

**Report on Sister School Exchanges  
2023 - 2024 School Year**

- Name of the Mainland Sister School (1): **The High School Affiliated to Renmin University of China (RDFZ, 中国人民大学附属中学)**
- (2): **Shanghai Wenlai Middle School (SWMS, 上海市文来中学)**
- (3): **Zhaoqing Phoenix Sanli School (GDFHSL, 肇庆凤凰三立学校)**

**Part 1: Details of Exchange Activities**

Item No.	Item Name and Content of the Exchange Activity	Intended Objective(s)	Evaluation Results	Reflection and Follow-up
1.	<p><b>Beijing Exchange Programme 2023-2024 (F.2 – 5 level)</b></p> <ul style="list-style-type: none"> <li>- The programme consisted of two sessions: the Hong Kong Session and the Beijing Session.</li> <li>- The Hong Kong Session was scheduled for late January 2024. Students from Maryknoll Convent School (MCS), La Salle College (LSC), and Heep Yunn School (HYS) were ready to provide home-stays for around 12 students from The High School Affiliated to Renmin University of China (RDFZ), who planned to attend lessons in the three schools and visit cultural sites, museums, and local attractions in Hong Kong.</li> <li>- The Beijing Session took place from March 23 to 29, 2024. Twenty students from MCS, LSC, and HYS were accompanied by five teachers from the three schools to visit RDFZ. They stayed</li> </ul>	<ul style="list-style-type: none"> <li>- To provide an authentic language environment for learning Putonghua</li> <li>- To allow students to experience the differences between Hong Kong and Beijing</li> <li>- To understand the history and development of Beijing</li> <li>- To use iPads for on-site exchange projects</li> <li>- To use photography equipment to document activities</li> </ul>	<ul style="list-style-type: none"> <li>- Due to the visa issuance issues, the teachers and students from RDFZ could not visit Hong Kong, leading to the cancellation of the Hong Kong Session.</li> <li>- The Beijing Session was successfully held, as reflected in the debriefings conducted during the trip, the work completed by MCS students in their programme booklets, and feedback from parents. Participants gained an in-depth understanding of the culture, history and development of Beijing</li> </ul>	<ul style="list-style-type: none"> <li>- The exchange programme is proposed to be organized in the upcoming academic year.</li> <li>- The Hong Kong Session is also intended to be held in the upcoming academic year.</li> </ul>

	<p>in the RDFZ dormitory on school days and with home-stay families over the weekend. In addition to lesson observations, the programme included visits to cultural sites, museums, and local attractions in Beijing, as well as a project-based learning activity using iPads.</p> <ul style="list-style-type: none"> <li>- Interactive television and related accessories were utilised to facilitate online meetings before the on-site sessions.</li> </ul>		<p>through the programme.</p> <ul style="list-style-type: none"> <li>- Through the provision of home-stays, participants from both cities had numerous opportunities to practise Putonghua and English, as well as to experience the city differences between Hong Kong and Beijing.</li> <li>- The iPads and video-conferencing equipment, including notebook computers and interactive television, were utilised.</li> </ul>	
2.	<p><b>On-line exchange meetings between teachers from MCS and Shanghai Wenlai Middle School 2023-24</b></p> <ul style="list-style-type: none"> <li>- The online exchange meetings were held during the second term of the 2023-24 academic year.</li> </ul>	<ul style="list-style-type: none"> <li>- To consolidate and share perspectives on the exchange details between the students of the two schools in the upcoming academic year</li> </ul>	<ul style="list-style-type: none"> <li>- Due to a change in the teacher-in-charge at Shanghai Wenlai School, the connection between the two schools was re-established after several rounds of two-way communication.</li> <li>- The tour guide system was purchased for the on-site exchange in the upcoming academic year.</li> </ul>	<ul style="list-style-type: none"> <li>- The on-site exchange activities are planned to be conducted in the upcoming academic year.</li> </ul>

<p>5.</p>	<p><b>Sports and Cultural Exchange Programme 2023-2024</b></p> <ul style="list-style-type: none"> <li>- A total of 44 participants from various sports teams were led by three PE teachers and one trampolining team coach to Zhaoqing Phoenix Sanli School.</li> <li>- The participants, who were members of the Swimming Team, Basketball Team, and Trampolining Team, traveled to the Sports Center in Zhaoqing from July 1st to 4th for special sports training and exchange trip.</li> <li>- During the trip, the participants and teachers also visited the alliance school, Zhaoqing Phoenix Sanli School. The MCS teachers and Basketball Team students toured the campus together and played a friendly match with the alliance school's basketball team to learn from each other.</li> </ul>	<ul style="list-style-type: none"> <li>- To share experiences in teaching with the aim of enhancing professional competence</li> <li>- To broaden the horizons of teachers and students and deepen their understanding of the educational, economic, social and cultural developments in the Mainland</li> <li>- To use the video-conferencing equipment, such as notebook computers, to produce clips about the trip</li> </ul>	<ul style="list-style-type: none"> <li>- According to feedback from students and teachers, the exchange programme improved students' sports skills and allowed students to gain a direct understanding of China's development.</li> <li>- In addition, the students appreciated the campus environment and noted that although the four days and three nights of training were challenging, they gained a lot from the experience. They all looked forward to the next sports exchange event.</li> <li>- The teachers reflected that they learnt more teaching techniques for sports training.</li> </ul>	<ul style="list-style-type: none"> <li>- The PD Trip is proposed to be held again in the near future.</li> </ul>
-----------	--	--	---	--

## Part 2: Financial Report

Item No.	Item Name	Expenditure Item	Amount	Remarks
1.	<b>Beijing Exchange Programme 2023-2024</b>	Tour fee, air tickets, trilobal & meal expenses	HK\$ 32,756.63	
2.	<b>On-line exchange meetings between teachers from MCS and Shanghai Wenlai Middle School 2023-24</b>	Tour guide system	HK\$ 40,800	
3.	<b>Sports and Cultural Exchange Programme 2023-2024</b>	Tour fee including accommodation, transportation and meal	HK\$ 103,650	
Total:			HK\$ 177,206.63	
Annual Balance of Grant from the previous year:			HK\$ 124, 858.1	
Allotment of this year's Grant:			HK\$ 162,994	
Annual Balance of Grant:			HK\$ 11,0645.47	