



德威联课活动手册

Dulwich Co-curricular Activities Brochure

Semester 2 2018-2019 第二学期



DULWICH INTERNATIONAL | SUZHOU
HIGH SCHOOL
SUZHOU HIGH SCHOOL

德威国际高中, 江苏省苏州中学



Introduction

We would like to welcome you all to the second term of the 2018-2019 Co-Curricular Activities (CCA) programme. This exciting programme has been developed and enriched over the years and, term by term, we are adding more, new and exciting activities as well as building collaboration and student leadership in each of our CCAs. Various sports teams will have opportunities to compete with those from local schools and other Dulwich Colleges throughout the year, and remember, the most exciting Dulwich Olympics is this year! At the same time, academic societies will help you to further engage in subject areas that you are passionate about. Collaborations across Dulwich campus will continue grow, and skills will be gained outside of classrooms.

It is expected that each student take part in at least two CCAs with at least one from a Team/Recreation Sports and an Academic/Skills CCA. This then allows you to have balanced development in both the physical and skills elements to fulfill the requirement of the International Award. By sticking to the same CCAs throughout the years, you will show commitment and attitude, which are important aspects that universities love to see in students who are applying.

This booklet is designed to help you to gain a better understanding of the CCA programme, how it connect with different curricula of the school, and how to set up your student-led CCA. It will also give you an idea about the CCAs on offer throughout the week after school on every Monday, Wednesday and Thursday.

Hope you have already selected the CCAs that you would like to attend from the CCA fair. This term the CCA will start on January 21st and till the last week of April. Apart from holidays and breaks, this will be a total of twelve weeks.The timings of each CCA may differ from those published in this booklet, so please check carefully when you sign up.

If you have any questions or suggestions, please come and see us in the Teaching Office or drop an e-mail to us.

Annie Chao & Jack Yim

Head and Assistant Head of Cross-Curricular Activities

简介

真诚欢迎大家参与 2018-2019 学年第二学期的联课活动项目！每学期联课活动都在项目的数量和多样性上不断发展，同时也创建了越来越多学生领导力锻炼与校际间的合作契机。校队与其他运动队将有更多的机会与苏州其他学校和其他德威姐妹学校进行比拼，记得，激动人心的德威奥林匹克运动会就在本学年！同时，学术社团将会带给你更多机会在你热爱的学科领域尽情探索。我校与德威学校之间的合作也将继续发展，你也将能够在课堂之外学习到更多其他技能。

每位学生必须至少参与一项体育运动类和学术技能类两项联课活动。这不但能使学生平衡发展学术与运动，更能保证有充分的时间来完成爱丁堡公爵奖所要求的活动时间。值得各位同学注意的是，在一整学年里坚持参与同样的联课活动以此显示自己具有恒心与对活动的热情，对于以后的大学录取而言这是至关重要的衡量准则。

本手册旨在帮助大家了解联课活动项目的内容，其与学校其他元素的联系，如何建立学生学生领导联课活动，以及本学期周一，周三和周四下午各项联课活动安排的事宜。

希望大家的心目中已经有了自己中意的联课活动。接下来的联课活动将在开学第三周 1 月 21 日正式开始并且持续整个学期直到四月底。除去假期外，本学期的课外活动时间总共十二周。本手册中各 CCA 活动时间可能根据实际情况更改，请同学们在报名时特别注意活动时间，以免冲突。

如果有任何需求或疑问，请及时到教师办公室或者电子邮件给相应负责老师。

Annie Chao & Jack Yim

联课活动项目负责人及责任助理



Relationship between CCAs and University Applications

CCAs are an opportunity for you to learn or improve in a sport or a skill activity so that you can earn hours, combine it with community volunteering and your expedition – all towards earning an International Award. However, CCAs also are seen as an important factor in your university applications which are submitted in Year 13.

In applications, regardless of country, your participation in an CCA aids admission officers to understand your personality, engagement and resilience in a way that your grades and test scores can't show.

All students should do at least a couple of CCAs, and make a commitment to them. Year 13s should continue with the activities or even come up with their own clubs. Universities are looking for students who are continually and consistently involved since it gives the universities an idea of who will be a positive and impactful student on their university campus and in their community!

Universities are looking for passion, leadership and impact. Quality of involvement is worth more in an application than quantity of club memberships.

- **Passion.** Your activities are supposed to be a reflection of you and what you care about. You can show passion by focusing on a couple activities and dedicating a significant amount of time to them.
- **Leadership.** Leaders are the people who will be at the forefront of change and the first to take on new challenges. Take the initiative to be a leader through your CCA or motivate other students to be active in the CCA or create your own CCA.
- **Impact.** How have you changed your activity for the better? Have you expanded membership or the amount of activities your CCA does? In your activities you can show them that you're the type of person who takes something and leaves it better than you found it.

The Perfect Extracurricular Activity Combination

Academic + Personality + Community Involvement = Stronger Applicant

For students who are unsure about what types of activities to pursue at DHSZ, try:

- **The Academic Activity:** This is an activity that is somehow related to what you're hoping to study in college.
- **The Personality Activity:** This should showcase something special about you and does not fall neatly into another category. What is your secret passion?
- **The Community Service Activity (usually done outside of school):** It allows you to volunteer your time to work with people or for a cause in your community.

CCA 联课活动和大学申请的关系

CCA 活动为学生提供学习和提升运动能力和技能的机会，并累计课外活动时间，与社区服务和远足探险结合，可获得国际奖项。CCA 活动是 13 年级大学申请中的一个重要的方面。

在任何国家的申请中，学生的 CCA 活动参与情况，都能帮助招生官了解学生的性格，参与度和顺应力，这些都是学生的学术成绩所无法反映的。

所有学生都应该参加并完成若干项 CCA 活动。13 年级的学生仍然需要参加此类活动，甚至可以组织自己的社团。对此所展现出持之以恒的学生，正是大学所寻找的，对于大学来说，这些学生将会是今后大学校园内的积极份子。

大学寻找的因素有：激情，领导力，和影响力。申请中，参与活动的质量要比参与社团的数量来的更重要。

- **激情**：参与的活动，应能反映自身以及个人兴趣，关注点。激情可以体现在积极，集中参与若干项目，并为此投入大量时间。
- **领导力**：领导是团队中面对变化和挑战的先锋。在 CCA 活动中主动成为领队，鼓励其他学生积极参与，或是创建自己的社团。
- **影响力**：你如何使你所参与的活动变的很好？你是否为你的 CCA 活动扩展人员或活动内容？你可以展示出，你在 CCA 活动中有把它变得更好。

最佳课外活动组合

学术 + 个性 + 社区参与度 = 优秀申请者

学生若不确定参加何种类型的活动，请参考：

- **学术型活动**：此类活动为与未来大学目标专业某种程度上相关的活动。
- **个性型活动**：此类活动应展现你的与众不同，你对做什么更有热情？
- **社区服务类活动（通常为校外）**：志愿参加各类社区活动。

How to Start a Student-led CCA?

1. Contact the Head of CCAs and request the 'New CCA Form'
2. Carefully complete the 'New CCA Form' in Microsoft Excel
3. Politely ask if any teacher would like to be the supervisor teacher for your CCA
4. Send back the completed 'New CCA Form' to Head of CCAs
5. Interviewed by Head of CCAs
6. If your CCA is approved, plan and prepare for CCA fair booth in the beginning of the next term
7. Run all aspects of your CCA. As well as including your member of staff in everything
8. Run it successfully for a whole term
9. At the end of the term, if you would like to run it again you will need to go back and see the Head of CCAs to discuss it



如何申请开设学生领导的联课活动？

1. 与联课活动项目负责老师面谈并领取《申请新开设学生领导联课活动表格》
2. 认真完成《申请新开设学生领导联课活动表格》电子档
3. 礼貌询问是否愿意成为你的联课活动的指导老师
4. 以电子邮件形式发送《申请新开设学生领导联课活动表格》给联课活动项目负责老师
5. 接受联课活动项目负责老师的面试
6. 若学生领导的联课活动项目被批准，计划并准备联课活动展
7. 协调并筹划各项事宜，包括与指导老师协调沟通活动规划及安排
8. 运行一学期课外活动
9. 在学期即将结束之时，如有意愿继续在下一学期继续开展活动，需要提前与联课活动项目负责老师面谈



Contents 目录

Team Sports 学校校队

Team Badminton (boys and girls) 羽毛球队(男女混合)	10
Team Basketball (junior boys) 篮球队(低年级男子组)	10
Team Basketball (senior boys) 篮球队(高年级男子组)	11
Team Basketball (junior girls) 篮球队(低年级女子组)	11
Team Basketball (senior girls) 篮球队(高年级女子组)	12
Team Football (junior boys) 足球队(低年级男子组)	12
Team Football (senior boys) 足球队(高年级男子组)	13
Team Football (girls) 足球队(女子组)	13
Team Fencing 击剑队	14
Team Netball (girls) 投球(女子)	14
Team Swimming (boys and girls) 游泳(男女混合)	15
Team Table Tennis (boys and girls) 乒乓球队(男女混合)	15
Team Volleyball (boys) 排球队(男子组)	16
Team Volleyball (girls) 排球队(女子组)	16

