

疫情消退後,呂中積極推動多元的境外交流活動,以拓展學生視野。23-24 年度復活節假期及暑假,我們規劃了三個交流團,包括以歷史文化為主題的北京及內蒙古歷史文化交流團;以文學為主題的台灣文學散步團,以及以 STEM 為主題的德國考察團。透過這些交流活動,學生不僅能加深對不同文化、社會科技和經濟的理解,更能從中反思自身的生活態度,豐富個人學習經歷,為未來發展奠定堅實的基礎。

台北文學散步團

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3D 陳亭羽

紀州庵的導賞員介紹精彩,他說道紀州庵是一間由日本人在佔領台灣時開的一間餐廳,只會服務達官貴人,後來日本人撤走就留下這間餐廳。到了民國時期,曾經成為公務人員的宿舍,也曾經是流浪人士的庇護所。那為何叫紀常應,原來紀州是當時創立這間餐廳的平松家族的家鄉名字,而「庵」是對自己簡陋的餐廳的稱呼。

4A 吳梓瀅

先說原住民體驗,剛開始真的完全被滿地的蟑螂嚇死,但後來發現原來自己真的被都市寵壞了,畢竟蟑螂也是大自然的一種。同時,和原住民一起唱歌跳舞、打麻薯、煮竹筒飯、燒肉真的好好玩,特別是吃到自己親手煮的食物、真的很好吃、很感動。同時也學習到原住民的歲到底的美德,除了飯不能剩,連竹筒也會被回收再用,真的大開眼界。

台北文學散步團			
日期	行程		
24/3/2024(日)	● 香港乘坐早機直航機往台灣		
24/3/2024 (🖂)	• 台灣文學基地、紀州庵文學森林		
	● 師大夜市		
25/3/2024 (一)	● 烏來原住民生活體驗		
	● 華山文創園區		
	• 饒河街夜市		
26/3/2024 (<u></u>)	• 朱銘美術館		
20/3/2024 ()	• 台大周邊特色書店		
	● 日星鑄字行		
	• 與作家劉克襄先生漫步北投鄉間		
27/3/2024 (三)	● 新北投圖書館		
	● 國立故宮博物院		
	◆ 林語堂故居		
28/3/2024 (四)	• 與台灣當地中學生交流		
	● 晚上直航機返港		













5F 陳皚浵

4E 李穎然

一邊聽著義工姨姨講述紀州庵作為餐廳時曾經招待過 二戰時期的日本敢死隊的時候,我一邊坐在榻榻米上 幻想著那時候的情景。我還是第一次離歷史這麼近。 感覺很奇妙,心情又有一點複雜。

5F 楊璧瑩

在台灣,親手撕雞卻是一種單純的服務。在一旁的圓桌,他們指導我如何摵雞,爽脆的焦黃的完整的雞就在眼前,關節處要扭毛巾般扭開,雞胸不能太大塊,也不要倒瀉汁液。戴着粗糙麻布手套,與嫩滑雞腿對決。呵護備至的香港兒童,與「獨立自主」對決。台灣人是自立的民族。來台第一課是自己養活自己。

























3C 郭琇彦

踏進日星鑄字行,正走向通往地下空間 的樓梯時,眼睛瞥見那成千上萬的字粒 井然有序地擺放在一排排的櫃子裏,對 我的衝突可不小呢。現在科技進步這麼 迅速,大家都只會用打印機去打印,誰 還會故意花時間去「執字粒」,還要進 行排版來打印呢。

4B 曾卓盈

5C 張婧妍

這次台北文學交流團之旅讓我深深感受 到了文學的力量和魅力。台北這座城市 散發著一種獨特的文學氛圍,這裡的每 一條街道、每一個角落都彰顯著文學的 存在。這次旅程不僅擴大了我的文學知 識和視野,也讓我與其他的同學建立了 深厚的友誼,了解更深入的他們。

