

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	12 th -18 th April 2025 (7 days)
Participants	S4-S5
Quota	10
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 2025)
Deposit	\$5,000
Panel / Team-in-charge	Excursion Team
Remarks	Exchange students from Beijing No. 15 School will visit us in early May 2025. 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	<ul style="list-style-type: none">● 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	Easter/ Post-exam in June (5 days) (to be confirmed)
Participants	S2-S5
Quota	20
Accommodations	Homestay / Dormitory in school campus/ Hotel (to be confirmed)
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 2025)
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 2025. We would appreciate it if you could open your home even if your daughter will not participate in the programme.

2. Stories behind the masterpieces to France & Italy Overview

Theme	Art appreciation
Objectives and Benefits	<ul style="list-style-type: none">● Appreciate and discover the range of artistic media and genres represented in French/ Italian art, from painting and sculpture to architecture and decorative arts.● Encourage students to engage in their own artistic exploration and experimentation, inspired by the works they encounter.● To gain insights into the creative process and techniques used by different artists.● Develop team spirit and life skills.
Suggested spots to visit / events	Visit to Louvre Museum, Centre Pompidou, Versailles Palace, Claude Monet's garden at Giverny, Eiffel Tower, Cathedrale Notre, Milan, Florence Uffizi Gallery
Date	12 th – 21 st April 2025 (10 days)
Participants	S3-S5
Quota	20
Accommodation	3-star hotel
Transportation	Direct flight / transit flight
Estimated Cost	\$45,000 (The cost includes air tickets, hotels in France & Italy, insurance, tickets and transportation to tourist spots)
Deposit	\$5,000
Panel / Team-in-charge	Visual Arts Panel

3. GHS Pilgrimage 2025 Overview

Theme	Journey through Hope: A Pilgrimage in the Footsteps of Perseverance
Objectives and Benefits	<ul style="list-style-type: none">● To understand the early missionary work (and persecution) of the Catholic Church● To develop resilience and perseverance through Faith and Hope in Christ● To foster a deeper relationship with and renew their commitment to God in their journey of Faith and Hope.
Project Outcome	<ul style="list-style-type: none">● PowerPoint Presentation
Suggested spots to visit / events	<p>Kyushu, Japan Site of the Martyrdom of the 26 Saints of Japan 二十六聖人紀念館, Oura Cathedral 大浦天主堂, Peace Park 平和公園, Sakitsu Village in Amakusa 天草的崎津村及出津教堂 Our Lady of Victory Cathedral 大明町天主堂</p> <p>*A spiritual guide (Priest) will accompany the students throughout the tour.</p>
Date	12 th – 16 th April 2024 (5 days)
Participants	S3-S5
Quota	20
Accommodation	3-star hotel
Transportation	Direct flight
Estimated Cost	\$ 20,000 (Cost includes air tickets, tax & surcharge, hotel accommodation, insurance & transportation fees)
Deposit	\$ 5,000
Panel / Team-in-charge	Religious Education Panel

4. Mindfulness Journey to Indonesia Overview

Theme	Personal discovery
Objectives and Benefits	<ul style="list-style-type: none">● Develop mindfulness and relaxation techniques through daily yoga and mindful exercises.● Enhance self-awareness and personal growth.● Gain independence and confidence● Encourage reflection and journaling to deepen personal insights during the journey.● Gain insights into the local culture, customs, and traditions of Indonesia.
Suggested spots to visit/ events	Meditation, yoga, acroyoga, sound baths, mindfulness practices, community-building exercises, Balinese offering workshop, Bali local cuisine, rice paddy walks, Balinese Dance
Date	12 th – 16 th April 2025 (5 days)
Participants	S2-S5
Quota	20
Accommodation	Hotel
Transportation	Direct flight
Estimated Cost	\$ 25,000 (The cost includes air tickets, hostel in Indonesia, insurance, tickets & transportation)
Deposit	\$ 5,000
Panel/Team-in-charge	Excursion Team

5. Dunhuang History and Culture Study Tour (敦煌歷史文化考察團) Overview

Theme	Dunhuang History and Culture Study Tour (敦煌歷史文化考察團)
Objectives and Benefits	<ul style="list-style-type: none">● Understand the history and culture of Dunhuang.● Understand the importance of cultural security through understanding the cultural preservation efforts in Dunhuang.● Experience the artistic and cultural atmosphere of the Mogao Grottoes.● Understand the impact of the ancient Silk Road and the “Belt and Road Initiative”.
Suggested spots to visit/ events	Visit to Shazhou Night Market (沙州夜市), Yangguan Scenic Area and Ruins (陽關景區、陽關遺址), Western Thousand Buddha Caves (西千佛洞), Mogao Caves (莫高窟), Yumen Pass Tourism Area and Han Great Wall (玉門關景區、漢長城), Yadan National Geologic Park (雅丹國家地質公園), Dunhuang Museum (敦煌博物館), Mingsha Mountain and Crescent Moon Spring (鳴沙山和月牙泉) and Dunhuang Folk Museum (敦煌民俗博物館)
Date	12 th – 16 th April 2025 (5 days)
Participants	S2-S5
Quota	20
Accommodation	3-star hotel / guesthouse in China
Transportation	Direct flight
Estimated Cost	\$ 15,000 (The cost includes air tickets, hotel/guesthouse in China, insurance, tickets & transportation)
Deposit	\$ 5,000
Panel/Team-in-charge	Chinese History Panel

6. Cambridge Programmes 2025 Overview

Theme Residential academic programmes in Cambridge, UK

Objectives and Benefits Cambridge Programmes offer a diverse range of best-in-class academic experiences to help foster a passion for learning for aspirational students looking towards university and beyond. The aim of the Programmes is “Inspiration <> Aspiration”.