Recreational Sports 运动俱乐部

Dulwich BeFIT Workout 德威燃脂健身俱乐部	17
Cricket 板球	17
Archery 箭术	18
Recreational Badminton 羽毛球俱乐部	18
Kendo 剑术社团	19
Cheerleading 啦啦队	19
Teen Boxing 青少年拳击	20
Table Tennis Club 乒乓球俱乐部	20
Strength and Conditioning 肌力与体能训练	21
Volleyball CCA 排球社团	21
Tennis 网球	22
Ultimate Frisbee 极限飞盘	22
Zumba Dance 尊巴舞	23

Academic Societies 学术学社

Chinese Debating 中文辩论	23
Chinese Drama 中文戏剧社	24
Computer Science Projects 计算机科学项目	24
Drawing 绘画	25
Dulwich Business League 德威商社	25
Math Club 数学竞赛团体	26

Extended Projects Society 拓展项目学社	27
F1 in Schools-MIT 校内F1-技术大师	27
Model United Nations 模拟联合国	28
Physics Projects 物理项目学社	28
Python Programming Python 编程	29
School Magazine -- Sandulwich	29
Psychology Society 心理学社团	30
Sports Leader Qualification 运动领导力资质	30
Shakespeare Festival 莎士比亚戏剧节表演团	31
World Scholars Cup 世界学者杯	32

Skills Societies 技能俱乐部

Artistic designing 艺术设计创意	33
Basic Cantonese Skills 基本粤语技能俱乐部	33
Charity Project Leaders 慈善社团领导力	34
Chess 国际象棋	34
Chinese embroidery 苏绣	35
Choir 合唱团	35
Cross Stitch 十字绣社团	36
Drone Club 无人机俱乐部	36
English Social Games 英语休闲游戏	37
Fashion Design 服装设计	37
Hand Bells 手铃社团	38
IA CCA 爱丁堡公爵奖俱乐部	38
Ikebana 花道社	39
Lego Mindstorms Robot Club 乐高 mindstorms 机器人社	39
Gardening Club 园艺社团	40
DHCREW	40
Glee 欢乐合唱团	41
Global news and critical thinking skills 世界新闻与批判思维	41
Orchestra 管弦乐队	42
Programming club-home automation 编程俱乐部-家庭自动化	42
Spanish 西班牙语	43
Su Shan 苏扇	43
The Dulwich Greens 德威绿色	44
Yearbook Club 年鉴俱乐部	44

Team Sports 学校校队

Team Badminton (boys and girls)

羽毛球队 (男女混合)

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.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: All year



如果你享受速度、竞争和趣味一体的体育运动，那就加入羽毛球队吧！无论你是专业选手还是新手我们都一样欢迎。只要认真训练和不断提升，你就有机会加入校队并且骄傲地身着代表学校德威之龙的红色球衣出征比赛。

- 面向年级：所有年级
- 期限：全年

Day: Monday
Day: Thursday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Team Basketball (junior boys)

篮球队 (低年级男子组)

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.

- Open to Years: 10, 11 and IG1
- Commitment: all year

篮球是一项由五名球员组成的团队运动，在任何时候都可以在篮球场上进行。这项运动的目标是在四分之四的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，我们希望你能够参加训练和比赛，成为团队的一员。

- 面向年级：10、11、IG1
- 期限：全年

Day: Monday
Day: Thursday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Team Basketball (senior boys)

篮球队（高年级男子组）

This is aimed towards the older students in the school. You will develop your basketball skills further and become stronger, fitter and faster. As part of the team you will be role models for the younger students - teamwork, communication and sportsmanship are a must. You will compete against other schools in matches. You are therefore expected to come to all training sessions and matches, as those who show the biggest commitment are the ones who generally perform the best.

- Open to Years: 12 and 13
- Commitment: all year

这是针对学校高年级学生的篮球队。你将进一步提升你的篮球技能，变得更加强壮、更加健康、更加快速。作为球队的成员，你将成为低年级学生的榜样——团队合作、交流及体育精神是必备条件。你将会参与与其他学校的比赛。因为那些做出最多努力的人往往表现最好，因此我们希望你能够参加所有的训练和比赛。

- 面向年级：12、13
- 期限：全年



Day: Monday
Day: Thursday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Team Basketball (junior girls)

篮球队（低年级女子组）



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.

- Open to Years: 10, 11 and IG1
- Commitment: all year

篮球是一项由五名球员组成的团队运动，在任何时候都可以在篮球场上进行。这项运动的目标是在四分之四的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，我们希望你能够参加训练和比赛，成为团队的一员。

- 面向年级：10、11、IG1
- 期限：全年

Day: Monday
Day: Thursday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Team Basketball (senior girls)

篮球队（高年级女子组）

This is aimed towards the older students in the school. You will develop your basketball skills further and become stronger, fitter and faster. As part of the team you will be role models for the younger students - teamwork, communication and sportsmanship are a must. You will compete against other schools in matches. You are therefore expected to come to all training sessions and matches, as those who show the biggest commitment are the ones who generally perform the best.



- Open to Years: 12 and 13
- Commitment: all year

这是针对学校高年级学生的篮球队。你将进一步提升你的篮球技能，变得更加强壮、更加健康、更加快速。作为球队的医院，你将成为低年级学生的榜样——团队合作、交流及体育精神是必备条件。你将会参与与其他学校的比赛。因为那些做出最多努力的人往往表现最好，因此我们希望你能够参加所有的训练和比赛。

- 面向年级：12、13
- 期限：全年

Day: Monday
Day: Thursday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Team Football (junior boys)

足球队（低年级男子组）



If you're new to football – don't worry! Everybody starts somewhere. Our experienced coaches can help to introduce you to the game (rules, tactics, vocabulary); you'll feel part of the team in no time! As a member of the junior boys' football team, you will be expected to come to trainings and participate in the many matches throughout the school year. Beyond the practical side of things, there are many current players who are passionate about all aspects of the game with a growing sense of club community, aligning with our aim to become more prominent in the wider school environment. The future is bright for DHSZ football... don't miss out!

- Open to Years: 10, 11 and IG1
- Commitment: all year

如果你是足球新人，别担心！每个人都有他开始的地方。我们经验丰富的教练可以帮助你了解这些运动（包括规则、战术及术语），你将在最短的时间内融入球队！作为低年级男子足球队的医院，你将会参加一些训练，并将在这一学年中参加许多足球比赛。在训练之外，许多现在的球员对足球社团发展的各个方面都充满激情，他们的目标是在更广阔的学校环境中变得更加优秀。我校足球的未来是光明的，千万不要错过！

- 面向年级：10、11、IG1
- 期限：全年

Day: Monday
Day: Thursday

Time: 15:45 – 16:45
Time: to be confirmed

Cost: Free 不需要额外费用

Team Football (senior boys)

足球队（高年级男子组）

As a part of the growing school team you will be expected to show up to trainings and matches throughout the year. You must also be aware you are role models for the younger team. Thus, sportsmanship, teamwork and communication should be a part of all training and matches. You will help each other to become better overall players. It is a great opportunity to represent your school doing something you enjoy and are passionate about.



