

**Report on Sister School Exchanges
2024 - 2025 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)
	(4): Shanghai Gezhi High School (SGHS, 上海市格致中学)

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.	Beijing Exchange Programme 2024-2025 (F.3 – 5 level) <ul style="list-style-type: none"> The programme consisted of two sessions: the Hong Kong Session and the Beijing Session. The Hong Kong Session was held from January 20-26, 2025. Students from Maryknoll Convent School (MCS), La Salle College (LSC), and Heep Yunn School (HYS) provided homestays for 16 students from The High School Affiliated to Renmin University of China (RDFZ), who attended lessons in the three schools and visited cultural sites, museums, and local attractions in Hong Kong. The Beijing Session took place from April 1-7, 2025. Twenty students from MCS, LSC, and HYS were accompanied by five teachers from the three schools to visit RDFZ. They stayed in the RDFZ dormitory on school days and with 	<ul style="list-style-type: none"> To provide an authentic language environment for learning Putonghua To allow students to experience the differences between Hong Kong and Beijing To understand the history and development of Beijing To use iPads for on-site exchange projects To use photography equipment to document activities 	<ul style="list-style-type: none"> Both sessions were carried out successfully, as evidenced by the reflections shared during the trip debriefings, the work completed by MCS students in their programme booklets, and the feedback received from parents. Participants developed a thorough understanding of Beijing's culture, history, and growth through the programme. By providing home-stays, participants from both cities had ample opportunities to practise Putonghua and English, while also gaining firsthand experience of the contrasts between Hong Kong and Beijing. The iPads and video-conferencing tools, such as laptops and interactive TV systems, were effectively used. 	<ul style="list-style-type: none"> The exchange programme is proposed to be organized in the upcoming academic year.

	<p>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"> - Interactive television and related accessories were utilised to facilitate online meetings before the on-site sessions. 			
2.	<p>Shanghai Exchange Programme 2024-2025 (F.3 – 5 level)</p> <ul style="list-style-type: none"> - The programme was held from April 17-22, 2025. 20 students were accompanied by three teachers to visit Shanghai Gezhi High School (SGHS). They stayed in the dormitory on school days and with their SGHS partners. In addition to lesson observations, the programme included visits to cultural sites, museums, and local attractions in Shanghai and Suzhou, as well as a project-based learning activity using iPads. - Interactive television and related accessories were utilised to facilitate online meetings before the on-site sessions. 	<ul style="list-style-type: none"> - To provide an authentic language environment for learning Putonghua - To allow students to experience the differences between Hong Kong and Shanghai - To understand the history and development of Shanghai - To use iPads for on-site exchange projects - To use photography equipment to document activities 	<ul style="list-style-type: none"> - The exchange programme was carried out effectively, as demonstrated by the reflections shared during post-trip discussions, the projects and assignments completed by MCS students, and the responses from parents. Through this experience, participants acquired a comprehensive insight into Shanghai's culture, history, and growth. - By offering dormitory accommodations, participants from both locations had multiple chances to practise Putonghua and English, while also exploring the contrasts between Hong Kong and Shanghai. - Devices such as iPads and video communication tools, including laptops and interactive display systems, were employed during the programme. 	<ul style="list-style-type: none"> - The exchange programme is proposed to be organized in the upcoming academic year.

5.	Sports and Cultural Exchange Programme 2024-2025 <ul style="list-style-type: none"> - A total of 56 participants from various sports teams were led by three PE teachers and respective school sports team coaches to Zhaoqing Phoenix Sanli School. - The participants, who were members of the Swimming Team, Basketball Team, and Trampolining Team, traveled to the Sports Center in Zhaoqing from June 30th to 3rd for a special sports training and exchange trip. - 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. 	<ul style="list-style-type: none"> - To share experiences in teaching with the aim of enhancing professional competence - To broaden the horizons of teachers and students and deepen their understanding of the educational, economic, social, and cultural developments in the Mainland - To use the video-conferencing equipment, such as notebook computers, to produce clips about the trip 	<ul style="list-style-type: none"> - Feedback from both students and educators indicated that the exchange programme enhanced students' athletic abilities and provided them with firsthand insight into China's progress. - Moreover, students valued the campus atmosphere and remarked that, despite the demanding four-day, three-night training, they benefited significantly from the experience. They eagerly anticipated the upcoming sports exchange activity. - Teachers shared that the experience broadened their knowledge of effective coaching methods for sports development. 	<ul style="list-style-type: none"> - The programme is proposed to be held again in the near future.
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Part 2: Financial Report

Item No.	Item Name	Expenditure Item	Amount	Remarks
1.	Beijing Exchange Programme 2024-2025	Tour fee, air tickets & meal expenses	HK\$ 18327.32	
2.	Shanghai Exchange Programme 2024-2025	Tour fee, air tickets & meal expenses	HK\$ 156995.50	
3.	Sports and Cultural Exchange Programme 2024-2025	Tour fee including accommodation, transportation and meal	HK\$ 68880.00	
Total:			HK\$ 244202.82	
Annual Balance of Grant from the previous year:			HK\$ 11,0645.47	
Allotment of this year's Grant:			HK\$ 165439.00	
Annual Balance of Grant:			HK\$ 31881.65	