

Reaching New Heights: Students Gain Life Lessons from Mount Fuji Expedition

In July 2024, a group of over 20 students from our school and Yuen Long Commercial Association Secondary School embarked on an ambitious journey to conquer the summit of Japan's iconic Mount Fuji. Led by renowned mountaineering expert Mr. Tsang Chi-shing John, the students aimed to reach the 3,776-meter peak as part of their "Overseas Mountaineering Training Program". The students and teachers from our school who participated in this trip include: 3B Zhou Yu Xiang, 3D Chen Qihui, 4C Chow Cheuk Ming, 4C Li Jingxiang, 4D Huang Zi Xuan, 4D Wang Shengjie, 4D Wang Zhengbin, 5A Cheung Ching Ho, 5A Choo Chi Kin, and Mr. Lai Ka Tim and Mr. Leung Wa.

The program, which received support from the New Territories Sports Association, Tsuen Wan Arts and Recreation Advancement Association, and Tsuen Wan District Sports and Recreation Association, was designed to enhance students' self-confidence, resilience, problem-solving skills, and foster a strong sense of teamwork. Under the guidance of Mr. Tsang, who is Hong Kong's first person to successfully climb Mount Everest from both the south and north slopes and has conquered the highest peaks on all seven continents, the students underwent a rigorous training regimen that included physical conditioning, trail running, long-distance hiking, outdoor living skills, rock climbing, rope training, and sailing.

Despite their extensive preparation, the students faced numerous challenges during the Mount Fuji expedition. 4D student Wang Zhengbin Ben recounted, "The weather suddenly changed, and it was extremely difficult to move forward. After observing the conditions at the peak, the coaching team decided to abandon the assault". While the students initially felt disappointed, they soon came to understand the necessity of the coaches' decision to prioritize their safety.

Mr. Tsang, who has been actively promoting mountain climbing in schools, emphasized the importance of accepting challenges and not giving up easily when faced with adversity. He reminded the students, "Reaching the summit is not the end of this trip to Japan, the safe return to Hong Kong is". Through this experience, the students learned that life is not always smooth sailing, and that embracing failures and challenges is a crucial part of personal growth.

Although the students were unable to reach the summit of Mount Fuji, they gained invaluable insights and lessons that will serve them well in the future. Our student Ben Wang has already determined to challenge Mount Fuji again, demonstrating the determination and resilience instilled in the students during this expedition.

"Time has flown by, and the high school mountaineering expedition has now come to an end. Although we ultimately did not reach the summit of Mt. Fuji, the three-day journey has left a deep impression on us," shared 3D student Chen Qihui Keith, a student participant. "This three-day experience was filled with both hardships and joys, as well as moments of frustration, but we overcame them all."

The school is proud of the students' achievements and the lessons they have learned through this challenging yet rewarding expedition. This experience not only fostered a spirit of teamwork and resilience but also prepared the students to face the ups and downs of life with a renewed sense of determination and optimism.

On July 13, 2024, the "Oriental Daily" published related content. For details, please refer to the hyperlink and the relevant newspaper clippings below:

勇闖日本富士山 20名中學生在攀山專家帶領下挑戰自我

https://hk.on.cc/hk/bkn/cnt/news/20240712/bkn-20240712204943164-0712_00822_001.html

專家帶領港逾 20 中學生 勇闖富士山

https://orientaldaily.on.cc/content/%E8%A6%81%E8%81%9E%E6%B8%AF%E8%81%9E/odn-20240713-0713_00176_025/%E5%B0%88%E5%AF%B6%E5%B8%B6%E9%A0%98%E6%B8%AF%E9%80%BE20%E4%B8%AD%E5%AD%B8%E7%94%9F--%E5%8B%87%E9%97%96%E5%AF%8C%E5%A3%AB%E5%B1%B1

專家帶領港逾20中學生 勇闖富士山

【本報訊】日本富士山本月開放登山後不少港人赴日勇闖高峰，香港攀山專家曾志成本月首次帶領20多名荃灣公立何傳耀紀念中學及元朗商會中學學生，欲登上日本最高峰富士山山頂；惟考慮到天氣環境，最後放棄登

頂，上到八合目便折返下山。教練、老師及同學雖感到遺憾，但同學不枉此行，獲益良多。

天氣驟變 放棄攻頂

兩校合辦的「海外登山培訓計劃」，由本港首位完成由南、北兩坡登上珠穆朗瑪峰的香港攀山專家曾志成擔任導師。學生經過長達一年的訓練，目標是登上海拔高3,776米的富士山山頂。不過，何中王征濱同學憶述：「當時天氣驟變，舉步維艱，教練團在觀察山頂天氣後，決定放棄攻頂。」

同學們聽到甚至想與教練商量繼續攻頂。後來他們出了山屋，明白教練們決定是正確的，因當時的風夾雜着雨水沙石，威力絲毫不遜於10號風球。王坦言，登山隊口號是「讓挑戰成為習慣」，認為不只攻頂是一項挑戰，接受放棄攻頂更是一項挑戰。他更下定決心，下次再戰富士山。



■20多名本港中學學生前往富士山嘗試登頂。

