



To: G3-G6 Parents
From: Dr Agnes Wai, Principal
Date: 17th December 2019

G3-G6 Parent-Child Japan Education Tour 2020

As a part of the Ethics Education Programme, the School organized a Los Angeles Parent-Child Tour in 2016 with creativity and animation as themes. In 2017, we took 60 students and parents to Singapore, where harmony is embraced despite of its diversity, to learn social inclusiveness, respect and teamwork. In 2018, our students and parents travelled to Japan to experience how STEM education and Japanese Aerospace Exploration in Japan nurtures students to become innovative and creative, and also stimulates student's curiosity toward nature, universe and life. Last Easter, we went to Taiwan and experienced the differences between the urban and rural area by using the five senses. Through the sharing and collaborations with the disabled people, our parents and students developed their empathic and positive characters, treasured what they have and learnt to help other people. All of these tours were well received by participants.

During the Easter Holiday in 2020, the School is collaborating with Hong Kong Professional Musician Association World Vision Academy (HKPMA WVA) again and organizing a 6-day Parent-Child Education Tour to Japan for all G3 to G6 students and parents. This tour intends to encourage participants to experience and build self-regulation and collaboration, as well as to manage resilience and failure. Parents and students will have opportunities to join the training and exchange with Tsukuba youth sport team and experience Judo / Kendo at a Japanese local school. As 2020 Tokyo Olympic is on the way, participants will also be able to experience how to cope with physical obstacles through the Paralympic sport programme and sharing session organized by Nippon Foundation Paralympic Support Centre. Mr Jin Hiroki, a sport physiotherapist, will also be sharing his expertise on failure management with the participants. Some information of the Tour is as follows:

- Date: 8th to 13th April 2020 (6 Days)
- City: Tsukuba, Japan
- Quota: 40-55 G3-G6 students and parents
(Each student must be accompanied by one or two parents)
- Tour Fee: HK\$27,000 per each participant
(Price includes air ticket, local transportation, accommodation, meals, course fee, entrance tickets and tips and the fee for the School's accompanying teaching staff)
- Remarks: The School will assign the Principal and 2 to 3 teaching staff to accompanying the Tour (the exact number of staff depends on the final number of participants)

Attached please find some details and the tentative itinerary of the Tour provided by HKPMA WVA for your reference. To learn more about the Tour, we would like to invite you to attend a seminar with HKPMA WVA representatives on **11th January 2020 (Saturday) at 10:30 am**, the **School Auditorium at Ho Shung Yuk Building**. They will give you more information regarding the Tour.

Please complete the reply slip in our School app by 8th January 2020 (Wednesday). For enquiries, please contact Mr Kelvin Lo on 2813 8410.



敬啟者：

G3-G6 日本親子學習之旅 2020

為配合德育課程，本校於二〇一六年帶領學生及家長以創意學習概念到訪實現夢想之地美國洛杉磯，看到孩子的創意力、家長和子女的關係隨著緊密的合作加倍緊扣。二〇一七年，我們以「擁抱社會大同」為題，與家長和孩子到訪種族及宗教和諧共融之地新加坡，與社會企業家會面並於社企服務體驗，學習社會共融、尊重及團體合作。二〇一八年，學生與家長更走進日本科技領域，學習 STEM 及日本航天科技，同時到自然之境探討並反思大自然與科技的關係。到了上一學年，我們到訪台灣，由五感出發，重新感受城市與鄉土；此外，透過與殘障人士的互動和分享，參加者學懂同理之心，逆地而處，珍惜擁有與學懂幫助他人。

二〇二〇年復活節，本校將再次聯同香港音樂及藝術家協會世界視野學堂 (HKPMA WVA) 為三至六年級家長及學生舉辦一個六天日本親子學習之旅。是次學習之旅將以「體育精神」為題，旨在讓參加者從各項活動中學習團體合作、自我管理、失敗管理及抗逆能力。學生與家長將有機會與筑波市體育會少年團進行運動交流，亦將會到訪當地學校學習日本傳統運動項目——柔道／劍道。而適逢二〇二〇東京奧運即將來臨，學生與家長將參與殘奧運動會青年體驗計劃，感同身受去了解殘疾人士做運動的困難；同時，學生與家長亦將與運動治療師廣木先生會面，透過他的分享，學懂調節心理素質以及失敗管理。現把是次學習之旅的基本資料臚列如下：

