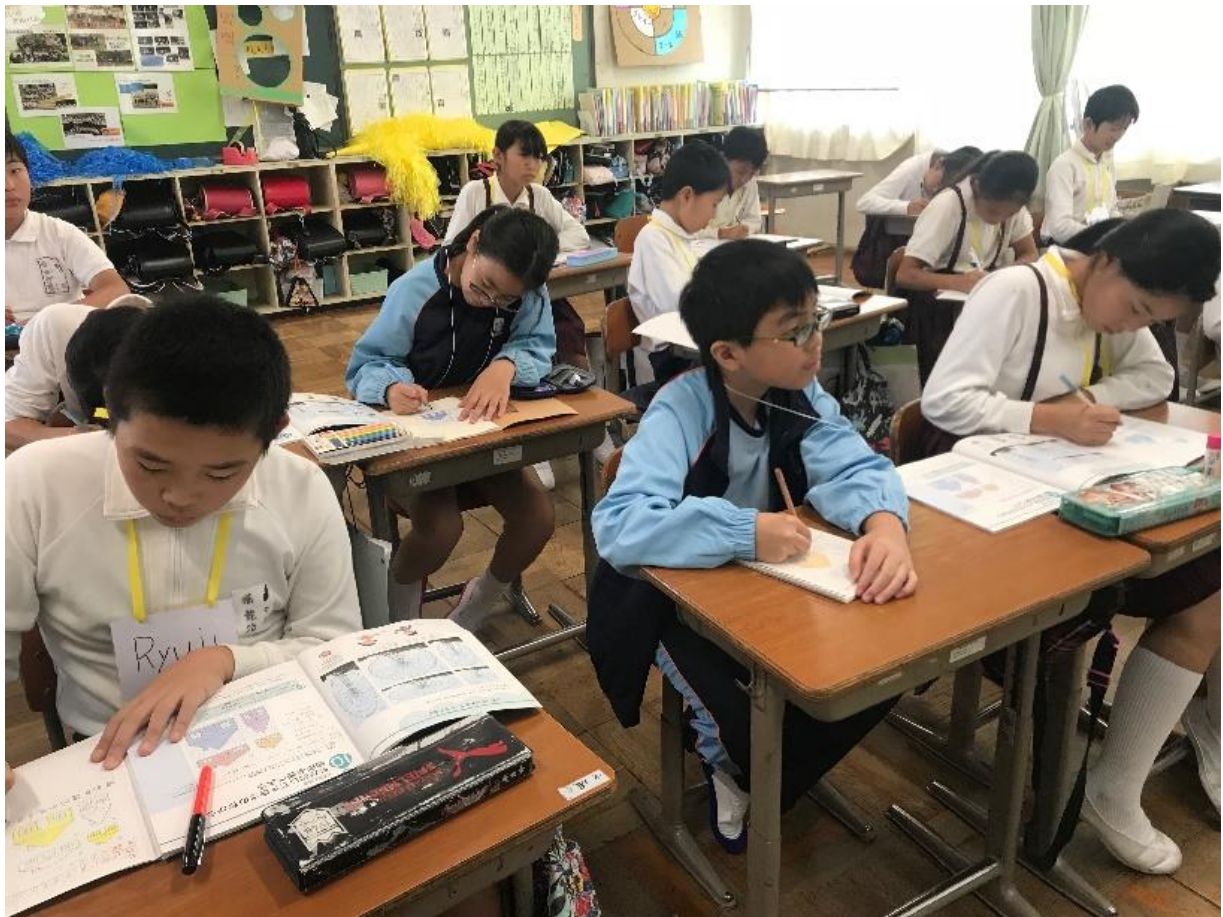


Exchange Programme in Nara, Japan

As part of the Middle School Programme, 4 primary school and 4 secondary school students visited Japan for the exchange programme from September 25 to October 1, 2018.

The students visited Osaka University of Health and Sports Science Namisho High School. They have the chance to interact with local students by doing calligraphy together. The students also went to Asukamura in Nara Prefecture. Asakua was the ancient capital of Japan around 500AD and there are many historical sites inside the village. Secondary school students visited Shotoku Junior High School while the primary school students visited Asuka Primary School. The secondary school students attended lessons and participated in the sports day practice with the local students. They also have the chance to go some scenic spots in Nara, and attended crafts-making classes.









8A Wong Sze Ching

In this short exchange programme to Japan, I experienced and learnt a lot about Japanese culture and lifestyle. Also, I could feel how warm the Japanese people were. During the exchange programme, I enjoyed the amazing activities like obstacles race and calligraphy lessons. I am glad that I could have a chance to join such a meaningful exchange with my classmates.

7D Yau Charlene

It was my first time joining outward exchange programme since I was promoted to Secondary School. I felt excited when I knew that I was chosen for this programme, I made friends with the Japanese buddies. They were very nice to me. I experienced many new things, such as dying cloth, stamping wood and flower arrangement; it was memorable!