- Open to Years: 12 and 13
- Commitment: all year

作为正在成长中的学校团队的一部分，你需要在这一学年中参加训练和比赛。你还需要意识到你是低年级团队的榜样。因此，运动精神、团队合作和沟通交流应该是所有训练和比赛的一部分。你们要互相帮助，为成为更好的球员而努力。这是一个很好的能够代表学校做你喜欢并为之充满激情的事情的机会。

- 面向年级：12、13
- 期限：全年

Day: Monday
Day: Thursday

Time: 15:45 – 16:45
Time: to be confirmed

Cost: Free 不需要额外费用

Team Football (girls)

足球队（女子组）

Football is a great sport played with a ball, and using mainly your feet to move it around, and you score one point by kicking it into the net. Though men have dominated it, women's teams have come far in getting the same coverage in the media. It is still a developing game at our school and our intention is to get a team together to play against other schools in the area. You will be expected to come to practices to train, develop and improve together as a team. There may be some training with the boys' teams this is to help and improve you as a football player.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: all year

足球是一项球类运用，主要通过双脚来移动足球，通过把足球踢到网里得分。尽管男性在这项运动中占有优势，但是女足的表现也获得越来越多的关注。在我们学校，这项运动仍在发展之中，我们的目的是组成一个团队来共同对抗其他的学校团队。我们希望你能够和我们一起作为团队进行训练、发展和提高。这项运动中将会有一些与男子对共同进行的训练，这将帮助你成为一名更好的足球运动员。

- 面向年级：10、11、IG1、12、13
- 期限：全年

Day: Wednesday
Day: Thursday

Time: 15:45 – 16:45
Time: to be confirmed

Cost: Free 不需要额外费用

Team Fencing

击剑队

You will practice your speed and reactions in trainings. Fencing is more about skill and dexterity than power and force as in other sports such as rugby. There are three types of swords, which are used for duelling; foil and saber each have a different use.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: all Year

你将在训练中练习你的速度和反应能力。击剑更多的是技能和灵活性，而不像其他运动如橄榄球那样更重视力量。击剑运动有三个剑种：重剑、花剑和佩剑，它们各有不同的用法。

- 面向年级：10、11、IG1、12、13
- 期限：一年

Day: Monday
Time: 15:45 – 16:45

Cost: 2400RMB/Term
费用：2400 元 / 学期

Team Netball (girls)

投球（女子）

Netball is a ball sport played with two teams of seven players. It is predominately played by women. It is a non-contact sport with its origins in basketball. There are quite a few rules that come along with the game but these provide structure for an enjoyable sport. Each player is given a position and they, depending on that position, are only allowed in certain areas. As part of the team you are required to come to trainings and any matches we may have.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: all year

这是一项在各七名队员组成的两队之间比拼的球类运动，以女性球员为主。它和篮球运动并没有什么联系。它有很多规则，这些规则为这项有趣的运动提供了基本构架。每个运动员都有一个位置，根据这些位置，运动员将只允许在某些区域活动。作为球队的一员，你需要参加我们的训练和比赛。

- 面向年级：10、11、IG1、12、13
- 期限：全年

Day: Wednesday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Team Swimming (boys and girls)
游泳 (男女混合)



Come and join the Swimming Team! It is an amazing opportunity to meet new friends, exercise, get fit and improve on your swimming strokes. Swimmers will be able to improve the swimming strokes and kicks, improve their endurance, speed and distance. Learn how to overcome fatigue during a tough training set, to pace yourself for longer races and to sprint during shorter ones. All swimming club members will require swimwear, swim hat, goggles and towel.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: all year

快来加入游泳队！这是认识新朋友、参与运动、锻炼身体、改善泳姿的好机会。游泳者可以训练游泳姿势，提高耐力、速度和游泳举例。你将学习如何在训练中克服疲劳，学习调整自己从而适应长距离的比赛及短距离的冲刺。所有游泳社团的成员都需要泳衣、泳帽、护目镜和毛巾。

- 面向年级：10、11、IG1、12、13
- 期限：全年

Day: to be confirmed **Time: to be confirmed**
Day: to be confirmed **Time: to be confirmed**

Cost: Free 不需要额外费用

Team Table Tennis (boys and girls)
乒乓球队 (男女混合)

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.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: all year

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，从而提升自己，使自己在与其他球队比赛时能达到最佳水平。

- 面向年级：10、11、IG1、12、13
- 期限：全年

Day: Monday **Time: 15:45 – 16:45**
Day: Thursday **Time: 15:45 – 16:45**

Cost: Free 不需要额外费用

Team Volleyball (boys)

排球队（男子组）



Learn new skills, training methods and improve your fitness and skills level in volleyball. We play inside with a team of six on the court at any given time. The aim of the game is to keep the ball off the ground; if it touches the ground then it goes back to the other team. Volleyball is normally 3 or 5 games played to 25 points. The team must win the game by 2 points and the team winning the most games wins the match.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: all year

在排球运动中学习新的技能、训练方法，提高你的体能和技能水平。我们在给定时间内以六人小组的形式在场地上进行练习。排球运动的目的是保持球离地，如果排球接触地面，它将回到对方手中。排球比赛通常是 3 或 5 场比赛，需要达到 25 分。每场比赛中球队必须以 2 分的优势获胜，而赢得比赛场次最多的球队将赢得比赛。

- 面向年级：10、11、IG1、12、13
- 期限：全年

Day: Wednesday
Day: Thursday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Team Volleyball (girls)

排球队（女子组）

Learn new skills, training methods and improve your fitness and skills level in volleyball. We play inside with a team of six on the court at any given time. The aim of the game is to keep the ball off the ground; if it touches the ground then it goes back to the other team. Volleyball is normally 3 or 5 games played to 25 points. The team must win the game by 2 points and the team winning the most games wins the match.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: all year

在排球运动中学习新的技能、训练方法，提高你的体能和技能水平。我们在给定时间内以六人小组的形式在场地上进行练习。排球运动的目的是保持球离地，如果排球接触地面，它将回到对方手中。排球比赛通常是 3 或 5 场比赛，需要达到 25 分。每场比赛中球队必须以 2 分的优势获胜，而赢得比赛场次最多的球队将赢得比赛。

- 面向年级：10、11、IG1、12、13
- 期限：全年

Day: Wednesday
Day: Thursday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Recreational Sports 运动俱乐部

Dulwich BeFIT Workout 德威燃脂健身俱乐部



A 30 mins a day Fat Burn is a unique, high-intensity cardio program that torches calories and tones muscle with a mix of cardio exercise and strength training moves. It is a full body workout system that will burn fat, shed pounds, and work all major muscle groups for lean results. This fitness program consists of 10 workouts, each 10 minutes long that are designed to target the abs, arms, thighs, butt, chest, legs and back. These workouts consist of a special blend of jogging, running and sprinting to increase endurance and melt away pounds. You will learn several variations of squats, and lunges to tone the lower body and firm the glutes & legs, as well as push up, dips, and tricep pulls to build muscle and sculpt the upper body. Strengthen the core and activate the abdominals with side planks, crunches and leg lift variations as you ignite your weight loss potential and build stamina. Because a healthy body means a healthy mind.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

每天 30 分钟燃脂运动是一项独特的高强度有氧运动项目，通过混合有氧运动和力量训练动作来消耗卡路里和强健肌肉。它是一个全身锻炼系统，可以燃烧脂肪，减轻体重。这项健身计划包括 10 次锻炼，每次锻炼 10 分钟，旨在针对腹肌，手臂，大腿，臀部，胸部，腿部和背部。这些锻炼包括慢跑，跑步和短跑的特殊组合，以增加耐力和减轻体重。你将学习几种不同的深蹲，以及用于调节下半身、臀部和腿部的弓步，以及卧推，锻炼三头肌以增强肌肉和塑造上半身线条。通过侧板，仰卧起坐和抬腿变化来加强核心并锻炼腹肌。因为健康的身体意味着健康的心灵。

- 面向年级: 10、11、IG1、12、13
- 期限: 一学期

Day: Monday to Thursday

Time: 17:00 – 17:30

Cost: Free 不需要额外费用

Cricket 板球



Cricket is a bat and ball game played between two teams comprised of eleven players. At the center of the field there is rectangular 22-yard-long pitch with a wicket at each end. One team bats, attempting to score as many runs as they possibly can without getting out. Each time a team bats it is an inning after the team have played their innings the team with the most amount of runs wins.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

板球是各由 11 名球员组成的两个队之间使用球棒和球的一个运动项目。在球场中央有一个 22 码场的矩形场地，矩形两端各有一个三柱门。一个球队用球板击球，争取在球在场地内时尽可能多地得分。每一次，一个球队的击球局完结后，两对便会攻守对调，得分较高那对为胜方。

- 面向年级: 10、11、IG1、12、13
- 期限: 一学期

Day: Wednesday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Archery

箭术

Archery is a skill that has been practiced for many thousands of years, by people across the world. Some have likened it to a form of meditation; what Archery develops in participants is hard to get anywhere else. It increases upper body strength, improves posture and teaches calmer breathing which are all good physical outcomes. It also teaches mental concentration and increased focus. Safety is of utmost importance at all times while in the sessions. Come join us for archery!



