

2015-2016 Pentecostal Yu Leung Fat Primary School American Cultural Exchange Programme

27th March to 7th April, 2016





Members of the US delegation

SUNG ELAINE

LAI BERNICE SI-WING

FUNG HOI CHING

LEUNG WAN CHI

CHOI YEE CHING

FUNG CHING YIU

WONG WAI SHAN

WONG YU HIN

LEUNG HIU LOK

CHAN SHING

CHOW NAP YAN, SAMUEL

LAU PUI HONG

LEUNG TSZ LONG, JOEL

WONG CHUN FUNG



Preparation Work

Starting from January, six group members spent two months to collect some information, datas and pictures about H.K.

The topics are

- a) School life in H.K. by Judy & Yo Yo
- b) Clothing in H.K. by Cherry & Christie
- c) Transport in H.K. by Daniel, Eric & Leo
- d) Hong Kong Lifestyle by Elaine, Bernice & Jacqueline
- e) Hong Kong Food by Cyrus & Samuel
- f) Festivals by Jeffrey & Joel



PYLF Goes International.....

From 27th March to 7th April, fourteen students and two teachers of PYLF joined the International Alliance for Invitational Education Program. They went to Huntington in U.S and were hosted by seven host families there. The program was a fabulous way to learn about cultures of U.S as PYLF students interacted with other U.S. students in English all their classroom hours and best of all they learn from each other. During the visit, both teachers and students learned a lot and were able to experience different new things which our students in Hong Kong might not experience before. Here are the details of our trip :

Day 1: 28th March 2016

At Charlotte's airport : Waiting the flight to Huntington
Pot Luck Dinner at OLOF Parish Hall
Welcome Bags from OLOF

Day 2 : Music and PE lessons
Pump up the Fun

Day 3 : Meeting the Mayor in City Hall
Playing Chess after school

Day 4 : Doing presentation to introduce HK and playing Bowling.
Lunch time craft making

Day 5 : Going to WV State capital and Culture Museum in Charleston.

Day 6 : Carter Caves in Kentucky (Lunch Buffet, Gem mine, making survival bracelets)

Day 7 : Visiting Ritter Park and watching movie ÷Zootopiaø

Day 8 : Going to Heritage Farm with Grade 6 students.
Doing weaving and transmitting at different sites inside Heritage Farm

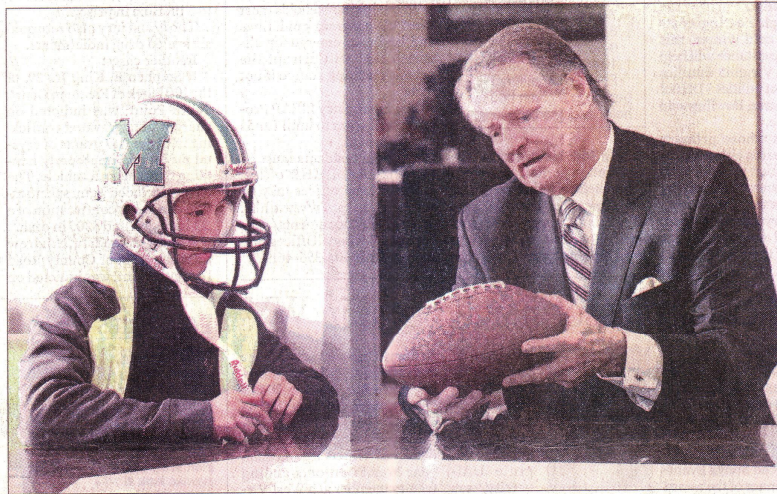
Day 9 : Certificate ceremony at Parish Hall. Thank you card from PYLF

Day 10 : Touring around New York

Day 11 : Back to Hong Kong



Exchange students from Hong Kong tour City Hall



Photos by Lori Wolff/The Herald-Dispatch

Mayor Steve Williams, right, talks about Marshall University football with Lau Pui Hong as Hong and other exchange students from Hong Kong take a field trip to Huntington City Hall on Wednesday. **FOR MORE PHOTOS, VISIT WWW. HERALD-DISPATCH.COM.**



The students are part of the cultural exchange of Our Lady of Fatima Parish and Parish School and the Pentecostal Yu Leung Fat Primary School.

