

# Victoria Shanghai Academy

## 滬江維多利亞學校



## GUANG DONG PROJECT WEEK

### 廣東學習週



Student Handbook

學生手冊

23 – 27 January 2014

STUDENT'S NAME: \_\_\_\_\_ HOMEROOM: \_\_\_\_\_

TEACHER'S NAME: \_\_\_\_\_ GROUP NO.: \_\_\_\_\_

Wiki Address: <http://vsapw19guangdong.weebly.com>

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## Overview 概覽

On Thursday 23<sup>rd</sup> January a group of 69 students with 7 staff will be going to the Guangdong Province to Palm Island for five days. We will take part in a number of experiences that fit well into the following IB fundamental concepts

- holistic learning—representing the notion that all knowledge is interrelated and that the curriculum should cater to the development of the whole person, the attributes of which are described by the IB learner profile.
- intercultural awareness—representing the notion that school communities should encourage and promote international-mindedness by engaging with and exploring other cultures, a key feature of international education as reflected in the attributes of the IB learner profile.
- communication—representing the notion that schools should encourage open and effective communication, important skills that contribute to international understanding as exemplified by the attributes of the IB learner profile.

Why do we do such trips? What is the educational purpose?

The MYP fundamental concepts describe the learning environment in which the student is operating and provide schools with guidance on developing their school culture. These fundamental concepts of holistic learning, intercultural awareness and communication underscore the IB's commitment to:

- providing a broad and balanced educational experience
- educating the whole child
- understanding and respecting all cultures and valuing multiple forms of expression

As a method for developing young minds and attitudes these activities cannot be beaten when they are exposed to lives that are quite different to their own. Activities are organised over the week which will see them helping out in the Palm Island school and at an elderly peoples centre. This is all about giving without seeking tangible return. However there are Community Service credits earned by the students in the activities during the trip. The satisfaction of helping others is key here. Therefore the trip will be centred around the following guiding question:

*How can we enrich other people's lives while enriching our own?*

*我們如何可以在豐富他人的生命的同時豐富自己的生命？*

During this week students are asked to explore and focus on experiential learning using **an inquiry-based approach**.

The notion is that students understand through experience and can apply that understanding to serving others and their community. For this reason, all Project Week trips have an element of **Community Service** built in.

Through their experiences, students come to understand how subject knowledge is interrelated and how learning is connected to the real world.

**The IB Learner profile** is a set of **skills and attitudes** which students are expected to develop as IB learners. Project Week is structured in such a way as to help students develop as open-minded individuals; inquirers; thinkers; caring citizens and risk-takers.

The staff are looking forward to traveling with you in an event that will enrich your lives.

A wiki has been created for information for you and your parents and as a means of keeping in touch while we are away. The address for this wiki is on the front page of this booklet.

If you or your parents have any questions please contact us directed, by email ([ryeung@vsa.edu.hk](mailto:ryeung@vsa.edu.hk) or [sshek@vsa.edu.hk](mailto:sshek@vsa.edu.hk)) or call us at the school (ph 3402 1200).

Ms. Rosanna Yeung & Ms Sophia Shek (Trip Leaders)

*(excerpts from MYP: 'Principles into Practice')*

## IB Learner Profile 國際文憑學習者培養目標

### 《國際文憑學習者培養目標》

所有國際文憑(IB)教育項目的目標均在於培養具有國際情懷的人，他們承認人類共有的博愛精神，分擔守護地球的責任，幫助開創一個更美好、更和平的世界。

作為國際文憑學習者，我們要做到：

積極探究 Inquirers	我們培養自己的好奇心，逐步掌握開展探究和研究的技能。我們知道如何獨自或與他人一起開展學習。我們對學習充滿熱情，並終身保持對學習的熱愛。
知識淵博 Knowledgeable	我們發展並利用對概念的理解，跨越一系列學科探索知識。我們對各種具有當地和全球重要性的問題和思想觀點進行探討。
勤於思考 Thinkers	我們運用批判性和創造性思考技能，對複雜的問題進行分析並採取負責任的行動。我們積極主動地做出理由充分、合乎倫理的決定。
善於交流 Communicators	我們使用一種以上的語言，以多種方式充滿信心和富有創意地進行自我表達。我們有效地開展協作，注意傾聽他人以及其他群體的觀點。
勇於嘗試 Risk-takers	我們深謀遠慮和堅決果斷地應對變化不定的事物；我們獨立地或通過合作探索新的思想觀點和新穎的策略。面對挑戰和變化，我們表現得足智多謀和靈活機敏。
堅持原則 Principles	我們處事正直、誠實，有強烈的公平和正義感，尊重世界各地人民的尊嚴和權力。我們對自己的行動及其後果承擔責任。
懂得關愛 Caring	我們表現出同理心、同情心和尊重。我們努力開展服務，通過我們的行動使他人的生活和我們周圍的世界發生積極的變化。
胸襟開闊 Open-minded	我們以批判的態度欣賞我們自己的文化和個人的歷史，以及他人的價值觀和傳統。我們尋求和評價一系列廣泛的觀點，並願意通過體驗來豐富自己。
全面發展 Balanced	我們理解在生活中做到智力、身體和情感均衡發展的重要性，這樣才能使我們自己和他人幸福康樂。我們認識到自己與他人以及我們所處世界的相互依存關係。
及時反思 Reflective	我們對世界和自己的思想觀點和經驗做出深刻縝密的思考。為了支持我們的學習和個人發展，我們努力瞭解自己的長處和弱點。

## General Guideline 一般指引

Each Project Week is led by teachers-in-charge and supervised by staff. A ratio of 1 teacher to 10 students is strictly adhered to. Supervising teachers are male and female and all activities and field trips in-country are run by qualified and experienced instructors or guides.