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

箭术是一项已经被世界各地的人们练习了几千年的技艺。有些人把它比作一种冥想，而在参与者中发展的箭术很难到达其他地方。射箭能够增加上肢力量、改善姿态、教授平静呼吸的方法，而这些都是良好的身体素质的体现。它还教授注意力的集中。在课程中，安全是最重要的。快来和我们一起加入箭术社团吧！

- 面向年级：10、11、IG1、12、13
- 期限：一学期

Day: Monday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Recreational Badminton

羽毛球俱乐部

Badminton is an easy sport to learn and can be played either as a leisurely sport or as a competitive sport. Playing badminton is really beneficial to our health. It is an active sport in which your entire body can get a workout. You will soon notice the significant improvements in your body after regular practice. In addition, it enables you to develop your interpersonal skills and build friendships. In badminton, you will develop your playing skills and social aspects playing friendly games against opponents.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

羽毛球是一项很容易学的运动，它可以是一项休闲运动，也可以是一项竞技运动。打羽毛球对我们的健康很有好处，它是一项可以锻炼到各个身体部位的运动。在有规律的练习后，你很快就会注意到你的身体有了明显的改善。此外，它还有助于你发展人际交往能力、建立友谊。在羽毛球课程中，你将提高你的羽毛球水平，而在社交方面，你也会和对手进行友好的比赛。

- 面向年级：10、11、IG1、12、13
- 期限：一学期

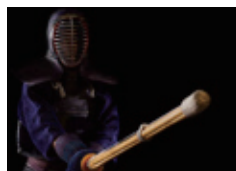
Day: Wednesday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Kendo 剑术社团

Kendo is a traditional Japanese sport which has a history of more than one thousand years. Back to the time when Kendo was called Kenjutsu, real swords were used instead of bamboo swords. Now Kendo has developed into a modern Japanese martial art and various protective measures are used lower the probability of injuring. Though the materials used to practice Kendo changed, the aim of Kendo never changes - the balance between tranquility of mind and strength of body. Through correct and rigid training in our CCA, you will find the art of Kendo and hold in esteem human courtesy and honor. The qualities we learn from practicing Kendo are more important than just knowing how to win.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

剑术是日本的一项传统运动，迄今已有一千多年的历史。剑术最初起源于剑道，最初用的是真正的剑而非现在的竹剑。而今，剑术逐渐发展成为“刀剑的技艺”，是一种日本的当代体育项目，是武术的一种，运用了多种防护措施把伤害降至最低。虽然剑术所用的武器和工具有所变化，但剑术的宗旨一直没变，那就是寻找内心平静与身体力量之间的平衡。通过社团正确的引导和机械化的训练，你会体验到剑术的艺术之美，感受人类自尊、礼仪与荣耀的力量。学习剑术的本质在于体会剑术的精神精髓，而非单单学习技艺去赢得比赛。

- 面向年级: 10、11、IG1、12、13
- 期限: 一学期

Day: Monday
Day: Wednesday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Cheerleading 啦啦队

Do you love to dance? Already part of a dance crew? Love to perform? Join in the cheerleading group and become part of a large group of dance lovers! We will become a group of enthusiastic dancers that will bring energy and excitement throughout the year! Cheering on inter-house competitions, take part in talent shows, hold end of year performances, and more! No gymnastic skills required but if you got some skills to add to the group all are welcome. Cheer on your fellow classmates, dance your heart out and come have fun!!



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

你热爱舞蹈吗？想成为舞蹈队的一员吗？热爱表演？加入啦啦队成为舞者之一吧！我们将拥有一大群热爱舞蹈的舞者给各种学校活动带去活力和热情，比如学院比赛，参加达人秀和各种表演。参与者不需要有体操技巧但是如果有的话更好。来吧，为你的同学加油，舞出真我！

- 面向年级: 10、11、IG1、12、13
- 期限: 一学期

Day: Monday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Teen Boxing

青少年拳击

Boxing is a very high intensive sports, very suitable for people to get into shape, lose fat fast (burns about 700 calories per hour), very good for blood circulation and metabolism. Improves great in body flexibility and release the pressure. Boxing is the top burning fat sports among all kinds of training.

When you train boxing, boxers need to learn lots of skills, smartly using different fighting tactics, most boxers' reactions and mobility skills are much better than those who don't train boxing.



Boxing also plays a big part in self-defense, after you practise boxing for a while, your self-defense skills will improve a lot. And girls shall practise more. Boxing helps to release pressure, and it's fun. Every step of foot move, and every accordingly punch, if you are good at learning, you will get lots of fun in practising boxing.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

拳击是一项强度、活动量都很大的健身运动，很适合男女性塑形瘦身，减脂效果明显，能快速燃烧脂肪（平均每小时能消耗 700 卡路里）可以促进血液循环及新陈代谢，增加身体的柔软度及舒缓压力，是所有健身项目中消耗脂肪最大的运动。

拳击训练时，拳手要熟练地掌握运用各种技术方法，灵活地变化运用各种战术，并且要随机应变。经常练习拳击的人，他们灵敏性和反应能力就会得到充分锻炼和提高。

学习掌握好拳击技术之后，就可以把它运用于实战之中。经过反复训练实践后，作为防身自卫的一种手段是最有效的，女同学们更要学习哦！同时拳击宣泄情绪，缓解压力，而且练了拳击的人都会告诉你同一件事，好玩！在拳击运动中步伐、出拳都有很多灵活的变化，如果你善于思考，能够以智取胜，那么你会发现更多的趣味性！

- 面向年级：10、11、IG1、12、13
- 期限：一学期

Day: Thursday

Time: 15:45 – 16:45

Cost: 1800rmb/term 费用：1800 元 / 学期

Table Tennis Club

乒乓球俱乐部

The idea is to improve on your general skills set in table tennis as well as engaging in social interaction through friendly matches, refereeing and general game play.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

兵乓球俱乐部主要是为了提高你在这项运动的综合技能，它也将通过友好的比赛、裁判和常规训练来帮助你更好地进行人际交往。



- 面向年级：10、11、IG1、12、13
- 期限：一学期

Day: Monday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Strength and Conditioning

肌力与体能训练

Students will focus on bodyweight exercises and gradually build to weighted exercises with a focus on good technique and injury prevention to get stronger. Conditioning will be the second component, involving raising the heart rate to get out of breath and develop speed and endurance.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

学生们将着重以自身体重为阻力的身体锻炼并且将逐步提升到注重技巧和预防受伤的负重练习来变得更强壮。体能训练将是另外一个重要组成部分，逐步提高心率、调整呼吸和提高耐力都是我们的训练目标。

- 面向年级: 10、11、IG1、12、13
- 期限: 一学期

Day: Monday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Volleyball CCA

排球社团

Would you like to build success?

Are you desire to have fun?

Would you like to shape your winning environment?

Would like to develop coordination and communication?

Would you like to work on fitness and shape of your body?

Join the volley ball CCA?

The aim of the Volleyball CCA is to foster the holistic athletic development of talented students. The overall program goal is to promote skills, behaviors, attitudes and knowledge that will benefit students in their performance of volleyball.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

你想要获得成功吗？你想玩的开心吗？你想塑造你的获胜环境吗？你想要发展你的协调能力和沟通能力吗？你想要锻炼身体塑造体型吗？

排球课外活动的主要目的是为了培养生们整体运动的发展。此项课外活动的总体目标是提升排球技能，行为表现，态度以及对排球的知识了解，从而促进学生们在排球这项运动中的表现。

- 目标: 学习帆船运动的基本理论，知道如何进行小艇航行的准备，运用小艇进行一段时间或一段航线的航行。
- 面向年级: 10、11、IG1、12、13
- 期限: 一学期

Day: Wednesday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Tennis 网球



Participants will develop a work ethic, learn sportsmanship, accept responsibility, manage mistakes, enhance discipline, learn to compete, and learn teamwork. Tennis requires alertness, tactical thinking and problem solving and with the constant moving will improve your flexibility and fine tune co-ordination, enhancing your overall health and fitness.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

此项课程将培养学生的职业道德，同时，学生们将学习体育精神，学会承担责任，能够管理自己的错误，加强纪律水平，学会竞争及拥有团队合作能力。网球需要机敏性、战术思维及解决问题的能力，而位置的不断移动将提高你的灵活性、协调能力及整体健康水平。

- 面向年级：10、11、IG1、12、13
- 期限：一学期

Day: Wednesday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Ultimate Frisbee 极限飞盘

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? It is ok if you have never even thrown a Frisbee before, it is super easy to learn and you will be able to pick up how to play a game very quickly. From there, we will develop skills and learn game play tactics.

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

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？即使你以前从未扔过飞盘也没有问题，你很快就能学会并参与到这项运动中。我们将学习这项运动所需要的技能及其使用策略。

- 面向年级：10、11、IG1、12、13
- 期限：一学期



Day: Thursday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Zumba Dance

尊巴舞

Join Zumba, the international fitness sensation! We will dance along to fun upbeat songs and learn salsa, merengue, tango, hip hop, and more! We take the "work" out of workout by mixing low-intensity and high-intensity moves for a dance fitness party. You will get a fun workout without even realizing it. No prior dance experience needed. Just join the party! Participants will be expected to wear athletic shoes and their Dulwich PE kit.



- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: termly

加入尊巴舞，流行全球的健身方式！我们将伴随着欢快的歌曲跳舞，学习萨尔萨舞，梅伦格舞，探戈舞，嘻哈乐等等！我们通过将低强度和高强度的动作混合到舞蹈健身派对中来“锻炼”。即使没有意识到，你也会得到一个有趣的锻炼。没有先前的舞蹈经验。刚参加派对！参赛者将穿着运动鞋和他们的德威运动服。

- 面向年级: 10、11、IG1、12、13
- 期限: 一学期

Day: Wednesday

Time: 15:45 – 16:45

Cost: Free 不需要额外费用

Academic Societies 学术社团

Chinese Debating

中文辩论



Debating is an important skill to develop students' critical thinking skills, language competence and team working. We are going to participant 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，辩论队成员们不但将来自于其他德威学校的学生一较高下，更有北京及全国知名公立高中的同学一同参与。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！

Day: Wednesday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Chinese Drama 中文戏剧社



The aim of the Chinese Drama Club is to make live theatre accessible to all students. If you have an interest in acting, play-writing, directing, design, music composition, marketing and advertising, stage management or other relevant skills, please consider joining the Chinese Drama Club. We will be creating a Play for the School's Chinese New Year Event. You will enter a world of fun!

成立中文戏剧社的初衷来自于让所有学生都有机会参与舞台剧。如果你对表演、编剧、导演、设计、编曲、宣传推广、舞台管理或者等等相关技能有兴趣，请来加入中文戏剧社吧。本学期我们将为中国文化节活动筹划一台中文剧，而你将体验到一个不同凡响的欢乐世界！

Day: Wednesday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Computer Science Projects 计算机科学项目



We will look into the different areas of computer science, figuring out what areas of computer science you are more interested in. Students will work with physical computing kits to design small real world projects while develop other key skills such as communication, teamwork and social interaction.

我们将会对计算机科学的各个领域进行探索，从而发掘出学生感兴趣的部分。学生将使用实物工具包来设计小型现实世界项目，同时学生将锻炼其他技能，如沟通，团队合作和社交互动。

Day: Monday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Drawing 绘画



This academic society is devoted to helping you to use a wide range of drawing media in support of your own personal creative goals.

- Open to Years: 12 and 13
- Commitment: termly

绘画学社将帮助你掌握和运用各种绘画工具和技巧来展现你的个人创造力。

- 面向年级: 12、13 年级
- 期限: 一学期

Day: Wednesday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Dulwich Business League 德威商社

Dulwich Business League aims to teach students about the knowledge of the business, including analytic skills, presentation skills and negotiation skills. We will hold several competitions with other school or FE&CYBL (business organizations) that allow students to practice those skills.

德威商社旨在学习商业知识，包括投资分析，演讲技巧和洽谈技巧。我们也将举办一些与其他学校或者商业组织的竞赛，从而在实践中锻炼学习到的技巧。



Day: Thursday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具



In the Math Club students practice the art of problem solving using competition problems. It is designed for students 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 first semester we will mainly focus on problems from UKMT and BMO1. Come and Join us for an exciting season of math problem solving.

在数学兴趣社团里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的数学竞赛是UKMT 和 BMO1。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。

本社团分为低年级与高年级两个组别。

Senior Group: Monday Time: 15:45 – 16:45
Junior Group: Thursday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Extended Projects Society 拓展项目学社

The Extended Projects Society is aimed at providing further help to A-Level students who are undertaking their Extended Projects. It gives them opportunities to familiarize with the skill sets needed for university and to improve on their Academic writing in English.

- Open to Years: 12 and 13
- Commitment: termly

拓展项目学会旨在为正在进行拓展项目的 A-Level 学生提供进一步的帮助。学生将有机会熟悉大学所需的技能，并提高他们的英语学术写作水平。

- 面向年级：12、13 年级
- 期限：一学期



Day: Wednesday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

F1 in Schools-MIT 校内 F1- 技术大师

F1 in schools is an international STEM competition for school children in which groups of 3 or 6. Students have to design and manufacture car out of the official F1 Model Block using CAD/CAM design tools. The cars are powered with CO2 cartridges and are attached to a track by a nylon wire. They are timed from its launch to the finish line by a computer. It will allow students to apply their mathematical, physics, and Technology concepts in creative ways.



校内 F1 是一项国际性的 STEM 项目比赛，由 3 至 6 名在校学生组成。学生们需要设计和制作 F1 赛车模型并用来比赛。这些赛车是由二氧化碳驱动并由尼龙绳牵引在赛道上。比赛从出发到终点均由电脑计时。参与校内 F1 学生将能够创造性地运用他们的数学，物理和计算机技术知识。

Day: Thursday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Model United Nations
模拟联合国

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.

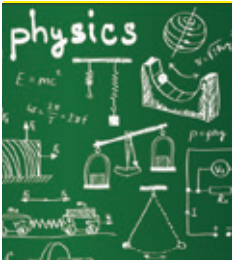


模拟联合国项目为学生提供了一个平台，在这里学生们可以代表不同国家的利益，扮演联合国中不同国家的外交官，来与其他学校一起参与地区性和国际性的模拟辩论。学生们能够讨论联合国宪章的各种国际问题以研究国会的程序规范性，在这个过程中提高自己的研究能力，公开演讲能力和磋商能力。本社团的学生能够参与国内的联合国论坛，其中的一些学生还能到美国参加联合国论坛，扮演不同国家的外交官角色，传达我们认为的更好的解决真正的国际问题的方法。模拟联合国能赋予学生真实的有趣的民主体验。每一年我们的学生都能参加在上海举行的 CISSMUN 论坛。

Monday Time: 15:45 – 16:45 or
Thursday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Physics Projects
物理项目学社



Students will do experiments and projects that are beyond the syllabus but enhance the skills that are relevant to the CIE course. Students design scientific and engineering models and produce a workable device after several attempts. They all test and modify it in such a way as to make an effective and efficient model. They also learn the scientific theory behind it. This academic society is an excellent activity for the CIE examination. Also, it helps students to write a personal statement for the university application. Any students who are interested in science can join Physics Projects.

学生将进行超出教学大纲的实验和项目，并提高与 CIE 课程相关的技能。学生设计科学和工程模型，并在反复实践之后得出可施行的设备。学生们除了将以一种有效和高效的模式进行测试和修改之外，还将学习到实验背后的科学理论。此项学社是备考 CIE 的一个不二选择。此外，它还有助于大学申请中个人陈述的撰写。任何对科学感兴趣的学生都可以加入物理项目学社。

Day: Thursday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具



Python for beginners is a new exciting academic society for year 10 students. This course is designed for students who are totally new to programming, and over the semester you will learn basic skills and have the chance to create your own project. You will only need a laptop or tablet device, and an interest in programming. Join now!

- Open to Years: 10
- Commitment: termly

适合初学者的 Python 是 10 年级学生的新编程学社。本课程专为初学编程的学生而设计，在整个学期中，你将学习基本技能并有机会创建自己的项目。你只需要一台笔记本电脑或平板电脑设备，最重要的是对编程的兴趣。现在加入吧！

- 面向年级：10 年级
- 期限：一学期

Day: Thursday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

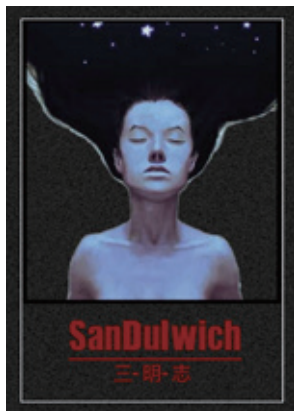
School Magazine Sandulwich

A full-spread glossy school magazine!

Students who are interested in writing about events and issues in our school community may like to join the editorial and writing staff at "Sandulwich". If you are interested in creative writing, reporting or photographing school events, competitions, layout, design or marketing, please consider signing up for Sandulwich! Leadership and co-ordination opportunities available.

一本广泛传播的学校杂志！

如果你对学校发生的新鲜事有兴趣，那你将非常适合成为“Sandulwich”校刊的一员。如果您对创意写作，报道或拍摄学校活动，比赛，排版设计或者推广营销感兴趣，就加入我们吧！同时，学校杂志社也是提供锻炼领导力和组织能力的好地方。



Day: Monday

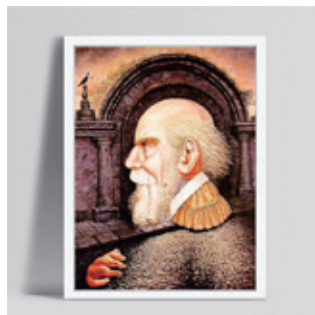
Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Psychology Society

心理学社团

The Psychology Society is an interesting forum for all students interested in human behaviour and research. Members will explore psychological research 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 field at University level will be accorded with opportunities to write extended essays. Psychology cuts across all fields in all careers and this is a great opportunity to understand famous Psychologists and their pursuits, early in life.



