

5E Ma Hei Ying, Kiwi

I am glad that I could participate in this trip. I have developed a deep friendship with the other students who went to Norway together. We took good care of each other. The part I enjoyed the most was the time in Ansgar University College because we could interact with the students there. We learnt from each other our own culture and languages. It was funny to hear them say Cantonese. I am also grateful for my host family, who let me stay with them and drove me to the university every morning. I feel fortunate to know them. I really want to travel to Norway again to see them.

5A Yeung Ching Lam, Nicole

This trip has given me a lot of new impressions of Norway. People are nice and kind. They have no race discrimination. I want to thank you all and my host family who really took good care of us and made us feel like we were actually one of them. Students from Ansgar University College are all helpful and willing to make friends with us. Friends from the church chatted with us in a harmonious way which made me want to believe in God. I am grateful that I could experience snow at my age.

5E Li Tsun Ho, Markus

I really felt nervous before the trip because I didn't know whether I could communicate with my host family. Fortunately, I made it! I was really surprised that they had treated us as one of their family members. The experience in staying with my host family was unforgettable because I got a Norwegian sister, Julie and a Norwegian brother, Krist. We loved each other and we shared our own story. We stayed there for five nights but time flew. All of us did not want to leave Kristiansand and our host family. Also, students at Ansgar University College were so kind to us. They took care of us and most importantly, Even, a student there, replied my online status. It was unexpected. All in all, this trip has really improved my English speaking and listening abilities. I love my host family! I love Kristiansand! I love Oslo! I love Norway!

Marcus and Tony with Family Roppe



Kiwi and Nicole with Family Haugland Amfinn



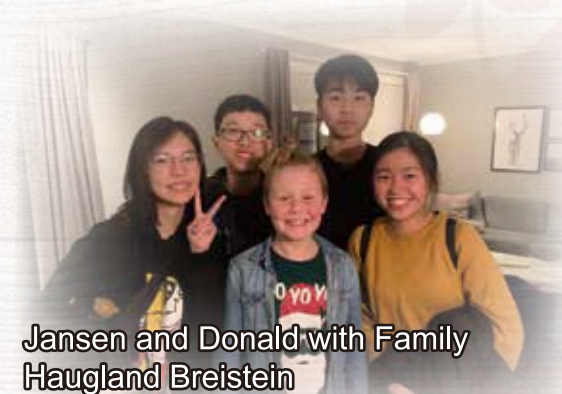
5B Chau Siu Sen, Tony

I am deeply grateful that our school organized this cultural exchange program. I am especially thankful to the teachers-in-charge who had planned and prepared everything before we could enjoy this journey. The right time, the right places and the right people made this trip wonderful. We went to Norway during the Chinese New Year holidays so that the students and professors there were still at the university to receive us. One of the most appealing things about this trip was that we could live with a host family. This was a dream come true for me because it is the best way to learn English. After this trip, my spoken English has become better. I have learnt a lot about daily life English and I am now no longer afraid to speak English. I did not realize that my vocabulary bank was not enough until I communicated with my host family because I could not explain myself well. It was also interesting to adapt to the lifestyle of Europe. The Norwegians seldom eat rice or noodles. At night, when I looked up to the sky, it was full of stars. I was deeply impressed. If the host family's children had not taken me to see the stars, I would not have discovered them. As we grow up, we easily ignore the natural wonders around us. We should not live like a robot.

3D Siu Chun Wai, Jansen

During this trip, I learned some Norwegian culture. It is nice to learn other cultures. Besides, I have improved my English in this trip through communicating with my host family. The thing I enjoyed most was playing with snow. On the second day we arrived in Norway, we had fun enjoying a lot of snow activities like skiing and sleighing. I am really grateful that I had the chance to join this trip with teachers and other students in my school. I will definitely go for another study tour if there is a chance.

