



「締結友誼・相伴同行」

姊妹學校西安市第三十中學閻春喜校長訪校



閻校長製作的書法書籍，當中有一幅寫著「自強不息」的墨寶送給青中的莘莘學子們，「天行健，君子以自強不息」這份祝願勝過千言萬語。西安市第三十中學與中華基督教青年會中學將友誼長存，在未來履行相伴同行、同舟共濟的約定。

緊接著我們一行人參觀了青中的一大特色教室——航空學習中心。內裏有模擬飛行儀器，兩位「小機長」繪聲繪色地向兩位遠道而來的校長介紹課程的點滴及個人的獲益，西安的兩位校長更進入模擬飛行的駕駛艙內親身感受。室內還展示了電子地圖，可以準確及全面地看到地區、飛行航班的各類信息，李校長更是抱著嘗試尋找的心態，在地圖上的陝西省板塊上找到了華清中學，這無異是青中與華清中學的第一次美麗的交集與相遇。

二零二四年九月四日，西安市第三十中學的閻春喜校長及華清中學的李東京校長蒞臨我校。兩地三校校長各自簡介了彼此學校的概況，隨後張校長與閻校長舉行了簡單而隆重的締結姊妹學校簽約儀式，將這份不朽、美好的友誼延續下去。

簽約儀式完畢，閻校長送贈青中許多幅意義非凡的字畫、剪紙，還有一本由



步出航空學習中心，走進隔壁的歷史文化館，首先映入眼簾的是酸枝木架上一排排的兵馬俑模型。平時，它們並不起眼，但在西安的朋友到來香港時，它們則承載了兩地之間的互相欣賞、守望之心。進入古色古香的茶藝室，同學細心演示茶藝「十八式」，並伴隨著普通話及英文解說，茶香充斥著茶室，沁人肺腑，有一種說不出來的寧逸。



之後，我們曾經到訪過西安市第三十中學進行交流的其中幾位同學向兩位校長奉上茶，彼此之間有種說不出的感動，緣份的延續從西安牽絆至香港。同學們與三位校長暢談，其中說到西安及香港教學模式、教育理念的不同，但我相信培育學生「自強不息，厚德載物」必然是三校之間共同的期望，也是所有教育家畢生的夙願。

深情小記

6CL 林政達

昔日西安市第三十中學的學校領導，以及各位兄弟姐妹們對我們熱烈的招待，至今仍舊歷歷在目。他們帶我們體驗棒壘球，耐心教授我們寫書法及製作古式髮簪，還有他們圍繞西安傳統非遺「皮影戲」而製作的微電影仍然記憶猶新，他們將這份屬於古都西安的記憶帶給了我們，讓我們踏在西安的土地上，對於這座屹立十三朝古都的城市又多了幾分美麗的遐想。

記得我在西安交流時說到「有朋自遠方來，不亦樂乎」，感謝西安市第三十中學的熱情。如今西安的朋友來到了香港，來到了青中，有種莫名的感動，我們的緣分與羈絆再次跨越了千萬里，有了具象的體現。

6CL 黃芷冰

時隔多月再次見到閻校長，令我去年到訪西安市第三十中學的記憶彷彿重現眼前。閻校長為我們帶來的影片讓我回想到西安這座富含歷史和文化底蘊的好城市，古都西安之旅實在是給我留下了獨一無二的美好回憶。今次會面，我們還了解到李校長的華清中學，過往聽說過華清池的美名，華清中學背靠山水，有股隱世清麗之感。

當初在西安市第三十中學，同學們向我們介紹著他們別具一格的校園，走廊上都是學生優秀的書法展示，還有他們的籠式壘球場，這些都是香港沒有的；這次我們帶領著兩位校長也參觀了我們青中的特別之處，例如我們的模擬飛行教室，付出了很多心血，力求讓學生體驗及學習飛行的各類知識與成為機長需要具備的綜合素質等等。去年西安的同學與我們熱情相處，初次見面卻一見如故，這次閻校長的到訪，讓我見證了兩校簽約的畫面，我更加感受到我們與千里之外的朋友的羈絆之深切。



The Wilds Summer Camp (USA) (26/7-10/8/2024)

4CT LAM YUET

I am very honoured to participate in The Wilds summer camp this year. The camp is located in the United States, which has a twelve-hour time difference from Hong Kong. This journey was very memorable for me because we encountered many difficulties along the way. However, it was precious because of the challenges that I experienced in the trip.