Students may need to meet **specific criteria** or **health and behaviour requirements**. The school maintains the right to refuse any student who does not meet those requirements.

Various **contingency plans** exist which consider safety, supervision and viability in the interests of the individual and the whole group:

In the advent of an external threat – the whole group returns to Hong Kong.

For individual cases of misbehaviour/illness – your parent is contacted to retrieve you.

In extreme cases or where the above is not possible, you may remain but will be separated from the group.

In all circumstances the best interests of the group and each individual is the most important consideration.

For all of the above contingency plans, expenses and costs will be borne by the parent(s).

Each trip leader carries emergency equipment (first-aid kit, mobile phone). **The safety of our students and the hygiene condition of the destinations are paramount.**

## Departure/Return Arrangement 出發和回程安排

	Departure 出發	Returning 回港
Date 日期	January 23, 2014 (Thursday)	January 27, 2014 (Monday)
Report / pickup time 集合 / 解散時間	9:00am 早上九點	* 5:00pm * 下午五點
Report / pickup point 集合 / 解散地點	Central Pier # 3 中環三號碼頭	Central Pier # 3 中環三號碼頭

**\* Please arrive the pickup point 15 minutes earlier.**

請提前 15 分鐘抵達車站。



Resort Contact Person 棕櫚島聯絡人 Name 姓名：

Ms. Eva Chow

Palm Island Resort telephone No. 棕櫚島 Resort 電話：

+86 (752) 382 9999

Office Phone No. 香港辦公室電話：

+(852) 2131 6766

Trip Leaders 帶隊老師 Mobile No. 手提電話：

	Hong Kong 香港	China 國內
Ms. Rosanna Yeung 楊老師	90600790	(86) 14716230790
Ms. Sophia Shek 石老師	97180938	(86) 14716230938

For weather information, please click into the link

<http://qq.ip138.com/weather/guangdong/HuiZhou.htm>

緊記出發前按以上連結查詢當地天氣

## Checklist 檢查清單

### Palm Island Resort will provide:

棕櫚島將會提供：

1. Weather information (average temp of day and night time)  
當地天氣概況 (日間與夜間之平均溫度)
2. Toilet articles including shampoo, shower gel, toothbrush, toothpaste, towel  
清潔用品包括洗頭水、沐浴露、牙刷、牙膏、浴巾。
3. Emergency and first aid items 急救用品

### Here's a checklist to help you packing and make sure you get everything you needs!

以下為一張簡單的清單，希望有助你準備就緒！

### IMMIGRATION 出 / 入境證件: \*please check expiry date 請檢查證件之有效日期

- Hong Kong Identification Card & Return Hong Kong Passport for children under 11  
香港身分證 及 11 歲以下小童必須攜同回港証
- Chinese visa for overseas passport holders or Return Home Country Passport  
回鄉証 或 外籍人士需攜帶有效之中國旅遊簽證

### THE CLOTHING BASICS 基本衣服:

- School PE uniform / House T-shirt & Sweater/Fleece Jacket  
體育校服 / 社制服 (T 恤) 及冬季外套 (出發及做服務時穿)
- Pants (NO jeans in the playground) 長褲 (在球場不可穿著牛仔褲)
- Polo shirts 有領 T 恤
- Comfortable shoes or sneakers 一對舒適的平底或運動鞋
- Pajamas 睡衣
- Underwear and socks for 5 days 內衣褲及短襪 (足夠五天用)
- Enough clothes (Long-sleeved T-shirts) and **trousers** to keep warm and for sun-sensitive skin 足夠保暖 / 防敏感的衣物 (長袖襯衣) 及褲子
- Hat or baseball cap 鴨舌帽
- Long-sleeved T-shirts for sun-sensitive skin 如您的孩子皮膚**容易過敏**，請備長袖衣服

### RECREATION EQUIPMENT 運動用品:

- Sunglasses 太陽眼鏡
- Sunscreen 防曬用品

### OPTIONAL 其他:

- Camera 相機
- Healthy Snacks 健康小食
- Petty Cash 零用錢 (小量)
- Personal medication 個人藥物 (Keep by teachers throughout the trip 需交由老師保管)

### SPECIAL ITEMS FOR SERVICES 與服務有關的東西:

- Presents for the elderly** **送給長者的禮物** (遊戲或抽獎用)
- Teaching material, games, Hui Chun, red-packet decorations 英文教材 / 遊戲 / 揮春 / 紅封包裝飾等
- Performance clothing /material 表演的服裝或用品



## Technology 科技儀器

As agreed at our parents meeting on the 5<sup>th</sup> of December students are **NOT** to bring telephones or computers. Students must take every opportunity to engage with what is happening around them and these items will be a distraction. iPods or any such music devices will be allowed but for safety reasons will only be used under direction of the staff.

As we are staying in a resort, telephone contact by parents can be made to you. The times for these contacts will be restricted to evenings between 8.30 and 9.30pm. You will be involved in activities away from their rooms for most of the time outside these hours.