Jansen and Donald with Family Haugland Breistein



4C Ho Ka Hing, Donald

Before I went to Norway, I thought it should be just like Hong Kong, with tall buildings and places crowded with people. But it is not! Norway is very different. Every family has its own house which is much bigger than ours in Hong Kong. I enjoyed the time in Ansgar University College, which is a bible school with a dormitory. After visiting their boarding house, I fell in love with it - with big rooms, simple and clean. Besides, I knew more about our school in this trip and learned about its history of how we got help from the Mission Covenant Church in Norway. I think talking to my host family is a good chance to enrich my English speaking skill. Thanks everyone for preparing this trip for us.



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★ **Special Edition** ★  
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# Norway 23/1/2020-1/2/2020 Study Tour



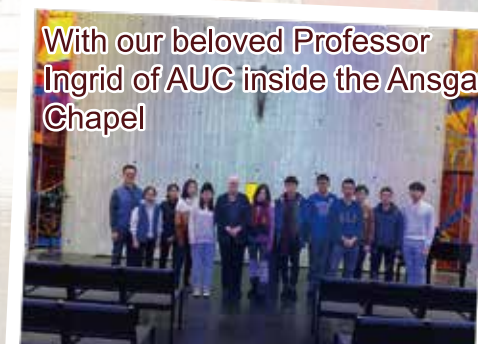
Norway, we are coming!!

This year marked the 50th Anniversary of our school. A group of ten students and two teachers participated in a ten-day Norway Study Tour in January 2020. This tour was organised by the English Department with the help of Ansgar University College(AUC) and Oslo Covenant Church Bethlehem. The aims of the tour were to help students find the root of our school, engage in cultural exchange with the Norwegian students and last but not least, improve their English proficiency.

## Kristiansand Cultural exchange in Ansgar University College (AUC)



Our host families are waiting for us at Kjevik Airport



With our beloved Professor Ingrid of AUC inside the Ansgar Chapel



H.K. students are making presentations to Norwegian students about H.K.



Can't imagine we can get red packets from our Norwegian uncle. Thanks for bringing us to the Old Town



Playing some games in Ansgar's Kitchen



Norwegian students are telling us about the Norwegian cultures



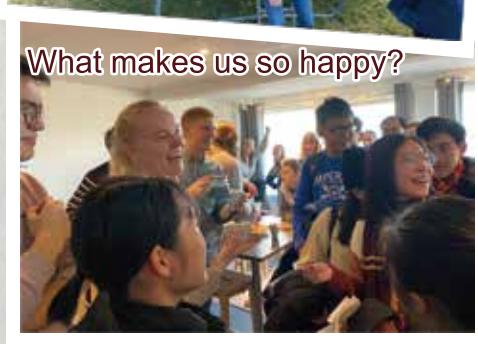
Playing trampoline



Thanks Ingrid for the cozy high tea



The Norwegian food made by Mrs. Roppe was super yummy



What makes us so happy?



Our heartfelt thanks to Dr. Ingunn Folkestad Breistein, Principal of AUC

## Finding the root of the Mission Covenant Church in Kristiansand



So many treasures

Sister Annie Skau



Inside the archive of AUC

Sharing from Professor Ingrid of AUC



Sharing from the pastor of Randesund Misjonskirke



## Snow activities



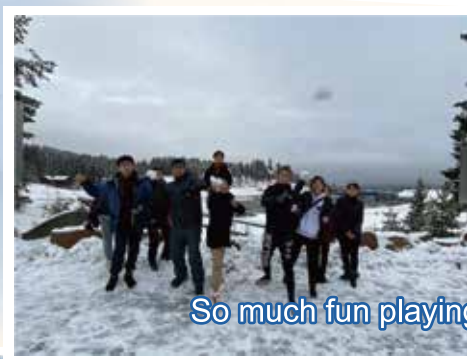
Receiving red packets from teachers on Chinese New Year Day



Thanks Mr. Try for coaching us



Marching to our dreamland



So much fun playing with snowballs



Our happy moment



We all look professional



Enjoying the tranquility

## Cultural tours in Kristiansand



Visiting the zoo



So close to the lions!



Inside Kilden Performance Hall



The oldest church

Kilden Performance Hall, the performing centre for Southern Norway



## Oslo

## Finding the root of the Mission Covenant Church in Oslo



Here comes the Oslo Misjonsskirke Bethlehem (Oslo Covenant Church Bethlehem)



Chapel service conducted by Daniel Braendeland, the junior pastor



Our great thanks to Øyvind Haraldseid, President of the Mission Covenant Church of Norway



Another treasure – recorded by the Holm-Glad Family in 1966 when they were in Hong Kong



Mr. Holm-Glad wearing our HGC jacket!