By **JOSEPHINE MENDEZ**
The Herald-Dispatch
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HUNTINGTON — Fourteen students from Hong Kong will call Huntington home for the next few days and tour the city as part of an exchange program at Our Lady of Fatima Parish School.

The students, accompanied by two teachers, are from Pentecostal Yu Leung Fat Primary School in Hong Kong.

Yu Leung Fat and Fatima students on Wednesday met with Huntington Mayor Steve Williams and toured City Hall.

During their visit they told Williams about their favorite school subjects as well as some of the American food they had tried, such as hamburgers, pizza and s'mores — a group favorite.

Please see **EXCHANGE/5A**

Exchange

■ Continued from 1A

They also were sworn in as international ambassadors to Huntington City Council by Councilman David Ball, an alumnus of Fatima.

Ball had each of the students pledge to eat as much American food as possible and return to Hong Kong with wonderful stories about Huntington.

Helen Kong, a teacher from Yu Leung Fat, said she has appreciated the way Huntington has embraced her students.

She also noted that the education system in the U.S. was very different from Hong Kong's, but she was impressed with Fatima's music program as well as how

engaged the students were in the classroom.

While in Huntington, the students stay with host families, which Kong said is the best way for them to learn about a different culture.

As part of the exchange program through the International Alliance for Invitational Education, seven students and five chaperones from Fatima visited Yu Leung Fat in the fall.

Like their visitors from Hong Kong, they were able to try new foods and take a tour of the city.

Eighth-grader Emilie Charles was part of the group that went to Hong Kong.

She said she enjoyed tasting food like fried potato chips on a stick and chicken feet that were sold by outdoor vendors as well

as seeing the six-story Yu Leung Fat Primary School, which houses more than 800 students.

"I was nervous at first to go, but they were so welcoming," she said. "It also helped me better relate when they came here."

Fatima Principal Jena Saseen said City Hall is just one of the many places the Hong Kong students will visit during their 10-day stay.

She said they also have plans to visit Heritage Farm and the West Virginia Capitol.

"This is such a neat experience not only for our students but for them as well," Saseen said. "We can teach history, but this is just a real living history book."

This is the second year Fatima has hosted exchange students from Yu Leung Fat.

American Cultural Exchange Trip (2015-2016)
Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Elaine Sung (17) 5A

4Fs-Facts & Feelings

On this trip I was impressed that my host, Mrs Dean printed all the photo to us, because the photos could help me think of them again. I had a lot of fun with them. I was moved at that moment. I really wanted to cry because we had to leave the next morning. I was reluctant to leave. I missed them very much. Mrs Dean was nice to me and took care of me very well. She gave me a hug and kiss from time to time.

4Fs-Findings

I learnt more English grammar and how to chat with foreigners. I learnt about America and Hong Kong's food. The difference is that Americans do not need to wait for people to come to eat, but in Hong Kong we need to wait for everybody because Hong Kong people value the reunion of all people to have a meal together. I learnt that in different countries, there are different cultures. We need to respect different cultures and "When in Rome do as the Romans do." Culture is very important, when you are eating, you can't eat noisily.

4Fs-Future

I will try to chat with different people and meet more friends. I learnt about different countries cultures. I will visit different countries and try to talk to different people.



American Cultural Exchange Trip (2015-2016)
Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Wong Yu Hin (23) 5B

