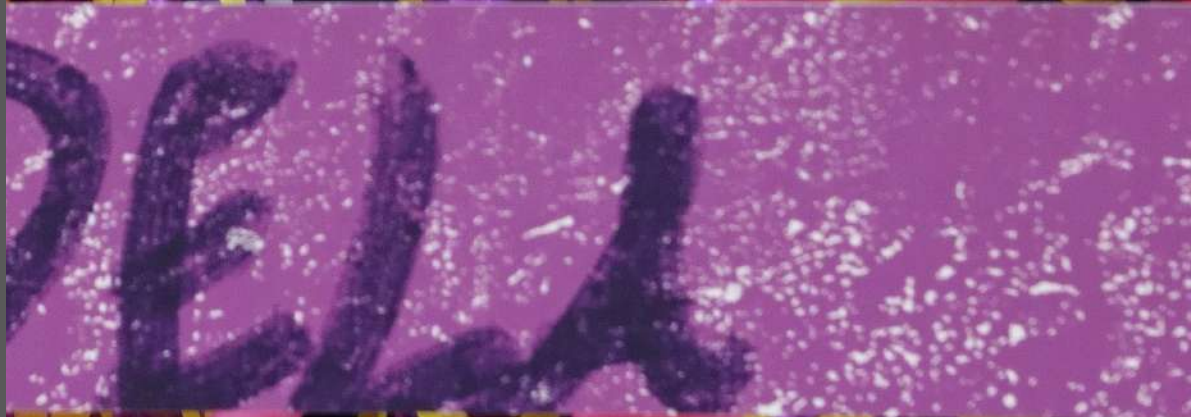


2022-23

term 2

CURRICULUM



DULWICH INTERNATIONAL
HIGH SCHOOL

| SUZHOU |

苏州工业园区德威联合书院

80+

AMAZING EXTRA-CURRICULAR
ACTIVITIES

精彩的联课活动

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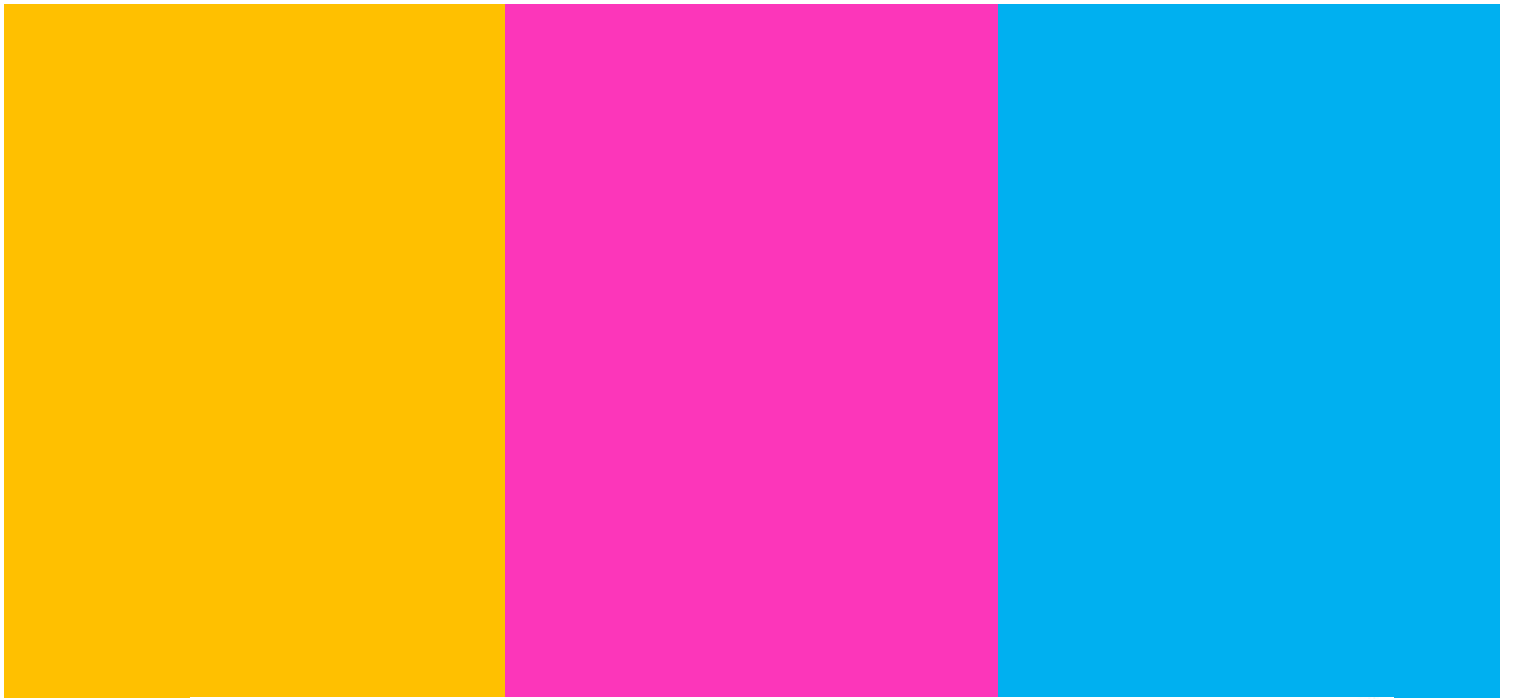
TERM 1 2022/23 IN PICTURES

第一学期2022-23年（图片）

An opportunity to look back on the amazing events, competitions and activities from Term 1

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Welcome from our Director

总监致辞

At Dulwich International High school Suzhou, we passionately believe that ECAs are an integral part of our students' holistic education. Our ECA program is wide ranging with options for students to develop skills in a diverse range of areas from leadership and public speaking to cooking and flower arranging.

Being university ready, requires that our students do not just leave school with a solid academic background but with the skills to see them succeed both inside and outside the classroom as well as in life.

Through our extensive ECA program, students can discover their interests and talents while developing Dulwich values and competencies that will prepare them for a rapidly changing world. ECAs also promote friendships among students and staff members from diverse backgrounds as they learn, have fun and grow together. Participation in ECAs fosters social integration and deepens our students' sense of belonging, commitment and sense of responsibility to their school and community.

When speaking with our alumni about their time at our school, they will undoubtedly mention the many amazing opportunities that were afforded them through our ECA program. The program allowed our alumni to pursue their passions and develop their leadership skills ensuring they were ready to thrive at university and in life. I hope that each one of our current students will also take advantage of the exciting options available.

There truly is something for every student within the Dulwich International High School ECA program and I encourage you to take your time and explore the possibilities on offer this term.



苏州德威联合书院坚信 ECAs 是我校学生素质教育的重要组成部分。我们的 ECA 项目范围广，为学生提供多种选择，发展从领导能力、公共演讲到烹饪和插花等不同领域的技能。

要做好上大学的准备，要求我们的学生离开学校时不仅要有扎实的学术背景，还要具备在课堂内外以及生活中取得成功的技能。

通过我们广泛的 ECA 项目，学生可以发现他们的兴趣和才能，同时具备德威的价值观和能力，使他们为快速变化的世界做好准备。ECAs 还促进来自不同背景的学生和教职员工之间的友谊，他们一起学习，享受乐趣和共同成长。参加 ECAs 活动可以促进社会融合，加深学生的归属感，使命感以及对学校和社区的责任感。

当与我们的校友谈论他们的高中时光，他们无疑会提到我们的 ECA 项目为他们提供了许多令人惊叹的机会。该项目允许我们的校友追求他们的激情和发展他们的领导技能，确保他们准备好在大学和以后的生活中茁壮成长。我希望我们的每一位学生也能把握这些令人兴奋的机会。

在德威的 ECAs 项目中，一定有适合你的最佳选择，我鼓励你们花时间，探索这个学期提供的机会。

A handwritten signature in black ink, appearing to be 'ST' with a stylized flourish.

Sarah Tielman
Director

Introduction to the Extra-Curricular Program

课外活动计划简介

One of the main guiding principles here at Dulwich High School Suzhou is that we ensure that all our students receive an holistic approach to their education which encompass their physical, emotional, intellectual, and spiritual wellbeing and balance needs. We believe that education within the classroom should be complemented with exposure to experiences away from the usual four-walls environment, as it is paramount to enabling our students access to the development tools they need to prepare for university and a rapidly changing world. Universities are known to prioritise those applicants who are able to demonstrate communication skills, adaptability, being able to problem solve with creative solutions or build new knowledge, leadership and service orientation, and project management skills.


As such, I am extremely proud to present our Extra Curriculum program for Term 1 of the 2022-23 academic year. This program is expansive, covering a diverse range of activity categories including the academics, creatives, skills, and sports. Furthermore, we have a well-established House system which fosters a sense of belonging, commitment, and responsibility to our school for our students. Also, within Term 1 many of our students will have the chance to spend time away from the classroom as they are encouraged and expected to participate in our 'Week Without Walls' program. This provides students with the opportunity to have fun and participate in challenging activities with their peers as well as building strong lasting relationships that carry throughout their time here at Dulwich and beyond.

Within this comprehensive program, students have the opportunity to discover new and existing passions that will further develop their social, interpersonal, cognitive and leadership skills.

苏州德威联合书院的一个主要指导原则是，我们确保所有的学生接受全面的教育，包括他们的身体、情感、智力和精神的健康和平衡需求。我们认为，课堂教育应该与课堂之外的体验相辅相成，这一点是非常重要的，使我们的学生可以具备完善的技能，众所周知，大学优先考虑那些能够展示其沟通技巧和适应能力、能够用创造性的解决方案解决问题或建立新知识、具备领导能力和服务导向、以及拥有项目管理技能的申请人。

因此，我非常自豪地向大家介绍我们2022-23学年第一学期的联课活动计划。这个项目是广泛的，涵盖了各种各样的活动类别，包括学术、创意、技能和体育。此外，我们有完善的学院体系，培养学生对学校的归属感、使命感和责任感。此外，在第一学期，我们的许多学生将有机会走出课堂，来参加我们的“活动实践周”活动。这为学生提供了与他们的同龄人一起享受乐趣和参与具有挑战性的活动的机会，并建立了牢固持久的关系，这个关系将贯穿在他们的德威生涯以及未来。

在这个全面的项目中，学生有机会发现新的激情，将进一步发展他们的社会，人际交往，认知和领导技能。

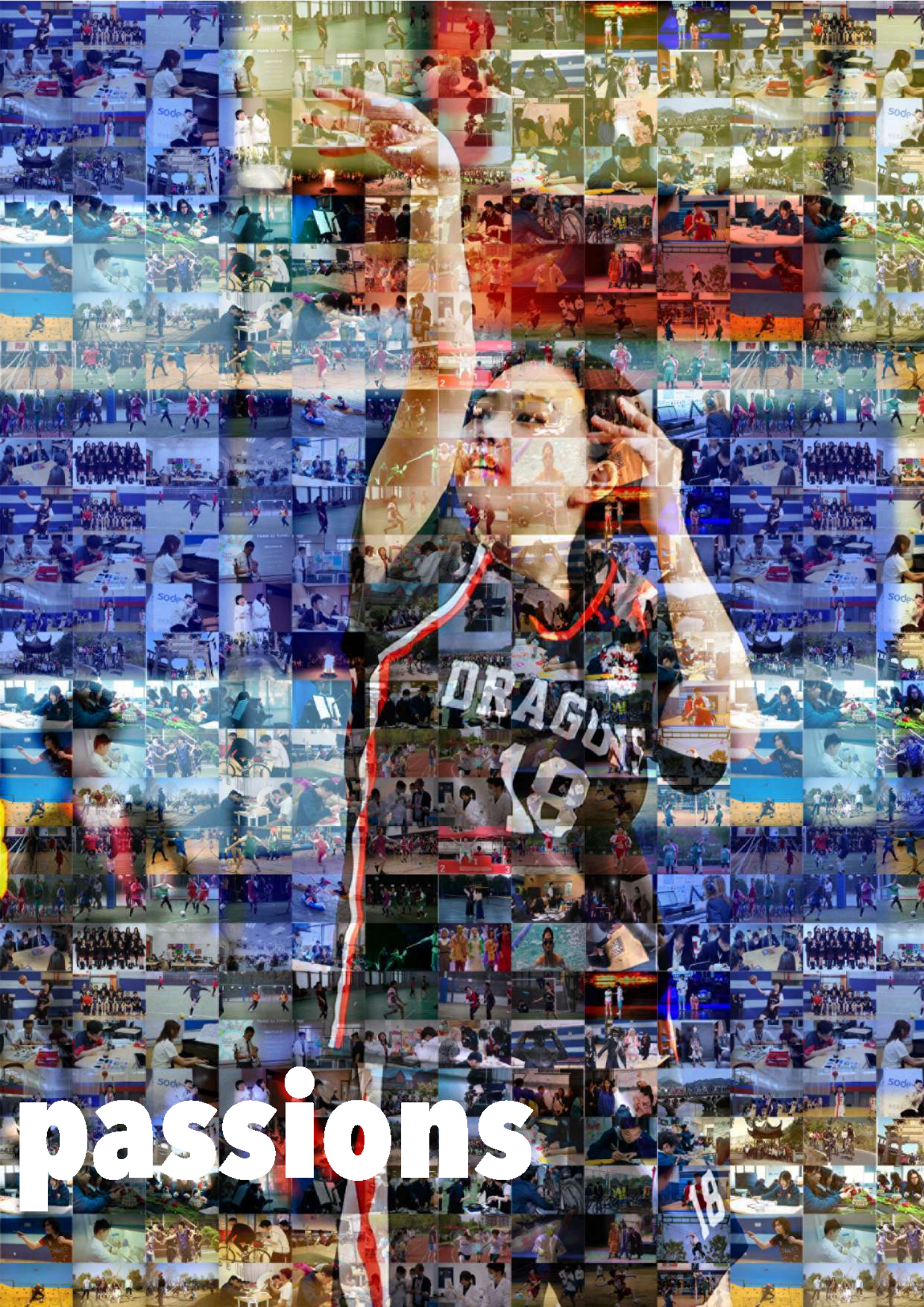


Tony Winton

Head of Extracurricular Activities

Discover your

探索你的激情



passions

Mind, bo

思想，身体和灵魂...

Mental health is more than the absence of mental illness. Mental health is a state of wellbeing where people can meet their learning potential, cope with normal stresses, and are connected to community and their friends

At Dulwich we are committed to creating teaching and learning environments that enable students to be healthy, happy, engaged, and successful. A large part of this is to ensure a well-rounded experience in school, not only focussing on academics but also mental health and wellbeing.

For most people, mental health issues emerge when they are young — 50% of all mental disorders emerge by the time people are 14 years old, increasing to 75% by the age of 25 – the same period when most people are in education.

Along with improving opportunities and choices in life, promoting mental health and wellbeing as a core role in education helps students to flourish in their educational journey. It enables students to build resilience and develop protective factors from mental ill-health, providing them with skills and confidence to self- seek help for early intervention.

Join one of our wellbeing related CCAs to build your skills and to experience mindfulness.

心理健康不仅仅是精神上的更是一种拥有幸福感的状态，在这种状态下，人们可以发挥自己的学习潜力，应对正常的压力，并与社区和朋友保持良好的联系。

在德威，我们致力于创建一个让学生健康、快乐、专注和成功的教学和学习环境。这在很大程度上是为了确保他们在学校有一个全方面的体验，不仅关注他们的学业，同样关注他们的身心健康。

对大多数人来说，心理健康问题在他们年少的时候就出现了，**50%**的精神障碍在人们**14**岁时出现，到**25**岁时增加到**75%**——这一时期大多数人都在接受教育。

除了改善生活中的机会和选择，促进心理健康和幸福作为教育的核心角色，有助于学生在教育过程中茁壮成长。它使学生能够从精神疾病中建立恢复力和自我保护力，为他们提供能自我寻求早期干预帮助的技能 and 信心。

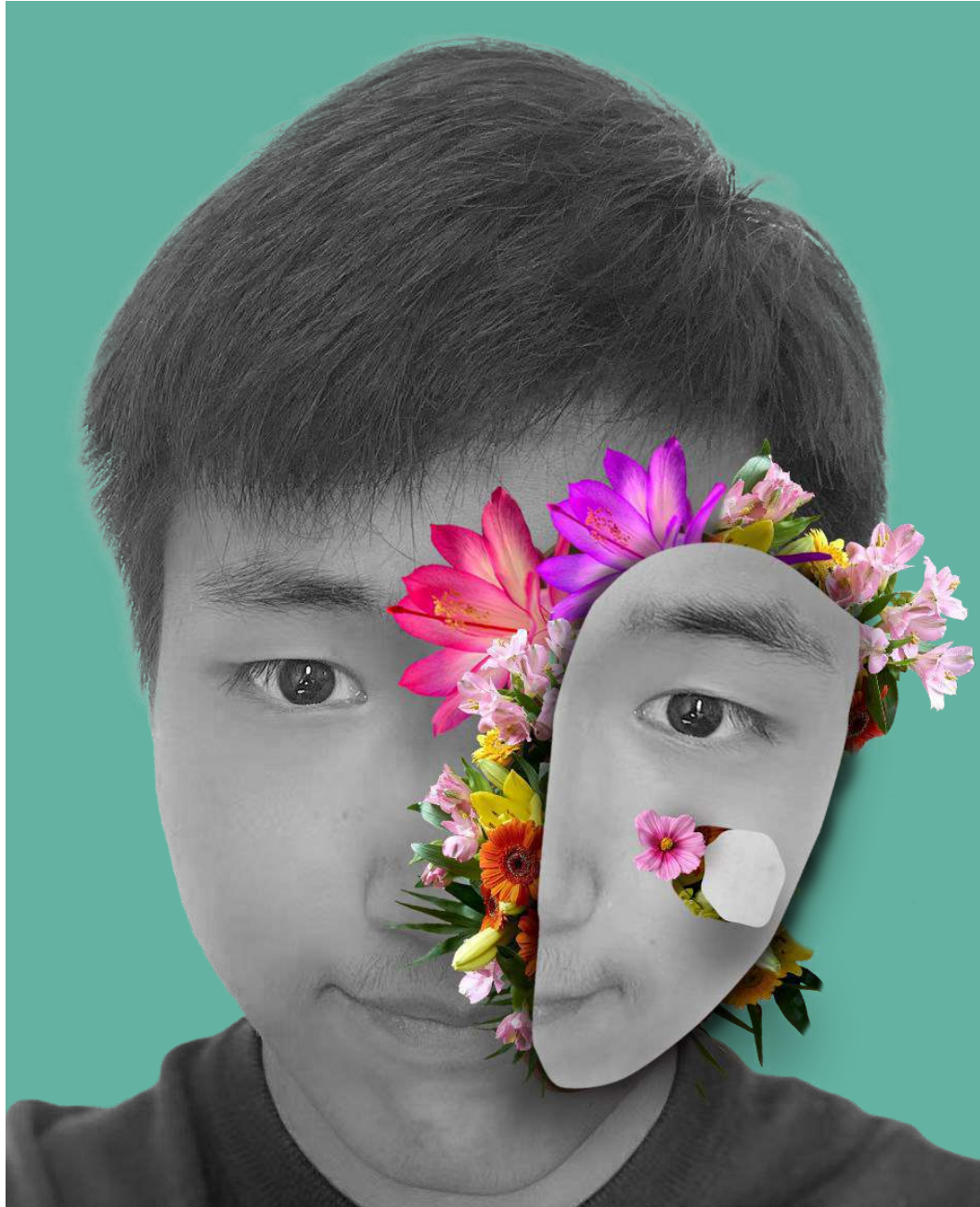
加入与幸福感相关的**CCA**，来锻炼你的技能，体验觉察力。



Hayley Allison

Deepak Chopra

dy and soul...