- 日期：二〇二〇年四月八至十三日（六天）
- 城市：日本筑波市
- 名額：40-55 名三至六年級學生及家長（每位學生必須由一或兩位家長陪同）
- 團費：每人港幣\$27,000
（團費已包機票、當地交通、住宿、膳食、課程費、門票、各項小費及本校隨隊教職員之費用）
- 備註：校方將安排校長及兩至三名老師隨團（老師數目視乎參加人數而定）

後附是次學習之旅的簡介及暫定日程表（資料由 HKPMA WVA 提供），供家長參考。為了讓家長能充份了解是次學習之旅的內容及安排，校方現安排 HKPMA WVA 代表為各家長作簡介。簡介會定於二〇二〇年一月十一日（星期六）上午十時三十分，假本校何崇鏊教學樓演講廳舉行。家長可於簡介會中得知是次學習之旅的詳盡資料。

請於二〇二〇年一月八日（星期三）或以前 **填妥本校手機程式內之回條**。如有任何疑問，請致電 2813 8410 與盧家其副校長聯絡。

此致

三至六年級家長

校長

衛燕華博士

二〇一九年十二月十七日

St Stephen's College Preparatory School G3-G6 Parent-Child Japan Education Tour 2020

Date: 8-13 April 2020 (6 days)



Since 2006, students of St Stephen's College Preparatory School (SSCPS) have been collaborated with HKPMA – World Music Academy all over the world including Austria, UK, Germany, Finland, Poland and Beijing through Music Tours. 2020 will mark our **15th consecutive collaboration with SSCPS**.

In correspondence with the theme of the **Ethical Study and Whole Person Development at SCCPS**, our educational tour experience series '**World Vision Academy**' allows students to explore the world at a different and wider perspective. In **2016**, 40 students together with parents set off to **Los Angeles** for a wonderful parent-child tour with creative and animation theme. And in **2017** Easter, we brought 60 students and parents to **Singapore**, where harmony is embraced despite of its diversity, to learn social inclusiveness, respect and teamwork. In **2018**, nearly 100 students and parents traveled to **Japan** to experience how STEM education in Japan nurtures students to become innovative and creative. **Last Easter**, over 160 students and parents explored Taiwan at a new perspective using 5 senses and being inspired by spending a day with the blind, we saw stronger bonding developed among families, parents and children in these tours.

In the coming **2020 Easter**, we cordially invite **G3-6 students and parents to Japan (Tsukuba) with a different perspective!** Get ready for the 2020 Tokyo Olympic, this tour intends to encourage students and parents to experience and build **1) Self-regulation & collaboration, 2) Resilience and failure management, 3) Parenting** through the **theme of Sportsmanship**.

All kids encounter stress of varying degrees as they grow. Despite their best efforts, parents can't protect kids from obstacles. Resilience helps kids navigate these stressful situations. Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity.

With the support of **Tsukuba Sports Association**, students and parents will have a chance to (1) **join the training and exchange with Tsukuba youth sport team** and (2) **experience Judo/Kendo workshop** at Japanese school. In addition, we will go (3) **hiking at one of the famous mountains in Japan-Mt. Tsukuba** which is also a common excursion for Tsukuba primary schools, followed by (4) **orienteering** activity collaborated by both parents and students.

2020 Tokyo Olympic is on the way, students will have the opportunity to experience how to cope with physical obstacles through (5) **the Paralympic sport program and sharing session** organized by Nippon foundation Paralympic support center, while (6) **Sport Physiotherapist Jin Sensei** will share his expertise on well-being/inner health checkup and give an introduction on failure management.

Furthermore we will explore Tsukuba (筑波) and Japanese culture through (7) visiting **Japan Aerospace Exploration Agency JAXA** and (8) **Taiko drum workshop**. We trust that this year parent-child education tour will become another unforgettable experience for students.