4Fs-Facts & Feelings

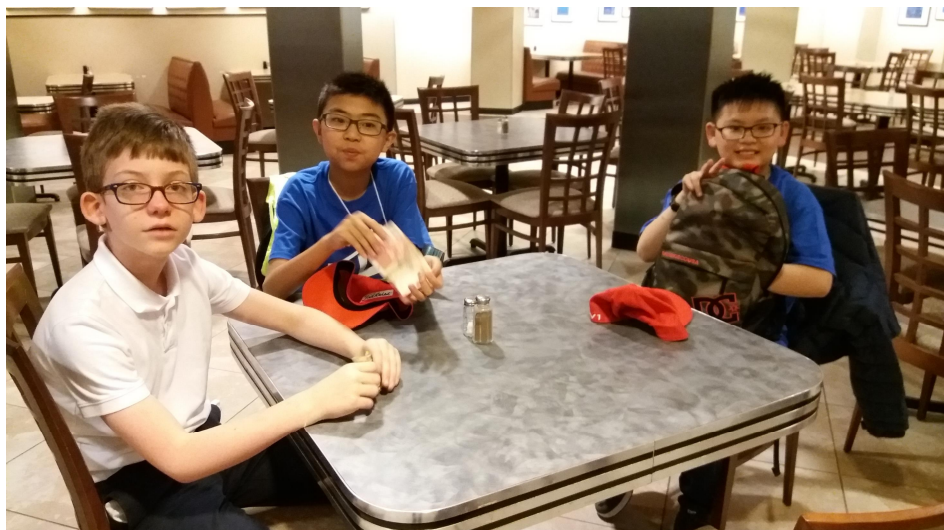
I think the most unforgettable and impressive moment was going hiking with my host family. We went into a dark cave and there were so many scary bats inside. This is my first time to explore the homes of bats so I was very excited.

4Fs-Findings

From hiking, I learnt how bats survive in the hard conditions. This makes me understand that even if I have difficulties in my life, I shouldn't give up.

4Fs-Future

From now on, I should behave like a bat. I should not be afraid of the dark anymore and find a new direction if I am lost.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Wong Chun Fung (19) 5C

4Fs-Facts & Feelings

It was my first time to go to the USA. When I was on the plane I felt very excited. My host family was very nice. When I gave a gift to them, they gave me some gifts too, I felt very surprised because I didn't think they would give a gift to me. I felt very excited and said thank you to them.

I think the most exciting part of the trip is that we went hiking. There were some huge rocks. They were steep so it was dangerous to climb over them. We also visited some caves. I saw a bat in the caves. This was my first time, I felt very happy on this trip. It took a long time to go back to my host family, so I slept in the car, I want to go there one more time.

4Fs-Findings

I think the houses in the US are bigger and cheaper than those in Hong Kong. The houses in HK are small and expensive.

In the US people usually live in houses. They are very big. It is very difficult for people to do the cleaning but it is comfortable for living.

In HK the houses are small and expensive, but it is easy to do the cleaning and there are a lot of shops or restaurants for tourists. I think the living environment in the US is better than Hong Kong.

4Fs-Future

I will be more polite in the future, if friends come to my house. I can help them to find a seat to sit on and bring some water or tea for them. If they want to go to the toilet, I can show them where to go. When I go out to eat, I will not choose the most expensive item because this is impolite. I will be more polite in the future.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Leung Wan Chi (13) 5F

4Fs-Facts & Feelings

I got along with American children for one week. It's unforgettable because they were kind to us. In the U.S trip, my favorite activity was hiking. When I finished the hiking journey, I was very surprised that I could finish a two hour hiking journey of an unpaved and dangerous country trail. Now, I have the confidence to take on new challenges. I also liked other activities such as watching films, having a picnic and having a pajama party.....

4Fs-Findings

I learnt that I should accommodate others' opinions rather than insisting on my ideas ! If I always insist on my idea, some people will not play with me. In the class, when I did something wrong, they didn't shout at me. They would explain to me what was wrong in a friendly way. So, I should be friendly to others. I should be as easy-going as they are. Besides, after talking to them for a week, I realized their knowledge is broader than the general H.K. elementary students.

4Fs-Future

I have learnt that if some classmates knock my stationary onto the floor, I would just pick it up and put it back on my desk. I would not shout at that person. Also, during group discussions, if someone suggests a different idea from mine, I won't criticize him. I will respect other opinions. I feel I should read more books and watch more documentary programmes to enrich my knowledge.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Lai Si Wing (11) 6A

4Fs-Facts & Feelings

In this trip, I am very impressive about their life style. There are a lot of differences between Hong Kong and America life style.

I think their life is relaxing. Hong Kong people are very busy and hard-working. For example, the US shop will close at 6 o'clock but Hong Kong shop will close at 9 or 10 o'clock. Besides, every morning their mum will hug us before we go to school. It is very warm. After school, the students are not very busy, they are not like us. Our life is very busy. We have a lot of activities and we need to go to tuition after school. Also we have more homework to do. After this trip I learn a lot of things about America.