// For everyone, wellbeing is a journey. The secret is committing to that journey and taking those first steps with hope and belief in yourself. "

Scholar's Program

学者计划

Steve Hodgkin

**Head of Scholar's Program
Humanities Pathway Lead**

"It's also about giving students the skills to succeed when they get a place at an elite university."



**In search of
& Oxbridge
Ivy League**

The Dulwich Scholars Program is incredibly important, as it is all about elite university preparation and academic enrichment. The Scholars Program is by invitation only. Only students with the highest zhongkao scores in year 10 and students with the highest proven records of assessment in years 11, 12 and 13 are invited to join.

They are invited to take part so that we can stretch them, and do things beyond the curriculum, which is both difficult and challenging for them. What we are not doing is test preparation. We are not teaching them anything subject related. We are trying to embed all the soft skills which are necessary for success at university in the future. One of them is critical thinking beyond the textbook. Another is extensive reading, also beyond the textbook, which is why we have a separate Scholars Program section in the school library. We are getting them reading, thinking, speaking, and writing.

Everything we are doing is ultimately based on university admissions and interviews. It's also about giving students the skills to succeed when they get a place at an elite university. We pull together all the soft skills that they will need to succeed in the application process and at university. The skill of speaking English confidently, the reading, the thinking skills.

We have made a commitment to do that for an hour a week over the next four years. There are several parts to the Scholars Program. One of the most important parts is mentoring. We have specialist staff, including myself, and various other experienced teaching staff, who have decided to make the commitment to see these students through the process and forge meaningful relationships with them, every Tuesday for an hour a week. This hour is not a normal lesson. They are much more interactive and more like university tutorials.

We host regular parent events, focusing on different aspects of the Scholars Program. Ultimately, the support of parents is required for the Program to succeed, as they have an important role to play.

The plan is to have a much greater role for student leadership in the Program. There is a mixture of students starting in Y10, all the way up to Y13, and we are already moving some of the older students into leadership roles. In semester two, we are looking for tangible outcomes, like maths competitions. For example, I want every scholar on the humanities Scholars Program pathway to enter the John Lock essay writing competition. We have been looking at soft skills in semester one, in semester two we will focus more on student agency and student empowerment as they use the skills they have developed in the real world as they showcase their writing skills.

In truth, you cannot get admitted to Oxbridge or Ivy League schools without excellent written and spoken English skills. The Scholars Program helps to develop these skills via significantly increasing exposure to English.

What the Scholar Program is not doing: it is not making promises. It isn't about undermining our school counselling departments commitment to finding the best-fit universities for our students. It's about making our scholars the best fit for elite universities.

德威学者计划是非常重要的，因为丰富的学术经验关系着是否充分准备好能够进入一个一流大学。学者计划只接受被邀请的学生。只有10年级中考成绩最高以及11年级、12年级和13年级成绩最优异的学生才可以参加。

被邀请参加学者计划的学生，可以得到充分的突破扩展，做课程之外的事情，这对他们来说既困难又具有挑战性。我们不是做一些考试准备，我们也不教他们任何相关的课程。我们努力将所有在未来大学取得成功所必需的软技能融入其中。其中之一是超越教科书的批判性思维。另一个是广泛的阅读，这也超出了教科书，这就是为什么我们在学校图书馆有一个单独的学者计划部分。我们让他们读、想、说、写。

我们所做的一切最终都是基于大学录取和面试。这也是为了让学生在精英大学获得一席之地取得成功的技能。我们汇集了他们在申请过程和大学中取得成功所需的所有软技能。自信地英语口语能力，阅读能力，思考能力。

我们已经做出承诺，在接下来的四年里，每周都要保证有一小时的时间。奖学金计划有几个部分。其中最重要的部分是指导。我们有专业的教师，包括我自己，还有其他各种经验丰富的教师，我们承诺在整个过程中照顾这些学生，并与他们建立有意义的关系，每周二，每次一个小时。这一小时不是一堂常规的课。它们更具互动性，更像大学里面的辅导。

我们定期举办家长活动项目，关注于学者计划的不同方面。该方案的成功需要得到父母的支持，因为他们发挥着重要的作用。

该项计划是让学生领导力在该计划中发挥重大的作用。项目中的学生从10年级开始，一直到13年级，我们已经让一些高年级的学生担任领导角色。在第二学期，我们会寻找更有形的成果，比如数学竞赛。

再例如，我希望人文学科学者计划的每一位学生都能参加约翰·洛克的论文写作比赛。在第一学期，我们一直在关注软技能，在第二学期，我们将更多地关注学生自主和授权学生，因为他们在展示自己的写作技能时，将使用他们在现实社会中发展出来的技能。

事实上，如果你没有优秀的英语写作和口语能力，你是无法进入牛津、剑桥或常春藤盟校的。学者计划通过显著增加英语的接触机会来帮助发展这些技能。

学者计划不会做的是：给出许诺。这并不是要破坏我们升导部门为我们的学生寻找最适合的大学的承诺。这是为了让我们的学者具备最适合一流的大学能力。

Extended Project

拓展项目

Kathryn Lange

Head of Extended Projects

The top five most important vocational skills and abilities have been identified as: judgment and decision-making; fluency of ideas; active learning; learning strategies; and, originality abilities. The Extended Project (EP), offered at DHSZ, hits all these skills in its approach to delivering the EP program.

Project-based learning calls for the use and development of these skills which are also highly applicable in completing university degrees where independent thinking and self-management drives student learning. The opportunity to cultivate these skills in the form of a self-chosen research project is an ideal way for young people at DHSZ to prepare for what is ahead of them, both at university and in the workplace.

最重要的五个职业技能和能力:决策判断; 思维连贯; 主动学习; 学习策略; 创意能力。苏州德威提供的扩展项目(EP), 在其实施方法中就运用了所有的这些技能。

基于项目的学习需要使用和发展这些技能, 这些技能在提倡独立思考和自我管理的大学学习中同样也非常适用。对于我们的学生来说, 可以通过由自己选择的研究项目来培养这些技能, 是他们为未来的大学和工作做准备的理想方式。



Essentially, the EP is a research project providing students the chance to choose their own topic of research. The aim is to produce a dissertation or product with an accompanying essay. Students have the option to be externally assessed, attracting a qualification that will be highly advantageous in university applications. Students learn techniques associated with creative and critical thinking, researching, questioning, time and project management, and expand their skills in writing and making informed conclusions. The project is aimed predominantly at Year 12 students and bridges Year 12 and Year 13, culminating in a presentation timed for the beginning of Year 13, showcasing student learning and the process they undertook.

A student undertaking the EP will be involved in exercising their own judgement in making decisions from the very beginning when a research topic is self-chosen. The benefits of choice are embedded motivation and agency in learning that surpasses learning that might happen in the classroom. The EP provides students the chance to collect their own primary data through conducting interviews, surveys or experiments. Students are active in the research process, learning through doing and in thinking of creative ways in collecting information to support their research in secondary sources and in solving problems that may arise in the process. The need to reflect regularly throughout the project ensures students are developing their skills in evaluating and acting on guidance from both a subject related mentor and the project coordinator. Discussion and collaborative thinking are highlighted between student and assigned mentor.

Students involved with the EP become far more aware of their personal and academic strengths throughout the process and challenge themselves in ways that promote academic development. The EP not only prepares students for the academic rigor of tertiary education but provides the opportunity to undertake a self-directed project in a supportive environment with an underlying structure aimed at enhancing sought after skills for life beyond high school.

"The most impressive component of this project is that I got to choose whatever the topic I'm interested in, even though it is completely disconnected to the university major I'm considering."

Elina Jin (Year 12)

从本质上讲，EP 是一个研究项目，为学生提供自己来选择研究主题的机会。其目的是完成一篇论文或附带一份论文的一个产品。学生可以选择外部评估，从而获得在大学申请中非常有利的资格。学生将学习到有关创造性和批判性思维、研究、提问、时间和项目管理的技术，并提升他们的写作技能和做出明智结论的能力。该项目主要针对 12 年级的学生，并在 12 年级和 13 年级之间架起桥梁，在 13 年级开始的时候，展示学生的学习和他们所经历的过程。

当一个研究课题是自己主观选择的时候，学生从一开始就可以在决策时实践他们自己的判断。学生自行选择的好处是可以获得超越普通课堂式学习的动力。EP 为学生提供了通过访谈、调查或实验收集原始数据的机会。学生在研究过程中是积极主动的，通过实践和创造性的方式来收集信息，以支持他们对二手资源的研究，并解决过程中可能出现的问题。在整个项目中，需要定期反思，这能确保学生在从学科相关导师和项目协调员处获得指导时，能发展其评估和执行方面的技能。学生和指定导师之间的讨论和协作思维极其关键。

参与 EP 的学生在整个过程中可以更好地意识到他们的自身优势以及其学术优势，并以能促进学术发展的方式挑战自我。EP 不仅让学生做足严谨的学术准备，更让学生们有机会培养和发展在其高中生涯之后的生活中所需的其他技能，而这一切都将基于学生自我引导、自我决策的项目。

Skills which will be developed throughout this project

- Critical and Creative Thinking
- Evaluation
- Time management
- Collaboration
- Communication
- Independent Research

This is my House

这是我的学院

The origins of the house system date back to the foundation of our parent School Dulwich College in London. In recent years house systems were brought to public attention in the Harry Potter books by J.K. Rowling.

It provides opportunities for students to grow and learn, in terms of personality, morality, creativity, knowledge and skills. The system promotes the values of fair play, teamwork, citizenship, mutual responsibility, as well as self-discipline, initiative, perseverance, and resilience.

The House system also allows Houses to compete in a supportive environment. House Competitions are an important part of school life with sports events (such as volleyball, dodgeball, football, and swimming), performance (singing, music, art and drama) as well as some academic competitions (such as mathematics and coding) The House system helps our students to learn how to be good, sportsman like competitors that enjoy the positive aspects of healthy competition. The House system also lets students make new friends, feel part of something, and to experience a sense of community.

When you have morning registration your tutor group will be with other students from your House and will be a great way to start to build your House community.

学院制度的起源可以追溯到我们位于英国伦敦的德威公学。近年来，J.K.罗琳的《哈利波特》系列丛书也引起了公众对学院制的关注。

它为学生提供了在个性、道德、创造力、知识和技能方面成长和学习的机会。该制度提倡公平竞争、团队合作、公民意识、共同责任以及自律、主动、毅力和适应力等价值观。

学院制允许学生在一个支持和鼓励性的环境中竞赛。学院竞赛是学校生活的重要组成部分，有体育项目(如排球、躲避球、足球和游泳)、表演(唱歌、音乐、艺术和戏剧)以及一些学术竞赛(如数学和编程)。学院制可以帮助我们的学生学习变得更好，就好比运动员能从健康的比赛中获益积极的一面。学院制也能够让学生结交新朋友，感受到自己是学院中的一份子，并感受到团队精神。

每天早上，你将会和你所在学院的其他同学一起进行晨会，这将是了解其他学生、并建立你的学院社交的良好开端。

Curie

Head of House: Sam Hicks

Named after Marie Curie, Noble Prize winner of both Physics (1903) and Chemistry (1911).

以玛丽居里夫人命名，诺贝尔物理学奖(1903)和诺贝尔化学奖(1911)。



Turing

Head of House: Keegan Ashton

Named after Alan Turing, a brilliant mathematician who took a leading role in breaking Nazi ciphers in WWII.

以艾伦·图灵命名，他是一位杰出的数学家，在二战中破译了纳粹密码。

Mandela

Head of House: Maria Villaescusa

Named after Nelson Mandela, president of South Africa (1994-99) and a Noble Prize winner for Peace (1993).

以纳尔逊·曼德拉的名字命名，他是南非总统(1994-99)和诺贝尔和平奖得主(1993)。

Soong

Head of House: Jason French

Named after Soong Qingling, who founded the China Welfare Institute and was the Honorary President of the People's Republic of China in 1981.

以宋庆龄命名，她创立了中国福利学会，并于1981年担任中华人民共和国名誉主席。

Challenge YOURSELF

挑战你自己

The Dulwich Challenge

德威的挑战

The Dulwich Challenge challenges each student to engage in a broad range of experiences each academic year. There are five categories of the Dulwich Challenge: Active, Creative, Skills, Adventure, and Services.

To be successful, during each school year you must:

- Engage in at least TWO long-term activities from the Active/Creative/Skills/Service categories (for example, at least one full semester of a CCA)
- Engage in at least TWO short-term activities from the other two categories above
- Complete an adventurous activity

The Dulwich Challenge is strongly encouraged for all students, no matter what year group! We will celebrate the successful candidates on our Founders Day in April each year.

As you move through the school, there will be opportunities to work towards higher levels of achievement through the Dulwich Challenge, Dulwich Challenge Extra, and Dulwich Challenge Elite. By engaging with and completing the Dulwich Challenge at different levels, we aim to develop our students holistically and live the values of our school.

“德威挑战赛”每学年都能让各个学生参与到广泛的体验中。该挑战赛分为五个类别:积极、创新、技能、冒险和服务。

要想成功, 每学年你必须做到如下事项:

- 参与五个类别中至少两项长期活动 (例如, 一个CCA 至少要参与一整个学期)
 - 参与以上另外两类项目中至少两项短期活动
 - 完成一个冒险活动
- 我们强烈鼓励所有学生参加德威挑战赛, 不分年级! 我们将在每年 4 月的建校日中庆祝成功的候选人。

随着你在学校的学习, 你将有机会通过德威挑战赛、德威升级挑战赛和德威精英挑战赛所取得更高的成就。 通过参与和完成不同级别的德威挑战赛, 我们的目标是全面发展我们的学生, 并融入学校德威价值观。

Skills Experiences 技能体验

Skills experiences tend to connect more closely with the academic subjects that you study. They encourage you to develop key learning skills and subject knowledge, as well as being great fun! Perhaps you adore taking part in Chinese Debating or MUN, enjoy building Lego Mindstorms robots, or love cooking new dishes and desserts - these activities all count in your 'Skills' category.

技能体验往往与你所学的学术科目联系更紧密。它们鼓励你发展关键的学习技能和学科知识,同时也是非常有趣的!也许你喜欢参加中国辩论会或模联会议,喜欢建造乐高头脑风暴机器人,或者喜欢烹饪新的菜肴和甜点 - 这些活动都属于你的 "技能" 类别。



Create Experiences 创造活动

Creative activities include music, art, drama, and dance, along with anything else that has a creative element. Enjoy creative writing - awesome! Like photography? That counts too! Anything that gets your creative juices flowing can be counted in your 'Creative' category.

创意活动包括音乐、艺术、戏剧和舞蹈,以及其他任何具有创意元素的活动。喜欢创意写作?太棒了!喜欢摄影吗?这也不算!任何能让你创意发挥的东西都可以计入你的 "创意" 类别。

Adventure Experiences 冒险经历

Our annual Week Without Walls trips are the most obvious way to complete the Adventure category, but there are also other opportunities, including ones outside the school. (This category will remain quite flexible during the period of COVID restrictions.)

我们每年的 "无墙周" 旅行是完成 "冒险" 类别的最显著方式,但也有其他机会,包括学校以外的机会 (在疫情期间,这一类别的机会会机动实行)。



Active Experiences 活跃体验

Active experiences include anything that helps you get up and be active. Perhaps you train with a sports team, regularly practice swimming, go running, or even do yoga - it doesn't matter what the activity is - if it gets you up and moving you can count it as evidence in your 'Active' category.

积极的体验包括任何帮助你起身和保持活跃的活动。也许你参加了一个运动队的训练,定期练习游泳,跑步,甚至做瑜伽--活动是什么并不重要--如果它让你站起来活动,你就可以把它算作 "活跃" 类别。

Community Experiences 社区经历

Community service is an integral part of life at DHSZ. Throughout the year, you might choose to serve your school community by becoming a House Captain, a Dulwich English Ambassador, or part of the Student Council. Perhaps you're going to serve the wider community by joining a Service CCA or group, such as Wings Plan or the Dulwich Medical Programme. However you choose to serve your community, these are the types of experience that count in your 'Service' category.

社区服务是 DHSZ 生活中不可或缺的一部分。在这一年里,你可能会选择通过成为学院代表,德威英语大使或学生会的一员来服务你的学校社区。也许你会通过加入一个服务性的 CCA 或团体,如 Wings Plan 或 Dulwich Medical Programme 来服务更广泛的社区。无论你选择如何服务你的社区,这些都是你 "服务" 类别中的经验类型。



Term 1 2022-23 in

第一学期2022-23年 (图片)

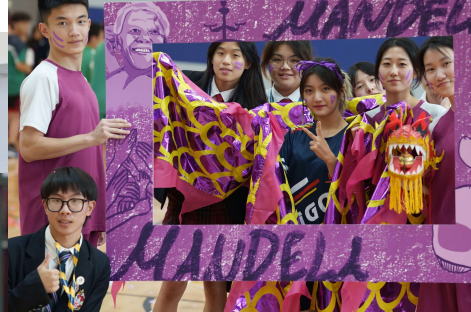


RUO
A conversation could change the world.

