

## Sports & Environment Overseas Learning Journey to Hong Kong



On 19 November 2015, both our Netball and Softball teams embarked on an exciting 4D3N Sports & Environment Overseas Learning Journey to Hong Kong.

Below are the highlights of the trip:

### **Bowling Activity**

The Bowling activity was arranged to enable players to build adaptability & tenacity, so that they can apply these qualities when they meet new challenges in future. The activity posed to be challenging for the players at the start, but they gradually picked up the skill through observing better players, peer coaching and refining their skills with every throw. The players truly enjoyed themselves in this short one hour session. In the debrief, the teachers highlighted the value of “Ace” and working hard in order to excel, despite meeting new challenges. Students were also able to articulate the virtues, such as perseverance & diligence, etc. through this activity and how they can apply these virtues in their future games.

### **Visit to Museum for Climate Change**

We visited the Museum for Climate Change at the Hong Kong Chinese University as part of the environmental awareness segment of the trip. The Museum and Campus are known to be first of its kind in this region. The group was led by the student guides through the interactive exhibits in the museum and was given very detailed information on climate change and its effects. We were also led through a walking trail at Lake Ed Excellentiam where we were introduced to some unique trees found in Hong Kong. After which, we visited the rooftop garden in the campus where we gained some understanding of the benefits of such gardens and the Yard for Environmental Sustainability (YES) to see how the campus innovatively created a collection centre for students to dispose objects that can be recycled and reused in their efforts to reduce waste. From this visit, we gained more understanding of climate change and why we should and how we can do our part in environmental conservation.

### **Eco tour & Farming activities @ e-Farm**

We had the opportunity to visit a rural part of Hong Kong where the e-Farm is. The group was given a short introduction by the owners of the farm on how the farm was started, its purpose and some of their farming activities. Apart from producing fresh organic vegetables for the community, they raise public awareness on environmental protection and the problem of food wastage. During the farm tour, we were introduced to some key features, such as the aquaponics and black soldier fly systems. The students also had a chance to do some farming activities, such as weeding and harvesting. The visit ended off with a hands-on activity on making our own dehumidifier, using natural plants / flowers as designs for the bag and natural lavender seeds & baking soda as the ingredient. From this visit, the students gained another perspective of why we should not waste food and how this contributes to environmental destruction; Students also gained another level of understanding of why the food chain cycle is important and how it can contribute to the balance of the ecosystem.

### **Friendly Matches with local & international schools / Training with local coach**

We had the opportunity to play with international and local schools, comprising of teams of mixed abilities during this trip. We found that the playing style of the local teams were very different to those of Singapore Schools. Our opponents played extremely well, showing speed, versatility and confidence, despite some not being avid players. The players had the chance to play different positions and from there, teachers ascertained the players' strengths and weaknesses. The matches also gave the teachers many teachable moments to inculcate them on the true value of sportsmanship, especially when they had to play younger amateur teams. On the other hand, our players also did well by showing determination and courage against their stronger counterparts. The players also spent some time interacting with the local students during their break. The hosting schools also have this practice of identifying the "Best Player" of the opponent's team, which we thought boosted the overall confidence of our players. Another highlight of the trip was to be coached by a local softball coach. Through the customized clinic session conducted by the coach, the players picked up new skills and tips.

Strong bonds were forged, and our girls had a fruitful and memorable trip with lots of sweet memories to look back at. We were honoured to be given the opportunity to travel to HK, and would like to give special thanks to the HK schools and tour guide for their warm hospitality. A big thank you, to Mrs Tan, Mdm Reddy, teachers and parents, for keeping us in their prayers to make this trip a successful one. We certainly will be looking forward to our next Sports Overseas Learning trip!