First of all, the most memorable moment for me was the preparation for departure. The original departure date was 20th July. However, just one day before our departure, multiple airports around the world experienced malfunctions, causing us to delay our departure. Although I felt very disappointed, I was very grateful that the principal personally went to the airport to inquire about the situation. This act of the principal greatly encouraged me and lifted my spirits.



Five days later, we finally managed to set off successfully. However, due to a typhoon approaching the area, our flight had to fly for an extra hour to avoid it. Originally, we were supposed to have around two hours to transfer to our flight to Chicago after arriving in San Francisco, but because of the detour, we only had one hour left for our transfer, making it very rushed. I remember we were running wildly through the San Francisco airport, and our teacher, Miss Poon, was even running in flip-flops, which shocked me.

After two layovers, we finally arrived at Greenville Airport. The weather there was very sunny and the temperature was quite cool, which was the first difference I felt between the United States and Hong Kong.

At the camp, the most impressive activity for me was the Giant Swing. I felt like I was riding on a pirate ship, but the Giant Swing was even more thrilling. Unlike the pirate ship, there were no seats on the Giant; instead, I was secured by several harnesses and then pulled up to about three stories high before being released. Once dropped, I swung back and forth in the air. Besides the Giant Swing, another activity I enjoyed the most was going to the Craft shop. In the Craft shop, I could paint, make a wooden sword, and buy little gifts. Basically, I enjoyed going inside to make my wooden sword.



Apart from these activities, I also remember that we had to memorize Bible verses every day and attend lectures. This was probably the only activity that I found to be quite challenging because everything was in English, which made me feel very frustrated. Fortunately, with the companionship of my peers, I tried my best to complete it.

Although there were slight setbacks in this journey, I am glad that it ultimately went smoothly. I also had a very special summer vacation. In fact, there were simply too many fun experiences for me to share. Therefore, for those who are interested in the summer camp, you should definitely consider participating. Finally, I would like to thank the two teachers, Miss Poon and Mr. Leung, who led the trip. It must have been very challenging for them to take 17 students to the United States. I am so grateful for their care and guidance throughout the journey.





3CS WONG TSZ HIN

What does it feel like to swim in a huge lake? During this exchange program in the United States, I had the chance to try it out. There was a zip line, a diving board, and a floating mat called "the blob." The facilities at this lake are the most abundant I have ever encountered. My favourite activity was the zip line. It was very exciting and I could play with my campmates. Apart from the outdoor activities, the campsite has a games room where you can play board games, play bubble soccer, table tennis, and a special local game called carpetball, where you have to hit your opponent's balls into holes to win. It's a great game for enhancing relationships.



4CT Tsui Tsun Sing

I have learned a lot of different new things in the United States. The most impressive thing is how good the locals are at basketball; even the pastor shoots accurately. It made me realise my own shortcomings. Besides being skilled at the game, the locals are also very friendly. I remember one time when my classmates and I wanted to buy drinks from a vending machine, but since it was my first time in the U.S., I didn't know how to convert the local currency. A local campmate was very helpful, and he even treated us to drinks. I really want to thank him in person again for his generosity.

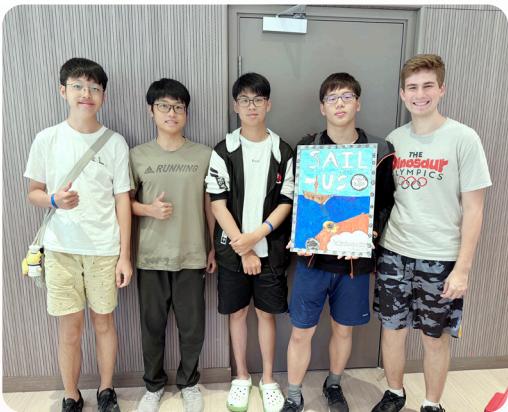


4LC Yu Lok Hang

As a previous camper of The Wilds Christian Camp, here is how I feel about the camp. It's basically exactly what you'd expect from a fundamentalist summer camp. There are a lot of fun, large-scale outdoor games, excellent facilities, and plenty of friendships to be made. The lake is one of the best swimming spots I've ever been to. The small-group Bible studies are also quite good. We did a short study through the book of Romans. Overall, it was a great and enjoyable week.