Geist es dir gut
你还好吗

I am here to listen if you want
如果你想说更多, 我在

n Pictures



ECAs at a glance

ECA 概览

Mondays	Mondays	Tues
*Ice Skating (16:45-18:45)	Journal Reading Club	Scholar's Programme
Dulwich English Debate Club (DEDC)	Calligraphy Club	DEA - Dulwich English A
Dulwich Business League (DBL)	Sailing	Cambridge Upper Seco
HOTS (Hope of the Star)	Her Voice	Farmbot
Handcraft Club	Cross Dimensional	Biology Olympiad
Yesterday's World	Dulwich Studio	Global Citizenship
Synthetic Biology Club (iGEM)	Choir	Spanish DELE Exam Pre
eSports	*Indoor Rock Climbing (16:45-18:45)	Dubbing Fun
Brainstorm	Frisbee Recreational	*Easy Yummy Cooking
We*era	Badminton Recreational	Every Mind Matters
Dulwich Medical Program	Boys Football Team	Robotics—LEGO Minds
Variety V	Table Tennis Team	*Ikebana
xFace		Model Club
World of Business		ACG Art & Design
*Go Kart		*Indoor Screen Golf
LifeLine		Volleyball Recreational
Detective Agency		eSports Team
		Ju-Jitsu
		Ultimate Frisbee Team
		Boys and Girls Volleyba
		Badminton Team (15:45
		*Pool

Academics 学术

Skills 技能

Student Leadership 学生领导力

Create 创意


days	Wednesdays	Thursdays
	Extended Project	The Stargazers
Ambassadors	World of Work	Model United Nations (MUN)
Secondary Science Comp	Chinese Debating Team	Physics Society
	Psychology Society	Senior Maths Club
	Entrepreneur	AMC Student Ambassadors
	Chemistry Society	*Video Shooting and Editing
Preparation	Economics Book Club	Year Book
	Junior Maths Club	CreaTech
	DNA Club	Doodle Art
	World News Report	Handbells
Storms	Orchestra	Dance
	Theatre Making and Performance	Technology Education for Students (TES)
	ShowCan Magazine	Dulwich Design & Photography
	Minecraft	Swimming (18:30-20:00)
	Kendo	Tennis
	*Boxing	Chinese Chess
	Boys Football Team	Cycling
	Junior Boys Basketball Team	Run Club
	Senior Boys Basketball Team (15:45-18:00)	Girls Football Team
All Teams(16:45-17:45)		Girls Basketball Team
(16:45-17:00)		

Recreational Sport 休闲运动

DHSZ Sports Teams 团队运动

It's all in the DNA

一切都在 DNA 里



The DNA CCA has helped me to develop skills such as how to organize activities, arrange future events and how to communicate the information between different people.”

Tom Chen (Y12)

DNA 基因检测

Murdoch Mackay

Wednesday · 15:30–17:00 · 3N3

Open to all students

DNA CCA makes use of our new synthetic biology lab to allow our students to engage in meaningful open-ended experimentation, using the same data, the same tools and produce the same high-quality research as professional scientists. The first of project has been DNA barcoding, which has allowed our students to contribute to the phylogenetic understanding of our local environment. Students have sampled plant, animal and fungi species found around our school, isolated DNA from these species, amplify specific sections of their DNA using PCR. We then sent their DNA samples off for sequencing before analysing the DNA sequences from the samples they have

created to fully identify and create a phylogenetic tree to analyse the relatedness of the species. DNA barcoding is contributing to our understanding of the diversity by identifying and cataloguing species on a local and global scale. Moving into the future DNA CCA activities are planned for that will include a genetic engineering programme that will allow students to transform bacteria with GFP to make them glow and then extract and purifying the proteins.

Also, we will run a PTC genotype and phenotype CCA that will allow the students to extract and analyse their own DNA to see what allele combination of the PCT gene (TAS2R38) they have and compare that to their ability to taste bitterness in PTC.

在 DNA CCA 中，我们用上了德威新建的合成生物学实验室，让学生参与有意义的开放式实验，使用相同的数据，专业的工具，并与专业科学家一样进行高质量的研究。第一个项目是 DNA 条形码，它让我们的学生对我们当地环境的系统形成的理解做出贡献。学生们从学校周围发现的植物、动物和真菌中取样，从这些物种中分离出 DNA，用 PCR 扩增他们 DNA 的特定部分。然后，我们将他们的 DNA 样本送去测序，然后分析他们创建的样本的 DNA 序列，以完全识别和创建一个系统发育树，从而分析物种的亲缘关系。DNA 条形码通过在本地和全球范围内对物种进行识别和编目，有助于我们对物种多样性的理解。未来的 DNA CCA 活动计划将包括一个基因工程项目，该项目将允许学生用 GFP 转化细菌，使它们发光，然后提取和纯化蛋白质。

此外，我们还将进行 PTC 基因型和表现型 CCA，这将允许学生提取和分析他们自己的 DNA，以了解他们的 PCT 基因(TAS2R38)的等位基因组合，并将其与他们在 PTC 中品尝苦味的能力进行比较。



Tom Y12, Biology Lab

Scholar's Project 奖学金项目

Steve Hodgkin - Humanities Pathway	4N11
Matthew Smith - Life Sciences Pathway	4N1
Adam J Harrison - Chemistry Pathway	4N12
Martin Crozier & Richard Nunns - Maths and Computer Science Pathway	4N4
Philip Wanglia - Economics and Business Pathway	4N10
Maxine Li & Bimlendu Mishra - Physics and Engineering Pathway	4N5

Tuesday • 15:30-16:30 (Invitation Only)

Gaining acceptance to the Oxford, Cambridge or Ivy League Universities is a long-term endeavour. Universities are not only looking for students with the highest exam grades, but also to excel in admissions tests, submit written work and tackle multiple interviews with leading professors. They are also looking for original, curious, and logical thinkers, who can use their current knowledge to look for new solutions.

The aim of the Y10 Scholars Programme is to enable students to master their subject, gain clarity about their future, and prepare them for a changing world. Students will work with their learning mentors and a small group of students in their chosen stream; to learn about their subject through discussion, research, group work, seminars, and debates. Working individually and in small groups, students will also practice their speaking, listening, reading, and writing skills in English, expand their vocabulary and grow in confidence. They will take part in group debates about current issues, learn important conversational topics, be immersed in British culture and history, and enhance their academic English skills so that they are prepared to live and study abroad. *Invitation only.*

获得牛津、剑桥或常春藤联盟大学的录取是一项长期努力的结果。大学不仅寻找考试成绩最好的学生，而且要在招生考试中表现出色，提交文书，并应对多位顶尖教授的面试。同时他们还在寻找原创的、充满好奇心的和有逻辑的思考者，他们可以利用现有的知识来寻找新的解决方案。

Y10 学者计划的目的是让学生掌握他们的学科，了解他们的未来，并为未来的变化做好准备。学生将与他们的学习导师和学生小组一起工作；通过讨论、研究、小组工作、研讨会和辩论来了解他们的主题。通过独立学习和小组学习，学生可以练习英语的说、听、读、写技能，扩大词汇量，增强自信心。他们将参加关于时事的小组辩论，学习重要的会话话题，沉浸在英国文化和历史中，并提高他们的学术英语技能，为他们在国外生活和学习做好准备。 仅限受邀请学生



Model United Nations (MUN) 德威模联社

Eileen Law, Anna Xu & Nadir El-Edroos

Thursday · 15:30-16:30 · 2N10 & 2N11

The Model United Nations program is an opportunity for students to participate in regional and international interscholastic simulations assuming the role of diplomats representing the interests of various nations in the UN. Students will develop research, presentation and negotiation skills while observing the norms of parliamentary procedure by discussing different international issues covered by the United Nations charter. The club participates in conferences at high schools in China and members can get a chance to travel to a conference in the USA, assuming the roles of assigned countries and deliberating our way to better and rational solutions to real-life problems the UN faces.

Model United Nations provides students with a realistic and fun democracy experience! Every year our school participates in the annual session of the Concordia International Senior School MUN (CISSMUN) conference in Shanghai.

模拟联合国项目为学生提供了一个平台，在这里学生们可以代表不同国家的利益，扮演联合国中不同国家的外交官，来与其他学校一起参与地区性和国际性的模拟辩论。学生们能够讨论联合国宪章的各种国际问题以研究国会的程序规范性，在这个过程中提高自己的研究能力，公开演讲能力和磋商能力。本社团的学生能够参与国内的联合国论坛，其中的一些学生还能到美国参加联合国论坛，扮演不同国家的外交官角色，传达我们认为的更好的解决真正的国际问题的方法。模拟联合国能赋予学生真实的有趣的民主体验。每一年我们的学生都能参加在上海举行的 CISSMUN 论坛。



I found MUN very useful and fun. This is a great way to practice our critical thinking, presentation and writing skills. The debates were great as it also helped me develop my impromptu skills."

Kelly Yu (Y11)

"MUN gives me a chance to challenge myself on speaking and writing. During the CCA time I can express my ideas and practice the skill of communication. I can be more confident when I need to speak in the future."

Katherine Yu (Y12)

Spanish DELE Exam Preparation 准备西班牙语 DELE 考试

Maria Villaescusa

Tuesday · 15:30-16:30 · 4S9

New CCA

In DELE preparation CCA students will prepare to take the external DELE Spanish examination of different levels. Students will complete DELE type tasks according to the level they wish to take and receive feedback on performance and advice on how to improve. On this CCA we will work on exam technique and time management so that students can feel confident when sitting the DELE exam. Students will have to purchase a book that the teacher will recommend considering the level of the exam they wish to sit.

在 DELE 准备阶段，社团课的学生将准备参加不同级别的 DELE 西班牙语外部考试。学生将根据他们期待的水平完成 DELE 类型的任务，并收到关于表现的反馈和如何改进的建议。在这个 CCA 中，我们将学习考试技巧和时间管理，以便学生在参加 DELE 考试时充满信心。学生必须购买一本书，老师会根据他们希望参加的考试水平推荐这本书。

Academics 学术

DEA - Dulwich English Ambassadors 德威英语大使

Tony Qureshi & Brian Craig

Day: Tuesday Time: 15:30-16:30 Room: 2S9

Join the DEA and be part of a unique group of students who are highly motivated to improve their English, and advocate for increased English around the school. Students will play an important role in creating materials, short videos, posters, and in leading house events. We will work together as a group to put many of your ideas into action. This will be a highly rewarding CCA where you will be making positive changes around the school. Come join the DEA! The CCA is organised into 3 groups, Displays and advertising, Events and competitions, Assemblies and public announcements.

“
Become an advocate and role model for using English; contribute to whole school events in your own unique way while working with others and at the same time - improving your English!”

Tony Qureshi

加入 DEA 成为能够积极地提高英语水平并倡导在校内外提高英语水平的优秀学生群体。学生将在创作材料、短视频、海报和领导学院活动方面发挥重要作用。我们将作为一个团队一起工作，将你的许多想法付诸实践。这将是一个非常有益的 CCA，将在学校做出积极的改变。快来加入 DEA 吧！CCA 分为 3 组，即展示和广告、活动和竞赛、集会和公告。

Extended Project 拓展项目

Kathryn Lange & Seth Zeiter

Wednesday · 15:30-16:30 · 2N13

(Invitation Only)

The Extended Project (EP) is a chance for students to take control of their academic learning and research an area that personally interests them! It is, by nature, a research project, that will help you to develop skills not always taught in the classroom including the ability to problem solve, think creatively and critically, to question and find new conclusions. The process of completing the EP will also build your skills in researching, writing and editing all in good time for university!

扩展项目(EP)是一个让学生掌控自己学术学习和研究自己感兴趣的领域的机会!从本质上讲,这是一个研究项目,它将帮助你发展课堂上不经常教的技能,包括解决问题的能力,创造性和批判性思维,质疑和寻求新的结论。完成 EP 的过程也将培养你在研究、写作和编辑方面的技能,为你上大学做好准备!

Entrepreneurship Club (E - Club) 企业家俱乐部

Jessica Law

Wednesday · 15:30-16:30 · 2N11

The Entrepreneurship Club is dedicated to furthering understanding about creating and managing businesses. There will be plenty of occasions for our members to take initiative by proposing projects, sharing business ideas, plan and organising the club's activities. We will invite distinguished guest speakers to share their entrepreneurial experiences with us.

企业家俱乐部致力于进一步了解如何创建和管理企业。我们的会员将有很多机会发起项目提案,分享商业理念,计划和组织俱乐部的活动。我们将邀请特邀演讲嘉宾与我们分享他们的创业经验。

Cambridge Upper Secondary Science Competition 剑桥科学挑战赛

Orville Dalling & Sangeetha Ram

Tuesday · 15:30-16:30 · 4N2

Cambridge International offers an exciting competition for Cambridge IGCSE learners. We want to give students the opportunity to develop their passion for science through practical work, investigating topics of interest and using the scientific method. Students will form small teams of 3-5, choose a topic for their investigation and complete an investigation over 20-25 hours. They will also produce a reflection of the work, consisting of an investigation and reflection, and present their project to their teacher and peers. Upon completion, teams will be awarded a Participation, Bronze, Silver or Gold certificate.

剑桥国际中心为 IGCSE 的学生准备了一次极具挑战性的竞赛。通过这次竞赛，我们希望能给学生提供一个发挥他们对科学的热爱机会。在这次竞赛中，学生将以3-5人小组形式，选择一个自己感兴趣的话题，并以科学研究法在20-25小时内完成实验和论证。之后，每小组需要总结实验结果和经验，完成一份实验报告及实验感想，最终将整个实验过程和结果分享给老师和同学。竞赛结束后，获奖小组将被赋予参与奖、铜奖、银奖、金奖证书。

Physics Society 物理学会

Bimlendu Mishra & Masihur Bawngi

Thursday · 15:30-16:30 · 2N12

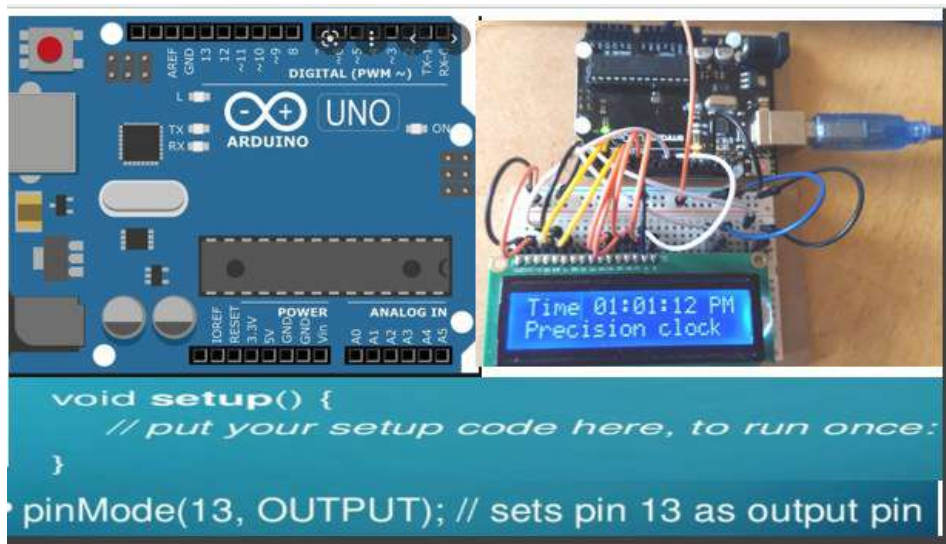
You will be able to:

- Design your own wind tunnel and test your aircraft designs, build free flight/RC models
- Investigate the efficiency of different propellants (non-flammable) of a very small-scale rocket,
- Construct Arduino projects (knowledge of electronics needed).
- Construct electronic circuits that process signals to understand signal amplification, cancellation etc.

How does this CCA help you?

- The hands-on experience you will acquire will help you strengthen your knowledge of fundamentals in physics
- Improve your chances of succeeding in physics competitions

Will add weight to your college application and improve chances of getting into better universities.



你将能够:

设计你自己的风洞和测试你的飞机，建立自由飞行/RC 模型

研究小型火箭不同推进剂(不可燃)的效率，

构建 Arduino 项目(需要电子知识)。

构建处理信号的电子电路，以理解信号的放大、消除等。

这个 CCA 对你有什么帮助?

你获得的实际操作经验将有助于加强你的物理基础知识

提高你在物理竞赛中获胜的机会

这会为你的大学申请增加砝码，增加进入好的大学机会。

Academics 学术

Chinese Debating Team 中文辩论社

Jiao Cheng & Renee Lei

Wednesday · 15:30-16:30 · 3N7/3N8

Y11, IG1, 12 & 13 (Auditions required)

Debating is an important skill to develop students' critical thinking skills, language competence and team working. We are going to participant in at least two external competitions! These competitions adapt the style of public forum and debating topics are on matters of controversial public policy, generally with an international angle. If you are confident about your language competence in your first language.....come and join us!

辩论是思维的激辩与智慧的交锋。学生能够通过辩论提高批判性思维能力，语言表达能力及团队协作能力。每年我们至少参加两次校外比赛，届时，辩论队成员们将与来自大陆，港台以及海外的学校进行较量。如果你对自己的母语能力有足够信心的话，那就加入我们吧！

World of Work: Careers Exploration Society 工作的世界：职业探讨会

John Coffey

Wednesday · 15:30-16:30 · 3S9

The World of Work CCA will bring together a small group of committed students who will research jobs in the future in the four key areas of technology, finance & services, science and the creative and the creative arts industry. Have fun in exploring the changing world of work by doing online research and compiling short reports that showcase exciting new jobs and keep our student body informed on interesting developments in industry.

工作世界 CCA 将汇集一小群有奉献精神的学生，他们将研究未来在技术、金融和服务、科学以及创意和创意艺术产业这四个关键领域的工作。在探索不断变化的工作世界的过程中，通过在线研究和汇编简短的报告，展示令人兴奋的新工作，并让我们的学生群体了解行业的有趣发展。

Global Citizenship 全球公民关系

Elise Piercy & Sabine Jalil

Tuesday · 15:30-16:30 · 2N12/2N13

At DHSZ we believe all students should be committed to understanding others and aware of how their decisions can have impact on a local and global scale. This CCA caters to a wide range of interests ranging from sustainability, Suzhou culture, and 3D printing, to public speaking, organizing events and creating videos. The ultimate aim is to engage with the wider school community and advocate for social and environmental accountability.

在德威，我们相信所有的学生都应该致力于拥有同理心，并意识到他们的决定，将如何对当地和全球范围产生影响。该 CCA 囊括了广泛的兴趣，包括可持续发展、苏州文化、3D 打印、公共演讲、组织活动和制作视频。最终目标是与更广泛的学校社区接触，倡导社会和环境责任。

Psychology Society 心理社会学

Basil Tulesi

Wednesday · 15:30-16:30 · 2S9

The **Psychology Society** is an ambitious and interesting platform for any Y11 and IG1 students interested in human behaviour (Passionate psychology A Level students are welcome). Members will explore basic psychology concepts through film, discussion and undertaking basic ethical research. They will look at psychometric testing for a deeper understanding of self and other people. They will gain a deeper understanding of psychological disorder by familiarization with diagnostic tools. In addition, students who want to pursue the subject at AS level will be accorded lots of opportunities to have a head start with aspects of the A level syllabus. Psychology cuts across all fields in all careers and this is a great opportunity to understand famous Psychologists and their pursuits, early in life.