4Fs-Findings

I find that their life style is different. I learn that sometimes I need to be relaxed. I should try to make myself not so tired. I need to have some rest.

What is more ? People in US are very punctual. They like to do anything on time. The host will tell us what time we need to go to bed, arrive at school and go shopping. People in US are cheerful and polite too.

4Fs-Future

In the future, I have to get more rest and play more. When there is exam or test, I also need to work hard indeed. I should have good time management and help others in need.



American Cultural Exchange Trip (2015-2016)
Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Lau Pui Hong (15) 6A

4Fs-Facts & Feelings

I have learnt a lot after the US exchange program. Firstly, I think I need to change my attitude, manners and behavior. It is because US students are very polite and listen attentively to others. I am very irritable, so I will try to improve it. Second, I also know that if you are willing to speak to others, you will have more friends. What is more? You can learn more from others.

I have shared food in Hong Kong to the students in Fatima. There are a lot of differences between food in HK and food in US. I want to compare food and table manners between Hong Kong and America. Hong Kong food is a tradition based on Chinese food like steaming, piers, frying and stewing. They are steam fish, stew beef and piers soup etc. We also like to eat hot food. However, American people like oily food and fast food, such as fried chicken, French fries, spaghetti etc. They also like to eat cold food. I ate many ice-cream there after dinner.

Another difference is that Hong Kong people like eating food very fast because they want to finish earlier and do other things quickly. However, people in US enjoy their dinner and spend more time on it and they eat slowly. Therefore, they focus more on table manners and they eat politely. Finally, I think some American habit is worth to learn.

4Fs-Findings

My most impressive activities in US were playing bowling and going to the cave in Kentucky. I have learnt that I need to have a good posture before shooting. In this activity, I need to roll the ball instead of throwing the ball only. Moreover, I have learnt a lot of bowling skills and known that if you lose, don't feel depressed and disappointed. I just play hard and enjoy bowling. Besides, I went to the Carter Caves. The cave is very amazing. I learnt more about different kinds of stones.

In addition, I like making survival bracelets. At the beginning, I didn't know how to do it, but my US friend helped me and taught me how to make the bracelet. When other classmates didn't know how to make their bracelets, I helped them do so and became the "little teacher". All in all, I have learnt that making bracelets need to be very patient and careful. If you want to be helped by others, you also need to help others.

4Fs-Future

In America, I have learnt a lot of knowledge apart from behaving well. The first day, I didn't understand much about the lessons because they used English. At the beginning, I didn't know how to answer even the easy questions. Therefore, I felt puzzled and worried. Luckily the US students were very helpful and they would help me once I was in queries. They also helped me actively and patiently that I must learn. I know that I need to help others nicely and welcome others to ask questions. Fortunately, I adapted to their teaching methods in a couple of days. I was confident enough to answer their questions. I know more idioms in their English lessons, too !

In the future, I will try to read more English books and use more good sentences and idioms in writing. As I am going to go to a secondary school, English will be the medium of instruction. Hence I need to enhance my English. Finally, I hope I will be a good guy in future.



American Cultural Exchange Trip (2015-2016)
Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Choi Yee Ching (8) 6A

4Fs-Facts & Feelings

We had lots of activities during the exchange program. The most impressive moment in this activity was staying with the host family who gave me two gifts.

When I received them, I was extremely happy. It was a 'Tsum Tsum' gift box ! I think Mrs Adams was really very attentive. One day, she took me to a Disney shop to look for something that I like. She asked me, 'Do you like "Tsum Tsum"? ' I answered, 'Yes, I like it very much !' Therefore, Mrs Adams bought it for me. Moreover, my host family gave me an album too. There were many photos in the album. They were about the activities that we attended. I was very happy that I could meet them. They were very nice to me. I was impressed.

4Fs-Findings

We went to Our Lady of Fatima School to study for a few days. I learnt plenty of things there. First, I found that the people there are all very polite. The students always say 'Thank you', 'Sorry' and 'Excuse me' to others. During lessons, all of the students raised their hands before talking. They were very friendly and helpful. When I didn't understand what the teacher was talking about, they explained and explained many times to me patiently. In addition, when I asked them some questions about the US, they were willing to answer me. After joining this exchange program, I learnt that I should be polite and friendly to everyone. Moreover, I have become more confident in speaking English and I love English so much !