| Day | Proposed Itinerary |
|------------------------|---|
| Day 1 8/4 (Wed) | <p>Hong Kong → Narita → Tsukuba</p> <p>Afternoon / Evening: Sport Science and Health Talk by Sport Physiotherapist (Proposed Topic: Well-being / inner health checkup / introduction to failure management) Night: Welcome Dinner, Briefing session of Discovery Day</p> <ul style="list-style-type: none"> ➤ Meal: Lunch on flight / Welcome Dinner at local restaurant ➤ Accommodation: Okura Frontier Hotel (Tsukuba) |
| Day 2 9/4 (Thu) | <p>A Day at Nature</p> <p>Morning: Hiking in Tsukuba Mountain (ecological tour) Afternoon: Orienteering at Shirosato Camp Site</p> <ul style="list-style-type: none"> ➤ Meal: Breakfast at Hotel / Lunch at campsite / Dinner at local restaurant ➤ Accommodation: Okura Frontier Hotel (Tsukuba) |
| Day 3 10/4 (Fri) | <p>Collaborate and Exchange with local students</p> <p>Morning & Afternoon: Local school visit (Judo / Kendo class) & exchange with local students (Discussion with the topics of resilience and failure management) Evening: Sports Training and Exchange with Tsukuba Sports Association Junior Team (School Radio Exercise and Sports Onigokko workshop)</p> <ul style="list-style-type: none"> ➤ Meal: Breakfast at Hotel / Lunch at School / Dinner at local restaurant ➤ Accommodation: Okura Frontier Hotel (Tsukuba) |
| Day 4 11/4 (Sat) | <p>“Ready for the 2020 Tokyo Olympic” - One day of Paralympic Experience</p> <p>Morning: Paralympic Sports Youth Programme organized and led by Nippon foundation Paralympic support center. Hands-on workshops include:</p> <ol style="list-style-type: none"> 1. Blind warm-up 2. Wheelchair basketball 3. Wheelchair racing <p>Afternoon: Sharing by Paralympic Sports representative / athlete</p> <ul style="list-style-type: none"> ➤ Meal: Breakfast at Hotel / Lunch & Dinner at local restaurant ➤ Accommodation: Okura Frontier Hotel (Tsukuba) |
| Day 5 12/4 (Sun) | <p>Cultural experience: Japanese style parenting</p> <p>Morning: Easter church service Afternoon: Taiko drum workshop together with Japanese families</p> <ul style="list-style-type: none"> ➤ Meal: Breakfast at Hotel / Lunch & Dinner at local restaurant ➤ Accommodation: Okura Frontier Hotel (Tsukuba) |
| Day 6 13/4 (Mon) | <p>Tsukuba → Narita → Hong Kong</p> <p>Morning: Debriefing Afternoon: JAXA (optional - depends on final flight time)</p> <ul style="list-style-type: none"> ➤ Meal: Breakfast at Hotel / Lunch at local restaurant / Dinner on flight |

** Itinerary is tentative and subject to change*

Nippon foundation Paralympic Support Center

Nippon foundation Paralympic Support Center was established in May 2015 with the objective to ensure the success of the 2020 Tokyo Paralympic Games, and promote Paralympic sports. Also it develops a set of school education materials to share the appeal of the Paralympic Games with children.

In this tour, students and parents will able to join their youth programme to experience as Paralympic athletes and have hands-on lessons includes blind warm-up experience, wheelchair basketball, wheelchair racing.

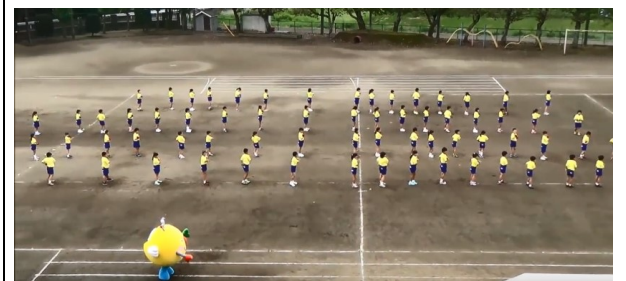
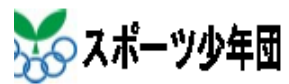
A sharing session will be hosted by the representative / athlete of Paralympic Support Center.



Tsukuba Sports Association Junior Team

With the vision of 'Sports is for all of us', Tsukuba Sports Association promotes sportsmanship and physical health among Tsukuba citizens. They organize the joint-school junior team with different sports activities in order to strength children's physical health and also improve team-building and leadership skills.

Onigokko is a traditional Japanese culture that has been introduced in Japan since 1300 years. Onigokko is the most popular physical sports that everyone was playing in Japan since childhood. In this tour, students and parents will exchange with TSA junior team, doing the Japanese Radio Exercise together and have Sports Onigokko workshop.