心理学会是一个雄心勃勃且有趣的平台，适合任何对人类行为感兴趣的 Y11 和 IG1 学生（也欢迎心理学 A Level 的对此有热情的学生）。成员将通过电影、讨论和进行基本伦理研究来探索基本的心理学概念。他们将通过心理测试来更深入地了解自己 and 他人。通过熟悉诊断工具，他们将更深入地了解心理障碍。此外，想要攻读 AS level 科目的学生将有很多机会在 A level 教学大纲的各个方面取得领先。心理学涉及所有职业的所有领域，这是了解著名心理学家及其在生命早期的追求的绝佳机会。

Economics Book Club 经济学读书会

Richard Clancy

Wednesday · 15:30-16:30 · 4N11 (Invitation Only)

Economics Book Club is a reading and discussion club for students that are applying to Economics-related courses at university. Open to Y13 students in Semester 1 and then to Y12 & Y13 students in Semester 2, the club is a small CCA that meets weekly to read and discuss economics books (real books, not textbooks!). Each week we read and discuss a chapter of an economics book, focusing on one or two books each semester. By reading together and sharing our thoughts and ideas, the club helps to develop students' language skills and supports students in discovering their interests in areas of Economics beyond the A Level syllabus. Recent topics include: nudge theory, gains and losses, sunk costs, and rationality. This is an invitation-only club for students with excellent academic achievement in economics, but do speak to Mr. Clancy if you are interested in taking part, or if you just want to know more!

“经济读书俱乐部”是为大学申请经济相关课程的学生开设的一个读书分享俱乐部。第一学期对 13 年级的学生开放，第二学期对 12 年级和 13 年级的学生开放，俱乐部是一个小型的 CCA，每周聚会阅读和讨论经济学书籍(真正的书籍，而不是教科书!) 每周我们阅读和讨论一本经济学书的一个章节，每个学期集中阅读一到两本书。通过共同阅读和分享我们的想法，俱乐部有助于发展学生的语言技能，并支持学生发现他们在 A Level 课程大纲以外的经济学领域的兴趣。最近的话题包括:助推理论、得失、沉没成本和合理性。这是一个只有被邀请才能参加的俱乐部，学生在经济学方面有优异的学术成就，但如果你有兴趣参加，或如果你只是想知道更多，请联系 Mr Clancy 老师!

World News Report 世界新闻报道

Lynn Meng

Wednesday · 15:30-16:30 · Library

In this CCA, we will read the news together, discuss the contents and new words. It's not just about taking exams; it also creates opportunities for you to improve your English speaking and reading skills as well as broadening your knowledge of current world events.

在这个 CCA 中，我们将一起阅读新闻，讨论内容和新单词。这不仅仅是参加考试，它还可以为你打开一扇门，提高你的英语口语和阅读技能，以及拓宽你对世界时事的知识。

Not to mention learning extended knowledge on economics, I find this book club to be really helpful when it comes to answering data or essay questions in exams as well. It's a friendly and casual CCA which I enjoy attending"

Genevieve Wu, Y13

The Stargazers 观星者

Chichak Guluyeva & Umer Sohail

Thursday · 15:30-16:30 · 4N1

The real history of everything. How we came into existence? How did everything come into existence? We will explore astronomy, physics, biology, evolution, history, sociology in an interdisciplinary manner. "The Stargazers" offers a variety of opportunities for students to follow their unique passions in Astronomy and Cosmology. The club will enable the students to understand the deep and dark universe more and bring them closer to the big questions. Activities such as night time observations, astrophotography, trips are part of the plan. There will also be an opportunity for the students to meet (online) guest speakers from the leading space centres such as ESO, INAF, and NASA. During CCA time, we will look into the evolution and theory of astronomy and get some guest speakers to talk to us. During Study Hall, we will use our telescopes for astrophotography (the study hall session is open to all borders).



所有事物的历史。我们是怎么来的？一切事物是怎么来的？我们将以跨学科的方式探讨天文学，物理，生物，进化，历史和社会学。“观星者”为学生提供了各种机会，让他们在天文学和宇宙学中追随他们独特的激情。该俱乐部将使学生能够更多地了解深邃而黑暗的宇宙，并使他们更接近宏大的问题。夜间观测，天文摄影，旅行等活动是计划的一部分。学生

还将有机会与来自 ESO, INAF 和 NASA 等领先航天中心的演讲嘉宾（在线）见面。在 CCA 时间，我们将研究天文学的演变和理论，并邀请一些演讲嘉宾与我们交谈。在自习时间，我们将使用望远镜进行天体摄影（自习室对所有住宿生开放）。



FarmBot - Science, Software, and Sustainability

FarmBot - 科学、软件和可持续性

Christian Van Pohle

Tuesday · 15:30-16:30 · 3S8

Have you ever dreamed of a career in computer science, mechanical engineering, or science-related? Then this is the activity for you. The world grows ever more reliant on automation and sustainability. Limited resources including water, land, and workers means that we need to develop efficient ways of producing things. Using FarmBot, students will develop and use the skills of coding, engineering, and horticulture to develop an automated garden experience.

你是否曾梦想从事计算机科学、机械工程或与科学相关的职业？那么这就是适合你的社团。世界越来越依赖自动化和可持续性发展。包括水、土地和人工在内的有限资源意味着我们需要开发有效的生产方式。使用（人工智能机器）FarmBot，学生将拥有开发和使用编码、工程和园艺技能来开发自动化花园。



Senior Math Club 高年级数学兴趣小组

Bobby Son & Natalia Tsibina

Wednesday · 15:30-16:30 · 3N10

Year 12 & 13

In the Senior Math Club students practice the art of problem-solving using competition problems. It is designed for students from Y12 and Y13 who would like to expand their horizon of math study and want to have fun working on more complicated problems. The club is also a place to prepare students for math competitions. In the second semester we will mainly focus on problems from MAT (Math Admissions Test for Oxford and Imperial) and other math needs of the students. Come and Join us for an exciting season of math problem solving.

在高年级数学兴趣社团里 12 年级和 13 年级学生们通过做数学竞赛题来培养解决问题的能力。社团主要面向需要拓展课内学习的学生和有兴趣解决数学难题的学生。社团也帮助学生为数学竞赛做准备。本学期的社团活动主要针对牛津大学的数学入学考试以及学生的个人需求。社团活动的另一个亮点是培养学生的团队合作精神。希望大家在这个精彩学年的开始积极参加数学社团。

Junior Math Club 低年级数学兴趣组

Ediz Turk

Thursday · 15:30-16:30 · 3N10

Year 10, 11, & IG1

In the Junior Maths Club students are given the opportunity to play with mathematical ideas and puzzles and experience competition and Olympiad style puzzles and games. Students can have the opportunity to explore enrichment areas in mathematics.

在低年级数学兴趣组，学生有机会发展数学思维，做数学游戏，并且接触到奥数及其它竞赛题。在数学兴趣小组学生有机会探索比课堂更丰富的数学思维与解题方法。

Chemistry Society 化学协会

Adam J Harrison

Wednesday · 15:30-16:30 · 4S1

The Chemistry Society is designed to provide students with exciting practical activities in chemistry outside of the syllabus. Our society is interested in soap making, crystal growing, and organic scent extraction. In addition to practical work we will prepare for the UK Chemistry Olympiad, Canadian Chemistry Competition, and Avogadro Contest.

化学社团旨在为学生提供教学大纲之外令人兴奋的化学实践活动。我们的社团对肥皂制造、晶体生长和有机气味提取非常感兴趣。除了实践课程外，我们还将为英国化学奥林匹克竞赛、加拿大化学竞赛和阿伏伽德罗竞赛做准备。

British Biology Olympiad 英国生物奥林匹克竞赛

Matthew Smith

Tuesday · 15:30-16:30 · 4N1

This CCA is for students who wish to perform in the British Biology Olympiad. We will be concentrating on revision and prep to ensure you are ready to take on the challenge.

这个 CCA 是为希望参加英国生物学奥林匹克竞赛的学生准备的。我们将集中精力进行复习和准备，以确保你准备好迎接挑战。

Skills 技能

Yummy!

好吃!



Easy Yummy Cooking 烹饪课

Julynda Pascua, Amanda Xue & Weekly Guest Chef

Tuesday · 15:30-16:45 · Dining Hall

*****This CCA requires students to pay for ingredients*****



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Students and teachers alike have enjoyed the Yummy cooking clubs this term. A different teacher organizes the recipe each week, so the students have had a variety of recipes from all over the world. It has been great to see the students working well in groups and sharing the responsibility for preparation, cooking and cleaning up after finishing (as well as eating).

One of the best things about the new CCA is it takes place in the dining hall, and we often get a lot of visitors coming over to see what is happening and it is great to see the students sharing the food they have cooked with their friends (and teachers). While the students' recipes do not always go to plan they have persevered and managed to fix most of the problems during cooking. During the online period Mr. Webb has also managed to do some cooking classes online where students buy the ingredients at home and prepare the food themselves.

学生和老师都很喜欢这个学期的 Yummy 烹饪俱乐部。每周由不同的老师准备食谱，这样学生们就有了来自世界各地的各种食谱。很高兴看到学生们在小组中出色的工作，并一起分担准备、烹饪和打扫卫生的责任(当然包括享受美食)。

关于新 CCA 的最好的事情之一是它发生在食堂，这样可以让很多其他学生老师看到发生了什么，这是一个很不错的地方，学生们与他们的朋友分享他们烹饪好的美味。虽然学生们的食谱并不总是按原计划进行，但他们坚持不懈，设法解决烹饪过程中的难题。在网上学习期间，Mr Webb 还设法在网上开设了一些烹饪课程，让学生在家庭里购买食材，自己准备食物。

Luke Webb
Head of Year 12

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Cooking Club is really fun as we learn to cook lots of delicious food, which personally I super enjoy. I look forward to tasting all the new flavours from around the world."

Angus Wang (Y11)

AMC Student Ambassadors AMC 学生大使

Stella Wang

Thursday · 15:30-16:30 · 3N3

Student Ambassador is an excellent student organization. You can see our ambassadors in many influential occasions: open day, entrance exam, parents' meeting... Student Ambassadors is an organization with love, responsibility and execution. It represents the first impression from prospects on Dulwich, showing the spirit of Dulwich students. You can design creative brochures, shot vlogs, train the ability of public speaking here to tell the Dulwich stories to a broad range of people. Invitation only

学生大使是一个杰出的学生组织，在很多学校的重要场合都可以见到他们的身影：开放日、入学评估、家长见面会.....他们是一个富有爱心、责任心、行动力的群体，代表着外界对德威的第一印象，展现德威学生的精神风貌。在这里，你可以参与设计最有创意的学校宣传册、拍摄精美 vlog，也能锻炼公众演讲的能力，将德威故事分享给更多的人。仅限受邀学生



Dubbing Fun 配音演员成长基地

Maria Hou

Tuesday · 15:30-16:30 · 4N8

If you would like to improve your oral English, or if you want to experience the life of a voice actor, come and dub! Each session we will dub a popular scene in a movie/TV/reality show/talk show of your choice. This is an opportunity for you to practice oral speaking, be dramatic and creative, and have fun watching the videos.

如果你想要提高英语口语，或者如果你对配音演员的工作感兴趣，加入配音社吧！每一次我们都将对影视作品、真人秀、或脱口秀中的经典片段进行配音。这是一个提高口语的机会，也是一个让你释放天性展现创造力的地方。

Video Shooting and Editing Course

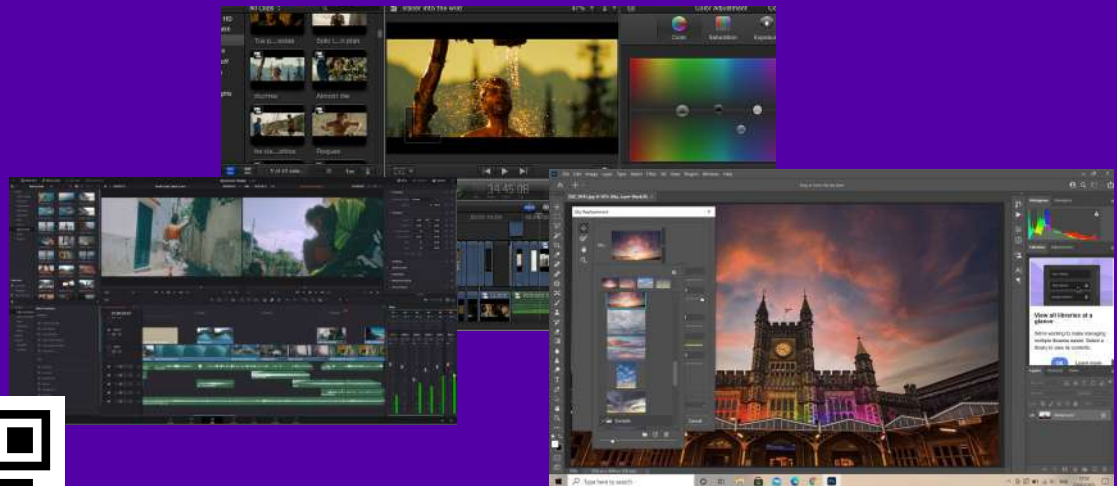
摄影剪辑

Yiyi Li

Thursday · 15:30-16:30 · 3S8

This is a 10-week CCA course provided by a highly qualified photographer and video editor who is currently working in the video editing industry. The course will provide you with the opportunities to learn how to use different editing software, including Final Cut Pro X, Photoshop, and DaVinci Resolve. Within the editing process you will develop your skills on action and speed transitions, colour grading, and the use of sound effects to heighten the overall quality of your videos.

这是一个为期 10 周的 CCA 课程，由目前在摄影行业工作的专业摄影师和视频编辑师授课。本课程将为你提供学习如何使用不同剪辑软件的机会，包括 Final Cut Pro X、Photoshop 和 DaVinci Resolve 达芬奇。在视频剪辑的过程中，你将学习如何转换动作和速度、颜色分级以及使用音效来提高视频整体质量的技能。



Scan the QR Code to watch some sample videos of what you could be producing over the 10 week course

Every Mind Matters 每个心灵都很重要

CCA Leader: Hayley Allison & Ivy Hou

Tuesday · 15:30-16:30 · 3N9

This CCA is designed to promote health and wellbeing using a combination of Chinese and Western techniques. It will enable students to explore themselves and their mental health. We will use a variety of creative and anxiety and stress relieving techniques to improve student's overall wellbeing.

In addition, we will be training and promoting our mental health champions during this CCA. Our mental health champions will be actively supporting and promoting mental health and wellbeing in the school! Students do not have to be a mental health champion to join the CCA though, just come along if you are interested in mental health and wellbeing.

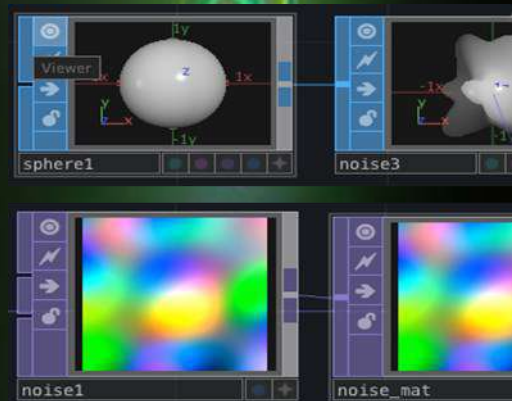
本 CCA 旨在利用中西结合的技术促进身心健康。它将使学生探索自己和心理健康。我们将使用各种创造性的、缓解焦虑和压力的技巧来提高学生的整体幸福感。

此外，我们将在本次 CCA 期间培训和推广我们的心理健康大使项目。我们的心理健康倡导者将积极支持和促进学校的心理健康和福祉！学生们不需要成为心理健康大使才能加入 CCA，只要你对心理健康感兴趣就可以加入。

Create 创意

Where Technology & Creativity Collide

科技与创意的碰撞



CreaTech

创智科技

A brand new **Creative & Technology** workshop series here at DHSZ, where you will explore amazing things in **Digital Media** and create **Interactive Design installations** to be projected and displayed on large screens for you and your friends to interacted and play with!

We will learn essential techniques using powerful visual coding software **Touch Designer** and **Kinect Sensors**. The same sensors for Kinect Xbox, instead of a video game on Xbox, we will teach you how to create the design that responds to your movements on the screen.

When you move, the images on the screen will change! Come join us to discover how to create this fun digital experience. No previous coding or design experience needed. You can learn how to create interactive design in this course and use it into your class projects in the future. New technology experience such as this course will also look fantastic on your CV for university applications as well.

This is just the beginning of Interactive design and new media creations here at DHSZ. Sign up now before the spots all full!

Class Limit 20 students

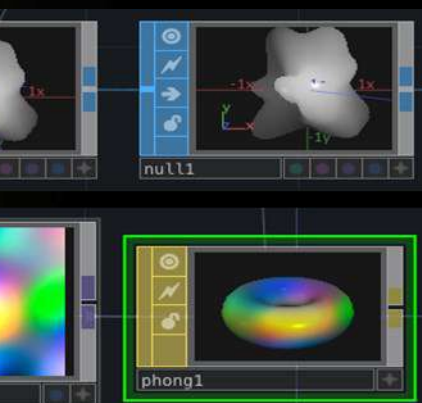
一个全新的创意与科技系列工作坊，您将在这里探索数字媒体的神奇事物，并创作互动设计装置，并将其投影并显示在大屏幕上，供您和您的朋友互动和玩耍！

我们将学习使用强大的视觉编码软件触摸设计和 Kinect 传感器的基本技术。同样的传感器也适用于 Kinect Xbox，而不是 Xbox 上的电子游戏，我们将教你如何创建对你在屏幕上的动作做出反应的设计。

当你移动时，屏幕上的图像就会改变！加入我们，探索如何创造这种有趣的数字体验。不需要以前的编码或设计经验。您可以在本课程中学习如何创建交互设计，并在未来的课堂项目中使用它。像这门课程这样的新技术经验也会为你的大学申请简历加分不少。

这只是互动设计和新媒体创作在德威联合书院开始。赶快报名吧，不然名额就全满了！

人数限制:20人



Amin Teymorian & Kimberley Murray
Thursday · 15:30-16:30 · 3N5



Play with Fashion (Weeks 1-6)

玩转时尚 (第 1 到 6 周)

Tuesday · 15:30-16:30 · 2N4/2N5

*****Student maybe asked to contribute to materials*****

Fashion is a microcosm of the human society civilization development. Clothing has experienced a long time from leaves and scraps of cloth used to cover the body in the primitive society, to the expensive products to show people's status. This process spanned the ideological waves of the Renaissance and the mechanized production of the industrial Revolution, until now fashion has established a complete system. For People's daily life, today's fashion is not limited to traditional clothing, which is not only an art but also an attitude to life.