4B 譚迪智

我也很享受與同學們一起逛夜市,或是 在酒店時一起玩。說真的,台灣的鹽酥 雞是真的...好,很好,太好,非常好 吃。在這台灣散步團裡我也認識了很多 新的朋友,包括呂明才的,也包括台灣 華江中學的。

4B 張栩蕎

來到朱銘美術館,這裡的作品展現了粗線條、沒有細節的美,讓我對藝術有了 更深的體會。一直以來我在畫室都是追求完美的細節,不能有一點瑕疵,這裏 的美術品對我日後的作畫有著很大的幫助。













5A 章志睿

兩地的文化異同,培養出兩 群不同的人,正是透過互相 溝通、交流,使大家互相理 解各自的想法和喜好,為我 們的生命提供了一個新的方 向、新的價值觀。



琉璃瓦下



老宅時光



龍柏傳香



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泰雅歌舞



祖靈的記印



神凝勢定



火靜而朗



剛柔並濟



字海蒼茫



太極拱門



縱身藝術世界



著名作家劉克襄



漫步水稻田



野地饗宴



仲夏圍讀



海内存知己



校園散策



香草為證



蓄勢待發



午後新茶

	北京、內蒙古歷史文化交流團	
日期	行程安排	
25/3/2024(一)	• 香港國際機場集合,乘飛機直航往北京。	
- 第一天 ;	• 遊王府井金街,入住北京江西大酒店。	
	 遊天安門廣場,於天安門廣場觀看升旗典禮;參觀人民英雄紀念碑; 	
26/3/2024(二) 第二天	● 遊八達嶺居庸關長城;	M
\(\sigma - \text{\chi}\)	乘動車前往呼和浩特,入住呼和浩特國航大廈酒店。	4F 姚樂盈
	與當地中學交流;進行社區參觀及探索。	北京王府井大街、前門大街、呼和 浩特的塞上老街各有各的特色,售
27/3/2024(三)	午餐後,乘車前往包頭	賣的產品也各有不同,如在塞上老
第三天	• 晚餐後,入住包頭包鋼賓館。	街經常看見狼和鹿為圖案的產品,
	早餐後,遊包鋼工業園區;	也看見很多不同的奶製品,體現了
28/3/2024(四)	● 乘車前往響沙灣;	當地的文化特色,讓我有深刻的認
第四天	● 晚餐後,入住呼和浩特國航大廈酒店。	識。
	● 晚餐後,八住守和店村國加入厦酒店。 ■ 早餐後,前往希拉穆仁草原;體驗蒙古民族的生活及文	4C 劉悦菲
20/2/2024(=)	午餐饭,則任布拉修仁早原, 腹廠家占民族的生活及义 化,牧民生活體驗;	這次旅程我們不僅欣賞了中國的自
29/3/2024(五) 第五天	• 遊大召寺、塞上老街或成吉思汗陵;	然風光和歷史遺跡,還深入了解當
<i>**</i> エハ	晚餐後,入住呼和浩特國航大廈酒店。	地的文化和生活方式,給我留下深刻的印象,并擴展了非常視野和智
	● 早餐後,遊內蒙古博物院;	刻的印象,並擴展了我的視野和知 識,讓我能夠體驗中國文化的多樣
30/3/2024(六)	一个被外型内象口序物机,参觀伊利集團現代智慧健康谷;乘動車返回北京;	性和豐富。
第六天		-
	● 晚餐後,入住北京瑰悦酒店。	-
31/3/2024(日)	● 早餐後,遊故宮博物院; ケタダム、滋菜用上佐・煮豆分 京上田田	
第七天	午餐後,遊前門大街;乘車往北京大與國際機場參觀;乘 飛機直航返香港	
	4A 郭以謙和四十位同學一起相處時,本來不認識的同學也變得熟絡,本來認識的則更了解彼此。在很多景點也有分組活動的時間,組員也互相照顧對方,讓我看見同學的關懷,尤其是在長城的時候,能體現何謂「一個人走得快,一班人走得遠」。在陡峭的山坡上,互相等候和鼓勵,使人暖在心頭。	