(You might find your teacher leader's mobile number in the activity group list.)

In case of emergency, parent should contact your group leader on their mobile number.

Each night a teacher and 2 students will update the wiki on a staff member's computer to keep parents informed of the activities carried out during the day. We aim to get this done by 10.00pm. Parents can go to the following website

<http://vsapw19guangdong.weebly.com>

to access the wiki. (It is also on the front page of this booklet)

\*Be prepared that sometimes China's wifi or network will not work smoothly.

## Money Matters 零錢

You will need some spending money for the following items

- Water
- Personal toiletries you need
- Souvenirs and gifts
- Extra food and snacks

## Duties of Teacher / Supervisors on Project Week 老師職責

1. Each teacher will be assigned a group of 10 students for which he/she will be directly responsible during the entire trip.
2. In each group student leaders will take an active leadership role in organizing the students under the supervision of the teachers.
3. On January 22 (Wednesday), teachers and students need to come to school to prepare for the service for the project week trip. (see “arrangement for 22 and 28.doc”)
4. On January 23, teachers will meet their groups at Central Pier 3, take attendance and check, collect and keep students’ documentations and medications.
5. During the trip, teachers will periodically check on students to monitor behaviour and well-being.
  - Students are allowed to use ipod or mp3 players for music during long bus travel.
  - Students are not allowed to bring any kind of phone/ electronic device to the trip.
6. On arrival at the resort, teachers and students leaders will take charge of their group and assist in check-in.
7. During mealtime, teacher leaders need to remind students who has food allergy aware of what they should or should not eat and monitor students conditions.
8. During the whole trip, teacher leaders closely monitor the students who have special healthy concerns.
9. Based on a rotating schedule, teachers will check on students both for lights out and morning wake-up and teachers and students leaders will update the blog and upload photo each night.
10. Teachers and student leaders will monitor their assigned groups on all bus rides and activities.
11. Teachers will supervise their assigned group during all activities, including completing Project Week booklets, culminating projects, etc.
12. On the last day, teachers and senior students will supervise the final clean-up and check-out of their group from the apartment/hotel. Teachers and student leaders will make sure all students are counted onto the bus.
13. On return to Central Pier 3, teachers will ensure the students in their group have been safely returned to their parents. Students will not be released until we see their parents / unless written permission have been given to the trip leaders (Ms Rosanna Yeung or Ms Sophia Shek).
14. On January 28 (dismissal at 12:00pm), teachers need to come back to school and supervise students to finish their project journal/ reflection /e-portfolio, etc. Students should start working on the presentation / prepare for display for project week assembly and exhibition.

## Behaviour Contract 行為約章

Remember we have **RESPONSIBILITIES** to ourselves and our fellow travelers.

<b>Punctuality and Organisation</b>	
Be on time for all activities.	
Be prepared for all activities with correct equipment and clothing.	
Keep our room tidy and our belongings organised.	
<b>Respect for Ourselves and Others</b>	
Respect the law and customs of the host country. Display cultural awareness and an appreciation of the local customs.	
Wear appropriate clothing at all times.	
Look after ourselves by eating well and taking care of personal hygiene.	
Be responsible for our own belongings.	
Show respect and be polite to all people we meet and work with.	
Listen to our peers' ideas and opinions.	
Follow instructions of teachers and all staff.	
Use polite language at all times. A smile, a "thank you", "please" works marvels.	
Be helpful and cooperative when working with others.	
Keep noise to a minimum. Be considerate of other guests' needs and rights.	
Use of alcohol, tobacco or un-prescribed drugs is strictly prohibited.	
<b>A Positive Attitude and Good Effort</b>	
Participate in all the activities and enjoy all the experiences.	
Challenge yourselves to learn and experience as much as you can.	
Make positive contributions to activities and discussions.	
Reflect upon our experiences and what can learn from them.	
Report any unusual circumstances, inappropriate behaviour or concerns as soon as you can, to your team supervisor.	
Rooms assigned cannot be changed.	

## **Safety 安全守則**

**Safety is the most important consideration for all members on this trip. Please remember the following:**

1. All illnesses, incidents, accidents, must be reported to a teacher ASAP.
2. STAY hydrated – **do not** wait until you are thirsty to drink water.
3. Students must not go near water or swim without permission and supervision of an adult.
4. Students must be supervised at all times.
5. Never go anywhere alone, ALWAYS be with your buddy.
6. Be aware of your surroundings – watch for slippery or uneven surfaces where it is easy to fall.
7. Always wear something on your feet. Never go anywhere outside barefoot.

**If you are ever separated from the group:**

1. Do not panic.
2. Depending on the location, stay where you are, it will be easier to find you. Do not wander around.
3. Never go off with a stranger.

**Health and Hygiene:**

- Always wash your hands before eating.
- Always wash your hands after going to the toilet.
- Do not share personal items of toiletries; such as brushes, combs, toothbrushes.
- Do not buy fruit and vegetables that have already been opened or cut from a shop or the market.

