















## A Fascinating City - Shanghai

4E Wong Ka Li Chairlady of St. John Ambulance Cadet

We were glad to join the exchange programme, "Shanghai City Development Exchange Tour", held by St.John Ambulance Cadet from 1 July to 5 July 2015. It was a pleasure to have this valuable chance to explore this fascinating city in this 5-day tour.

We visited the famous Oriental Pearl TV Tower on the second day of the trip. Travelling up the tower in double-decker elevators at the rate of seven meters per second, we reached the sightseeing floor. All of us were amazed by the night view of Shanghai. The view from this height (239m) filled us with wonder at the beauty that surrounded us. When viewed from the Bund at night, the tower's lighting makes it a delight of brillant color. In addition to site seeing, we also visited some famous companies in China like Sinotrans and Volkswagan factory, as well as the Shanghai Emergency which were eye-opening.

We also visited Shanghai Beihong Senior High School on the third day of the trip. As a part of our mission of this programme, a fundamental first-aid lesson was arranged to them. After the lesson, we and the local students held a sharing programme, performing different talents in front of everyone. We all had a joyful time with the show.

The most meaningful part of the journey was having a service to an elderly house at the community, under the name of HKSJ. Though talking with the elderlies, we built up a closer relationship.

Through interflowing with the students in Shanghai, we have gained tremendous knowledge about the culture of Shanghai. We were all enjoyed in travelling this tour.