4D 楊紫琳

景和物固然讓人讚嘆不已:跨越多年依然屹立不倒的長城、成吉思汗陵、故宮、一望無際的響沙灣和草原,中學交流也使我獲益良多。旅途中的人和情最令我難忘。正如在故宮時導遊所說的話:「你知道太和殿的『和』是什麼意思嗎?是我『和』你。」正正因為有志同道合的朋友、平易近人的老師、熱情的導遊,這個旅程才會如此美滿。

5F 胡昊晴

雖然濃霧籠罩長城,卻沒損我的與致。走在一會平坦、一會高聳入雲的長城,我感受到長城的壯麗和宏偉;第一次踏上沙漠,我感到與奮。無盡的沙海和澄澈的藍天讓人心曠神怡,仿佛進入了一個不同的世界。

5B 吳睿君

在八達嶺和故宮,我看到宏偉的建築,感受到古人的智慧和歷史文化。這 些古老的建築散發著獨特的魅力,讓我對中國的歷史和文化感到驚嘆。

5C 陳思瑤

長城的壯麗,城墙的連綿起伏,一望無際,望著城磚,實在是無法想像古人在當時如此惡劣的環境下,如何親自把一塊塊的磚頭堆砌成一條條蜿蜒萬里的長城,當中的艱巨實在難以想像。







3B 陳麗琪

早上三點便要起床,是為了到天安門廣場觀看升旗。接近六時,儀仗隊從天安門整齊地步出,感覺 震撼。熟悉而雄渾的國歌傳遍了天安門廣場。所有 人望著國旗緩緩升起,場面莊嚴。

3B 鍾澄

步進天安門廣場,那寬闊的石板地、人民英雄紀念碑、故宮,全都呈現在眼前!有難以置信的感覺。 升旗儀式開始,周圍人山人海、擠得水洩不通,我 看見國人對祖國的熱愛和尊敬。

4A 謝珈晉

看升旗禮時我能體會同胞對祖國的熱愛,為了看升旗不惜早上四時多到廣場排隊。在長城,我看見古人以耐力和勤奮砌出了這世界七大奇景的城牆;在草原學蒙古語,在成吉思汗陵學歷史;在伊利集團學牛奶製品怎樣製造;在故宮博物院學古代皇帝的生活。

5F 蔡沁穎

雖然在天安門及長城的時候,天陰陰沉沉的,四處瀰漫著霧霾遮擋了視野,無以遠眺更廣闊的景色,有遺憾,但能夠親身體驗升旗和爬長城,已是難忘的事,場景的宏偉,不禁令人讚嘆。















4B 陳嘉煒

包鋼集團介紹了上世紀不少軍人離開家人家鄉,面對孤獨,冒著在嚴冬中生活的艱苦,也要為新中國的發展獻身,甚至犧牲。他們的想法很簡單,不夾雜著任何利益的關係,而是想為中國的發展出一分力。除了風景,我似乎體會了一些更深層次的東西。

4E 何宛亭

參觀中學體驗了內地學校的早操文化,學生聚集在 寬闊的操場,隨著音樂做早操,這是全新的體驗。

3C 余欣蔚

在附中做早操,參觀校史館、生態文明教育館、科技中心和茶藝室,還有植物園,像博物館一樣的校舍。進入高中政治課,同學積極回答問題。我與友人認識一位活潑健談的同學,交談甚歡,更留下聯



4A 高浩霖

那中學非常大,設施完備,有一個標準運動場,六個籃球場,面積是我們學校的十多倍。我上了一節體育課,一起打籃球,學習如何攻防和傳球。在座談會上,我有機會和當地的學生聊天。

4A 莫梓言

附中設施一應俱全,我上了政治課,教的是全國人大和人大代表,他們積極熱烈的回應營造了良好的氛圍,令我沉浸其中,不禁拿起紙和筆寫下一些重點。與他們進行交流,互相分享一此趣事和學習情況,讓我瞭解彼此的異同。