你試過用英文唱詩歌、讀聖經，甚至背聖經金句嗎？那麼新奇的體驗正可以在這個夏令營經歷到。除了可以用英文與神接觸之外，每天還可玩很多刺激而新奇的遊戲，每個人都玩得很投入和盡興。看到這裏，你可能會問：「我英文不好，是否不適合參加呢？」那你就錯啦！雖然這個夏令營大部份都是外國人，但神奇的地方是我們英文一般水平的竟然可以和他們很順暢地溝通，彼此分享大家的生活和經歷，還對他們的文化背景有更深入的了解，真的很有趣啊！



在這個夏令營裏，其中一個令我們印象深刻的活動是「搶車咁」。相信大家對這些遊戲並不陌生，簡單來說，就是靠蠻力取得勝利。在裁判一聲令下，眾人揮灑着汗水，朝着車咁的方向全力奔跑。在爭奪車咁的血戰中，有的與對手鬥力，你拉我扯，為了勝利而僵持不下；有的則從旁打氣，不斷高聲呼喊自己隊伍，為其鼓舞；有的則拼盡全力堅持着，等到隊友的前來後才成功合力從敵人手中將車咁送到自己的隊伍。雖然遊戲中有贏有輸，但我們並不感到遺憾，因為我們一起獲得了那份獨一無二的青春回憶。

記得我們每天吃過飯後，都會返房做指定動作——背金句。用中文背金句就很簡單，但用英文背聖經金句，大家試過嗎？用英文背金句的最大挑戰是，一句金句之中總會有些未曾學過，且讀音複雜的字詞。雖然在背金句的過程中遇到不少挫折，但是導師不單止沒有因為這樣而取笑我們，還很細心地教我們發音及讀音。如此細心的舉動，令我們重拾勇氣開口講。最終，我們成功背了六句聖經金句，滿滿的成功感打從心裏湧現出來。



看到這裏，你會很疑惑，難道這個夏令營只是做一些與宗教有關的活動，沒有其他活動和自由時間？事實上，每當吃過午飯後便有三至四小時的自由活動時間。在這段時間，你可以選擇游泳、下棋或是與一眾參加者玩集體遊戲，例如康樂棋、羽毛球和乒乓球等，十分多元化的。因此，參加者可按照自己喜好，從而決定參加甚麼活動，這樣很好地照顧每個人的需要。

總括而言，這次讓我倆切實地體會到在這青蔥的歲月中，不能總是待在自己的舒適圈中，偶爾也要踏出去探索外面未知的世界。踏出去，能夠讓自己認識更多，促進人際交流；踏出去，能夠發現自己一些從未發掘的長處，增加對自己的認知及了解；踏出去，或許能夠在這中學生涯中，創造一些難忘的點滴，找到屬於自己的烏托邦。



學生園地

應用學習課程篇

課程名稱：甜品及咖啡店營運 Pâtisserie and Café Operations

5CL 林秀筠

修讀此應用學習課程讓我對咖啡有了更深入的認識，課堂共有三個部分，分別是理論課、咖啡實習和甜品實習。理論課主要講解食物安全衛生、咖啡豆類別、咖啡營運等知識。

在實習課中，學員學習到如何沖煮不同類別的咖啡。在課程中，我們會接觸到不同咖啡沖煮器具，例如手沖咖啡壺、虹吸式咖啡壺、濃縮咖啡機、摩卡壺等。此外，在學習沖咖啡時，導師會讓我們了解到即使沖煮手法一樣，但是咖啡豆的產地、烘焙程度或風味，當中一個特質有不同，萃取的結果也有很大的分別。這過程讓我深刻體會到，咖啡的風味是如此多樣且微妙，沖煮咖啡需要細緻的觀察力與品味能力。我發現自己對咖啡有更深入的理解，並體會到咖啡師傅在烘焙與沖煮上原來是多麼的用心。每個環節都充滿著學問。