**Sign your name here to show you understand and agree to these behaviour and safety guidelines.**

Student's signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's signature \_\_\_\_\_

Date \_\_\_\_\_

**Room arrangement 房間安排****Teachers 老師**

Room No 房號	Name 姓名	Internal Tel No 內線電話號碼
J62-3B	A Ms. Sophia SHEK, Ms. Christine CHEUNG	8221
	B Ms. Rosanna YEUNG, Ms. Florentina MOUTY	8221
G2402	Ms Jamie WALLS	2402
G2502	Mr. WAI, Mr. Michael CHAN	2502
G2503	Mr. Daniel SLOSBERG	2503

**Boys 男生**

J65-2A	A Noxx LAM	8182
	B Arthur WON, Andy WANG	8182
	C Anson LO, Antin WONG	8182
J32-2B	A Jacky WONG	8156
	B Max CHANG, Julian CHAN	8157
	C Aston LIU, Jason CHAN	8156
J36-2A	A Reagan CHAN	8325
	B Hermann SIU, Patrick LI	8325
	C Arthur WONG, Darius WONG	8325
J36-2B	A Thomas LEUNG	8081
	B Ryan LI, Nick CHAN	8081
	C Ashton IU, Lester YIM	8081
J56-2B	A Wallace WU	8177
	B Cyrus LI, Griffin LIN	8177
	C Hilary SO, Nathan LIN	8177
J56-3B	A Tom Chengzhang WANG	8179
	B Eugene CHEUNG, Toby SO	8180
	C Tsun Suen Julian CHAN, Anson TSANG	8179
G2403	Tsz Yin YUNG, Edmond LAI	2403
G2404	Jason CHOY, Jonathan MAK	2404

**Girls 女生**

Room No 房號	Name 姓名	Internal Tel No 內線電話號碼	
J52-2A	A	Jocelyn KWOK	8160
	B	Alicia YAN, Alice POON	8160
	C	Lok Wai KAN, Yuen Tung LAM	8161
J52-2B	A	Charmaine CHOW	8164
	B	Emma WONG, Isabella LEE	8164
	C	Sum Yi Sammy YEUNG, Amy LI	8164
J52-3A	A	Joyce LAM	8167
	B	Natalie CHAN, Prima LO	8165
	C	Tiffany MAK, Karen CHAU	8167
J52-3B	A	Hei Kiu AU	8187
	B	Mindy FAN, Lauren CHEONG	8170
	C	Candace TASNG, Ariel NG	8170
J58-2A	A	Emily NGAI	8142
	B	Cheryl WONG, Joyce CHUA	8142
	C	Keisha DING, Chloe NGAN	8142
J58-2B	A	Sophia LEE, Cherrie LIU	8149
	B	Jenny CHU, Valerie YUE	8149
	C	Kristen CHAN, Sonia LAU	8149
J60-2B	A	Hillary CHEUNG	8151
	B	Sarah HARVEY, Ingrid YIP	8151
	C	Cherie LUM, Nikki CHENG	8151

\*Palm Island Resort telephone No. 棕櫚島 Resort 電話: +86 (752) 382 9999

\*Your parents might call you within 8:30-9:30pm to the Resort and the staff will put them through your room.

**Activity group 活動組別****Group A**

Group A1		Group A2		Group A3		Group A4	
<b>Ms Rosanna YEUNG</b> 90600790 (86) 14716230790		<b>Mr Michael Chan</b> 60912224 (86) 14716232224		<b>Ms Christine CHEUNG</b> 67481618 (86) 14716231618		<b>Mr Daniel SLOSBERG</b> <b>Ms Florentina MOUTY</b> 95803700 (86) 14715643700	
7C	Cherie LUM	8P	Anson LO	8C	Ryan LI	8J	Arthur WON
7C	Nikki CHENG	8J	Antin WONG	8P	Nick CHAN	8J	Andy WANG
7C	Valerie YUE	8P	Nathan Lin	8P	Wallace WU	6J	Reagan CHAN
7T	Hillary CHEUNG	8P	Hilary SO	8P	Cyrus LI	6J	Arthur WONG
7T	Jenny CHU	8J	Noxx LAM	6R	Griffin LIN	6J	Darius WONG
6J	Patrick LI	7C	Lok Wai KAN	6C	Charmaine CHOW	6J	Keisha DING
6J	Hermann SIU	7C	Yuen Tung LAM	6C	Sammy YEUNG	6H	Emma WONG
6J	Ashton IU	7C	Jocelyn KWOK	6H	Emily NGAI	6H	Isabella LEE
6J	Lester YIM	7H	Candace TSANG	6J	Chloe Ngan	6T	Joyce CHUA
6R	Thomas LEUNG	7H	Ariel NG	6P	Amy LI	6T	Cheryl WONG

**Group B**

Group B5		Group B6		Group B7	
<b>Ms Sophia SHEK</b> 97180938 (86) 14716230938		<b>Mr Ernie Wai</b> 65722117 (86) 14715642117		<b>Jamie WALLS</b> 51673807 (86) 14716233807	
7C	Mindy FAN	7H	Kristen CHAN	8J	Prima LO
7C	Alicia YAN	7P	Sonia LAU	8T	Natalie CHAN
7P	Hei Kiu AU	8T	Joyce LAM	8C	Sophia LEE
7T	Lauren CHEONG	8T	Tiffany MAK	8C	Cherrie LIU
7T	Alice POON	8T	Karen CHAU	8P	Ingrid YIP
6C	Julian CHAN (6C)	6C	Jason CHAN	8P	Sarah HARVEY
6T	Anson Tsang	6C	Aston LIU	7C	Jason CHOY
6T	Julian CHAN (6T)	6R	Jacky WONG	7J	Jonathan MAK
6T	Tom WANG	6P	Toby SO	7C	Edmond LAI
6T	Max CHANG	6H	Eugene CHEUNG	7C	Tsz Yin YUNG