More about Tsukuba



Tsukuba was built in order to be the largest science technology accumulation site among the country. It is located with rich nature, such as Mt. Tsukuba at the north and Lake Kasumigaura at the east. This Science City has the high-level research and educational institutions, and the Japan Aerospace Exploration Agency.

Mt. Tsukuba

It is one of the 100 famous mountains in Japan, rises 877 meters above sea level. Identifiable by its characteristic double peaks – known as Mt. Nantai (871 meters) and Mt. Nyotai (877 meters).

The kindergarten kids in Tsukuba go hiking every year as their regular nature experience. The challenge spirit and respective to nature of Japanese maybe discover through the hiking on Mt. Tsukuba.



Japan Aerospace Exploration Agency

It is Japan's national aero-space agency that responsible for research, technology development and the launch of satellites.

Students will visit JAXA with a Space expert who will share deeper knowledge about space nutrition and astronauts exercise training life to maintain their health in Space.



Mr Jin Hiroki

Jin Sensei is a specialist for sports mental training and has a program called “Arigatou University” where he himself is among many lecturers who he invites to share about the stories of success and failures in team sports, academic, and business etc.

He has been helping Japanese astronaut in body maintenance before and after space mission.

Recently he gave a parenting talk on “Making your kid’s dream come true”.

We’ll start out our tour with Jin sensei, in addition of his expertise sharing, he may also advise parents/students on well-being and inner health checkup, relating to the importance of failure management and resilience.



Jin Sensei and Japanese astronaut

About HKPMA



HKPMA was founded by a group of professional music performers and music educators in 2002. In 2003, we founded the Metropolitan Youth Orchestra of Hong Kong and regularly performed with outstanding international artists in public concerts. Today, we are serving over 1,000 music learners from all music levels annually.

Starting 2005, we collaborated with Johannes Brahms School of Music, Austria to form the **World Music Academy** Summer Program and there are over 1000 students, parents and teachers joining the program in the last 10 summers. Since 2006, music students of St Stephen's College Preparatory School (SSCPS) have received numerous music training by educators and exchange opportunity with students, from Austria, United Kingdom, Germany and Poland, Finland and Beijing; and received great hospitality and high acclaims from local partners and musicians.

In 2015, in addition to our music themes, we launched a new educational tour experience series **World Vision Academy (WVA)** in order to bring a more pertinent experience to schoolchildren. We want to allow them to explore the world at a different and wider perspective along three directions, 'Creativity, Action, Service' and the seven core values of healthy lifestyle, breadth of knowledge, learning skills, language skills, habit of reading, national identity and responsibility. This year is the 15th consecutive collaboration with SSCPS.

Travel Information

Accommodation: Okura Frontier Hotel (Tsukuba)
Airline: Cathay Pacific
Travel Arrangement: Charming Holidays

聖士提反書院附屬小學 G3-G6 日本親子學習之旅 2020

日期：2019年4月8-13日（六天）



自 2006 年以來，聖士提反書院附屬小學（簡稱 SSCPS）的學生多次接受 HKPMA 舉辦的海外音樂訓練、交流及演出機會，包括奧地利、英國、德國、芬蘭、波蘭及北京。2020 將是**連續第十五**年跟 SSCPS 合作舉辦學習之旅。

配合校方的德育與全人教育發展，我們的《世界視野學堂》學習之旅以「親子共學」為題，為學生與家長注入嶄新的學習原素：2016 年，40 位學生及家長以創意學習概念到訪實現夢想之地**美國洛杉磯**，我們以製作動畫創意力；2017 年，60 位學生及家長到訪種族及宗教和諧共融之地**新加坡**，與社會企業家會面並於社企服務體驗，學習社會共融、尊重及團體合作；2018 年，近百位學生與家長到**日本**學習 STEM 及航天科技；2019 年，超過 160 位學生與家長跟我們到訪**台灣**，由五感出發，與視障人士同遊社區以學懂同理之心，家長和子女的關係隨著緊密的合作加倍緊扣。

承接上學年之成功，2020 年復活節，我們誠意邀請 SSCPS 三至六年級的學生與家長到日本（**筑波**），一同迎接 2020 東京奧運的來臨！

所有孩子在成長過程中都會遇到不同程度的壓力，而父母雖盡最大的努力保護，孩子仍無可避免的會遇上阻礙。因此鍛鍊孩子的「抗逆力」甚為重要。「運動」除了鍛鍊身體，亦有助於強化大腦，增強身心靈抵抗壓力的能力。是次親子學習之旅將以「**體育精神**」為題，學生與家長從各項活動中學習 **1) 團體合作與自我管理，2) 失敗管理與恢復能力，3) 育兒之道**。

