

The trip to China was eye-opening and cultivating because playing in an unique orchestra like MOY definitely changed my perspective towards my daily life and helps me handle difficulties that I encounter and face through my daily experiences. It gave me an opportunity to interact with not only other members in MOY but also with fellow musicians in China we performed with. As music can help me handle my anxieties and emotions by keeping me calm, relax and focused.

The distance between Nan Sha and Hong Kong wasn't too far, so it wasn't too tiring. The place where we rehearsed and performed last time turned out to be the same venue, but I saw a lot of new faces. And the performance this time compared to the last, was slightly different in that there were more audience numbers and a new category was added, namely: a choir combined with MOY's members and Nansha primary school students, also with Zhanjiang No. 25 Primary School. Even the hotel we lived in was different from last time, the facilities, food and service was great, which I enjoyed very much.

During rehearsals I was very worried about the mistakes I might make while performing, but actually I realized the more I worry and hesitate the more mistakes were caused so I kept my mind calm and clear, and it worked out fine. As we gather and rehearse at the designated place the whole ensemble sits before our conductor and each of us contribute to the whole piece sometimes individual instruments, sometimes as a single unit playing in unison to produce the desired sound and effect that the composer intended. Orchestral music requires teamwork and unless rehearsals and individual practice are carried out a single mistake can lead to a devastating outcome. From the atmosphere and the response we received from the audience I think we gave a fairly well done performance.

The highlight of the trip besides performance and rehearsals were the sightseeing tour on the last day of our music trip, we went to Nanhai Film and Television City first. There were plays and acrobatic performances taking place, which were colourful and entertaining. There were historical and traditional clothes on display based on traditional design with description about their arts and crafts. After lunch, we then had to depart to go to another venue which was Foshan Ancestral Temple.

Foshan ancestral temple is located in Foshan City, Guangdong Province which was constructed in the Northern Song Dynasty Yuanfeng years (1078 - 1085 years), after more than 20 reconstruction and expansion, resulting in the existing sights of Ming and Qing architecture the temple with a typical Lingnan architectural style. Wanfu Taiwan is the most gorgeous and exquisite in Guangdong, Lingnan region's largest ancient stage, embracing and recording the history of the development of Cantonese opera. There was a kind of a hall of fame for martial arts; paying contribution from famous martial artist such as Bruce Lee, Yip Man and Jacky Chan. There was also a lion dance performance which is a branch of martial arts. Throughout this sightseeing trip we had nice and pleasant tour guides.

My gratitude and thanks goes to all the teachers and staff of MOY and a huge thank you to Mr. and Mrs. Siu for their continuous guidance and teachings. And last but not least I would like to thank MOY for providing us these opportunities to participate and express ourselves through music **particularly** in taking part to celebrate the Hong Kong Special Administrative Region of People's Republic of China 20th Anniversary celebration performances.

By,

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