- Open to Years: all years
- Commitment: termly

心理学社欢迎所有对人类行为研究感兴趣的高年级同学。我们的成员通过电影，讨论及基本种族研究等方面探索人类心理研究，并通过心理学测试，更深层次的了解自身及他人。对于各种诊断工具的不断熟悉也会逐步加深同学们对于心理障碍的理解。

另外，对于想在大学选修心理学的学生，我们也会提供给他们撰写拓展性研究论文的机会。心理学涉及到多种领域，这对学生较早了解著名心理学家及其研究成果有很大意义。

绘画学社将帮助你掌握和运用各种绘画工具和技巧来展现你的个人创造力。

- 面向年级：所有年级
- 期限：一学期

Day: Monday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Sports Leader Qualification

运动领导力资质



The Sport Leader Qualification or Level 2 Qualification in Community Sport Leadership (CSL2) is a chance for students to develop their confidence, communication skills, teamwork and leadership skills through sport and physical activity. Students will need to commit 50 hours to it. During this time there will be a mixture of discussions, exploration learning and practical learning. **The website link is: <https://www.sportsleaders.org/>**

- Open to Years: 10, 11, IG1, 12 and 13
- Commitment: All year

运动领导力资质或称社区运动领导力资质是一个学生通过体育活动来锻炼自信心，交流技能，团队合作及领导力的项目。参与的学生需要保证 50 小时的参与时间。在此期间，将会有一系列的讨论，探寻式学习和实践学习。

- 面向年级：所有年级
- 期限：全年

Day: Wednesday
Day: Thursday

Time: 15:45 – 16:45
Time: 15:45 – 16:45

Cost: Free 不需要额外费用



DHSZ takes part in the annual Dulwich Shakespeare Festival. The Dulwich group is now in partnership with the Royal Shakespeare Company from the UK. The festival provides students with the opportunity to develop their performance skills from Drama while learning about and working on one of Shakespeare's plays as part of a production team. Participating in the festival provides opportunities for students to attend workshops with other Dulwich students, RSC practitioners and watch performances by other Dulwich schools. Involvement in this CCA allows students to further develop their confidence, contribution, collaboration, communication and creativity skills with students from different year groups and to represent our school in the festival.

我校每年都会参加德威年度莎士比亚戏剧节。德威集团现在与英国皇家莎士比亚公司合作。戏剧节让学生们更好地了解和学习莎士比亚戏剧，并且使得学生们通过表演戏剧提高自己表演能力的机会。此外，社团学生还可以观看其他德威学校的表演，甚至和他们以及皇家莎士比亚公司演员们合作演出。参加此社团的学生有助于成长为自信、无私、有合作精神和交流能力、充满创造性的年轻人，同时能够在戏剧节中作为我校的代表，展现我校德威人风采。

Day: Monday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

World Scholars Cup 世界学者杯

The World Scholar's Cup is an international team academic tournament with thousands of students participating from over 40 countries and this year we had the great honor of hosting this great competition here in our school in February. Even if some students had never participated in this competition before, they were able to take part in the competition. Last year the Global Round was in Bangkok and all students who got the right score had the chance to take part!!



2014 was the first time that DHSZ entered the World Scholar's Cup, and, despite only having a few months' training, our teams did exceptionally well at the Shanghai competition and won over 20 medals, including four top-twenty medals for team/individual debate, two top-ten places for individual writing and second place for team writing. The teams did so well that they were invited to the international competition in Kuala Lumpur where they faced the best teams from all over the world.

Join our club and let's win this competition, both in Suzhou and in Thailand!

This year, we are going to have two groups of the World Scholars Cup, one for recruiting Junior students and another for senior students.



世界学者杯大赛是一项国际化学术团体赛事，每年有超过 40 个国家的数千名学生参加。上个学期我们有幸在我校举办这一盛大的赛事。即便有些学生没有任何演讲或参赛经验，他们也加入到社团获得机会参加世界学者杯大赛。2016 年，全球赛事在泰国举行，我校参赛的所有获得高分的学生参加了该大赛。

2014 年，我校首次参加了在上海举行的世界学者杯大赛初赛，成绩斐然。虽然我们只经过了短短几个月的训练，但却赢得了超过 20 枚奖牌，其中包括 4 个“前 20 名的团队/个人辩论奖牌”，2 个“前 10 名的个人写作奖牌”。由于成绩非常优秀，我们的学生还受邀参加了在吉隆坡举行的国际大赛，挑战来自世界各国的顶尖团队。

加入我们吧，让我们一起携手不仅赢得在苏州的比赛，更能在泰国的全球大赛中再放光芒!!!

今年的世界学者杯更为不同年级的学生分别设置了低年级组和高年级，为新选手和老选手们提供不同的学习与备赛平台。

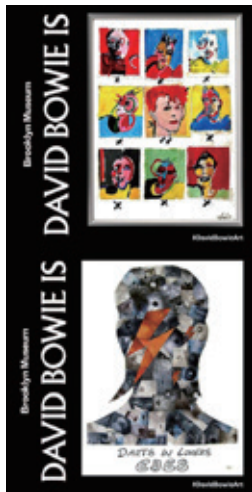
Day: Wednesday

Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Skills Societies 技能俱乐部

Artistic designing 艺术设计创意



Art and design classes, visual communication direction is to allow students to further contact with the graphic design categories and subject classification, as well as the promotion of basic software operations. Through classroom learning, students and teachers will enhance the understanding of beauty, committed to explore the graphic arts in different materials, environment, times and other factors under different forms. Throughout the course, students will be guided to apply their knowledge of photography, layout design, software operation, and other knowledge to their work, and encouraged to participate in international photography competitions.

艺术设计课，视觉传达方向主要是让学生进一步接触平面设计的门类和学科分类，以及软件基础操作的提升。通过课堂学习，学生将和老师一起提升对美的认知，致力于探索平面艺术在不同材质，环境，时代等因素下的不同形式。在整个学习过程中，老师会指导学生将自己所学的摄影知识，版式设计，软件操作等知识运用到自己的作品中，并且鼓励参加国际摄影比赛。

Wednesday Time: 15:45 – 16:45

Cost: 700rmb/term 课程费用：700 元 / 学期

Basic Cantonese Skills 基本粤语技能俱乐部

Do you want to sound like native speaker when singing Cantonese songs at Karaoke? Do you want to learn how to type in Cantonese? This CCA will help you learn Cantonese in a systematic way. You will learn the Cantonese alphabet and tones, how to use a Cantonese dictionary, around 100 basic vocabularies for use in daily life, how to make simple sentences in past, future and past perfect tense and 2 Cantonese songs.

No prior knowledge is required.

你想在唱粤语歌的时候发音更地道吗？你想学习如何用粤语打字吗？在基本粤语技能俱乐部你将会系统地学习粤语。你将会学习到粤语字母与语调，如何使用粤语词典，100 个左右的日常生词，简单的过去时、将来时和过去完成时等时态，还有两首粤语歌曲。零基础亦可加入。



Thursday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具



MISSION STATEMENT

To foster a culture of empathy and service.

To clearly enable student participation.

To empower students to make an impact.

Aim: To enable students to develop plans and support Charities both locally and abroad.

Activities offered:

- Investigating and researching groups and individuals in need

- How to support with Service and Fund Raising
- Recycling and Sustainability
- Integrating into The Award
- Planning and management skills

慈善社团领导力着重发展成员的影响力，号召力和服务意识。目标让学生们参与到各项本地和跨国慈善项目中去，学生们能够从各项活动中锻炼调查与研究的能力，学习到如何提供服务与筹集资金，计划与管理能力等等。

Monday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Chess 国际象棋



Chess is one of the oldest and most famous games in the world. It is a game of strategy.

If you want to enter the world of rooks and bishops...kings and queens...knights and pawns... then this is a fantastic and intellectual game full of skill and intrigue that will get you hooked...

国际象棋是世界上最古老，最着名的游戏之一。这是一场战略游戏。

如果你想进入白嘴鸦和主教的世界 国王和王后 骑士和典当 那么这是一个充满技巧和兴趣的奇妙智力游戏，会让你大呼过瘾

Wednesday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Chinese embroidery

苏绣



Embroidery is one of Chinese traditional folk arts and crafts, which has at least two thousand years of history in China. Embroidery is the general name of various decorative patterns of knitted thread on the fabric. In this CCA, students will not only be able to appreciate the traditional art, but also complete their own embroidery work.

