habitat for different types of birds like seagulls, Northern Pintails, Yellow-nib Ducks and Black-faced Spoonbills. There is a big meadow where people can fly kites and model aircrafts. Also there are some small restaurants. Some famous treats include “Iced Pineapple”, “Bean Curd Dessert” and “Siu Mai”.



History of Nam Sang Wai (1930s~1965)



The burning of mangroves and the building of bunds.



Plans to develop Nam Sang Wai were first initiated with the formation of the Nam Sang Wai Development Company Limited (NSWD).



Deep-water fish ponds with high bunds and minimal vegetation came into prominence.



Planning approval was given for commercial and residential development in the southern part of Nam Sang Wai.



How much do you know about D.X. Gold?

When we talk about D.X. Gold, what immediately springs to your mind? It is easy to associate the mushroom hairstyle with D.X. Gold, a renowned actor who has acted for more than a few decades in Hong Kong. Besides the unforgettable hairstyle, his fine acting also makes it hard for us to forget him.

Fortunately, we are honoured to have had an interview with D.X. Gold. It is generous of him to share his experiences and funny anecdotes in his life as an actor, and to allow us to share them with all the students at LCDMC.



Why do people call you D.X. Gold?

I was cast as the boss of a criminal organisation in an advertisement selling cars. In it I wore four real gold chain necklaces. The assistant director asked me whether the necklaces were real and weighed eight 'Liang'. I said yes. So, everyone calls me Mr. Gold even now.

What led you to become an actor?

I ran flower shops and restaurants after I arrived in Hong Kong in 1978. Directors and actors always dined at my restaurants when they finished their work. Because of my unique appearance, I was invited to be an actor by a film director. Although I had never tried acting and I had earned a lot of money from my restaurants and flower shops, the opportunity of studying acting at school again attracted me. So, I was sent to a school to learn acting and I portrayed a bad character very well in the lessons. In less than a week, I was invited to act as an important villain in "Miss Butterfly" by a big company and my performance was appreciated by the audience. In the following four years, I acted in different types of movies like action movies and comedies.

Are you afraid of being too occupied with your work?

We should improve ourselves first. This includes studying. Hard work is needed, of course. Otherwise, we cannot make any improvements and cope with difficulties. Being capable is also important. If the person is capable, he will not be afraid of challenges or be worried about whatever task is given to him.

How do you build a good relationship with your son?

Although it is tough to balance career and family, I do not care about it because taking care of children should not be regarded as a liability. If you take good care of your children, I am sure they will know it.





Teenagers are concerned about the uncertainties in the future since they have no clear directions to achieve success and they do not even know how to accomplish their dreams. In your view, what leads teenagers to success?

Parents always force adolescents to study hard, to achieve what they want and neglect their interests. Teens have no ambitions to be successful since they are following the paths paved by their parents instead of pursuing their own dreams. Youngsters will do their best in what they are interested in to satisfy their curiosity.

Though you have shown your potential to your parents and are awarded a first class honours degree

by studying hard for years, you still cannot get a great job or be successful because knowledge from books and lessons alone cannot be practicably applied in your future. So, only lifelong learning can help accumulate the experiences. Actions speak louder than words!

Do you have any retirement plans or will you keep on acting?

I am planning to visit poor countries and share food with children or help them build schools after I stop working. Nothing can be taken with us when we die, so we should help the needy. Their lives will become better when our dedicated efforts are shared.

You will succeed if you have ability.

Interesting Jobs

I think some of our schoolmates want to know about some occupations because we are now teenagers, considering our future careers. See if the following interview can provide you with some ideas on what you want to become.

When you come across the word 'nurse', many people will immediately think of a lady wearing clean white uniform. Maybe someone thinks it is strange to find a male nurse. However, this is becoming more common nowadays. We have interviewed a male nurse and he now shares with you all about his job.

(E: Editorial Team; Y: Mr. Yu)

E: Mr. Yu, I know you have worked in a private hospital for many years. Why did you choose to be a nurse but not a doctor?

Y: Since I was young, I liked helping others. Then I decided to be a doctor when I was in Form 1. Once I went to a hospital to visit a relative and realised that there were plenty of women nurses in the hospital but only two or three male nurses. I felt it was strange so I asked my mum. She told me that many people think being a nurse is a woman's job while being a doctor is a job for men. I thought it was not very reasonable and fair to everybody.

E: So, since then, you wanted to become a nurse?

Y: You are right.

E: How did you feel at the beginning when you really became a nurse?

Y: I felt so excited and interested. Even though some of my friends did not support me at the beginning, they finally agreed to my choice. I was so satisfied and delighted.

E: Have you come across anything that made you angry and frustrated?

Y: I am sorry to say that my enthusiasm disappeared after three to four years because of the stress at work. My boss and a small number of patients sometimes blamed me and complained about me.



E: How do you overcome unhappiness?

Y: I usually listen to music and go to concerts with my friends. Moreover, I often confide in my close colleagues.

E: I think you can do exercise to release your work pressure. The last question: Do you have any advice for our schoolmates who might want to be medical personnel?

Y: I suggest that they ought to ask themselves a question: Can I bear the pressure of work? Besides, they should find out more about the job before they enter the field.

We thank Mr. Yu so much for his valuable advice to our schoolmates. We believe you now know more about being a nurse and the associated stress of the work. I hope you can think more deeply before deciding on your future career even if you do not want to be a medical professional.

Do you know what a breeder is? It is an interesting job in some theme parks, which requires a lot of patience. If you are a breeder, you can make some new "friends". However, you need to be equipped with the following traits:

1. Being patient is the most important quality as you need some time to build rapport with your partners for performing shows.
2. Love is needed in this job because you cannot lose your temper when your partners can't coordinate with you. After all, they are only animals! You should coax them kindly and have a gentle attitude when communicating with them.
3. You ought to be knowledgeable about the scope of this job. Although it looks like a simple job, you should not think that it is very easy to take charge of the animals. You need to know the characteristics and habits of the animals.

These are some tips that you can follow and we hope you will get more interested in this occupation. Furthermore, you can find more information about other careers from some websites. One more thing that you have to bear in mind is that you should not choose a job just for your livelihood. Choose one that you can develop from your hobby or strength so that you will enjoy your working life.