得到筑波市體育協會支持，學生與家長可以 **(1) 與筑波市體育會少年團進行運動交流**，學習團體合作；亦到訪當地學校學習日本傳統運動項目 **(2) 柔道課 / 劍道課**，以了解日本人對運動細節的堅持、自我管理。我們將會一同到 **(3) 日本百大名山之一的筑波山進行遠足**，透過這項當地小學恆常項目去考驗大家的堅毅，亦會舉行 **(4) 戶外定向**給家長與學生一同協作完成。

適逢 2020 東京奧運即將來臨，學生與家長可以有另類的運動體驗 **(5) 殘奧運動會青年體驗計劃**，可以感同身受去了解殘疾人士做運動的困難，培養同理心。同時，亦 **(6) 與運動治療師廣木先生會面**，透過他的分享，讓學生與家長以運動員角度代入，學懂調節心理素質以及失敗管理。我們會進一步探索筑波之文化，包括 **(7) 到訪日本太空總署**，以及 **(8) 筑波和太鼓工作坊**。我們深信這次旅程保證是你們一個難忘的經歷！

| 天數 | 暫定行程 |
|--------------------|---|
| 第一天 8/4 (三) | <p>香港 → 成田 → 筑波</p> <p>下午 / 黃昏：運動治療師分享會（關於心理素質及失敗管理） 晚上：歡迎晚餐</p> <ul style="list-style-type: none"> ➤ 膳食：午餐於航班 / 歡迎晚餐於當地餐廳 ➤ 住宿：筑波大倉先鋒酒店 |
| 第二天 9/4 (四) | <p>自然與朋友</p> <p>上午：筑波山遠足（生態導賞） 下午：城里町綜合野外活動中心（戶外定向 / 運動活動）</p> <ul style="list-style-type: none"> ➤ 膳食：早餐於酒店 / 午餐於野外活動中心 / 晚餐於當地餐廳 ➤ 住宿：筑波大倉先鋒酒店 |
| 第三天 10/4 (五) | <p>當地學生交流與合作</p> <p>上午：與當地學校交流（柔道課 / 劍道課及分享適應力與失敗管理之經驗） 下午：與筑波市體育會少年團進行運動交流（學校運動操及 Onigokko 工作坊）</p> <ul style="list-style-type: none"> ➤ 膳食：早餐於酒店 / 午餐於學校 / 晚餐於當地餐廳 ➤ 住宿：筑波大倉先鋒酒店 |
| 第四天 11/4 (六) | <p>2020 東京奧運之前哨</p> <p>上午：日本殘奧會支持中心舉辦的「殘奧運動會青年體驗計劃」，體驗課程包括： 1. 蒙眼運動體驗 2. 輪椅門球 3. 輪椅接力賽 下午：殘奧運動員 / 殘奧協會代表分享會</p> <ul style="list-style-type: none"> ➤ 膳食：早餐於酒店 / 午餐及晚餐於當地餐廳 ➤ 住宿：筑波大倉先鋒酒店 |
| 第五天 12/4 (日) | <p>日本文化體驗</p> <p>上午：教會復活節崇拜 下午：筑波和太鼓、傳統日本舞工作坊（與日本家庭一同參與）</p> <ul style="list-style-type: none"> ➤ 膳食：早餐於酒店 / 午餐及晚餐於當地餐廳 ➤ 住宿：筑波大倉先鋒酒店 |
| 第六天 13/4 (一) | <p>筑波 → 成田 → 香港</p> <p>早上：反思及分享 下午：到訪日本太空總署（因應回程航班時間而定）</p> <ul style="list-style-type: none"> ➤ 膳食：早餐於酒店 / 午餐於當地餐廳 / 晚餐於航班 |

* 行程如有變動，協會保留有關更改之權利

日本殘奧會支持中心

日本殘奧會支持中心於 2015 年 5 月成立，目的是為了確保 2020 東京殘疾人奧林匹克運動會得以順利舉行，並藉此為運動會作宣傳。中心更製訂了一套學習教材於日本中小學推廣。

