

1a. Beijing Exchange Programme Overview

Theme	Cultural exchange
Objectives and Benefits	<ul style="list-style-type: none">● Join historical and cultural sites visits organized by Beijing No. 15 School● Master Putonghua skills● Acquire the skills for studying and living in a different culture● Develop friendship across different cultures● Develop life skills
Suggested spots to visit / events	Lessons and school activities organized by Beijing No. 15 School; excursions to the Palace Museum, the Great Wall and other activities
Date	29 th March – 4 th April 2026 (7 days)
Participants	S4-S5
Quota	15
Accommodation	Homestay / Dormitory in school campus
Transportation	Direct flight
Estimated Cost	\$ 6,500 (The cost includes air tickets, insurance & the expenses of the return visit of Beijing students in early May 2026)
Deposit	\$ 5,000
Panel / Team-in-charge	Excursion Team
Remarks	Exchange students from Beijing No. 15 School will visit us in early May 2026. We would appreciate it if you could open your home even if your daughter will not participate in the programme.

1b. Shanghai Exchange Programme Overview

Theme	Cultural exchange
Objectives and Benefits	<ul style="list-style-type: none">● Join historical and cultural sites visits organized by High School Attached to Shanghai Normal University and Minhang No.3 Middle School Attached to Shanghai Normal University from Shanghai● Master Putonghua skills● Acquire the skills for studying and living in a different culture● Develop friendship across different cultures● Develop life skills
Suggested Spots to visit / events	Lessons and school activities organized by High School attached to Shanghai Normal University and Minhang No.3 Middle School Attached to Shanghai Normal University from Shanghai; excursions to an ancient town, the Bund and other activities
Date	29 th March – 4 th April 2026 (7 days)
Participants	S1-S5
Quota	20
Accommodations	Homestay / Dormitory in school campus
Transportation	Direct flight
Estimated Cost	\$ 6,500 (The cost includes air tickets, insurance & the expenses of the return visit of Shanghai students in early May 2026)
Deposit	\$ 5,000
Panel/Team-in-charge	Excursion Team
Remarks	Exchange students from High School attached to Shanghai Normal University and Minhang No.3 Middle School attached to Shanghai Normal University from Shanghai will visit us in early May 2026. We would appreciate it if you could open your home even if your daughter will not participate in the programme.

2. Bali Sea Turtle Conservation Service Tour Overview

Theme	Volunteer work, Marine Conservation, Culture
Objectives and Benefits	<ul style="list-style-type: none">● Offer chances for students to protect endangered species● Develop a strong sense of environmental responsibility● Cultivate empathy and compassion for nature● Engage in cultural immersion● Promoting sustainable practices
Suggested spots to visit / events	Volunteer work related to sea turtle conservation (suggested organisation: Turtle Conservation and Education Center (TCEC), Bali Sea Turtle Society (BSTS)); Excursions to Ubud Palace, Tegalalang Rice Terrace, Tanah Lot, Ulun Danu Beratan Temple
Date	29 th March – 2 nd April 2026 (5 days)
Participants	S2-S5
Quota	20
Accommodation	3-star hotel
Transportation	Direct flight
Estimated Cost	\$ 17,000 (The cost includes visa fee, air tickets, tax & surcharge, hotel in Bali, insurance, tickets & transportation)
Deposit	\$ 5,000
Panel / Team-in-charge	Community Service Team