4Fs-Future

I learnt that we should be polite, friendly and helpful. Therefore, when I meet some new friends, I will be polite and friendly. If some of my classmates or friends ask me some questions, I will be pleased to answer them. I will try to help others and be more helpful.

On the other hand, I learnt to be independent too. I think this is very important for our future. I will try to do everything myself and try not to depend on others.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Fung Ching Yiu (10) 6A

4Fs-Facts & Feelings

The most impressive moment was playing in Emily and Olivia's house. We played four squares and basketball. When we were playing four squares, Alex came and played with us. He was humorous. He made us laugh a lot. Then we went inside their house and played with two hamsters, Big Ma Ma and Peanut. Big Ma Ma was really fat and she hated sports. Emily let us ride on her sunny walk. It was not easy to balance well and Alex was circling when he rode on it. Then he sang, 'A whole new world.....' and he fell on the floor and we laughed at him. After that we made S'mores. They were very sweet. At last we hugged each other because it was our last night to play with them before they went to another country to watch basketball match. I will miss them very much.

4Fs-Findings

In the Carter Caves and Scenic Hike I learnt that I need to be brave. If I was not brave I couldn't cross the rocks and wouldn't have this experience. It gusts like that if you do not try new things or try to solve difficulties you will never succeed. It changed my mind. I need to try every good thing even if it is very difficult. If I fail it then never mind, just try another way.

4Fs-Future

In the school I learnt that I need to be positive and more helpful. I must be more positive and active in the lessons. I should try to answer the questions and help my classmates with their homework. I will also have a positive attitude to face difficulties.



American Cultural Exchange Trip (2015-2016)
Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Leung Hiu Lok (15) 6B

4Fs-Facts & Feelings

During the U.S. trip, one of the impressive moments is that I saw a lizard in the Science class. It was unbelievable. I could not imagine how a lizard was kept at school. I felt scared about it.

4Fs-Findings

I learnt some Spanish from this visit. Apart from enhancing my English skills, I was talking in English all the time. That means I practiced using English for many days there.

4Fs-Future

I will be more polite after the Exchange Programme. I will try to say 'Thank you' and 'You're welcome'. I will also use my English skills to help some British people or US people who get lost in Hong Kong.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Wong Wai Shan (26) 6B

4Fs-Facts & Feelings

I want to share my experience of the 3 Mile Scenic Hike with Guide at the Carter Caves. I walked with an eight year old girl. We went hiking on a high and rocky mountain that was very dangerous and slippery. I walked safely because the girl always helped us. She tried to hold our hands even though she was so young. I felt very warm and I was proud of her.

4Fs-Findings

After the exchange programme, I learnt we should give a hand to others no matter how old we are. We should be brave and helpful so that our family will be proud of us. I also learnt we should be more polite because people in Huntington are very polite. They always say, 'thank you', 'fine', 'perfect' and 'brilliant'. I also learnt we should always smile because a lot of people smiled at us. Although they don't know who we are, they still keep smiling at us. Besides, I also learnt a lot of idioms and words in the lessons. I also know how to play some card games in USA.

4Fs-Future

I will give a hand to somebody who gets into trouble. At school, I can teach my schoolmates how to do homework when they do not know how to do it. I will be more polite to others. In case I need help, I will say 'please' and 'thank you' to others. When I see some teachers and friends, I will say 'Good morning' and 'Good afternoon' to them. I will always smile at others to make them happy. I will use more idioms and beautiful words in my writing. I hope I will be good at writing too.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Fung Hoi Ching (8) 6B

4Fs-Facts & Feelings

In this exchange programme, I was glad that I could stay with the Dean Family. During the trip, I met many new friends and played in their home with Carma and Clara. I liked my host family because they took good care of me. Mrs Dean woke up early every morning and cooked delicious meals for us. She also made us a lunchbox as she didn't want us to be hungry. She and her husband shared their food and the Dean family said we were their family members. On the last day, they gave us a lot of presents in a bag. They wrote a lot of words that encouraged us. I was very touched and moved. I miss them all !