4F 鄭翊亨

從遊覽過的名勝古跡,我了解到前人建築工藝的精巧和 細緻,例如大召寺的雕像栩栩如生、寺廟有古舊的氣 派。參觀包鋼工業園區和伊利集團讓我了解祖國飛越的 科技發展。

5C 楊曉君

從前對蒙古的認識是一望無際的草原;但不論是內蒙古博物院裡各樣悉心保存的展品、大召寺內充滿歷史價值的壁畫、還是伊利集團融合嶄新科技的奶製品,都說明內蒙古重視文化和經濟發展,是值得到訪的城市。

4F 吳喬朗

我對蒙古族文化和成吉思汗的認識加深了。成吉思汗以一生建立起一個強盛的蒙古帝國,他所經歷的苦難讓他 蛻變成為一位偉大的帝王。



參觀蒙古包讓我感受到當地人的獨特生活方式和文 化傳統。內蒙古不僅充滿美麗的自然風光,還散發 著濃厚的民族風情。

5B 余樂恩

我認識了蒙古族文化,在草原附近餐廳吃飯,他們 很熱情,親手把藍色的絲巾掛在同學脖子上,祝福 我們,可以感受到他們熱情和好客的性格。

4F 黄海盈

我原以為內蒙古是一個落後的大草原。但我到了後,才發現其實內蒙古已經是一個繁華的地方,有 出產奶類產品的伊利集團,還有包鋼集團,這趟旅 程真的令我獲益良多。

5E 莫傲翔

這次增加了不少文化歷史知識,看了蒙古族的生活。遼闊的大草原及沙漠讓人放鬆心情;我看見中國人對於國家民族的優越感、自豪感。



4A 陳康哲

我原對內蒙古有刻板印象。雖然她不及北京繁華,但已是一個發展 城市。在參觀知名奶業伊利集團時,其生產線先進的機械化,雖早 有聽聞,但看過機械精準的投放,感到十分震撼。

4D 伍珈瑩

踏進故宮的正門—午門,感受到紫禁城那金碧輝煌又莊嚴的氣氛。 跟著導遊一步一步深入了解紫禁城的歷史,從太和殿到乾清宮,再 到御花園,我們深深感受到當年皇帝的權力。

5F 侯智豪

在長城,我本來打算一口氣走到十二樓,但發現自己走到五樓已經 累了,這還只是中國版圖中的一小部分長城,可知當時建造長城抵 禦外族有多麼辛苦和困難。

4D 劉倩珩

與一位蒙古族學生交流時,他對於自己蒙古族的身分十分自豪,向 我們介紹他們的特色、唱了一段蒙古族的歌謠。蒙古語有種神秘的 魔力,蘊含著深厚的歷史與文化,令人著迷和難忘。

























Germany Study Tour				
Date	City	Sights		
15/7/2024	Hong Kong	Flight (HKG-MUC)		
16/7/2024	Munich	♦ Neues Rathaus		
*		♦ Frauenkirche		
		♦ Marienplatz		
		♦ Viktualienmarkt		
		♦ Odeonsplatz		
		♦ Peterskirche		
		♦ Asamkirche		
17/7/2024	Munich			
		♦ Deutsches Museum		
		♦ Dachau concentration camp		
18/7/2024	Munich,	♦ BMW Museum		
	Augsburg	♦ Augsburg Town Hall		
		♦ Augsburg water management system		
19/7/2024	Stuttgart	♦ Porsche Museum		
		♦ Ludwigsburg Palace		
20/7/2024	Karlsruhe	♦ Monastery and Palace Bebenhausen		
		♦ Karlsruhe city tour		
21/7/2024	Rothenburg ob	♦ Rothenburg Rathaus		
	der Tauber	♦ Marien Apotheke		
		♦ Plönlein		
		♦ St. Jacobs Kirche		
		♦ Burggarten		
		♦ City Wall		
22/7/2024	Mannheim	♦ BASF Visitor Centre, Ludwigshafen		
		♦ ZGMA (Zeitgeschichtliches Museum Mannheim)		
		♦ Frankfurt Airport		
23/7/2024	Hong Kong	Flight (MUC-HKG)		