Students at Cambridge Programmes can participate in one of a number of courses created and delivered by prestigious academics (Professors, PhDs, Post-doctoral lecturers) from the University of Cambridge and experienced teachers from top academic schools in the UK. Each programme drives students towards excellence in their chosen field of study, through a series of lectures, activities, trips and workshops. Supported by Cambridge University undergraduates as mentors throughout their journey, students finish their summer school invigorated by the challenges they have overcome, both individually and with their peers.

The Programmes aim to equip students with the necessary skills and knowledge to apply to world-class universities, and to this end, they complement all programmes with workshops and small classes designed to practise interview skills and to help students demonstrate their potential in admissions examinations.

Programme Descriptions Please refer to the Cambridge Programmes Website in the link below:

www.cambridgeprogrammes.com

For interested students, please sign up for the Information session on Zoom (22nd October, 8pm) via the link below:

<https://forms.gle/kCbB4PD9nGdAoY6k6>

Date 27th July 2025 (early flight) – 10th August 2025 (evening flight) (15 days)

Participants

Programme	Target students
a. Academic English	S2-S5
b. History	S3-S5
c. Law Induction	S3-S5
d. Medicine	S3-S5
e. Engineering the Future / AI	S3-S5

Quota 20

Accommodations Single-room student accommodation at one of Cambridge's Colleges

Transportation Direct flight

Estimated Cost **1. Programme Fees***

Programme	Programme Fees
a. Academic English	£5,800
b. History	£5,800
c. Law Induction	£5,950
d. Medicine	£6,150
e. Engineering the Future / AI	£5,950

The above fees are paid directly to the Cambridge Programmes. They include all accommodation, meals, internal coach travel, and all teaching and tutorials but **exclude airfare, travel and medical insurance, and bank transfer fees. Students are only expected to share the cost of a lunch on the last day to say a 'thank you' to their mentors.*

2. Airfare and travel insurance**

About HK\$ 15,000

*** The above fees are paid directly to GHS.*

Deposit HK\$ 5,000

Panel-in-charge English Panel

7. Ecology tour to New Zealand Overview

Theme	Ecology
Objectives and Benefits	<ul style="list-style-type: none">● Learn about the unique ecology of New Zealand● Learn about conservation ideas and the protection of nature● Appreciate the beauty of nature and the biodiversity● Develop team spirit and life skills● Gain independence and confidence
Suggested spots to visit / events	Visit to Kaikoura, Christchurch, Dunedin, Te Anau, Queenstown, Lake Wānaka, local farm in New Zealand
Date	16 th – 26 th July 2025 (11 days)
Participants	S4 - S5
Quota	20
Accommodation	3-star hotel
Transportation	Transit flight
Estimated Cost	\$ 49,000 (The cost includes air tickets, hotels in New Zealand, insurance, tickets and transportation to tourist spots)
Deposit	\$ 5,000
Panel / Team-in-charge	Biology Panel

8. Switzerland Ecology and Geology Tour Overview

Theme	Ecology and Geology
Objectives and Benefits	<ul style="list-style-type: none">● Learn about the unique ecology and geology of Switzerland.● Learn about conservation ideas and the protection of nature.● Appreciate the beauty of nature and the uniqueness of Switzerland.● Develop team spirit and life skills.
Suggested spots to visit / events	Visit to Zürich, Lucerne, Interlaken, Grindelwald, Jungfrau, Lauterbrunnen Valley
Date	16 th – 26 th July 2025 (11 days)
Participants	S2-S5
Quota	20
Accommodation	3-star hotel
Transportation	Direct flight / transit flight
Estimated Cost	\$58,000 (The cost includes air tickets, hotels in Switzerland, insurance, tickets and transportation to tourist spots)
Deposit	\$5,000
Panel / Team-in-charge	Geography Panel

9. Inspiring the Next Generation: Women's Technology Program at MIT Overview

Theme	Mathematics and Physics
Objectives and Benefits	<ul style="list-style-type: none">● Learn about the engineering field● Learn about physics theories with a combination of lectures and hands-on activities● Appreciate mechanical and electrical engineering <p><i>(could potentially be a joint-school tour with other well-established girls' schools in Hong Kong)</i></p>
Suggested spots to visit / events	MIT Museum, Boston Museum of Science, Harvard University, Quincy Market
Date	26 th July – 8 th August 2025 (15 days)
Participants	S3-S5
Quota	20
Accommodation	Dormitory in Simmons University
Transportation	Direct flight / transit flight
Estimated Cost	<p>1. Programme Fees* About HK\$45,000 <i>*The above fees are paid directly to Women's Technology Program. They include all accommodation, meals, internal coach travel, medical and travel insurances and all teaching and tutorials but exclude airfare and bank transfer fees.</i></p> <p>2. Airfare** About HK\$18,000 <i>** The above fees are paid directly to GHS.</i></p> <p>For more details, please refer to https://drive.google.com/file/d/1V8F_Y81nOwpw3myzL-SWINCcpzJdb2tL/view?usp=sharing</p>
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>.