在甜品實習中，我們會接觸到很多不同類型的甜品，大多數都是西式甜品。例如英式鬆餅、歌劇院蛋糕等。為甚麼課程中卻包括製作甜品呢？因為甜品也是咖啡店內重要產物之一，售賣甜品不但可以提升盈利、擴大客群和市場，而且甜品也可以影響到咖啡的風味，讓客人獲得味蕾的滿足。

至於在專題研習一環，我們需要規劃咖啡店營運模式。從選址、菜單設計到服務流程，課程也讓我理解到咖啡店經營的複雜性，無論是從成本控制、行銷策略，或是顧客服務，都需要用心經營。

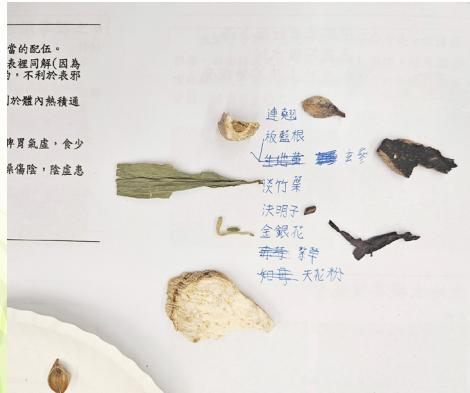
這個課程不僅讓我學習到咖啡的知識，更讓我體會到「用心」的重要性。無論是咖啡師傅的用心烘焙，還是我們自己的用心品味，都讓一杯簡單的咖啡變得更加豐富。



課程名稱：中醫藥學基礎 Foundation in Chinese Medicine

5HS 吳悅琳

我認為參加中醫藥學基礎是個不錯的選擇。在這個課程中，我不但能認識到不同類型的中醫知識，例如把脈、針灸、中藥名稱、藥效等，還學會其他技能，例如口頭匯報。我們需要完成一些有關中醫方面的專題報告，然後進行口頭匯報。我認為這是一個訓練自己的好機會，不論是勇氣，還是說話技巧。當然在這個課程中，我亦能認識到不同的朋友，這也是我喜歡這個課程的原因。



獲獎及活動消息



「YM Volunteer頒章禮2023-2024」——
「積極參與學校獎」
5HS 李愷羚、5CH 林司量、5CH 洪卓希



慶祝中華人民共和國成立75周年——
消防及救護青年團大匯操
6NC MASOOMA NAZAKAT



第三十五屆中學生閱讀報告比賽
主題閱讀 中文組（高級組）優異獎
6LC 蕭曉彤



「菁英盃」全國現場作文比賽
6LC 蕭曉彤——總決賽一等獎
6CL 林政達——初賽特等獎



「香港賽馬會社區資助計劃：美荷樓香港精神
學習計劃『兩代情』徵文比賽」優異獎
2CH 蘇浩聰、2CT 蘇雪雁、3LS 楊泳琪
3CS 劉詠恩、6CH 林雅悅、6NC 嚴巧兒



B1 Preliminary Cambridge
English Exams Certificates



「2024 年度全港校際（中學）
模擬商業管理比賽」亞軍



2024元朗校際女子甲組乒乓球賽冠軍
4CL 張瑤熹、6NC 單焯喬
6CL 黎穎兒、6CH 楊善晴



元朗校際女子甲組羽毛球比賽冠軍
5PL 林妍彤、6CL 黎穎兒、5CH 鄒冠恩
4CT 黃祺懿、3LS 馮諾心、2CH 劉凱莉



「賀國慶・追月盃」三人籃球賽2024
女子青年組冠軍及亞軍



Phoenix Suns & NBA Cares
Special Olympics Unified Clinic



Completion of 2021-24
Fast Connect Programme
(1/09/2021-31/08/2024)