Under teacher's guidance, students can experience the clothing design, jewellery accessories design, fabric material design, costume and stage design as well as fashion marketing concepts in the fashion system. Students can truly understand the meaning of fashion for our life and its beauty.

时尚的发展就是人类社会文明发展的缩影。服装从原始社会用于蔽体的树叶、碎布发展到其成为能够彰显人们身份、地位的昂贵制品经历了漫长岁月。这过程跨越了文艺复兴的思想浪潮与工业革命的机械化生产，到如今时尚已经建立起了完整的体系。对于人们的日常生活来讲，现今的时尚已经不局限于传统意义上的服装，它是一门艺术，更是一种生活态度。本系列课程在老师的带领下，学生可以体会时尚体系中的服装设计、珠宝配饰设计、面料材料设计、戏服舞台设计以及时尚营销理念。真正认识时尚对于我们生活的意义和它的美妙之处。



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ART&DESIGN

课程介绍

Product Laboratory (Weeks 7-12)

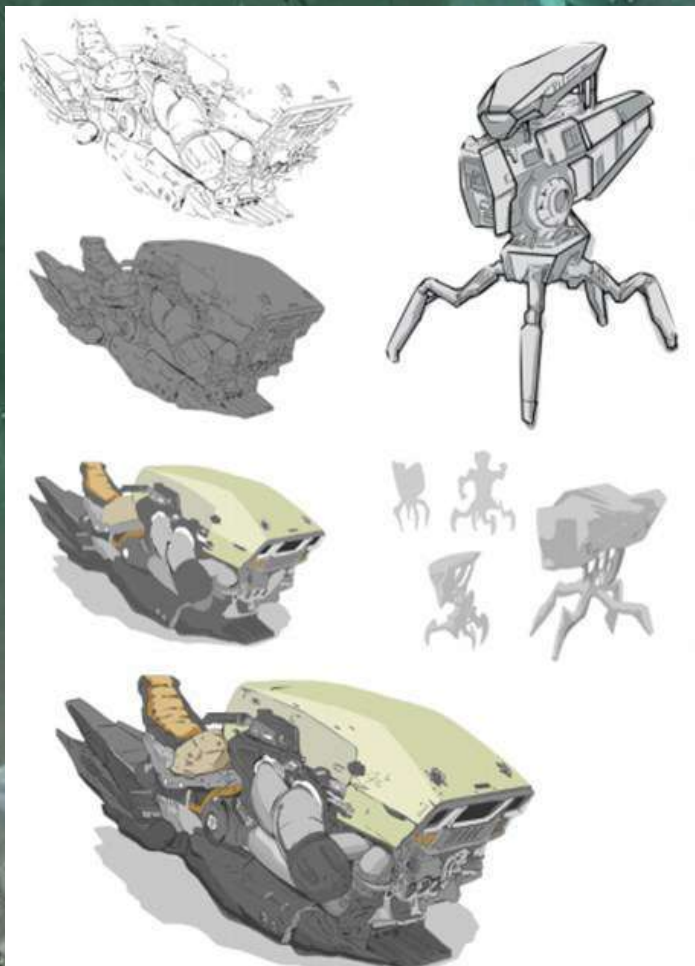
工设产品实验室 (第 7 到 12 周)

From the delicate and soft bottle shape of Coca-Cola to the logo of President Kennedy's special plane, and then to the familiar Greyhound bus, industrial design is an interdisciplinary subject combining artistic innovation and engineering disciplines, as well as combining infinite imagination with excellent design, which is the mission of the industrial design.

This series of courses are designed to make a desktop game console by hand, including completing the internal structure. During the process of analysing, thinking and experimenting, students will develop product design thinking and practical ability. To innovate is to create a better world! This is the charm of engineering design!

从可口可乐微妙而柔美的瓶子形状到肯尼迪总统专机的徽标，再到熟悉的灰狗巴士，工业设计是一门艺术创新与工程学科相结合的交叉学科，将无限的想象力与卓越的设计相结合，这就是工业设计专业的使命。

本系列课程通过手工制作一款桌面游戏机产品，包括完成内部结构，在这一分析、思考和试验过程中锻炼学生的产品设计思维以及动手能力。为了创造一个更好的世界而创新！这就是工设的魅力！



Yearbook Design 年鉴设计

Mark Ford

Thursday · 15:30-16:30 · 2N4

Welcome to Yearbook, this CCA focuses on producing the Yearbook Publication for the school. Within the team we have 3 departments, Design, Editing & Copywriting and Photography. If you enjoy design, love to practice photography or are a keen writer, consider joining our team! Help produce the school yearbook from beginning to end, finishing with a final product you can happily say you helped design and produce.

Only students who have participated in Semester 1 Yearbook CCA are eligible.

本校刊主要为学校制作。在我们的团队中，我们三个部门，设计，编辑和文案，以及摄影。如果你喜欢设计，喜欢练习摄影，或者是一个热衷的作家，考虑加入我们的团队！可以帮助制作学校的整个年鉴，最后你可以高兴地说你参与设计和制作了学校年鉴。

只有参加过第一学期年鉴 CCA 的学生才有资格参加。



Minecraft 我的世界

Matthew Smith

Wednesday · 15:30-16:30 · 3N5

Prepare for an adventure of limitless possibilities as you build, mine, battle mobs, and explore the ever-changing Minecraft landscape. In this CCA, we work together in a survival multiplayer map to build our own world together and have something that future generations can join in on to create the DHSZ universe. Leave your mark on the world to be forever remembered!

准备来进行一场拥有无限可能性的冒险吧，在这里你可以搭建、挖掘、战斗，并探索不断变化的 Minecraft 景观。在这个 CCA 中，我们在一个多人的生存游戏地图中一起工作，共同构建我们自己的世界，并让后面加入的新成员来共同创建我们的德威宇宙。在这个“世界”上留下你的印记，让人们永远记住！



MINECRAFT

DULWICH CRAFT SMP



Ikebana 插花

Outside Provider

Tuesday · 15:30-16:30 · 3N1

This CCA requires a student fee

The Ikebana CCA uses flowers for friendship, happiness and spirituality. This weekly flower arranging class helps develop students' confidence, allowing them to learn about various techniques and artistic features of floral art, gardening and handicrafts from the East and West. The class is led by a teacher with over 5 years of experience in floral art who will guide you to produce a unique piece of artwork to take away from each week. Welcome new and returning students to join our flower club! Have fun playing with flowers together!



插花 CCA 用鲜花来表达友谊、幸福和精神。这个每周一次的插花班有助于培养学生的自信，让他们了解东西方花艺、园艺和手工艺的各种技巧和艺术特点。该班由具有 5 年以上花艺经验的老师带领，她将指导你每周制作一件独特的艺术品带走。欢迎新老学员加入我们的花艺俱乐部！一起享受品花的乐趣吧！

Model Club 模型俱乐部

Murdoch Mackay & Keegan Ashton

Tuesday · 15:30-16:30 · 3N3

Let your inner geek free with Mr. Ashton and Mr. Mackay. What ever models you are into, let's meet online and spend time making models and painting them. We will discuss and share our models, modelling tips and painting advice with each other.



与 Mr. Ashton 和 Mr. Mackay 一起，把你内心的极客释放出来吧！无论你喜欢什么模型，让我们在网上见面，花时间制作模型和绘画。我们将讨论和分享我们的模型，建模技巧和绘画建议。

Doodle Art 涂鸦艺术

Lemon Zhai

Thursday · 15:30-16:30 · 2N5

Students will develop, explore and practice doodling as an illustration style that is widely used in art and design. It's also a great time for students to relax and take a break from all course work, where they can feel free to express themselves through drawing and painting with various materials.

学生们将会有机会练习、探索和实践手绘——一种被广泛应用于艺术和设计的插画风格。对于学生来说，这也是一个放松的好机会，他们可以通过各种材料的绘画自由表达自己的想法。



Handbells 手摇铃

Martin Crozier

Thursday · 15:30-16:30 · 3N13

Handbells is a great way of learning how to play a musical instrument without needing to be able to read music. Develop your teamwork skills as together we produce beautiful music on these beautiful instruments! Students do not need to read music at all, but they do need to be able to count!!! In the first semester, we will be working hard to prepare for performances at the end of semester 1 including the tree lighting ceremony and other events.

手摇铃是一种学习演奏乐器的好方法，不需要读懂乐谱。开发您的团队合作技能，因为我们一起用这些美丽的乐器创造出美丽的音乐！学生根本不需要读乐谱，但确实需要会数数！！哈哈！！在第一学期，我们将努力准备第一学期末的演出，包括圣诞树点灯仪式等活动。

ROBOTICS with Lego Mindstorms and/or Raspberry pi

机器人与乐高头脑风暴和/或树莓派

Diane Anthony

Tuesday · 15:30-16:30 · 3N5

Lego Mindstorms is a hardware and software structure which develops programmable robots based on Lego building blocks. This CCA will incorporate STEAM concepts to encourage students to think critically and logically in solving real-world problems in a calm and relaxed environment.

Lego Mindstorms 是一个基于乐高积木开发可编程机器人的硬件和软件结构。本次 CCA 将结合 STEAM 的概念，鼓励学生在平静和放松的环境中，辩证逻辑地思考解决现实世界的问题。



Technology Education for Students (TES) 学生科学技术教育(TES)

Don Socorro

Thursday · 15:30-16:30 · 3N4

New CCA

“Infinite technology exploration and awareness”

Students will explore the technology tool being used by the school and learn how it can be utilized properly. They then will share their learning with other students during assembly and other platforms such as digital displays/bulletin board. We will also look into the possibility of a community extension where they can share it with other schools through a workshop either online or face-to-face.

This will also serve as the training hub for the students who aspire to be the school's technology champions. Completers will then officially be a member of Student Technology Champions (TechCamps) who will act as igniters in influencing and advocating on the effective and good habits in use of technology in enhancing learning in DHSZ.

“无限科技探索与认知”

学生将探索学校正在使用的技术工具，并学习如何有效地利用它。然后，他们将在集合和其他平台(如数字显示器/公告板)上与其他学生分享他们的学习。我们还将研究社区扩展的可能性，他们可以通过在线或面对面的研讨会与其他学校分享。

它作为是学生的重要培训中心，致力于培养那些立志要成为学校顶尖技术的学生。完成者将正式成为学生技术冠军(TechCamps)的成员，他们将成为影响和倡导良好的使用技术与习惯，以提高在德威的学习。

New CCA

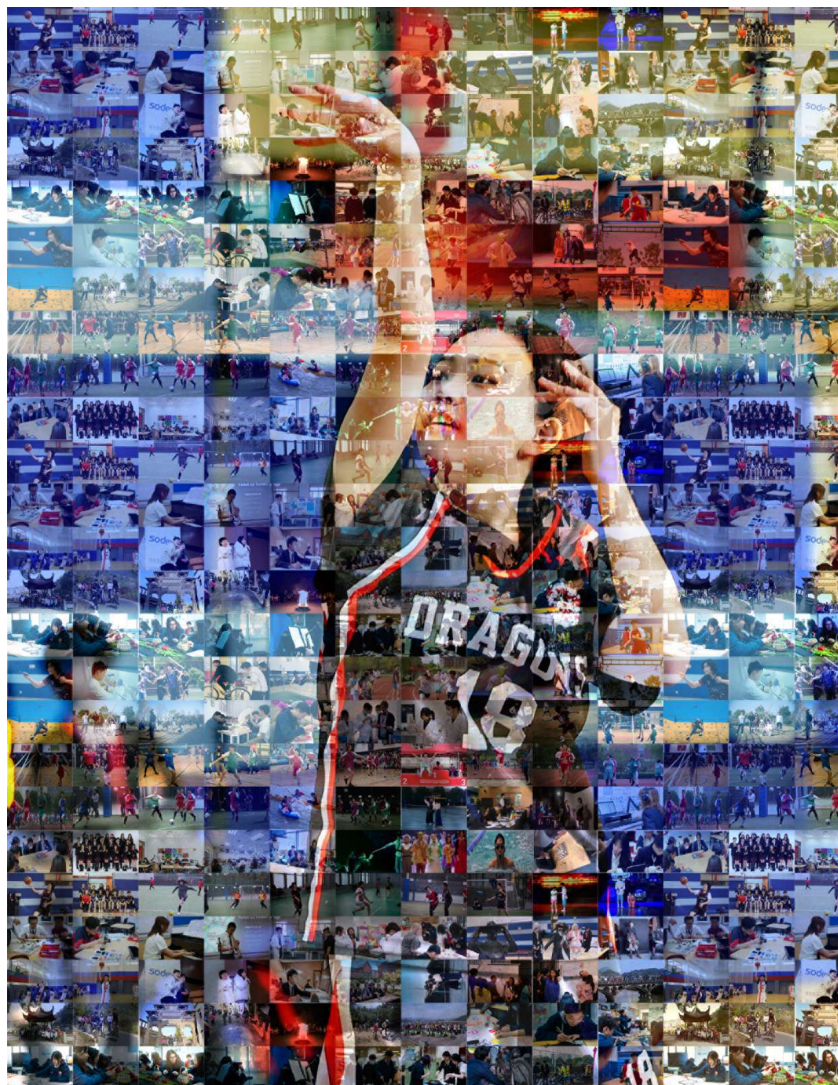
Dulwich Design & Photography 德威设计与摄影

Tony Winton & Crystal Xu

Thursday · 15:30-16:30 · 2N13

Do you have an interest in photography or would like to develop your skills in graphic design? If so, this CCA could be the one for. With support and guidance from a professional marketing and graphic designer you will collaborate within a small team of students to market school events including CCAs, House events and The Director's Cup competitions. You will learn how to create 'eye catching' and 'attention grabbing' marketing material in the form of digital promotional banners and magazines using the latest design software.

你是否对摄影感兴趣，或者想要发展你的平面设计技能？如果回答是的，那么这个 CCA 很适合你。在专业营销和平面设计师的支持和指导下，您将在一个学生小团队中合作，推广学校活动，包括 CCAs, 学院 (House) 活动和总监杯比赛。您将学习如何使用最新的设计软件以数字促销横幅和杂志的形式创建“吸引眼球”和“注意力”的营销材



Theatre Making and Performance 剧场制作及表演

New CCA

Stephanie Park, Katherine Ryan & Jessica Fannon

Wednesday · Black Box

Calling all Year 10 students. What do you get when you cross puppets, Shakespeare, and theatre performance? Signing up for this CCA will help you create the answer with others. Do you want to have the opportunity to work with renowned outside artists such as Paper-birds, and the world-famous Royal Shakespeare Company? This CCA is for those who wonder how theatre gets made, where people get their ideas, and the process they go through. Then you need to join this CCA, which will take you on the weird and wonderful journey of devising, self-discovery, and creative self-expression. Whilst making new friends, learning new skills, and creating lasting memories.

Space is limited so sign up while you can. This CCA is only open to Year 10 students.

给所有10年级的学生打电话。当你把木偶、莎士比亚和戏剧表演结合在一起时，你会得到什么？参加这个 CCA 将帮助你和其他人一起创造答案。你想有机会与著名的外部艺术家，如纸鸟，或世界著名的皇家莎士比亚公司合作吗？这个 CCA 是为那些想知道戏剧是如何制作的，人们从哪里得到他们的想法，以及他们经历的过程的人准备的。加入这个 CCA，它将带你踏上设计、自我发现和创造性自我表达的奇妙之旅。同时结交新朋友，学习新技能，拥有持久的回忆。

名额有限，所以尽快报名吧。这个 CCA 只对10年级的学生开放。



Orchestra 管弦乐队

Yewon Cho

Wednesday · 15:30-16:30
· 1S2

Combining our top string, wind and percussion players, the orchestra this term will be developing ensemble skills and will be performing at a number of different events throughout the term.

结合我们顶尖的弦乐、管乐和打击乐演奏者，乐团本学期将发展合奏技能，并将在整个学期的各种活动中表演。

Dance CCA 舞蹈社

Maxine Li

Thursday · 15:30-16:30 · Dance Studio

Hi Students, Dancing CCA provides you good exercise every week. We make a good practice for Jazz, K-pop, Urban and Hip Hop. More importantly, much dancing performance opportunities are provided throughout the semester, and the fantastic stages are waiting for you!

舞蹈社团包含爵士舞，Urban 和 hip hop 等舞种的练习，不仅仅可以锻炼身体，还可以给学生们提供很多的舞台演出机会，比如各种需要舞台的场合，演出排练都会在舞蹈社团进行。来吧！绚丽多彩的舞台在等着你！

Recreational Sport 休闲运动

Swim Breathe Relax

游泳、呼吸、放松



Swimming

Qualified Swim Coach, Jason French & Muralee Kanthiah
Thursday · 18:30-20:00 · DCSZ Swimming Pool

R

Recreational sports at Dulwich International High School are a variety of fun, unique, and highly talked about activities where the primary purpose is the student's well-being. The philosophy of recreational sports is to focus on and expand the student's social, physical, and mental health, with a core theme of high participation, fun, engagement, and physical health.

These are not school team sports which means students of all types of ability levels and knowledge are welcomed and encouraged to join to have fun with their friends, while also learning new skills, developing character, and becoming fit and healthy in the process.

Joining recreational sports will provide students with opportunities to create new friendships. By joining new activities, you may find someone with the same interests or hobbies as you!!

Recreational sports are less stressful on participants both physically and mentally. Allowing for a more relaxed approach to physical activities. It also maintains a high standard and enthused environment for students to grow and progress.

Students are encouraged to contribute new ideas and sports for CCA's, which has been an ever-growing theme for

this year. Some of the new and talked about sports added this year are:

- Ice skating
- Pool
- Indoor Rock climbing

Get yourself down and try something new!!