刺绣是中国民间传统手工艺之一，在中国至少有二千多年历史。刺绣是针线在织物上绣制的各种装饰图案的总称。用针将丝线或其他纤维、纱线以一定图案和色彩在绣料上穿刺，以绣迹构成花纹的装饰织物。参与到苏绣俱乐部中，你不仅能够领略苏绣之美，更能完成属于自己的苏绣作品。

Wednesday Time: 15:45 – 16:45

Cost: 1200rmb/term 材料费: 1200/ 学期

Choir

合唱团



Why join the choir? Firstly, you will make lots of new friends. Our school choir consists of both Music students as well as non-Music students from all different year groups at our school. We have also sung with staff and parents. Joining the choir is unlikely to turn you into a fantastic singer but you will feel a wonderful sense of achievement and amazement by the wonderful music that you will produce when you are part of a team. Singing in a choir also sharpens your mind. For example, you will need to multi-task by watching the conductor, keeping an eye on the music and knowing when to come in with your part. You will also explore the world through singing songs from all over the world.

加入合唱团的理由？首先，你可以结交许多新朋友。我校合唱团欢迎来自各个年级选修或者不选修音乐的学生参加。我们同样欢迎学校教职员和家长一同来参与。虽然加入合唱团并非把你塑造成一个歌手，但是当美妙的音乐响起，你将会感受到作为合唱团一员的美妙与成就感。合唱是个多任务同时进行的挑战，你不仅需要随时集中注意力跟随指挥的节奏，更需要注意乐谱以跟进你的部分。你将会尝试来自世界各地的曲目。

Previous works performed include 历年表演的曲目有：

- Baba Yetu
- Flashlight
- Waka Waka
- 茉莉花

Wednesday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Cross Stitch 十字绣社团



Cross stitch is an ancient national embroidery with a long history. Making cross-stitch, not only allows you to relax but it also trains your hands and mind on your ability and patience. Cross-stitch crafts can also be used to decorate rooms as a piece of Art. This year, cross-stitch members are going to complete a huge task, which involves all members' hard work and turning up to sessions.

十字绣是一种古老的民族刺绣，具有悠久的历史。亲手制作十字绣工艺品，不仅能放松心情，还能训练动手能力及培养耐心。十字绣制品也能装点居室，愉悦生活。另外，今年的十字绣社团将集合全员之力完成一幅巨作。

Monday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Drone Club 无人机俱乐部

Drones have developed dramatically over the past few years, and they have also become more affordable to the general public. It is important to know how to use these amazing flying machines in a responsible manner.

It will give you a chance to practice your drone flying skills, these include drone photography, drone racing, drone games and much more. Members will.

- Learn how to have fun responsibly using drones.
- Learn how to take advantage of the features provided by drone manufacturers.
- Learn the different ways in which drones can be used.

无人机在近几年来发展迅猛也渐渐越来越平民化，而非常重要的一点是明白如何在尊重他人的基础上使用无人机。

俱乐部将提供一个练习操控无人机提高飞行技术的机会，包括如何使用无人机摄影，无人机竞赛，游戏等等。俱乐部成员将学习到：

- 使用无人机的各种有趣的功能
- 学习利用无人机的优势完成不同操作
- 无人机的各种操作练习



Thursday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

English Social Games 英语休闲游戏



The goal of the CCA is to practice casual English in a fun and interactive way. We will alternate between three types of board games – strategy, word, and party. Strategy games will involve a combination of English speaking skills and strategy. Examples of strategy games that could be played are Settlers of Catan, Munchkins, and Clue. Examples of word games that could be played are Boggle, Scrabble, Banagrams, etc. Party games involve collaboration and communication. Examples include Catchphrase, Pictionary, Bowls, and Charades.

本 CCA 的目标是以有趣和互动的方式练习社交英语。我们将在三种类型的棋盘游戏之间交替 - 战略，单词和派对。策略游戏将结合英语口语技巧和运用策略，比如 Settlers of Catan, Munchkins 和 Clue。可以玩的文字游戏的例子是 Boggle, Scrabble, Banagrams 等。派对游戏涉及协作技能和沟通交流，包括 Catchphrase, Pictionary, Bowls 和 Charades。

Wednesday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Fashion Design 服装设计

The aim of the fashion design extracurricular activities is providing opportunities for students to involve in and understand the fashion and fashion industry. Via this extracurricular activity, students will be able to learn from professional fashion designers including the main process, basic steps, important concepts and conventional techniques of fashion design, develop creative design thinking and deepen the understanding of fashion culture. Apart from that, the professional teachers will guide students to apply their own fashion and design ideas to the works which will be presented by fashion shows or fashion exhibitions.



时装设计课外活动主要致力于为学生提供接触与了解时装与时尚产业的机会。通过这一课外活动，学生将有机会跟专业的时装设计师进行学习，从而了解服装设计的主要过程、基本步骤、重要概念和常规技术。此外，该活动也能培养学生的创意设计思维，并加深其对时尚文化的理解。在这一活动中，专业的时装设计老师将指导学生落实自己的服装创意与设计，并以时装秀或时装展览的形式呈现所设计制作的服装作品。

Wednesday Time: 15:45 – 16:45

Cost: 1200rmb/term 材料费 1200 元 / 学期

Hand Bells 手铃社团



In handbells, we will have 3 octave set (35 bells) of Tone chimes and we will need 12 people to play this amazing instrument. It does not matter if you cannot read music, as long as you can count! This instrument helps develop co-ordination and timing whilst also allowing participants to develop an understanding of a not often seen skill! This Semester we will be working on 'Let it Go' from Frozen as well as some more traditional handbell music. In addition, this year's hand bells will have two different levels for both beginners and advanced handbell players! This year, we are going to have two groups of handbells, one for beginners and another Chamber handbells.

手铃社团需要招募 12 名学生加盟，合作演奏 3 套手铃排钟。如果你不懂乐理不识乐谱都没关系，只要你会数数就可以参加！！这项乐器能够帮助学生开发协调能力、时间把握能力，同时能让学生们了解和学习一项不是那么常见的技能。这学期，我们除了要学习更多传统手铃曲目之外，还将学习演奏《冰雪奇缘》主题曲《Let it Go》。今年，我们有两组手铃社团分别为初学者及有经验的手铃表演者参加。

Monday Time: 15:45 – 16:45 or
Wednesday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

IA CCA 爱丁堡公爵奖俱乐部

The Duke of Edinburgh's International Award is available to all 14-24 year olds and is the world's leading youth achievement award. It equips young people for life regardless of their background, culture, physical ability, skills and interests. Doing the Award is a personal challenge and not a competition against others; it pushes young people to their personal limits and recognises their achievements.



爱丁堡公爵奖是针对所有 14 至 24 岁的青年的受国际青睐的青年成就奖项。此奖项给予年轻人挑战自己而不是相互竞争的机会，不管他们的出生，文化背景，体力，技能或者兴趣有多大差异都可以参与这一奖项的挑战。通过完成不同等级的爱丁堡公爵奖，年轻人将挑战自己的极限与刷新自己的成就。

Wednesday Time: 15:45 – 16:45

Additional fees may apply 酌情收取费用

Ikebana 花道社

Ikebana ("arranging flowers") is the art of flower arrangement, also known as *kadō* (華道, the "way of flowers"). The tradition dates back to the 7th century when floral offerings were made at altars.

花道在中国称为插花艺术；插花（术）或者花卉艺术，指适当截取树木花草的枝、叶、花朵，艺术地插入花瓶等花器中的方法和技术。

花道，又称华道、日式插花，也是日本传统的插花艺术，它是‘活植物花材’造型的艺术。通过插花感受自然、生命的变化，在创作美丽的作品和欣赏的同时提高自己的审美，这种以插花为手段，以提高精神世界修养为目的的学习生活方式，称作花道。



Monday Time: 15:45 – 16:45

Cost: 900RMB/term 课程费用: 900 元 / 学期

Lego Mindstorms Robot Club 乐高 mindstorms 机器人社团

Build and control robots that can sense, see, touch, play sport, solve mazes, fight and much more! Robotics is a great way to apply science and maths to everyday life.

The Mindstorms modular system allows for the fast design and construction of a huge range of robots – the only limitation is your imagination. Robots can be built that are useful, can complete challenges such as navigating their way through a maze, compete in robotic sports or simply for fun. There are local, national and international contests for particularly keen club members. Come on, join us today!