**Service group for Primary Students 服務小學生組別****24/1/2014 10:00-12:00****Group A (Mr Slosberg, Ms Cheung)****Teaching English Programme (4-5 people per groups)  
The first student of each group is the leader**

<b>Group</b>	<b>Name (Class)</b>
1a	Cherrie Lum (7C), Nikki Cheng (7C), Hillary Cheung (7T)
1b	Jenny Chu (7T), Valerie Yue (7C)
2a	Yuen Tung Lam (7C), Jocelyn Kwok (7C), Kan Lok Wai (7C)
2b	Ariel Ng (7H), Candace Tsang (7H)
3a	Amy Li (6P), Sammy Yeung (6C), Charmaine Chow (6C),
3b	Emma Wong (6H), Isabella Lee (6H)
4a	Thomas Leung (6R), Ashton Iu (6J), Lester Yim (6J)
4b	Reagan Chan (6J), Arthur Wong (6J), Darius Wong (6J)

**Group A (Ms Yeung, Mr Chan)****Interactive games (3-5 people per groups)  
The first student of each group is the leader**

<b>Group</b>	<b>Name (Class)</b>
A1 Origami	Joyce Chua (6T), Emily Ngai (6H), Cheryl Wong (6T), Chloe Ngan (6J), Keisha DING (6J)
A2 Sports	Anson Lo (8P), Antin Wong (8J), Patrick Li (6J), Hermann Siu (6J)
A3 Board games (Chess)	Ryan Li (8C), Nick Chan (8P), Arthur Won (8J), Andy Wang (8J), Noxx Lam (8J)
A4 Educational games	Hilary So (8P), Wallace Wu (8P), Nathan Lin (8P), Cyrus Li (8P), Griffin Lin (6R)

**Programme arrangement**

10:00-11:00	Group A (1a-4b)- Teaching English Programme with Class A students
	Group A (A1-A4) - Play with Class B students
11:00-12:00	Group A (1a-4b)- Teaching English Programme with Class B students
	Group A (A1-A4) - Play with Class A students



**Service group for Primary Students 服務小學生組別****24/1/2014 14:00-16:00**

<b>Group B (Ms Walls)</b>	
<b>Teaching English Programme (4-5 people per groups)</b> <b>The first student of each group is the leader</b>	
<b>Group</b>	<b>Name (Class)</b>
1a	Mindy Fan (7C), Lauren Cheong (7T), Hei Kiu Au (7P)
1b	Alicia Yan (7C), Alice Poon (7T)
2a	Ingrid YIP (8P), Sarah Harvey (8P)
2b	Kristen Chan (7H), Sonia Lau (7P)
2c	Max Chang (6T), Jason Chan (6C)
3a	Prima Lo (8J), Natalie Chan (8T)
3b	Sophia Lee (8C), Cherrie Liu (8C)

<b>Group B (Ms Shek, Mr Wai)</b>	
<b>Interactive games (3-5 people per groups)</b> <b>The first student of each group is the leader</b>	
<b>Group</b>	<b>Name (Class)</b>
B1 board games (Chess)	Toby So (6P), Eugene Cheung (6H), Anson Tsang (6T), Julian Chan (6T)
B2 Educational games	Tiffany Mak (8T), Joyce Lam (8T), Karen Chau (8T)
B3 Educational games	Julian Chan (6C), Aston Liu (6C), Tom Wang (6T), Jacky Wong (6R)
B4 Exercise	Tsz Yin Yung (7J), Edmond Lai (7C), Jason Choy (7C), Jonathan Mak (7J)

<b>Programme arrangement</b>	
14:00-15:00	Group B (1a-3b)- Teaching English Programme with <b>Class C</b> students
	Group B (B1-B4) - Play with <b>Class D</b> students
15:00-16:00	Group B (1a-3b)- Teaching English Programme with <b>Class D</b> students
	Group B (B1-B4) - Play with <b>Class C</b> students

## **Service for the Palm Island 棕櫚島義工服務安排**

**活動日期：2014年1月24日**

**活動時間：上午(Group B) 10:00-13:00**

**下午(Group A) 14:00-17:00**

**活動內容：1. 康體部障礙區設施維護及場地清理**

**2. 康體部野戰場設施維護及場地清理**

**具體活動安排：**

### **Group A（上午 10:00-13:00）**

1. 障礙區內枯枝清理
2. 對障礙區的木制設施油漆
3. 對所有障礙設施檢查維護
4. 對野戰場叢林區的枯枝進行定點集中

### **Group B（下午 14:00-17:00）**

1. 野戰講解區的桌椅打磨
2. 野戰講解區的桌椅油漆
3. 城市戰區設施清理擺放
4. 城市戰區塗鴉設計

## Service for the elderly people 老人中心義工服務安排

### Before the trip:

#### A. Donate/ prepare/ collect presents for the elderly people

- Each student contributes 1 present, which will be suitable for elderly people, bring to school on Wednesday 22 Jan.)
- Each student learns to make a DIY to put in the lucky bag for the elderly as a uniform present. e.g. Origami, small hanging decorations (made with red-packets), self written Hui Chun, lucky stars, Chinese style paper cutting, etc.