在苏州德威联合书院的休闲运动是各种为了有趣的，独特的，高度谈论的活动，主要目的是学生的福祉。休闲体育的理念是关注和拓展学生的社会、身体和心理健康，其核心主题是参与性、趣味性、和身心健康。

这些不是校队运动，这意味着所有能力水平和知识储备的学生都受到欢迎和鼓励加入，与他们的朋友一起玩，同时也学习新的技能，发展个性，在这个过程中变得更加健康。

参加休闲运动将为学生提供结交新朋友的机会。通过参加新的活动，你可能会找到和你有相同兴趣或爱好的人!

休闲运动对参与者的身体和心理压力都较小。允许以更放松的方式进行体育活动。它也保持高标准和热情的环境，让学生不断成长和进步。

我们鼓励学生为 CCA 提出新的想法和运动，这是今年新增的主题。今年新增的一些热门体育项目有:

- 滑冰
- 桌球
- 室内攀岩

不要拘束你自己，大胆尝试一些新的东西吧!!



Keegan Ashton
Lifeskills Coordinator & PE Teacher



Recreational Sport 休闲运动

Boxing 拳击

Qualified Instructor

Wednesday · 15:30-16:30 · Dance Studio

*****This CCA requires a student fee*****

Boxing is a highly intensive sport, suitable for all students to get into shape and lose fat fast (burns about 700 calories per hour). It is also good for blood circulation and metabolism, improving bodily flexibility and a great stress release. When you train, boxers need to learn lots of skills, smartly using different fighting tactics, along with developing reaction and mobility skills. Boxing also plays a large part in self-defense as well as creating a stronger mindset.

拳击是一项强度很高的运动，适合所有学生快速塑形和减脂（每小时燃烧约 700 卡路里）。它也有利于血液循环和新陈代谢，提高身体的灵活性，是一种很好的压力释放。训练时，拳击手需要学习很多技能，巧妙地使用不同的战斗战术，同时发展反应和移动技能。拳击在自我防卫以及创造更强大的心态方面也发挥了很大作用。

Cycling 自行车

Luke Webb, Murdoch Mackay & Matthew Grech

Thursday · 15:30-16:30 · 3S7

Cycling is a wonderful way of keeping fit and healthy without having to go to the gym or running for miles on a treadmill. Cycling also has a positive impact on mental health. When out on a bike ride, it is difficult to feel anxious or stressed. Cycling is a fantastic way to get from A to B and is also a great way of exploring a city. You get to see the city from a different viewpoint and see parts of it that you may never have seen in a car. Cycling, in addition to being fun, is a terrific way to keep fit and healthy and is increasingly being seen as a minimal impact way of keeping fit. The health benefits of cycling include the following: -improved general fitness; -improved cardiovascular fitness; -improved lung capacity; -improved muscle strength; -lower blood pressure; -improved cholesterol levels; -improved mental health; -improved self-image.

骑自行车是一种保持健康的好方法，不需要去健身房或在跑步机上跑几英里。骑车对心理健康也有积极的影响。当外出骑自行车时，很难感到焦虑或压力。骑自行车从一个地方到另一个目的地，是一种极好的方式，也是探索城市的一种很好的方式。你可以从一个不同的角度看这个城市，看到你在车里所看不到的部分。骑自行车，除了有趣之外，是一种很好的保持身材和健康的方式，而且越来越被认为是一种影响最小的保持身材的方式。骑车对健康的好处包括：提高整体健康水平；提高心血管健康水平；提高肺活量；改善肌肉力量；-降低血压；改善胆固醇水平；改善心理健康；改善形象。





Indoor Rock Climbing 室内攀岩

Lee Mckelvey & Irene Chen

Monday · 16:45-18:45 · Olympic Park

*****This CCA requires a student fee*****

Indoor rock climbing is way more fun than working out in a regular gym! It's a full body workout; every single climbing move uses a different combination of muscles working together. It also works more core muscles than any type of sit-up or plank. Climbing works your mind as well as your body, training you to think outside of the box; you'll need your brain to solve the puzzle on how best to get to the top!

Climbing is an inclusive sport that appeals to all ages and genders. It's essentially non-competitive, and the difficulty can be very subjective; you might breeze your way to the top of one route but find another super-challenging. Finally, climbing is interactive, and develops skills such as confidence, collaboration, and creativity.

室内攀岩比在普通的健身房锻炼有趣多了! 这是一种全身锻炼; 每一个单独的攀爬动作都使用不同的肌肉组合。它也能比任何仰卧起坐或平板支撑锻炼更多的核心肌肉。攀岩能锻炼你的大脑和身体, 训练你跳出固有思维模式; 你将需要不断思考如何最好地到达顶峰这一难题!

攀岩是一项包容性很强的运动, 老少皆宜。它本质上是非竞争性的, 难度可能非常主观; 你可能会轻而易举地到达一条路线的顶端, 但却发现另一条却是极具挑战性的路线。最后, 攀岩是互动的, 可以培养自信、协作和创造力等技能。



Knowing that after you have just spent hours overcoming one climb, there is a new challenge awaiting you—this is what keeps you coming back for more”

Mrs. Winton

Recreational Sport 休闲运动

Kendo 剑道

Student: Jackie

Teacher Sponsor: Maria Hou

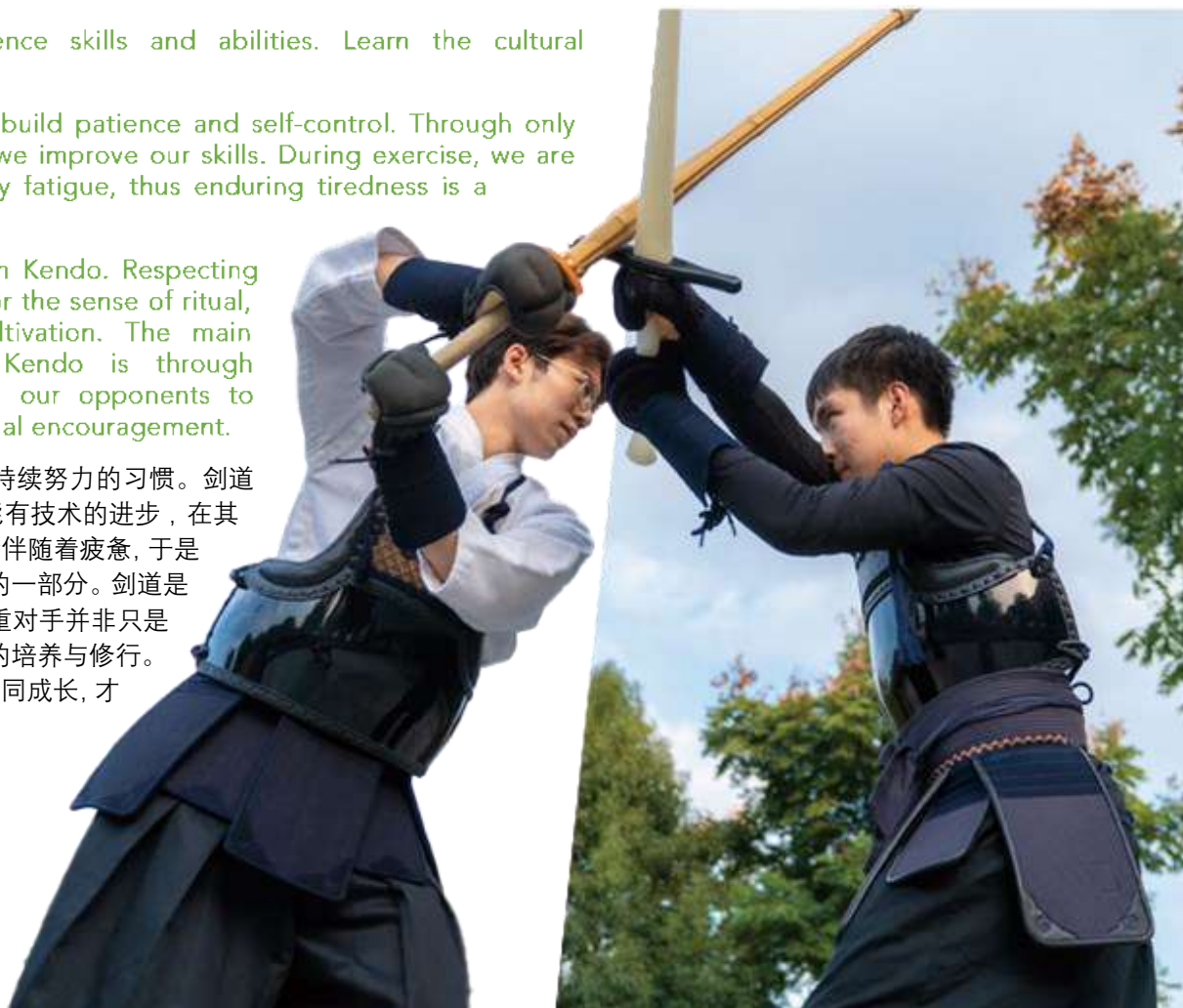
Tuesday · 15:30-16:30 · Tennis Court

Learning safe self-defence skills and abilities. Learn the cultural significance of Kendo.

Practicing Kendo helps build patience and self-control. Through only long-term practice can we improve our skills. During exercise, we are often "accompanied" by fatigue, thus enduring tiredness is a part of training.

Etiquette is important in Kendo. Respecting opponents is not only for the sense of ritual, but also for inner cultivation. The main purpose of learning Kendo is through requesting advice from our opponents to achieve the goal of mutual encouragement.

练习剑道可以培养耐性和持续努力的习惯。剑道只有长期练习的积累，才能有技术的进步，在其努力积累的过程中，经常会伴随着疲惫，于是对痛苦的忍耐是剑道练习的一部分。剑道是一项注重礼节的运动，尊重对手并非只是为了仪式感，而是对内在的培养与修行。请求对手指教，祈求彼此共同成长，才是学习剑道的内在目的。



When we participate in club activities, we can forget the troubles in life, harvest joy and liberation in sweat and failure, struggle and success."

Kirito Shao (Y13)

Badminton CCA (Recreational) 羽毛球社团 (不是校队)

Student Led: Emilia

Monday · 15:30-16:30 · Gym

I hope to seek out people that have interest in badminton, you don't need to be the best player, but you need to be interested in it and participate in every or at least most of the times. You MUST be in full PE-kit just changing your shoes isn't enough.

我希望寻找对羽毛球感兴趣的人，你不需要成为最好的运动员，但你需要对它感兴趣，并参与每一次或至少大部分时间。运动时你必须更换成全套运动校服，而这包括上衣和裤子并不是只换鞋子。

New CCA



Indoor Screen Golf

室内高尔夫 (幕布)

Adam J Harrison

Tuesday · 15:45-17:00 · iGYM

*****This CCA requires a student fee*****

DHSZ are excited to offer this exciting sport to our students for this semester.

Monstrous drives, elegant chips, and heart stopping putts are only part of the excitement that awaits you in the golf CCA. In the golf CCA you will join a tradition of sportsmanship that dates back to 15th Century Scotland. Golf

teaches patience and helps to improve concentration and focus. We will work on all aspects of the sport from practicing the perfect swing to navigating frustrating sand traps. The scores will be low but the excitement will be high! Whether you are a beginner or seasoned pro consider joining the DHSZ golf CCA.

Recreational Volleyball 排球社团

Tuesday · 15:30-16:30 · Gym

Recreational Volleyball CCA will not only allow you to have fun and de-stress but will also foster the holistic athletic development of talented students. It will help you shape your winning environment, develop co-ordination and communication, shape your body and become fit. The overall program goal is to promote skills, behaviours, attitudes and knowledge that will benefit students in their performance of volleyball.

排球课外活动的主要目的是为了培养学生们整体运动协调的发展。此项课外活动的总体目标是提升排球技能，行为表现，态度

Tennis 网球

Benjamin Arnold

Thursday · 15:30-16:30 · Tennis Court

Tennis is born in France, becomes popular in the USA, and grows in the DHSZ. Dividing into two groups, one is the group that is suitable for both boys and girls who can already play tennis. Another is provided for newcomers to learn under help coming from the instructors with good experience. Both boys and girls could earn an exciting experience after joining this CCA.

网球诞生于法国，在美国流行，并在 DHSZ 发展。分为两组，一组适合那些已经学过的男生和女生进行比赛或者练习。另一组是为新手提供的，有经验的学长会带领新手学习与练习。男生和女生都会从这个 CCA 里成长和并且拥有一段难忘的时光。

Recreational Sport 休闲运动

Ju-Jitsu 柔术

Sam Hicks

Tuesday · 15:30-16:30 · Dance Studio

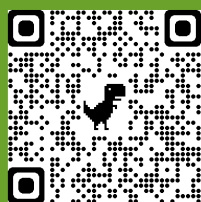
More than just a workout, ju-jitsu is often referred to as “human chess” in that it exercises both the body and the mind. The physical benefits of ju-jitsu are immense and well-documented. Because ju-jitsu presents a combination of dynamic and explosive movements with pressure-based isometric pushing, pulling, and holding, it helps to develop increased strength and cardio, as well as promotes weight loss and improved muscle tone. Because you’re constantly responding to another person’s movements, ju-jitsu also heightens your body awareness and improves your balance and reactive ability.

Jiu jitsu is also an incredible mental workout. For one, it provides the challenge of learning a new activity, with limitless variations of movements, techniques and submissions. It also develops your reasoning skills, in that you are constantly planning your next step, both when you’re in an advantageous position or a defensive position. As an activity practiced with another person, it increases your ability to think quickly and “on your feet” in response to your partner’s movements, as well as to remain calm and controlled when you find yourself in a defensive situation. For many, it also provides an outlet for the stresses of daily life. When you step on the mat, everything else is put to the side for a moment, while both your mind and body are engaged in learning ju-jitsu.

Most importantly, unlike many other sports and physical activities, ju-jitsu is unique in that it can be done by anyone. Ju-Jitsu was designed and developed so that a smaller, weaker person can defend his or herself against, or even defeat, a larger and stronger opponent. So regardless of age, size, gender or physical limitation, anyone can utilise the techniques and principals of ju-jitsu, and reap the benefits of its practice.

柔术不仅仅是一种锻炼，它经常被称为“人类象棋”，因为它可以锻炼身体和思想。有据可查，柔术对身体的好处是巨大的。因为柔术是一种动态和爆发力的组合，结合了基于压力的等量推、拉和保持，它有助于增强力量和有氧运动，同时促进减肥和改善肌肉张力。因为你不断地对另一个人的动作做出反应，柔术也提高了你的身体意识，提高了你的敏捷，平衡和反应能力。

柔术也是一种令人难以置信的脑力锻炼。首先，它提供了学习一项新活动的挑战，有无限变化的动作，技术和服从力。它也发展了你的推理能力，因为你不断地思考你的下一步，无论是在你处于有利的位置或防御的位置。作为和另一个人一起练习的一项活动，它可以提高你快速思考和对同伴的动作做出反应的能力，也可以在你发现自己处于防御状态时保持冷静和控制。对许多人来说，它也为日常生活的压力提供了一个出口。当你踏上垫子的时候，其他一切都暂时放在一边，而你的身心都在学习柔术。最重要的是，与其他体育运动不同，柔术的独特之处在于任何人都可以练习。柔术的设计和发展是为了让更小、更弱的人能够保护自己，甚至打败更大、更强的对手。因此，无论年龄、体型、性别或身体限制，任何人都可以利用柔术的技术和原则，并从它的实践中获益。



Students, scan the QR Code to see demonstration videos

扫描二维码查看演示视频

Ultimate Frisbee (Recreational) 极限飞盘

TBD

Monday · 15:30-16:30 · Astro pitch

Ultimate Frisbee was invented over 50 years ago by a group of American High School students in their school's car park. It is now played by hundreds of thousands of people all over the world. It is especially popular in Western universities, so why not come and learn?

极限飞盘是五十多年前美国高中的一个学生小组在他们学校的停车场发明的。现在世界上有成千上万的人都在玩这个运动。它在西方大学中很受欢迎，所以你为什么不来学习呢？



Run Club 跑步俱乐部

Marco Campisi & Matthew Grech

Thursday · 15:30-16:30 · SHS track

Do you feel tired and slow all the time? Do you feel like life moves too quickly around you? Join Run Club to take control of your fitness and push yourself just a little farther every week. All levels of runners always welcome.

你是否一直感到疲惫和缓慢？你是否觉得生活在你身边走得太快了？加入跑步俱乐部，控制你的体能，每周把自己推得更远一些。始终欢迎所有水平的跑步者。

Chinese Chess 中国象棋

CCA Leader: Michelle Niu

Thursday · 15:30-16:30 · 3S9

Chinese Chess Club provides many opportunities for student-enthusiasts to challenge one another in strategy analysis and problem-solving in the chess game. Chinese chess trains your brain power, and it's fun when we try to solve difficult chess puzzles.

中国象棋俱乐部为学生爱好者提供了许多在棋局中进行战略分析和解决问题的挑战的机会。中国象棋可以训练你的脑力，当我们尝试解决困难的象棋谜题时真的很有趣。

Recreational Sport 休闲运动

Go-Kart 卡丁车

Luke Webb & Ryan (Y12)

New CCA

Monday · 16:45-18:30 · Race Track Olympic Park

Driving kart can exercise sensitivity, and the brain, eyes, hands and feet and other parts of the body are very good coordination is the best choice to exercise brave spirit, is a healthy sports entertainment activities. Karting, as one of the most economical motor sports, has all the basic content of motor sports, plus simple structure, flexible operation, low cost, good safety, become suitable for popular consumption of motor sports.

驾驶卡丁车可以锻炼灵敏度，并对大脑、眼睛、手脚及身体其他部位进行很好的协调是锻炼勇敢精神的最佳选择，是一项有益健康的体育娱乐活动。卡丁车作为赛车运动中最经济的一种，具备所有赛车运动的基本内容，加上结构简单、操作灵活、费用低廉、安全性好，成为适合大众化消费的赛车运动。每逢双休日，一些青年人纷纷奔向卡丁车赛场，在蜿蜒起伏的赛道上风驰电掣地过把瘾，成为都市时尚。



eSports Team 电子竞技社

New CCA

Matthew Grech

Tuesday · 15:45-16:45 · 1N3

Are you competitive? Do you enjoy playing video games? Do you want to learn more about making video games? Then the eSports CCA is for you.

This new CCA aims to create eSports teams for Nintendo Switch games including Mario Kart, Super Smash Bros and Just Dance. Come along to learn a new game and test your skills against your schoolmates. Learn from former students about how to start a career in the gaming industry.

Join the Dulwich eSports teams and go head-to-head against students from other Dulwich schools across China. This is the only place in school where you won't get in trouble for playing games!