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3A Sin Chi Kiu One of the most memorable and impressive parts of the trip was going to the Dachau Concentration Camp. The doorway says "Arbeit Macht Frei", which means "work makes free". The guide took us to the rooms for incinerating dead bodies and the chimney. There were also display boards showing the history, including the death toll and lots of pictures. I was really heavy-hearted after seeing how Hitler treated the Jews. All in all, this Germany trip was really inspiring to me and I learnt a lot which wasn't taught in the lessons, such as the food and culture of Germany, the technology of the cars, the buildings and so on. It was really a memorable and valuable experience to me, and I definitely won't forget it in my life.





3B Chau Cho Yui One of the most delightful aspects of the trip was German cuisine. Each meal was a new experience. Trying new dishes made me realize the power of food as a cultural connector. Travelling alone without my parents also helped me grow more confident and independent. Different challenges taught me resilience and adaptability.

3C Ou Ze Hao The experience in Germany was unforgettable in my life. One of the most impressive spot was Deutsches Museum. As the world's largest museum of science and technology, it houses an extensive collection of artifacts. It fully shows the evolution of technology in different fields including aircraft, engines, robotics and so on. I was fully amazed by how astonishing the collections were.

3E Hau Yam Hei We visited Ludwigsburg Palace, which has different styles originating from different artists. Although Monastery and Palace Bebenhausen were decades old, the architecture was well-conserved. In the Karlsruhe city tour, we wandered around the marketplace and famous landscapes. On the last day, we visited a war museum called ZGMA. We usually learned about wars from books but this time I learned through my own eyes, seeing things like clothing and weapons.

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5C Choi Yan Ki At first, the only thing I know about Munich is Bayern Munich. However, after we visited the city center of Munich, I realized that Munich is a historic city. In the Dachau concentration camp, we could see how the Jews lived. The beds were extremely small. Also, we saw a sign that says "Arbeit Macht Frei", which means work makes you free. Of course, this was a lie and no Jews could escape from the 'shower', which is the lethal toxic gas. Now I understand how evil Hitler was. Although he thought Jews were the reason Germany failed in WWI, this is still not a reason to kill 4 million





3D Chan Ching I learned a few German words, such as 'Rathaus' means 'town hall', 'Kirche' means 'church', 'Guten Morgen' means 'Good morning' and 'Danke' means 'Thank you'. In addition to that, I spotted some drastic differences between the cultures of Hong Kong and Germany. Hong Kong promotes a fast living pace and efficiency, while it is more leisurely in Germany. Each meal in Germany is about 2 hours, which is totally different from Hong Kong style Cha Chaan Teng, since the waiters could only order for one table at one time, serving appetizers, main dishes and desserts step by step.

3D Chan Chun Ting The splendid medieval city view of Germany is a must to mention. Different from Hong Kong, Germany has conserved numerous historical buildings and sites, while they still develop superior technology and industry. For example, Maximilian Street in Munich was a street full of stories. The appearance is almost perfectly conserved. Even the city government hall is the same as before! I firmly believe that it is a model for Hong Kong. Hong Kong indeed improved and enhanced its competitiveness in its status in global finance and technology development, but several local stories of history have been forgotten.

3E Wu Sai Ki One of my favorite places in Germany, showcasing the country's technological advancements, is the Deutsches Museum in Munich. It features a vast array of science exhibitions covering diverse topics such as space exploration, film production, and aviation. Each exhibit is thoughtfully designed to engage visitors and enhance their understanding of complex technological concepts. I particularly enjoyed the interactive displays, which allowed me to experiment and learn in a hands-on manner. The museum's commitment to education and innovation made it a fascinating experience for all ages.





4A Zheng Kai Yang Apart from our visits to various sights, we sampled many traditional German meals and experienced a completely different culinary culture. Each meal typically consisted of an appetizer (salad or soup), a main course, and a dessert. We learned that the German pork knuckle, known to many people in Hong Kong as stereotypical German food, is actually not a very common dish throughout all of Germany due to regional differences, which was why we didn't have the chance to try it.