#### B. Donate/ prepare/ collect decorations for the elderly center's Hall

- Students donate / DIY Chinese new Year decorations e.g. Origami, small hanging decorations (made with red-packets), self written Hui Chun, lucky stars, Chinese style paper cutting, etc.

#### C. Organize and prepare the 1 hour programme for (27 Jan, 2014) – selected students

### 送蛇迎馬齊歡聚

Programme 節目 (Not in order): MC 司儀: Au Hei Kiu, Yung Tsz Ying, Cheong Lauren, Ng Ariel

Programme 節目	Performer 表演者 / 負責人	Content 內容
Game 1 遊戲一	Isabella, Amy, Sammy, Charmaine (Year 6)	Musical box 馬年行大運
Folk song 民歌獻唱	Andy (主唱) Antin, Arthur, Noxx (Year 8)	某人 – 汪蘇瀧
Modern dance 現代舞	Yuen Tung, Jocelyn, Alicia, Lok Wai, Alice (Year 7)	ttylrox mash up
Game 2 遊戲二	Isabella, Amy, Sammy, Charmaine (Year 6)	BINGO
Folk song 江蘇民歌	Jacky, Max, Julian, Jason, Aston (Year 6)	茉莉花
Ballet Dance 芭蕾舞	Sonia and Jenny (Year 7)	la esmeralda grand pas des fleurs
Game 3 遊戲三	Toby, Eugene, Julian, Anson (Year 6)	收賣佬
Magic 魔術表演	Hei Kiu, Candace and Mindy (Year 7)	Perform a few magic show
Musical Instrument 樂器	Emma and Isabella (Year 6)	Flutes 笛子 Wild roses
Lucky Draw 大抽獎	MC	Lucky Draw 大抽獎
Gong Fu Dance 功夫舞	All / selected students	*Taught by Palm Island instructors
Present time 人人有禮	All / selected students	學生送福袋給在場老人家 *Some students send presents to their bed.

**Throughout the trip:**

- A. Students involved in the 1 hour programme, need to practice and rehearse for their performance and games.
- B. Students not involved in the 1 hour programme, need to prepared enough presents and material for decoration. Also need to help with the decoration and setting of the hall.
- C. All students will paint lucky bag for the elderly (day 4).
- D. All students will make cookies for the elderly (day 4).
- E. A teacher and some students responsible for taking photo and video.

**After the trip:**

Reflect on the service, what have you learn and develop as an IB learner.  
Prepare for the project week presentation / exhibition.

## Daily reflections 每日反思 — Before the trip (21 Jan and 22 Jan)

### 你對你將要去的地方有多少認識？

Do a research about the places you are going to visit within this trip.

#### 1. About Palm Island:

- a. Why is there Palm Island?
- b. How is this Island form?
- c. When did this Island form?
- d. Where is Palm Island?
- e. Who is living there?
- f. What are the main vocations you can find from the Island?
- g. Is there any cultural difference of Palm Island and our living place?

#### 2. About the School in the Palm Island:

- Do research about the school in the Palm Island.
- Make a presentation of any kind to introduce the school to students who are not in this trip.

#### 3. About the Elderly Centre

- Do research about the Elderly Centre we are going to visit (refer to the information given from the weebly)
- Make a presentation of any kind to introduce the centre and the service you are going to do for the elderly in this centre.

#### 4. 關於 西湖

- 西湖的歷史
- 西湖聞名的原因
- 找一些有關西湖的詩詞，文章或圖片，看看人們如何描述它。



**Daily reflections 每日反思** — Before the trip (21 Jan and 22 Jan)

你對這個學習週有什麼期望？

What are your expectations for this project week trip?

你在這個學習週內，可以如何發展哪些學習者培養目標？  
選擇最少兩個目標。

How do you develop the different IB learner profile attributes through this trip?  
Choose at least 2 attributes to work on.