在是次學習之旅，學生與家長會一同參與「殘奧運動會青年體驗計劃」，當中可體驗硬地滾球、輪椅籃球、輪椅接力等項目。

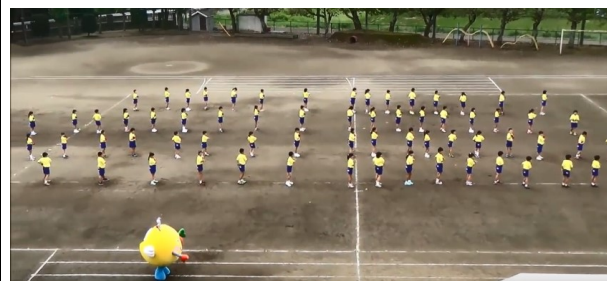
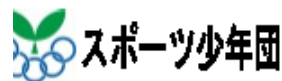
另外，將由殘奧會支持中心代表 / 運動員為我們分享他們的生命故事、以及心路歷程。



筑波市體育會少年團

以「運動屬你與我」為宗旨，筑波市體育會少年團致力推廣「體育精神」及體態健康。少年團會組織不同聯校活動在不同的運動範疇，以培養青少年的體能、團隊合作，以至於領導才能。

Onigokko 是有著 1300 年文化的日本傳統，同時也是時至今天的運動項目，日本的小孩自小也懂得。在是次旅程，學生與家長將會與筑波市體育會少年團以運動作交流，一同做學校運動操以及比賽 Onigokko 這項運動！



More about Tsukuba



筑波市（日語：つくば市）是位於日本茨城縣南部的都市，筑波市距離東京都心約 50 公里。筑波市是日本重點科學市鎮，同時它亦有豐盛的自然環境，北有筑波山；東有霞浦。這個科學市鎮集中了日本太空總署、筑波大學、及 300 多個學術與研究機構，是自然與科技結合之市鎮。

筑波山

日本的百大名山之一，位於茨城縣的中央，山頂分成海拔 877 米的女體山和海拔 871 米的男體山兩座山峰，在兩座山峰間的禦幸原處有瞭望台可俯瞰關東平原。到筑波山遠足更是筑波幼稚園學生從小每年的課外活動。

藉遠足以培養學生與家長挑戰精神、了解自然生態以及懂得珍惜大自然。



日本太空總署

JAXA 為負責日本國家航空太空開發政策的國家研究與發展基地，包括研究、開發和發射人造衛星入地心軌道。JAXA 亦有與美國太空總署（NASA）進行合作計劃如地球觀察方案及人造衛星任務。



廣木仁先生

廣木先生是一位運動治療師，專門在運動心理訓練，並製訂了一套名為《Arigatou University》的課程，以互動的方式在全國分享「運動成與敗」的經驗之談。

他同時亦為日本太空人進行體力訓練，在他們完成航天任務的前後作身體的復健。

最近，他亦以「親子夢成真」為題進行育兒講座。

是次旅程我們會先與廣木先生會面，透過他的分享，讓學生與家長以運動員角度代入，學懂調節心理素質以及失敗管理。



廣木先生（右）與日本太空人野口聰一先生（左）

關於 HKPMA



香港音樂及藝術家協會（簡稱 HKPMA）於 2002 年由香港一群專業音樂家及音樂教師所創立，宗旨是透過音樂培育學生的才能，豐富娛樂及文化生活。在 2003 年成立香港青少年管弦樂團（Metropolitan Youth Orchestra of Hong Kong）並且定期與國際知名音樂家舉行音樂會。至今協會透過籌辦或協辦公開表演活動、義工服務及音樂培訓等，為每年超過 1000 位音樂愛好者推廣音樂。

自 2006 年起，聖士提反書院附屬小學（簡稱 SSCPS）的學生多次接受海外音樂訓練及交流，當中的奧地利、英國、德國、芬蘭、波蘭及北京，更得到當地學院及導師高度重視、接待及評價。2015 年，音樂遊學以外，我們更推出了全新的教育體驗之旅系列——**世界視野學堂（WVA）**。我們希望讓學生沿著三大方向，「創意、行動、服務」，擴闊視野，和七個健康學習宗旨，包括健康生活方式、八個學習領域的知識、學習能力、語文能力、閱讀習慣，國民身份認同和責任感。這將是連續第十五 year 跟 SSCPS 合作舉辦學習之旅。

交通安排及住宿資料

住宿： 筑波大倉先鋒酒店
航空： 國泰航空
旅程安排： 翠明假期