

King Ling College

2014-2015 International Exchange

Programme Report



Destination: Kota Kinabalu, Sabah

Date: 8 April – 13 April 2015

Students:

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Introduction

We, eight Form Three and Four students, are the representatives of King Ling College to go to Kota Kinabalu to have a cultural and academic exchange from 8th April 2015 to 13th April 2015. We have visited SM La Salle Secondary School as well as SMK Taman Tun Fuad, which have brought us fruitful experiences. We are so thankful for what we had experienced. Here are the details of the exchange programme.

DAY1 – 8th April 2015



We take pictures with Dr. Yang at the departure lobby.

On the first day of the exchange programme, we gathered at the Hong Kong International Airport at 1:25 p.m. and waited for our flight, which would take off at 4p.m.. We safely arrived in Kota Kinabalu at around 8 o'clock in the evening. Taking the car of La Salle Secondary School, we quickly settled down in C'haya hotel. Then, we went to an Indian restaurant to have our supper.

We were so excited and looking forward to what would happen in the future six days. When we arrived at the Kota Kinabalu International Airport, Mr. Hilman, the teacher of SM La Salle Secondary School, was already waiting for us. We truly appreciated his great hospitality.

DAY2 – 9th April 2015



The Form 5 LaSallians teach us Malay.



We grow some plants and hang them on the wall of La Salle Secondary School.

It was the first day we visited SM La Salle Secondary School. We felt surprised and thankful because Principal Jock, the principal of SM La Salle Secondary School, some teachers and prefects in the school were already waiting for us in the bright sunshine.

After that, we attended some lessons in which we learnt how to introduce ourselves in Malay. Furthermore, some of us held a Chinese Calligraphy workshop for Chinese Club while the others joined the activities held by their Environment Club during their ECA lessons.

During the workshop, we were deeply impressed by the LaSallians' attitude towards learning. Although they might not know the exact meanings of the Chinese characters and some had never practised Chinese calligraphy, they questioned us actively and endeavored to write those characters nicely.

On the other hand, we did some planting using some recycled plastic bottles from their shop which sells and buys the recyclable items, like newspapers, soft drink cans and plastic bottles. The teacher showed us how to use the soil, which was mixed with the water used after washing rice, and the flowers to decorate our plants. After we had finished planting, a mini competition was held and the teacher compared the plants made by us and the LaSallians. Two of our products were chosen. We felt really pleased.

We have observed that, compared with Malaysian students, Hong Kong students tend to lack perseverance in learning. When we think that something is not interesting, we give it up easily instead of insisting on trying. Sometimes, when we encounter challenges or are asked questions by teachers, we tend to evade them instead of confronting them. Learning from our new peers, we tried our best to learn something new – planting - and eventually we succeeded.

In the first school day, we have already started to learn from the learning attitude of the Malaysian students. We decided to be more active rather than just sit and wait for the answers when teachers raise questions.

DAY3 – 10th April 2015



We visit the Desa Cattle Farm while we are going to Kasin Homestay.



We dance, sing and have great fun with our buddies and the musicians.

That day, we attended the additional Mathematics lesson in the early morning. The Mathematics questions were challenging, but we were able to cope with them one by one with the help of the passionate and friendly LaSallians. However, it may not be a usual

practice of many students in Hong Kong. We tend to work on our own and refrain from actively seeking help from peers and teachers when we face problems. In our opinion, solving Maths questions is like solving problems, critical thinking and willingness to try are paramount.

After school, we went to Gung Kinabalu with our buddies and stayed overnight at the Kasin Homestay. We visited the Desa Cattle Farm when we were in Gung Kinabalu. At night, we had dinner and gave our performance to the audience---the SM La Salle Secondary School buddies and teachers. What is more, they invited us to dance the bamboo dance and the Sumazau dance.

We experienced the exotic culture of Malaysia from the story behind the Sumazau dance. Malaysians usually perform this dance at ceremonies and social events. This dance imitates the flying birds, which symbolize luck and happiness. Immersing in this activity, we could definitely feel their joy which is genuine and infectious. It helps us reflect on our sources of happiness. Despite living in a resourceful city, we hardly feel truly happy even when we already have plentiful of resources and we enjoy a lot of material comfort. We should learn to be grateful for what we have since everything should not be taken for granted.

DAY4 – 10th April 2015

We feel sad to leave Kasin Homestay. It is an amazing and wonderful experience.

It was time for us to leave Kaisin Homestay and go back to Kota Kinabalu. After having breakfast at the homestay, we visited Tagal. There is a fish pond, which every one of us was afraid to get into, because we thought that it would hurt if the fish kept biting us. On the contrary, our buddies were so excited that they got into water immediately when they reached the river. Besides, they told us that any kinds of catching activities were prohibited in the fish pond during that season in order to prevent overfishing. We felt slightly surprised by how the Malaysians preserve the nature. This is, again, not a usual practice in Hong Kong. Meanwhile, some of us, including Andy, Joey, Chloe and Kevin, went into the water with slight fear. It was an interesting and memorable experience for those who dared to try. The fish treated us so “nicely” that they kept “kissing” us, and yet we feel no pain. After this experience, we learn that we should be more courageous to try new things. If some of us had not dipped our first foot into the water, we would not have experienced this exciting “fish massage”.