**Daily reflections 每日反思 — Day 1 (23 Jan)**

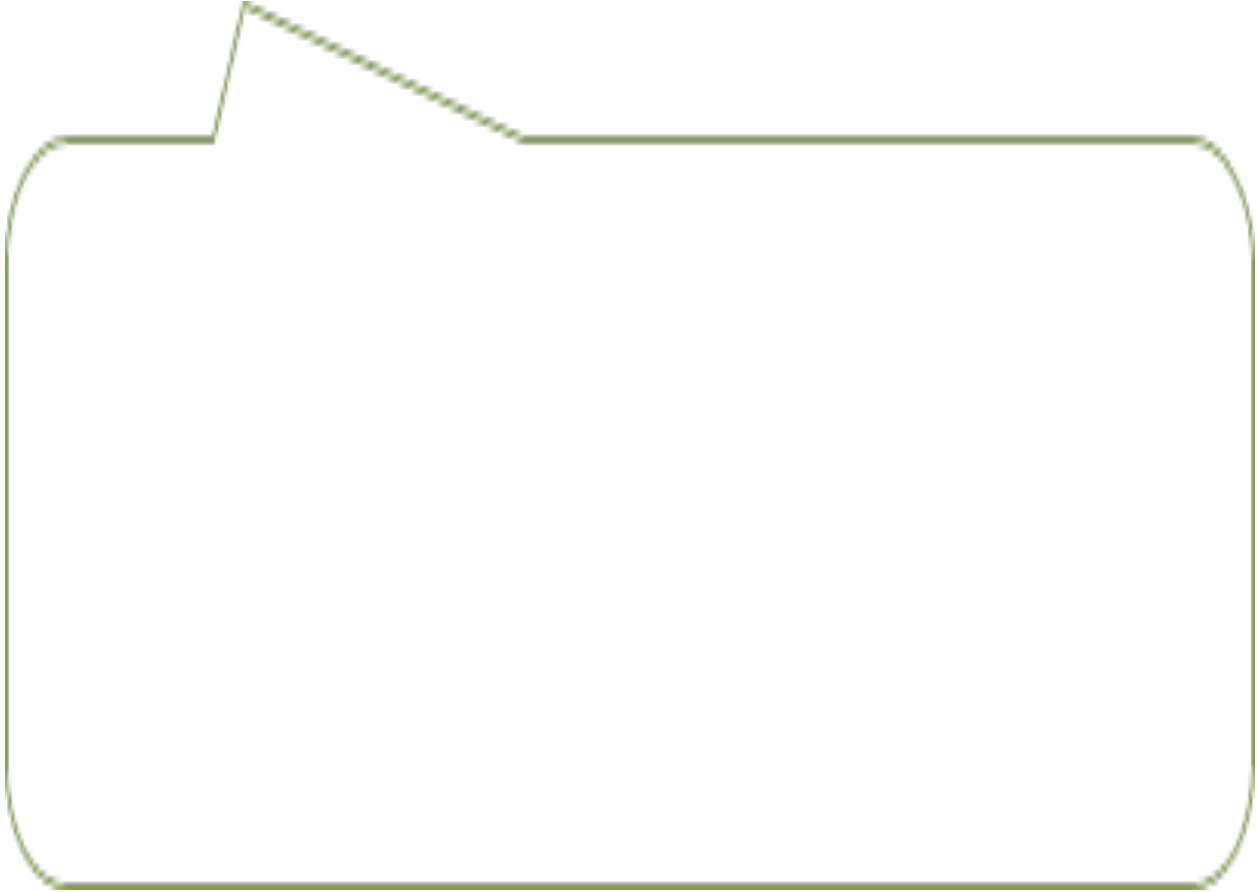
Reflect on your preparation of the activities.

<p>*Answer all questions in complete sentences.</p>	<p><b>1. What have you prepared for this activity? (e.g. research, material needed)</b></p>	<p><b>2.What else will you prepare for this activity?</b></p>	<p><b>3.How did you cooperate with your fellow students during the preparation? Share your experience.</b></p>
<p><b>a) Teaching program</b>  <b>(Service for the primary students)</b></p>			
<p><b>b) Learn Kung Fu Dance</b>  <b>(Service for the Elderly)</b></p>			



## Daily reflections 每日反思 — Day 2 (24 Jan)

1. Describe the activities and your feeling before, during and after the activities.  
(e.g. Describe the people, the location, your interactions, etc.  
Describe an event/person that stands out in your mind.)