## Cultural tours in Oslo



The Medieval Fortress of Akershus



The Royal Palace



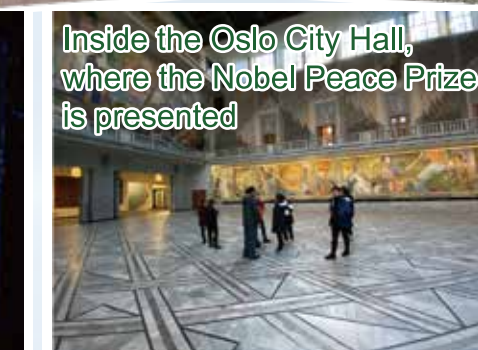
The Norwegian Parliament



The one-of-a-kind Sculpture Park at Frognes



Inside the Nobel Peace Centre



Inside the Oslo City Hall, where the Nobel Peace Prize is presented



The popular Angry Baby in Sculpture Park

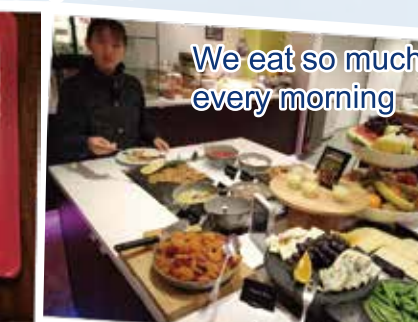
## Our favourite Norwegian food



Homemade Norwegian meatballs



Brown cheese made from goat milk



We eat so much every morning



Can't leave Norway without eating Norwegian salmon



Yummy chocolate



Stewed beef

## Students' Reflections

### 4A Wong Cheuk Yin, Thomas

I am really grateful that the school organized the Norway Study Tour and I would like to thank everyone that took part in this tour, especially Mrs. Ng and Mr. Chan. The part I enjoyed the most was the time spent with my host family and the students at Ansgar University College. My host family Kivle treated me like their son. We also achieved the most important goal in this trip - finding the root of our school. We got to know more about Sister Annie Skau, who forewent her comfortable life in Norway and came to China and Hong Kong to serve the underprivileged. It was also our honor to meet Thorleif Holm-Glad, son of the late Rev. Holm-Glad in Oslo Covenant Church Bethlehem.



Thomas and Alan with Family Kivle

### 4A Fung Leong, Alan

In this trip, I have learned more about the history of the Mission Covenant Church. It was a tremendous privilege for me to meet the son of the late Rev. Holm Glad. However, it was really sad for me to leave Norway for Hong Kong. It was my first time travelling to a Scandinavian country. In this trip, I not only learned the culture of Norway but also improved my English as I had to communicate with my host family in English. I learned to become more independent too.

The most impressive part of the trip was when we went skiing. It was my first time to see snow and skiing was really exciting. I am grateful for having the opportunity to join this study tour to Norway. I have to thank the school and those parties who had sponsored this trip.

### 4A Yiu Cheuk Yu, Jasmine

I am really happy that I could go to Norway to see and try many things that I have never done before. In this trip, I have learnt a lot about the Norwegian culture and lifestyle. The most unforgettable thing was the skiing experience. This was my first time skiing and seeing snow. It was like a dream come true. The girls in Norway really impress me. They are brave, confident and proactive. They inspire me to become an independent girl like them. I made some new friends too. I will never forget my host family Breistein, who were so sweet and warm. This is the most precious memory in this trip which I will remember forever.

### 3E Wu Ka Yan, Katy

In this trip, I got to know more about our school's background and history. I enjoyed so much chatting with the students in Ansgar University College. Talking to them in English has greatly improved my confidence in speaking English. I am thankful for Professor Ingrid, who prepared many activities for us. Although she is now 70 years old, she is very energetic. She is just like my grandmother.



Jasmine and Katy with Family Breistein