Afterwards, we visited the Memorial War Park in which beautiful flowers could be found everywhere. We kept taking photos of the flowers. Our buddies were passionate to tell us the history of this country, helping us learn a lot beyond books. They told us that the park is to commemorate the sacrificed soldiers during the World War II. There were numerous names carved on the wall, which we paid respect to in reverent silence.

In the afternoon, we went to a shopping mall. Some of us needed to go to the washroom, but after using the facility, we realized that we needed to pay RM0.3 for that. What embarrassed us was that our friendly buddies paid for us. We felt very sorry for not being observant. Indeed, we sometimes tend to carry the “Hongkonger mindset” when we travel, assuming the ways people do things are like in Hong Kong. It is time to learn to be more observant and be more open-minded.

Subsequently, we went to the “Boo Boo Island”, which is similar to the Jumpin Gym U.S.A. in Hong Kong. We played happily with each other. This day has definitely helped us to further establish our friendship with our buddies.

DAY5 – 12th April 2015



We visit the Philippine Market and buy a lot of souvenirs for our families and friends.

We had breakfast at the hotel at 7 o'clock in the morning. Since we ordered different sets of breakfast, the time needed to make the breakfast was long and some of us needed to eat as fast as we could in order not to be late. After that, we visited Gaya Street and Philippine Market respectively to buy some souvenirs for our families as well as our dearest friends in Hong Kong.

In fact, most of the goods are inexpensive in Gaya Street. Being impressed by an Indian-Chinese calligrapher there, we bought a lot of bookmarks from him because of his extraordinary and amazing calligraphy. We all admired his calligraphy a lot and hoped to learn from him, but unfortunately, we did not have the chance due to the limited time.

At noon, we had lunch at a Chinese restaurant with Dr. Yang, Miss Chong and her friend. Miss Chong's friend worked as a teacher before and we shared some ideas on the education system in Hong Kong with her. She treated us like friends although this was the

first time we met. Moreover, we found that the Chinese food in Kota Kinabalu is different from the Chinese food in Hong Kong. The food is a bit spicy in Malaysia in general.

Sometime later, the buddies suggested trying some dessert in a restaurant called “Secret Recipe”. We felt confused at that time because we were already full. In fact, they knew that it was Mary’s birthday and they would like to celebrate the big day with her. When we arrived at the restaurant, the waitress put a chocolate cake in front of Mary and the birthday song was played. Eventually, we sang the birthday song together joyfully. We all thanked the buddies for being so nice and meticulous.

DAY6 – 13th April 2015



We create the newspaper baskets at SMK Taman Tun Fuad and have fun with the students there.

It being the last day of the exchange programme, we all carried our luggage to the lobby of the hotel and had our last breakfast in Kota Kinabalu.

Then, Principal Jock brought us to another school---SMK Taman Tun Fuad. Firstly, we participated in the inauguration of their school store, which is run by a company and the school. It aims at serving students with different kinds of merchandise that students may need in school, such as stationery, snacks, and even their school uniform. Working in the store, students can learn how to run a shop. We were inspired by this innovative idea. Not only can the students buy goods they need conveniently, but they can also have an extraordinary learning experience in running a business.

We had a lot of fun in the school. The students there taught us how to make a basket with only newspapers. In fact, we felt a bit confused at first, as we could not believe that the beautiful baskets that they showed us were only made of newspapers. However, we tried

to make our own baskets. Since it was the first time we made the baskets, they did not look perfect. Therefore, we decided to use some tapes to stick the newspapers together.

We still got some time after having lunch. Therefore, we went back to SM La Salle Secondary School to take some photos in order to mark a fruitful ending of this exchange programme. On the way to school, we found that the buddies were waiting for us at the hotel. Feeling deeply touched, we nearly cried and immediately asked them to go back to school with us. Ultimately, we took plenty of photos with the buddies in the school.

Shortly after going back to La Salle, we had to leave. It was hard to imagine that most of the kind-hearted buddies went to the airport with us. It is our pleasure to be their friends.

We hope that we can visit Kota Kinabalu and see them all again.

Conclusion

Time passes quickly. The six-day exchange programme was like a flash, yet it was so memorable. We have learned a lot during this unforgettable exchange programme, and developed precious friendships with the local students. Moreover, we have become more mature and independent. Without doubt, joining an exchange programme is a great opportunity for us to learn beyond the books and open our minds. It is because we have learned to treasure everything we have and realize how fruitful and wonderful our lives are after the intensive and extraordinary trip. Besides, our English and communication skills have improved a lot through interacting with others in everyday English. We hope that more and more students can engage in this kind of cultural and academic exchange.