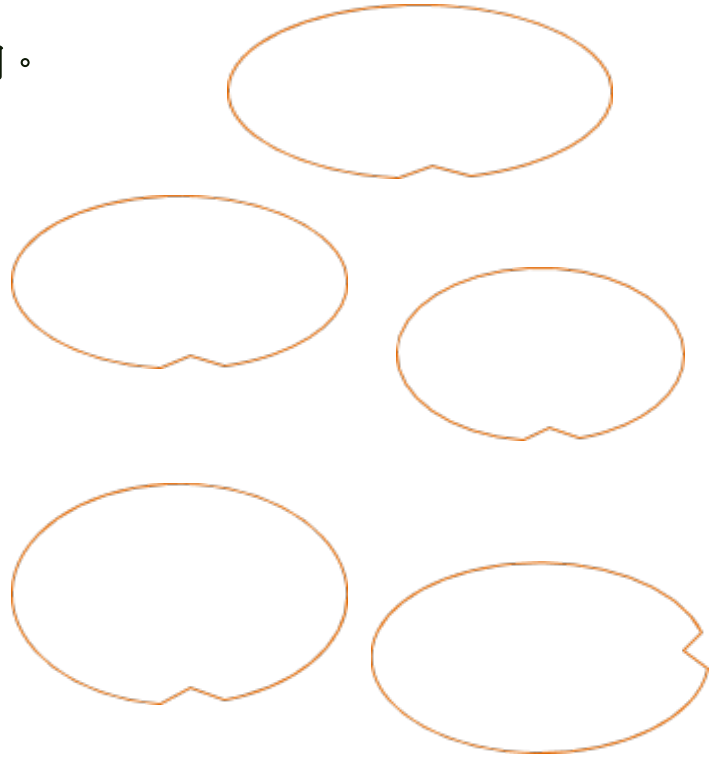


2. What surprised/influenced you about the experience?



**Daily reflections 每日反思 — Day 3 (25 Jan)**

1. 試用 5 個精彩的詞彙形容惠州西湖。



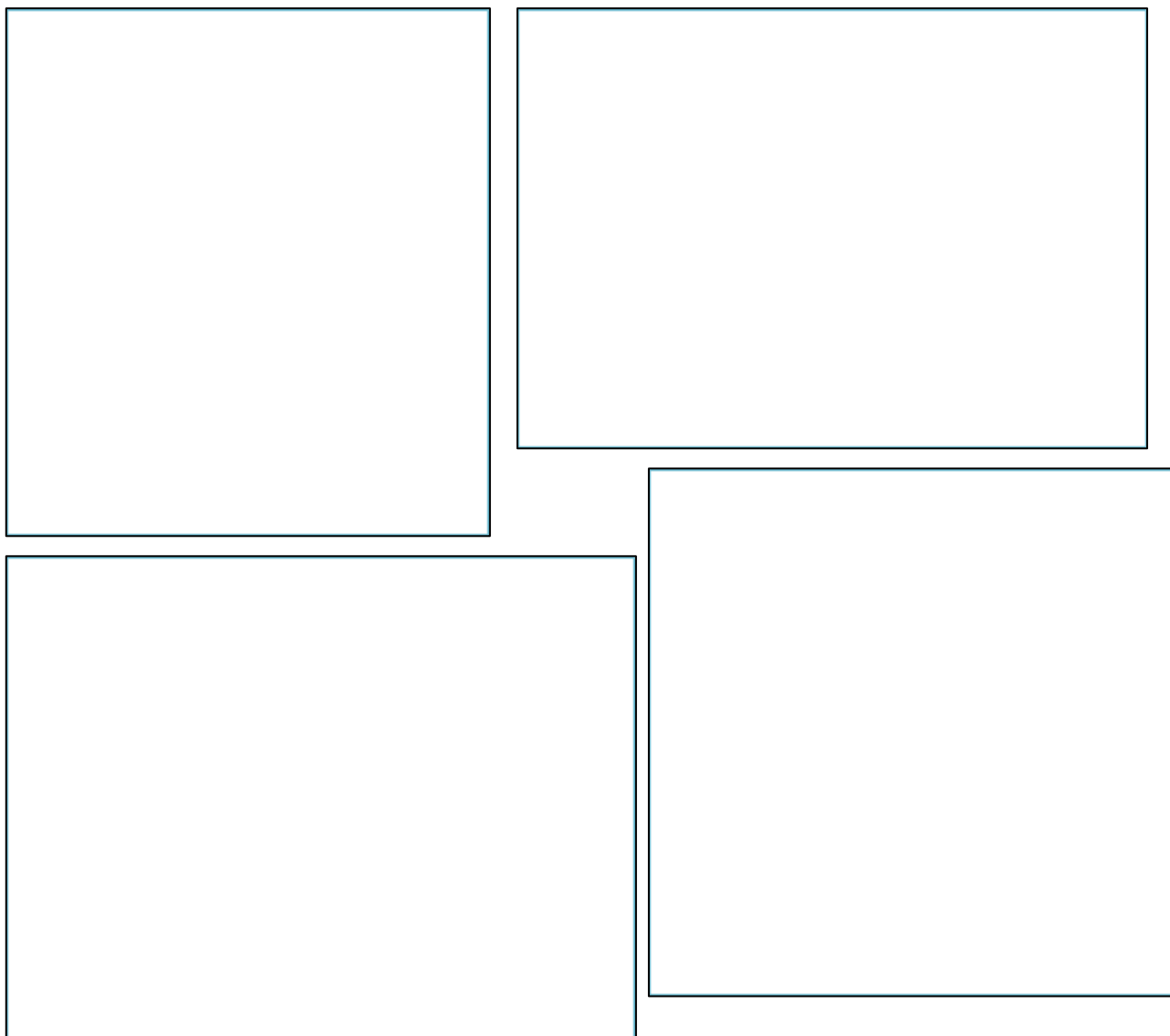
2a. 試畫下西湖一美景

2b. 創作一首詩，或用 50 字左右加以描述。

A large, empty rectangular box with a thin black border, intended for drawing or writing a poem.

## Day 3 (25 Jan)

3. 拍下(並貼上)今天參觀過的風景區的照片，並加上文字分享所見所聞。



Four empty rectangular boxes with black outlines, arranged in a 2x2 grid, intended for pasting photos of the scenic spots visited today.



## Daily reflections 每日反思 — Day 4 (26 Jan)

1. 戰爭遊戲刺激、精彩嗎？
2. 我組運用了甚麼策略取得最後勝利？  
又或為甚麼我組領地被攻陷了？

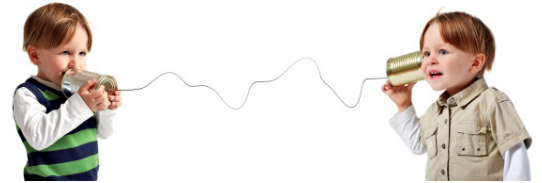
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3. 我們將探訪長者，試設計 10 個問題和他們談談。  
(：>細想想如何與長者溝通)



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**Daily reflections 每日反思 — After the trip (28 Jan)**

你對你去過的地方認識增加了多少？

Are you knowledgeable about the places after your project week trip?

你對這個學習週的期望，達到嗎？

What is your most enjoyable activity?

你發展了哪些學習者培養目標？

Give examples to show how you have developed as an IB learner throughout this trip.

Prepare a presentation of any kind to preform to other students to share your experience, especially about the service component.  
(e.g. Video / role play / poster / TED talk, etc.)

Create a chapter as part of your e-portfolio as “Project **Week**” and finish your e-portfolio.