

During this camp I got to know the Chinese culture thanks to the activities we had during the camp. It was fascinating to experience traditions like the Lion Dance or to build the Fire Dragon at Tai Hang in Workshops especially organised for the Hong Kong Youth Exchange Camp and to see what's going on behind the scenes. Cultural landmarks like the Big Buddha on Lantau Island. Above all, the trip to Luoyang and the Shaolin temple where I had the opportunity to see the roots of Chinese culture has left a lasting impression. Moreover we followed the Lions' motto "We serve", so we prepared meals for needy and aged people at Food Angel Charitable Organisation, ran with vision impaired and visited the Luoyang Service Centre for the Disabled and had a small talk with the people there.

I have to point out that the accommodation and the transport has never been an issue and it was well organised. We got to every place with a coach especially arranged for the camp and travelled to Luoyang with the high-speed train which was relaxing despite the long travel time.

Furthermore it was really interesting to taste every kind of food Hong Kong, China and Macau had to offer. It is quite different to European food I'm used too so I didn't hesitate to discover China with all my senses and made an incredible experience.

I got to know the Hong Kong people as a very generous host and I think I was really lucky with my host family Vy and Dorcas because they tried to show me everything what Hong Kong has to offer (especially the delicious seafood there) and took care about me and another camper named Nicolas like we were their own sons. Vy and Dorcas also introduced both of us into their Lions family as they invited us to celebrate the 53rd birthday of their Lions Club. I really appreciate the close relationship we build together.

I have met many people from different countries and made new friends. I really appreciated the conversations between the campers about their homeland, their culture and their viewpoints without any judgement. I also had the opportunity to participate in Lions events and to see how Lions helps people in need and supports projects for the general public following their international motto with the greatest effort. I'm convinced that this camp is an essential contribution to peace and tolerance since you see and experience the cultural

diversity of our world. Everybody criticizes the filter bubble social media create and I'm certain this experience can help to overcome this by leaving your own familiar environment. It is a kind of adventure when you meet people who speak a completely different language, you taste food you have never tried and you get to know an interesting culture and discover the world you live in with curiosity. Especially for teenagers this experience is an essential contribution to reach adulthood since they find out what characterizes a country. Taking everything into account this camp was an unforgettable and incredible experience for me which expanded my horizon and left a lasting mark on me. I want to thank everyone very much for making this experience possible for me.

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