4B Chan Yik Hei We had a pleasant city tour in Augsburg, which is famous for its water conservation project as water is used to produce electricity. The town hall was very elegant as it was made of lots of gold. The gold was cheap at the time they built the town hall so they could build such a ceiling with a lot of gold. The water conservation project amazed me that I didn't think of a town that could have such an amount of rivers down the street.

4B Lee Hoi Yeung I have been a fan of cars since a very young age, so visiting the BMW and Porsche museum was a very unforgettable experience for me. Seeing Niki Lauda's ride, a Le Mans car, and many other rare cars was exciting. I also learned a lot about Germany's automotive industry, how they went from losing WWII to one of the most successful automobile manufacturing countries in the world. My knowledge of automobile technology was also enhanced throughout the visit, such as learning how reciprocating engines work and so on. I also really liked the weather and food there. It was much cooler and less humid than Hong Kong.

4B Siu Hoi Man During the city walk in Munich, I realized how many details there were in their architecture. When I was actually paying attention and carefully observing the roofs of these churches, I always felt curious about how people in the past managed to build them from scratch. I genuinely appreciate their effort in leaving such pieces of art. I also noticed how spacious these buildings were. The building's interior in Germany is so spacious that I always feel tiny being inside.

5B Ng Lap Kiu Dachau Concentration Camp is one of the most impressive places. It didn't seem like a concentration camp when I first arrived, but when I spent more time walking through the different areas in the camp, there was a strong feeling that haunted me more and more. When I got to understand how the people in the camp were treated from seeing the information in the exhibits, I did shivering and had a deep sense of sorrow for the Jews. I remember that feeling was especially strong when I was in the gas

5B Ng Nok Him Germany is a nation full of rich history. Despite suffering from multiple enormous losses in the last century, they are able to recover with their perseverance. Almost a century ago, Germany was linked with violence, aggression, and racism. The culmination of that led to one of the first concentration camps in Dachau. 6 million Jews were killed during Hitler's reign, the Holocaust, mainly because of shootings and gas chambers in concentration camps. Emptied rooms with captured Jews, the vacant gas chambers, "Arbeit macht frei" these all signified lives lost in this one camp.









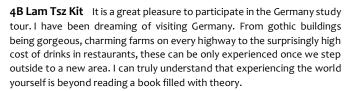








4D Wong Yee Ting I am happy to have this opportunity to participate in this German study tour. This is my first time setting foot in Europe. Faced with a learning journey where everything is unknown, I feel both panic and excitement. As soon as we landed, looking at the greenery out of the tour bus, I realized we were in a land completely different from Hong Kong. I was fascinated by what I saw. Even now these impressive images still come into my mind.



5B Chan Pui Lam Marienplatz, was definitely mind-blowing to me as I have never seen such architecture before. Other than that, I get to know more about the history of Munich. Most of the architecture there was damaged because of World War II, but was reconstructed afterwards. Also, the Town Hall in Augsburg, known as the Goldener Saal, which was built in the Renaissance style, has meticulous painting and sculpture all shiny gold and therefore astonishing to me. In Ludwigsburg Palace, some of the construction was still under way and but was still available for the public to use nowadays, especially the theatre. The decorations are all made of wood and are perfectly preserved. I also enjoyed the slow living pace there that I could never experience in Hong Kong.

5B Leung Wing Lam Renee The Ludwigsburg Palace in Stuttgart grabs my attention the most throughout all the historical sites. The sculptures and paintings brought us back to the 18th century and introduced life back then. The bedrooms are usually surrounded with mirrors, and the tour guide explained that it was because back in the day mirrors were rare and a representation of wealth. Apart from guided tours, they would still allow the public to use the palace. Not only could the public explore the history of the palace but it's also a great chance for earning alternative money to preserve the palace. Weddings could be performed in the banquet hall, while curtains are still up in the palace theater likewise.















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