你有好胜心吗?你喜欢玩电子游戏吗?你想了解更多关于制作电子游戏的技能吗?那么电子竞技 CCA 就是为你准备的。

这个新的 CCA 旨在为任天堂 Switch 游戏创建电子竞技团队,包括《马里奥赛车》、《超级大乱斗》和《Just Dance》。一起来学习一种新的游戏,和你的同学一起测试你的技能。向以前的学生学习如何在游戏行业开始职业生涯。加入德威电子竞技团队,与来自中国其他德威学校的学生正面交锋。这是学校里唯一一个玩游戏不会惹上麻烦的地方!



We are

我们是：





Dulwich International High School, Suzhou offers a range of Sport Team CCAs for students to be a part of which range from individual pursuits to team sports. The school is a member of the Suzhou Youth Athletic Association (SYAC). Member schools compete during the year in weekly sporting fixtures, and interschool sports tournaments in a large variety of sports. The association aims to provide quality sporting opportunities for students to compete at the highest high school level within Suzhou and Wuxi.

Being a part of our Dulwich Dragons sports teams requires a considerable amount of practice, commitment, responsibility, and excellence, but also comes with great honor and pride in representing our school and our values.

Students are taught the importance of developing their coordination, control, and body management as well as how to be physically active. They will learn essential life-skills such as problem-solving, teamwork, collaboration and communicating with others as well as developing core essential skills in their chosen sport. Students will be encouraged to understand the importance of a healthy

lifestyle through participation in a sports team and the enjoyment of competing against other schools.

We welcome you to tryout for a sports team today.

Come and join our Dulwich Dragons!

DHSZ 为学生提供一系列的的运动队的社团 (CCAs), 从个人成功到团体卓越。我是苏州市青年体育协会会员。会员学校需在一年中完成每周的体育比赛, 以及各种体育项目的校际体育比赛。该协会旨在为学生提供苏州和无锡等城市权威的体育比赛机会。

成为我们德威龙体育团队的一员需要大量的实践, 承诺, 责任和卓越, 同样也伴随着巨大的荣誉和自豪, 这来自我校的价值观。

教师会指导学生如何发展他们的协调、控制和身体管理的重要性, 以及如何进行身体活动。他们将学习基本的生活技能, 如解决问题、团队合作、协作和与他人沟通, 以及在他们所选择的运动中发展核心的基本技能。我们鼓励学生参与体育运动, 并享受与其他学校比赛的乐趣, 从而了解健康生活方式的重要性。

我们欢迎您今天参加运动队的选

拔赛!

赶快加入德威龙吧!

Tim Rees
Head of Physical Education

// Don't be afraid of the obstacles, overcome them. If you are not confident in your skills, practice. If people are not listening to you, figure out why."

“不要害怕困难，克服它们。如果你对自己的技能没有信心，那就多多练习，如果人们不听你的，那就找出问题所在之处。”

Mandy Liu (Y12) - Captain

FOOT

足球

Girls Football Team 女子足球校队

Mark Coyle & Serena Shi

Thursday / 15:30-16:30 / Astro Pitch

With the arrival of Coach Coyle, the Girls Football Team are also going through their own renaissance of late. The coach encourages a togetherness within the team whereby everyone is playing for each other.

Weekly training sessions aimed at developing strong ball control, positional play and mental toughness clearly

demonstrate that this CCA

provides a strong platform for students to succeed on and off the pitch. If you feel that you can give your all to a team every week, Coach Coyle and Coach Shi would like to hear from you.

随着 Coyle 教练的到来,女子足球队最近也经历了自己的复兴。教练鼓励团队成员团结一致,每个人都为团队而战。每周的训练课程旨在培养学生强大的控球能力、位置发挥和心理韧性,这清楚地证明了 CCA 为学生提供了一个强大的平台,让他们在球场内外获得成功。如果你觉得你可以每周参加一次训练,Coyle 教练和 Serena 教练很乐意你的加入。

//

Being a member of the girl's football team makes me stronger and braver. Join the football team, thrive in life."

Aurora Wu

BALL

Boys Football Team 男子足球校队

Keegan Ashton & Alex Whitwam

Monday/Wednesday · 15:30-16:30 · DCSZ Pitch

The Boys Football Team has seen a renaissance over the past few years overseen by the highly experienced coach Mr. Ashton. Training has become focused with a greater emphasis on skills and development of ball retention. Furthermore, there has been a shift in student mentality in working for the team, not the individual, translating into positive results on and off the pitch. If you would like to develop your physical and mental skills, are willing to work hard and would like to be part of a successful team, this could be the CCA for you.

在经验丰富的 Mr.Ashton 教练的带领下,男子足球队在过去几年中经历了不断磨练。训练已经变得更加侧重于球技的保持与发展。此外,学生们在为团队而不是个人训练的心态上也发生了转变。这已经转化为球场内外动力的结果。如果你想发展你的身体和心理技能,愿意努力训练,并希望成为成功团队的一部分,这个社团你一定不能错过。

//

To me, being a part of the school football team is like being in a big family. We train together; we fight together; we live together."

Ian Lyu



DHSZ Sports Teams

Team Badminton (Boys and Girls) 羽毛球校队

Sam Cui

Tuesday · 15:30-16:30 · IGYM

If you are interested in playing a fast-paced, competitive and fun sport then come join badminton. You can join if you are an expert or have never played the sport before! If you improve, you also have a chance of being selected for the Dulwich Dragons Badminton team and proudly wear the red jersey and represent our school.

如果你享受速度，竞技和趣味一体的体育运动，那就加入羽毛球校队吧！无论你是专业选手还是新手我们都一样欢迎。只要你认真训练，不断提升，你就有机会身着德威之龙的红色球衣代表学校出征比赛。



Table Tennis Team 乒乓球校队

Adam Harrison

Monday · 16:30-18:30 · Gym

Table tennis is a popular sport in China and is growing in strength here at DHSZ. Both boys and girls train and compete together among the year groups. You will improve your knowledge and understanding of the sport, improve your skills and you will be involved in playing, setting up and taking down and refereeing matches. As part of the team, you will need to attend trainings and matches in order to improve and be at your best against other teams.

乒乓球在中国是一项很受欢迎的运动，而我校的乒乓球队也越来越强大。男生和女生以年级为单位共同参与训练和比赛。我们将帮助你提高对这项运动的了解及运动技能，你将参与到比赛、比赛设置及裁判比赛中。作为球队的一员，你需要参加训练和比赛，从而提高自己，使自己在与其他球队比赛时能达到最佳水平。



Ultimate Frisbee (Team) 极限飞盘

Jack Rau

Tuesday · 15:30-16:30 · Astro pitch

Ultimate Frisbee was invented over 50 years ago by a group of American High School students in their school's car park. It is now played by hundreds of thousands of people all over the world. It is especially popular in Western universities, so why not come and learn?

Note that this CCA is for the school's competitive team, and so it is expected that students will already be familiar with the basics of frisbee.

极限飞盘是五十多年前美国高中的一个学生小组在他们学校的停车场发明的。现在世界上有成千上万的人都在玩这个运动。它在西方大学中很受欢迎，所以你为什么不来学习呢？（请注意这个 CCA 是校队而不是 CCA）。



It was amazing to actually attend weekly training with Mr. Harrison and my teammates under a friendly but competitive ambience."

Jason Lu

DHSZ Sports Teams



V

排球

Girls Volleyball Team

女子排球队

Tim Rees

Tuesday · 16:30-17:30 · Gym

Volleyball is a great team sport that can be enjoyed by people of all year and skill levels. If you are new to Volleyball no problem, we can help you learn the skills and have fun playing. The rules of volleyball are easy to understand making the game fast to learn and easy and fun to play.

Volleyball has many benefits, playing can improve your fitness, hand-eye coordination, reflexes, and balance. As volleyball is played in a team, you can learn skills such as teamwork, communication, respect for others, and excellence.

Volleyball at DHSZ is a very popular sport with competitions and tournaments against other international schools in Suzhou and Wuxi. Our Boys and Girls teams both compete strongly in these tournaments. The DHSZ Girls team won the 2021-2022 SYAC Volleyball tournament, going the whole season undefeated. There are also house competitions, and many students play volleyball at lunchtime.

Come join us and play Volleyball. What are you waiting for?

//

In the process of playing volleyball, I learned the importance of teamwork and responsibility."

Linda Lu (Y13)

LEYBALL



Boys Volleyball Team

男子排球队

Tim Rees

Tuesday · 16:30-17:30 · Gym

排球是一项伟大的团体运动，任何年龄层次和技术水平的人都可以享受其中。如果你是排球新手，没有问题，我们可以帮助你学习技能，让你玩得开心。排球的规则很容易理解，使游戏快速学习，容易和有趣的玩。

排球有很多好处，打排球可以提高你的健康，手眼协调，反应力和平衡力。因为排球是团队比赛，所以你还可以学习如何团队合作、沟通、尊重他人，最终获得卓越成

功。

排球是一项非常受欢迎的运动，在苏州和无锡都保持着与其他国际学校比赛的机会。我们的男孩和女孩队都在这些比赛中保持竞争力。德威女排在2021-2022年 SYAC 排球赛中夺冠，整个赛季保持不败。我们还会有校内比赛，许多学生在午餐时间可以打排球。

你还在等什么?快来加入排球队吧!

//
Volleyball not only exercises my body, but also improves my communication and organization skills with my team members."

David Zhang (Y12)



Senior Boys Basketball

高年级男子篮球团队

Mr. Thomas

Wednesday · 16:30-18:00 · Gym

The Senior Boys Basketball Team has a long tradition within DHSZ as being the most competitive and successful of all our sports. Regularly competing and beating schools from across the Suzhou region and beyond. Practices take place both inside and outside and you are expected to show up to training sessions and matches to be a part of the team.

高中男生篮球队在德威有着悠久的传统，是我们所有运动项目中最具竞争力和最成功的。经常与来自苏州地区和其他地区的学校竞争并击败他们。篮球训练在室内和室外都有进行，你应该参加训练课程和比赛，成为球队的一员。



I used to be a person who didn't do much sports, but after I got in touch with basketball, I gradually fell in love with sports. Later I found that my physical fitness improved



and I took basketball as a hobby and a good way to relax."

Nancy Zhu Y11



Girls Basketball 女子篮球

Mr. Thomas & Grace Chen

Thursday · 15:30-16:30 · Gym

Basketball will transform your life at Dulwich. "I have met some of the best people in my life who I might not even have had the chance to know them if it weren't for basketball." (Mandy Liu, Y13). The core values that have underpinned our success as a basketball team include commitment and perseverance. Our team consists of experienced and new players, if you are able to demonstrate teamwork and positive attitude to improving your skills there is a place for you.

在德威，篮球将会改变你的生活。“我遇到了一些最好的朋友在我的人生中，如果不是因为篮球，我都没有机会和她们相识。”-----Mandy Liu Y13. 作为一支成功的篮球队，我们的核心价值观就是奉献与坚持不懈。我们的团队由有经验的新球员组成，如果你能够展示你的技能，并拥有优秀的团队合作精神以及积极的态度，那么，就来加入我们吧！



Junior Boys Basketball 低年级男子篮球团队

Mr. Thomas

Wednesday · 15:30-16:30 · Gym

♣ Basketball is a team sport consisting of five players on the court for a team at any given time. The aim of the game is to score as many baskets as you can in the four quarters of the game. The team is looking to expand, develop together as a team and improve communication. Practices take place both inside and outside and you are expected to show up to training sessions and matches to be a part of the team.

篮球是一项由五名球员组成的团体运动，在任何时候都可以在篮球场上进行。这项运动的目标是在全场比赛中尽可能多地得分。我们的篮球队正在寻求扩大、发展并进行进一步沟通交流的机会。无论在室内还是室外，我们都会有篮球训练，我们希望我们能够参加训练和比赛，成为团队的一员。

Student Leadership

Inspiring and Developing Leaders within the Student Community

激励和发展学生社区的领导者

Student-led CCAs are one of the most powerful ways for students to show their passions, organisation, and leadership abilities. They are a valuable thread of our comprehensive CCA system.

This can be perfectly exemplified by the 'Ice Skating Club' which was introduced by an amazing group of students (Giovanna Gong, Sissy Lu, Ella Yang and Christine Zhai) to the CCA schedule at the beginning of last year. They first approached our CCA team, in collaboration with the PE Department, with a detailed plan of how they wanted the CCA to look in terms of positive outcomes for their peers, how much this CCA would cost students in terms of transportation and admission fees as well as how they would organize the students in terms of registration, meeting points, expectations and communication.

Needless to say, this CCA has been extremely successful, with student weekly participation numbers consistently above 25. The commitment and energy to form this CCA has inspired other students and teachers to explore and develop a range of new CCAs for this coming term.

If you are looking for a new and exciting activity to add to your collection, Ice Skating Club could be for you. Find that hidden talent on the ice whilst building new and existing relationships with other students. On top of this, ice skating offers opportunities to develop your core strength, balance and co-ordination skills. See you on the ice!

如果你正在寻找一个新的和令人兴奋的活动，滑冰俱乐部可能是为你准备的。在冰上寻找隐藏的天赋，同时与其他学生建立新的和现有的关系。除此之外，滑冰还提供了发展你的核心力量、平衡和协调能力的机会。冰上见！

学生领导的 CCAs 是学生展示激情、组织能力和领导能力的最有力方式之一。这也是我们整个社团课 (CCA) 模式的宝贵线索。

“溜冰俱乐部”就是一个很好的例子，它是去年年初由一群有想法的学生 (Giovanna Gong, Sissy Lu, Ella Yang and Christine Zhai) 引入 CCA 社团课的。

他们首先与我们的 CCA 团队进行了接洽，并与 PE 部门合作，制定了一个详细的计划，说明他们希望 CCA 如何为同行带来积极的结果，这个 CCA 会花费学生多少交通费和入场费，以及他们会如何组织学生注册，会面点，期望和沟通。

不用说，这个 CCA 非常成功，学生每周的参与人数保持在25以上。在此过程中所付出的努力和精力，激励了其他学生和老师在新学期探索和发展一系列新的合作伙伴关系。



Ice-skating allows me to have fun and chill out with my friends as it is the only non-academic CCA that I participate in."

Anika Lu (Y12)

Get

穿上你的溜冰鞋！



Your Skates On!

鞋!

Ice Skating Club 溜冰俱乐部

CCA Leaders: Christine & Mary

Teacher Support: Clyde Snyders & Tiger Yang

Monday · 16:45-18:45 · Olympic Park

****This CCA requires a student fee****



Serving the Community

社区服务

DMP (Dulwich Medical Department) 德威医疗部门

Student Leaders: Julian, Ian, Jason, Johnson & Jeffrey

Teacher Sponsor: Sabina Jalil

Monday · 15:30-16:30 · 3N4

From reading our name you know that we have a connection with the medical industry. We used to go to the children's hospital every Friday and help children with rehabilitation through playing games and reading stories. But due to covid, we have transformed with time and now we go to BOAI school on the weekend. We also raise money through charity sale, like during Sports Day, Treasure Hunt and selling Christmas Cards (which is now a traditional event to our CCA). The money raised in these activities, contribute to UNICEF and the Hope Project.

通过阅读我们的名字，你知道我们与医疗行业有联系。以前我们每周五都会去儿童医院，通过玩游戏和读故事来帮助儿童进行康复。但由于 covid 的存在，我们随着时间的推移发生了转变，现在我们在周末去 BOAI 学校。我们还通过义卖筹集资金，比如在体育节期间，寻宝活动和出售圣诞卡（现在是我们 CCA 的传统活动）。这些活动所筹得的钱都捐给了 UNICEF 和希望工程。



Dulwich Medical Department has played an important role in my high school life, as it has developed my leadership and organisational skills."

Julian Ho, Y13

LifeLine DHSZ 德威心理健康社

Student Leaders: Vivian & Anika

Teacher Sponsor: Sabina Jalil

Monday · 15:30-16:30 · 2N13

LifeLine DHSZ aims at promoting mental health education knowledge, and psychological counselling to help students face problems and cultivate sound personality, both in school events and outside school. There are also many children who need help outside school, so LifeLine is aiming to do voluntary and practical psychological work under a much more wider society. LifeLine is now building a community with some psychology clubs of schools in Suzhou, and develop offline and online group activities together, including contacting psychology professors to carry out lectures, mind baton activity (international students share their experiences), art therapy, and building online psychological community. In CCA time, we will do some psychological quizzes, watch some short films, share our feelings about some real cases, and learn about ourselves through these. We will help students who have problems connect with a counsellor or act as a listener when they don't want to talk to an adult.



LifeLine DHSZ 旨在在校内和校外两个平台上，通过宣传心理健康教育知识，和科学有效的心理咨询，帮助同学们面对成长的烦恼，培养健全的人格。LifeLine 的目标是在更广阔的社会背景下做志愿和实际的心理工作。LifeLine 目前正在与苏州一些学校的心理俱乐部共同开展线下和线上的小组活动，包括联系心理教授进行讲座、心灵接力棒活动(留学生分享经验)、艺术疗愈、建立全苏州线上心理社区等。CCA 时间，我们会做心理相关的小测试，看短片，分享我们对实际案例的感受，并且通过这些了解自己。我们会帮助有心理烦恼的学生联系心理咨询老师，或者当他们不想和成年人说话的时候做一个倾听者。

Student Leadership

Detective Agency 侦探推理社

Student Leaders: Future & Ziqi

Teacher Sponsor: Renee Lei

Monday · 15:30-16:30 · 3S9

In this CCA, we will exercise everyone's thinking and observation ability through a variety of reasoning activities, including but not limited to find the murderer, puzzle solving, suspense reasoning, forensic identification, cryptographic research and micro psychology. This CCA will also provide free Live Action Role Playing games and other reasoning games for members to enrich their extra-curricular life. It is even possible to use this CCA to help school organize some activities such as the Treasure Hunt and Halloween event.

在这个CCA中，我们将通过各种推理活动锻炼大家的思维和观察能力，包括但不限于寻找凶手、解谜、悬念推理、法医鉴定、密码研究和微观心理学。这个CCA还将为会员提供免费的真人角色扮演游戏和其他推理游戏，以丰富他们的课外生活。甚至可以利用这个CCA来帮助学校组织一些活动，如寻宝活动和万圣节活动。

Sailing 帆艇社

CCA Leader: Kirsty

Teacher Support: Elise Piercy

Monday · 15:30-16:30 · 3N7

Here, we will learn a lot of knowledge about sailing. Some possible practical experience and some interesting events about sailing will also be shared. It's going to be an exciting CCA!