4Fs-Findings

On this trip, I went to Our Lady of Fatima School and joined the lessons. I was pleased that I could sit with my study buddy Carma and learn with her. I was really amazed when I went to school on my first day because the students were extremely polite and they behaved themselves in class. They concentrated when the teachers spoke. I hope I can behave like them too. In the lessons, I read a book called 'The Lion, the Witch and the Wardrobe'. I learnt many reading skills.

4Fs-Future

After the trip, I would like to read more books and write more essays. I will also be more polite and say 'Hello' to my classmates and teachers in the morning. I will listen carefully to the teachers and answer more questions. I can even help my classmates in need, like my student buddy did in the U.S.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Leung Tsz Long (16) 6B

4Fs-Facts & Feelings

Going on a picnic in Ritter Park was the most impressive moment in the US trip. I flew a kite, played baseball and hide and seek with the American children. I learnt more about what they play and what they eat. Their lunch is very healthy, such as salad with very little meat. I asked them to share some food with me and they were very generous. It was very sunny and hot on that day. I played happily. So I forgot it was so hot. I went to Carter Caves, too. I kept climbing on the rocks. It was very challenging. I enjoyed the scenery and everything. They all inspired me.

4Fs-Findings

After the trip, I learnt more about American culture and I am more confident speaking in English because I know what Americans eat and what they do in their spare time. I always communicated with them in English. They used English to play card games, which changed my attitude. Instead they can use some difficult English words easily. I hope my English will improve. Although I can't understand what they said sometimes, I could still get its meaning.

4Fs-Future

Some table manners and rules I learnt in U.S :

1. Table manners

We can't hit the plate loudly when we are eating. We need to put the knife and fork neatly when we finish our food. We can't play on mobile phones when we are eating.

2. Be polite all the time

We need to say 'thank you' if somebody helps us. They think you are very rude if you don't say thank you. They will not help you next time.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Chan Shing (2) 6D

4Fs-Facts & Feelings

My impressive activity was going to the farm. On that day, we went there with the students who are studying at Our Lady of Fatima Parish School. We went by bus. I sat with my friend Bryce Tsia. When we arrived at the farm, we made some crafts. We needed to put a plate on the desk. Then, we drew a picture on it. After that, we hit it. Finally, we drew a beautiful picture. When I first did it, I could not manage because it was so difficult, but Bryce helped me to finish it. I learnt that we should try to help others. Your friends will help you if you are in trouble.

4Fs-Findings

I learnt that transport in Hong Kong and America is quite different. In Hong Kong there is a lot of public transport. We have trains, buses, minibuses, ferries and more but in America there are no buses, except a few school buses. A lot of people in the U.S. drive cars. I know that American transport is not too convenient so people need to drive cars. If I go to America again, I need to drive cars. If we don't have a car, it's very inconvenient. America is big but there are not so many people. All in all, public transport is not common in America.

4Fs-Future

When I grow up, I need to use public transport a lot. It will make a big difference. If I go to America again, I should live in my friend's house because public transport is not common in America.



American Cultural Exchange Trip (2015-2016)

Our Lady of Fatima Parish School

Pentecostal Yu Leung Fat Primary School and Our Lady of Fatima Parish School

Name: Chow Nap Yan (6) 6D

4Fs-Facts & Feelings

On the sixth day, we went to several caves. They were called the 'Carter Caves'. First, my host family drove me to the Welcome Center. After a while, they drove me to the cave. Actually, I felt a bit nervous last night because I didn't know if it was dangerous or dark. On that day, many friends came with me so I didn't feel that it was dangerous. After that, we went hiking. On the way, there was a narrow cave and we all needed to be careful to walk through it. In the cave, the wall was so amazing that I praised God's creation in my heart. We all had fun.