3. Japan History and Culture Study Tour (日本歷史文化考察團) Overview

Theme	Chinese History
Objectives and Benefits	<ul style="list-style-type: none">● To understand and appreciate the inclusive nature of Chinese culture● To remember history through visiting historical sites in Shimonoseki (下關) and north Kyushu.● To understand the importance of national security and treasure peace
Suggested spots to visit/ events	Visit to Mongolian Invasion Historical Museum (元寇史料館), Fukuoka Castle Ruins (福岡城古跡), Sino-Japanese Peace Treaty Memorial Hall (日清講和紀念館), Akama Jingu (赤間神宮), Lake Towada (關門海峽大橋), Dannoura Battlefield (壇之浦古戰場), Moji Ward (門司港), Tachiarai Peace Memorial Museum (大刀洗和平紀念館), Dazaifu Tenmangu (太宰府天滿宮), Jotenji (博多承天寺), Karatsu Castle (唐津城), Korokan Ruins Museum (鴻臚館遺跡), Kyushu National Museum (九州國立博物館)
Date	29 th March – 2 nd April 2026 (5 days)
Participants	S2-S5
Quota	20
Accommodation	3-star hotel / guesthouse in Japan
Transportation	Direct flight
Estimated Cost	\$ 17,000 (The cost includes air tickets, hotel/guesthouse in Japan, insurance, tickets & transportation)
Deposit	\$ 5,000
Panel/Team-in-charge	Chinese History Panel

4. Thanksgiving Pilgrimage Overview

Theme	Thanksgiving
Objectives and Benefits	<ul style="list-style-type: none">● To appreciate the beauty of Catholic traditions within Japanese culture by participating in Mass at local churches and visiting memorial museum● To understand the history of Catholicism in Japan
Suggested spots to visit/ events	Visit to Tōkyō katedoraru sei-maria daiseidō (聖瑪利亞主教座堂), Odaiba Marine Park, Seitai Hoshikai (聖體奉仕會天主教修道院), Lake Tazawa (田澤湖), Odate Church (大館教堂), Kazuno Church (鹿角教堂), Lake Towada (十和田湖), Tsuruoka Roman Catholic Church (鶴崗天主教會天主堂) and Catholic Akita Church (秋田教會)
Date	29 th March – 2 nd April 2026 (5 days)
Participants	S2-S5
Quota	20
Accommodation	3-star hotel / guesthouse in Japan
Transportation	Direct flight
Estimated Cost	\$ 17,000 (The cost includes air tickets, hotel/guesthouse in Japan, insurance, tickets & transportation)
Deposit	\$ 5,000
Panel/Team-in-charge	Religious Education Panel

5. Thailand Exchange Programme Overview

Theme	Cultural exchange
Objectives and Benefits	<ul style="list-style-type: none">● Experience the lifestyle in Thailand● Expand language skills● Learn in a different cultural context● Develop friendship across different cultures● Gain independence and confidence● Develop life skills● Increase global and cultural awareness
Location(s)	Lessons; visits and school activities organized by Sarasas Ektra School, Bangkok, Thailand; Excursions to an elephant sanctuary, Thai cooking and costume experience and other activities
Date	23 rd June – 28 th June 2026 (6 days)
Participants	S1-S5
Quota	20
Accommodations	3- star hotel
Transportation	Direct flight
Estimated Cost	\$ 10,000 (The cost includes air tickets, accommodations, insurance, tickets and transportation to tourist spots)
Deposit	\$ 5,000
Panel/Team-in-charge	Excursion Team

6. Japan Exchange Programme Overview

Theme	Cultural exchange
Objectives and Benefits	<ul style="list-style-type: none">• Experience the lifestyle in Japan• Expand language skills• Learn in a different cultural context• Develop friendship across different cultures• Gain independence and confidence• Develop life skills• Increase global and cultural awareness
Location(s)	Lessons; visits and school activities organized by Ōtani Junior and Senior High School, Osaka, Japan; Excursions to Kyoto, Japan costume experience and other activities
Date	23 rd June – 28 th June 2026 (6 days)
Participants	S1-S5
Quota	20
Accommodations	3- star hotel
Transportation	Direct flight
Estimated Cost	\$ 13,000 (The cost includes air tickets, accommodations, insurance, tickets and transportation to tourist spots)
Deposit	\$ 5,000
Panel/Team-in-charge	Excursion Team

The school also provides subsidies to support and encourage students' participation. For details, please refer to

<https://www2.ghs.edu.hk/life/studentSupport/feeRemissionScheme>.