组装和控制会感觉、能看见、能触摸、能运动、能解迷宫、能战斗的机器人！

机器人——是把科学和数学知识运用到日常生活中的最好途径。Mindstorms 模块让快速设计和组装各种各样的机器人变得可能，唯一的限制就是你的想象力。我们可以做各种作用的机器人，比如具有引导能力走出迷宫的机器人，可以参加机器人体育竞技的机器人，或者仅仅为了“有趣”而生的机器人。对那些社团里的“发烧友”，还有各种地区性的、国家性的或者世界性的机器人比赛等你参加。来吧，加入我们吧！

Wednesday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Gardening Club 园艺社团

If you're looking for an engaging outdoor activity, gardening can be a wonderful way to get involved in a healthy hobby. Along with the fun of getting dirty, gardening helps you learn valuable lessons about patience as you wait for the vegetables to grow, responsibility as you see how necessary their care is to the garden and even loss when flowers die at the end of a season. Gardening offers hands-on, experiential learning opportunities in disciplines including the natural and social sciences, visual arts (e.g. through garden design and decoration) and nutrition. A garden offers many occasions for achieving insight into the long-term human impact on the natural environment. From the water shortage to the over-use of pesticides, students who engage in gardening have first-hand opportunities to observe the importance of conservation and intelligent allocation of resources. School gardening offers students opportunities for outdoor exercise while teaching them a useful skill. It involves various activities like composting, improving the soil, sowing seeds, weeding, watering the plants to get an attractive display of flowers as well as vegetables we can eat. If you enjoy being outside and are prepared to work hard, join our gardening club. Specialist equipment is not essential but digging and other activities can be dirty work and boots would be useful.



如果你想加入一个参与性很强的户外活动，园艺社团将是一个非常好的选择，来培养一个健康的爱好。把自己弄的脏脏的也是一件很有趣的事，除此之外，园艺能培养你等待蔬菜生长的耐心，了解付出的心血对植物的作用，甚至是体会一个季节结束后植物枯萎的那种失落，都是很有价值的生命课程。园艺社团给你实用的体验式的学习机会，来学习自然科学、社会科学、视觉艺术（通过设计和装饰植物园）和营养学。这样一个环境也能让学生深刻了解到人类对环境的影响。从水源缺乏和杀虫剂的过度使用，参加种植的学生能获得第一手的经验，以了解环境保护和资源合理分配的重要性。学校种植园给学生户外锻炼的机会和园艺技能。学生参与的活动包括堆肥、耕耘、播种、除草、浇水，让我们种的花朵成为一道风景，蔬菜可以食用。如果你喜欢户外活动，并且也愿意付出辛劳，参加我们的社团吧。我们的社团不需要额外的器材，如果挖掘和其他活动是累活脏活，备一双靴子会很有帮助。



Wednesday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

DHCREW

Run and promoted by members of DHCREW (former VPA Ambassadors).

协助学校各大型活动表演，是台前幕后的功臣！

Wednesday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Glee 欢乐合唱团



Glee is a singing performance group that gives students a chance to shine, grow in confidence, be part of a team, work with students from all year groups, express themselves, have fun and perform at special events.

If you would like to take part in a Glee performance for the holiday assembly, founders day, performance corner, Talent Show and you can sing, dance or just want the opportunity to perform on stage then join Glee.

欢乐合唱团是一个唱歌表演团体，在此学生们能够一展所长，建立自信，成为团队一员，并有机会与各个年级的学生一起协作。如果你想在假日校会，建校庆典，表演角，达人秀等场合展现自己的话，那就不要犹豫报名参加欢乐合唱团吧。

Wednesday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Global news and critical thinking skills 世界新闻与批判思维

This CCA will expose the worldly affairs into our students lives. Students will be able to research new developments locally and nationally in technology/sport/education/economy/natural disasters and then create a discussion on evaluating the news. Students will develop their critical thinking, and their power of debating.

学生们将在本 CCA 中探索科技、体育、教育、经济与自然环境等方面的时事新闻，并将根据这些时事来展开讨论。通过了解分析这些时事，学生们将能够提高自己批判思维并用于辩论之中。



Monday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Orchestra 管弦乐队



The orchestra is for any student who plays a woodwind, brass or stringed instrument and would like to participate in large group music-making. The orchestra plays a range of music from pop to jazz to movie themes. Students should have at least two years experience on their instrument to join.

管弦乐队适合任何演奏木管乐器，铜管乐器或弦乐器，并希望参加团队演奏的学生。管弦乐队将演奏从流行音乐到爵士乐到电影主题的各种类型的音乐。学生应该至少有两年的乐器加入经验。

Monday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Programming club-home automation 编程俱乐部 - 家庭自动化



Programming club is designed for students with an interest in computer science. Some of our focal points are learning Python, developing basic skills in electronics, learning about home automation. During the course, students will learn how to use their mobile (phones, tablets) to control various pieces of equipment such as turning on-off a light bulb or a thermostat.

编程俱乐部专为对计算机科学感兴趣的学生而设计。我们的重点是学习 Python，开发电子学的基本技能，学习家庭自动化。在课程中，学生将学习如何使用他们的手机（手机，平板电脑）来控制各种设备，如开灯或调节恒温器。

Monday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Spanish 西班牙语

You didn't get the chance to take Spanish as a subject? ¡fatal!

Worry not, however. A team of handpicked students from Y11 have volunteered to teach you in the ways of Quixote and Garcia Lorca. Spanish is second only to Chinese as the most spoken language in the world. If you are thinking of moving to the U.S., this CCA is going to be invaluable in your experience there, and help you with your college application. Cultural videos, and games are also taking place in this CCA so you can learn all about the exotic Mexican make up and food, or the bull races in Spain for instance.

Come join us for an experience of a lifetime. (This CCA is recommended for both students who have never had Spanish, or want to spruce up their Spanish).

没能选上西班牙语课？可惜！不过不用太担心，你的机会来了，一群经过严格挑选的 11 年级西班牙语学生将在课外活动时间教授西班牙语。西班牙语是世界上仅次于中文的使用人数最多的语言，如果你考虑去美国读书的话，学习西班牙语将不仅仅增加你的知识面更加对你的大学申请有益。通过有关文化的视频及游戏西班牙语俱乐部将带你体验极具异域风情的墨西哥式妆容及食物，还有西班牙的斗牛等等。

来加入我们获取一段可贵的经历吧！（俱乐部接受西班牙语零基础或有一定基础的学生）



Monday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Su Shan 苏扇



Su fan is one of the Chinese traditional arts and crafts, it has a long history and is famous for its fine art. By making it you may understand the intangible cultural heritage in Suzhou.

苏扇是中国传统手工艺品之一，它以历史悠久、制作精巧著称。本课程通过制作苏扇了解体验苏扇的文化氛围，了解苏州地区的非物质文化遗产。

Monday Time: 15:45 – 16:45

Cost: 1200rmb/term 材料费 1200 元 / 学期

The Dulwich Greens 德威绿色



The Dulwich Greens are a group of students who are committed to driving sustainability within the school. Students will be looking at all aspects of sustainability, from plastics to energy consumption, with the aim of reducing waste and making improvements to the school environment. If you are passionate about the environment and want to become actively involved in making positive changes within the school (and beyond) this is the group for you.

德威绿色是由一群致力在学校内进行可持续发展的学生组成。从塑料到能源消耗，学生们将抱着节约能源，减少浪费及提高能源的使用率的目标在校园里积极发掘循环利用的机会。如果你也有着一颗热爱环境的心并愿意为我们生存的环境做些什么，那么就请加入我们吧。



Thursday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

Yearbook Club 年鉴俱乐部

Yearbooks are the one physical keepsake of all the best memories from high school. You pour your heart out in meaningful, short messages you all plan to read over and over again during your summers home or years later. Being part of Yearbook Club, you may try:

- To be a photographer, capturing the wonderful high school moments;
- To be a journalist, interviewing the students and staff and completing a report;
- To be a designer, designing posters, newsletters and other publications;
- To be a project manager, organising various events.

年鉴是什么？简单而言，它是一部青春纪念册，记录一年以来的美好瞬间；从而方便你在假期中和家人朋友分享校园里的点滴生活。它的价值随着时间的推移而愈加凸显；因为多年以后，它将唤起你对青春岁月的美好回忆。

我为什么要加入年鉴？在这里，你可以遇到一群正能量的小伙伴，尝试一些以前从没有做过的事情，施展并锤炼多方面才能，如摄影、沟通、营销、设计、编辑以及组织领导。借用音乐诗人李健的话，“时间会为你证明”。

我们通过打造以下团队来成就一个伟大的社团：

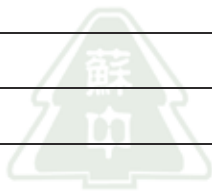
- 摄影师团队，捕捉高中生活精彩瞬间；
- 记者和编辑，采访学生及老师，完成新闻报道；
- 设计营销团队，设计海报，杂志以及宣传社团活动；
- 项目管理团队，组织各种主题活动以及培训工作坊。



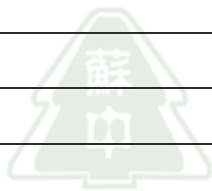
Thursday Time: 15:45 – 16:45

No Special Equipment Required 不需要额外购置器具

NOTES



NOTES





**DULWICH INTERNATIONAL
HIGH SCHOOL**

| SUZHOU |

SUZHOU HIGH SCHOOL

德威国际高中, 江苏省苏州中学