4Fs-Findings

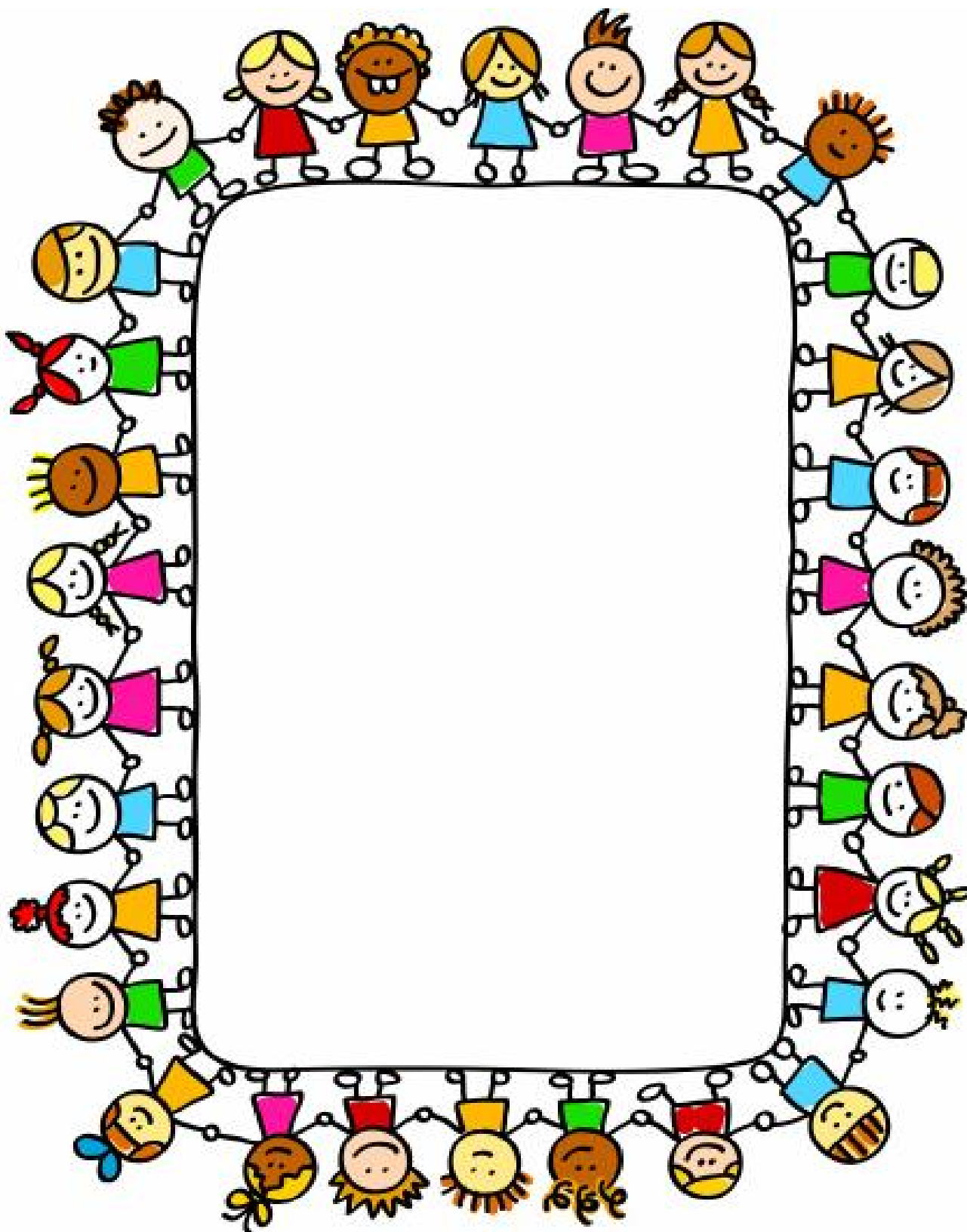
When I first walked into school, all the students welcomed me ! They were full of passion and they treated me extremely well ! For example, some children gave me some snacks and some gave me a bag. Also, they were very polite and helpful. When something needed to be done one by one, the students in Fatima always let me do it first. Moreover, when I didn't understand what the teachers said, the students taught me immediately. This really shows their enthusiasm for helping others. Their manners showed me that we need to treat people well. If somebody needs help, I will help them immediately just like the U.S. students.

4Fs-Future

1. If somebody needs help, such as their learning, I will try my best to help him or her.
2. If some visitors come to my home, I will welcome them ardently. I will also treat them well by giving them some tea to drink. In addition, I will be more polite by not talking to the visitors rudely.



What have you learnt after reading their reflection?





Pentecostal Yu Leung Fat Primary School

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