你对帆船船艇有兴趣吗？这里有广阔的天地让你施展才华扬帆起航，为你航海运动帆船竞赛以及船艇驾驶奠定理论基础。期待你们的加入！

Yesterday's World 昨日之世界

Student Leaders: Leo

Teacher Sponsor: Tim Rees

Monday · 15:30-16:30 · 2N11

By the Commission of ten million, the mystery changes, the strategy is coquettish and magnificent. By understanding the development process of human beings as a whole, we can analyse deeper things more clearly.

由委千万，玄机变换，英略风骚，瑰丽丰臻 通过了解人类整体的发展历程，我们可以更清楚地从中剖析出更深层次的东西。

Synthetic Biology Club (iGEM) 合成生物社

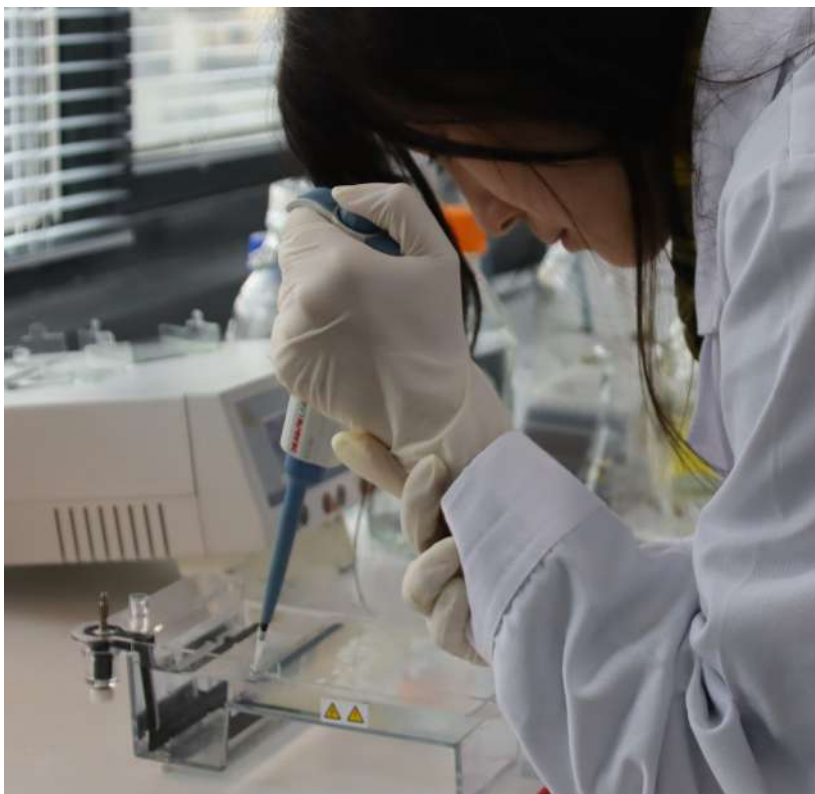
Students Leaders: Amanda, George, Jasmine & Leonard

Teacher Sponsor: Murdoch Mackay

Monday · 15:30-16:30 · 3N3

This is the perfect club for people who might be pursuing biology as a career in the future as well as people who are willing to explore new academic fields. Here you will get a chance to do advanced experiments with microorganisms and get a glimpse of the life of a real scientist. You can learn more about how plasmids are used to engineer microorganisms and how to navigate yourself through a professional laboratory. If you are passionate about our projects, you can join our team for iGEM and compete with some of the world's best students. We welcome everyone to join, including people who are unfamiliar with this area!

合成生物学俱乐部是为那些对生物学领域感兴趣的人设计的。我们欢迎所有人加入，包括不熟悉这一领域的人。在我们的俱乐部，你可以了解更多关于质粒如何被用于微生物工程，以及如何在专业实验室中工作。不光如此，你还可以参加我们社举办的 iGEM 进行合成生物的比赛。快来加入我们吧！



Pool Club 台球社

CCA Leader: Eason

Teacher Support: Lynn Huo

Tuesday · 15:30-16:30 · iGYM

*****This CCA requires a student fee*****

Learn about the historical origin and basic theoretical knowledge of billiards, and various techniques. Let students who like pool share their unique understanding and apply them to games, enabling every member to achieve their best.

学习关于台球的历史起源 基础理论知识和各种技术。让对台球感兴趣同学能够一起分享对台球运动的独特理解，并且运用于实战的对抗。从而让社团中的每一个成员都能够有所收获。

Student Leadership

Variety V 变

Student Leaders: Scarlett

Teacher Sponsor: TBD

Monday · 15:30-16:30 · 1S2

Variety is a music band which accepts most styles of music. We perform at 'Performance Corner' and on stage at many events in this school. If you can play an instrument, and/or can sing, and be responsible for regularly attending rehearsals, please contact us.

V 变乐队接受！大部分！可能实现的！音乐风格，我们将会表演角和学校很大型多活动的舞台上演出。如果你会任何乐器（唱歌也可以）并且能按时排练（如果是个2cy 社长会很快乐），请联系我们。



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We are all here in this band because we love music. I like the way we collaborate, especially when I see the outcome. It doesn't only give me confidence but also helps me with my bass playing skills!"

Bobby Xiang Y12



Choir 合唱团

Student Leader: Miranda

Teacher Sponsor: Stephanie Park

Monday · 15:30-16:30 · 1S3

There is nothing more fun than singing together as a group and the choir will be doing just that! Performing a variety of different styles and genres of music, the choir will have the chance to sing at several events throughout the year.

没有什么比一起唱歌更有趣的了，合唱团就是这样！合唱团将表演各种不同风格和流派的音乐，全年现身于多样的活动中。



xFace 舞团

Student Leaders: Cynthia

Teacher Sponsor: Maxine Li

Monday · 15:30-16:30 · Dance Studio

We would like to recruit students with dancing skills to form a dance group of about 10 people. They will rehearse various styles of dance and then perform the opening or closing performance in various activities of the school. We welcome students who love dance to sign up actively, and if you pass the interview, you will become a member of XFACE forever!

我们 cca 招募学校中有跳舞功底的同学，组成一个10人左右的舞团，平时会排练各种风格的团舞，然后在学校各大活动中进行开场或收尾表演，我们欢迎热爱舞蹈的同学来积极报名，通过了面试你将永久成为 xface 成员！

New CCA

Esport

CCA Leaders: Bob

Teacher Support: Tony Winton

Monday · 15:30-16:30 · 2N10

This CCA is mainly for students having time to relax themselves. Students will have a chance to try a variety of video games on switch (our club will provide the equipment freely). If you want to find a place to rest during CCA time, please join us.

如题，这是一个面向于电子游戏竞技的社团，我们的初衷是为了能让大家在繁忙的学习生活中提供一处避世之所，在短暂的社团时间里享受电竞游戏带来的喜悦。同时我们也将免费提供一些游戏卡带以及配套的设备为大家提供试玩或练习。有意愿的话还请大家多多报名支持啦~

We•era

New CCA

Student Leaders: Octavia

Teacher Sponsor: Keegan Ashton

Monday · 16:30-17:30 · Dance Studio

Exclusive dance club that performs on school events and special occasions. Involves a rich variety of performing elements: singing, musical dancing, K-pop, Chinese contemporary dances.

We-era 是一个为了所有热爱舞蹈的人创立的舞社，舞社创立的最初理念就是希望大家能感受到舞蹈的美并能享受其中。我们会在学校各个大型活动以及节日晚会上表演。表演形式以编舞和 Kpop 为主，但同时我们也会随着表演需求的变化而增添新的表演元素：唱歌，中国舞，现代舞等。



Student Leadership 学生领导力

Cross Dimensional 跨次元

Student Leaders: Cindy & Diana

Teacher Sponsor: Lemon Zhai

Monday · 15:30-16:30 · 4N7

This is a gathering of anime lovers association! We want to create our own comics :) We want to share our interesting ideas and insights with others! If you have the same wish, then join us and make it come true!

这是一个聚集动漫爱好者的社团！ 我们想创作出自己的漫画！ 我们希望能将自己有趣的想法和见解展现给其他人！ 如果你也有同样的愿望，那就加入我们来实现它吧！



Brainstorm 头脑大风暴

Student Leaders: Cici & Selena

Teacher Sponsor: Ediz Turk

Monday · 15:30-16:30 · 4N12

During CCA time, we will make some crafts with various materials. If possible, we will take our works to welfare homes and other places to carry out some public welfare activities. We will share our works with them as a gift. We had planned the content of the activity last semester, but it was postponed due to the epidemic. I hope to work with more partners on this project this year!

在 cca 时间, 我们将会用各种材料制作一些工艺品, 如果可以的话, 我们会带着我们制作的作品去到福利院等地, 进行一些公益活动, 我们会将我们的作品分享给他们, 作为快乐的传递。上个学期我们已经计划活动内容, 但是因为疫情的原因, 就先延缓了。希望在今年可以和更多伙伴一起进行这个项目!



Handcrafts 手工制作

Student Leaders: Vanessa

Teacher Sponsor: Eileen Law

Monday · 15:30-16:30 · 4N11

This CCA is a good place for students to relax and have fun. Here you can learn new techniques to make crafts for yourself and your best friends, which are thoughtful and inexpensive

我们社团是一个轻松愉快的好地方可以让学生很好的放松。这里能够学习新的技巧来制作手工艺品给自己还能送给好朋友, 不仅心意满满而且不会花销很大



some interesting little fans together. (We will provide materials related to club activities, no need to prepare them by yourself).

我们的这个书法社团会组织大家进行一些与毛笔字相关的活动, 不论之前是否写过毛笔字, 只要感兴趣的同学, 都欢迎大家来加入! 通常我们会一起参考一些书法书来练习唐诗。我们不仅能够宣纸上书写同时还可以在扇面上书写来一起制作一些有趣的小扇子。(我们社团会提供社团活动相关的材料, 不需要大家自己准备)

Calligraphy Club 书法社

Student Leaders: Evelyn & Jane

Teacher Sponsor: Barbara Zang

Monday · 15:30-16:30 · 4N8

Our calligraphy club will organize some activities related to brushing characters. Whether you have written brush characters before, as long as you are interested, you are welcome to join us! Usually, we will refer to some calligraphy books to practice some tang poems. We can not only write on the paper but also write on the fans to make

Student Leadership

Dulwich Business League 德威商社

Student Leaders: Leo

Teacher Sponsor: Yewon Cho

Monday · 15:30-16:30 · 3S4

We will discuss some knowledge about stocks in the club class, and we will play stock trading simulation. We will also set aside a few classes specifically for members to do the presentation, share their knowledge about business, and do small activities related to the knowledge points. I will also apply for an online FE business competition in the club class, and teach members to play business competitions, because I am very good at playing business competitions and I know their organizer very well. *By invitation only.*

首先，我们会在商社社团课中分享并讨论一些关于股票的知识，我们会开一个股票交易模拟，让社员去实践。我们还会专门拿出几节课来，给我们社员，让他们做演示，分享他们自己所了解的商业知识，并进行与知识点相关的小活动。我还会申请线上的FE商赛，让社员在社团课上打商赛，并教他们怎么准备，以及怎样提升，因为我已经打过很多商赛了，并获得奖，对商赛非常了解，并且和他们的主办方一直有紧密的联系。最后，我们的这个商社是邀请制的，只有被邀请的同学，才能参加此社团。

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DBL is interesting because senior students teach real-world knowledge, which will be useful in the future. It's fulfilling but not anxiety-provoking. My favourite part is when competitions are held which simulate the operation of a company."

Kate Liang (Y11)

Journal Society 文献讨论社

Student Leaders: Joe

Teacher Sponsor: Murdoch Mackay

Monday · 15:30-16:30 · 3S8

Reading academic journals, reports, essays and papers is a crucial skill for your application and your future life in university, whether you chose a pathway that is more science-based, or more liberal art related majors — no matter what it is, you will need the skills of reading, researching and citing academic journals. Therefore, join our Journal society club then! In here, you will learn the skills of how to find and research for reliable journals and papers, you will be taught how to read academic writings, you will also discover different professional ways for you citation and bibliography!

阅读学术期刊、报告和论文是你申请大学和未来大学生活的一项关键技能，无论你选择的是理科相关专业，还是文科相关的专业，——不管，你将需要阅读、研究和引用学术期刊的技能。那就加入我们的文献俱乐部吧！在这里，您将学习如何查找和研究可靠期刊和论文的技能，您将学习如何阅读学术著作，您还会了解不同专业引文和参考书目方式！

期

ShowCan 校刊

William & Andrew

Karen Humphrey & Clare Winton

Tuesday · 15:30-16:30 · 4N12

The name of our CCA is ShowCan School Magazine, which is the school magazine of our school. This is a magazine edited by students. It aims to give students a platform to show themselves. We will collect students' works, including photography, art, and writing with the view to having it published in the school magazine. Our CCA activity is to publish a school magazine each month, and the members of our CCA perform their respective duties. What's more, we also updated one more magazine during the online class, which can scan the QR code for reading.

我们社团的名字叫做ShowCan校刊，是我们学校的校园刊物。这是一个学生担任编辑的杂志，旨在给学生展示自己的平台。我们会收集同学的作品，无论是摄影、艺术、文字作品，一切都有可能登上校刊。我们CCA的活动就是每个月出一期校刊，社团成员各司其职。我们在网课期间也出了一期，可以扫描二维码进行阅览。

We need photographers (it doesn't have to be a major), interviewers (it can improve your speaking skill) and writers. Be confident! Join us.

我们需要摄影师(不一定是专业)，采访者(可以提高你的口语能力)和作家。要自信!加入我们的行列。



Student Leadership

Dulwich English Debate Club (DEDC) 德威英语辩论社

CCA Leaders: Lawrence, Max, Colin & Calvin

Teacher Support: Tony Qureshi

Monday · 15:30-16:30 · 4N10

Had trouble spoken in front of the public? How to express yourself with logic? How do you become a critical thinker and an influential speaker? Allow me to introduce DEDC, Dulwich English Debate Club, a debate platform here at Dulwich that welcomes everyone interested in practising their English speaking skills, logical thinking and teamwork. Whether you are a beginner or a prominent English speaker, there will always be a spot for you. For beginners, we offer chances to learn from those who are experienced, develop their critical thinking skills and try to use persuasive language; for those who are already great debaters, we will hold a debate competition every time we see each other and perhaps external competition in the future. Let our minds be unconstrained, and let our words be expressive, here at DEDC!

你害怕公众演讲吗？你不清楚如何逻辑清晰的表达自己？你如何成为一个有批判性的思考者和一个有影响力的演讲者？请允许我介绍一下德威英语辩论俱乐部（DEDC），这是德威的一个辩论平台，欢迎所有有兴趣练习英语口语、逻辑思维和团队合作的人。无论您是初学者还是杰出的英语演讲者，总有一个适合您的位置。对于初学者，我们提供向有经验的人学习的机会，培养你们的批判性思维能力并尝试使用有说服力的语言；对于那些已经是优秀辩手的人，我们每次见面都会举办一场辩论赛，也许以后还会有外部比赛。在 DEDC，让我们的思想“天马行空”，言辞“口若悬河”！

Dulwich Studio 德威视坊

CCA Leaders: Kayla, Minnie & Linda

Teacher Support: Nadir El-Edroos

Monday · 15:30-16:30 · 3N8

Dulwich Studio?! It's a student-led organization. Here, students can plan, direct, act, film, edit, and operate account on bilibili like a professional crew. With "Dulwich Five Minutes" as a main program, Dulwich Studio produces more videos about suggestions and entertaining videos about diverse Dulwich life. These videos are usually displayed during tutor time, on TVs around the school and official WeChat account of DHSZ.

德威电视台！？这是一个由学生主导的师生组织。在这里，学生们可以像专业的剧组一样自主策划、导演、演绎、录制、剪辑并在哔哩哔哩上运营账号。以德威五分钟这档节目为主并进行扩展，围绕多元的校园生活产出关于学校生活的建议、帮助和娱乐性的视频，这些视频往往会在晨会、学校的电视荧幕以及学校的微信公众号上展出。



World of Business 商业世界

New CCA

CCA Leaders: Selena & Clover

Teacher Support: Jessica Law

Monday · 15:30-16:30 · 4N13

This CCA is related to economy. It plans some activities related to economy, simulates running a small shop of its own, sells some commodities, and extracts the money earned to do volunteer work and donate to charity. To better understand the meaning of studying economics, and at the same time do something to make a contribution.

本cca是和经济有关，策划一些与经济有关的活动，模拟经营一家属于自己的小商铺，卖一些商品，在抽取赚到的钱去做义工和捐款做一些慈善。更好的去理解学习经济的意义，同时做一些有贡献的事。

New CCA

HOTS (Hope of the Star) 沸点

CCA Leaders: Sarah, Claudia, Jojo and Cindy

Teacher Support: Sabina Jalil

Monday · 15:30-16:30 · 4N5

We are a group of high school students dedicated to helping people in need (deaf and mute and left-behind children in mountainous areas). We usually (without the epidemic) visit deaf schools or orphanages on weekends and teach them how to string bracelets, paint, do crafts, etc. We sell these handmade goods in the city bazaar and on the Internet platform to transfer profits and social support to them and improve their lives. We've had three charity sales and one social donation. In all, nearly 16,000 donations have been given to children in mountainous areas to buy tables and chairs.

我们是一个致力于帮助有困难人群（聋哑人和山区留守儿童）的高中生团体。我们一般（没有疫情）会在周末去聋哑学校或孤儿院看望并且教他们如何串手链，作画，做手工等活动。这些他们的手工艺品我们在城市义卖和互联网平台进行售卖，把盈利和社会的支持帮助转交给他们，提升他们生活。我们已经进行过三次慈善义卖，和一次社会捐赠。总计已经把将近一万六千慈善款提供给山区儿童，购买桌椅。

Her Voice 听她说

CCA Leader: Erica

Teacher Support: Sabina Jalil

Monday · 15:30-16:30 · 4S9

Her Voice is a student organization dedicated to women's voices. We will tell the society through ourselves the difficulties women face in the development of the world. The CCA time will be used to search information and prepare presentation on assembly or any activities, and articles publish on social media. If you are interested in Communication & Media/ Gender study/ Psychology/ Art. It is wonderful choice to join us!
'Hear their sounds, feel their power'

Her Voice 是一个致力于为女性发声的学生社团组织，我们将通过自己告诉女性在时代发展中所面对的困境。我们会在 CCA 时间搜集和准备材料，在集会和活动中演讲，以及在公众平台发表推文。如果你对传媒/性别学/社会学/心理学/艺术等等感兴趣的话，欢迎加入我们！

听见她们的声音，感受她们的力量



DULWICH INTERNATIONAL HIGH SCHOOL

| SUZHOU |

苏州工业园区德威联合书院