

# 余振強紀念中學

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余振強紀念中學

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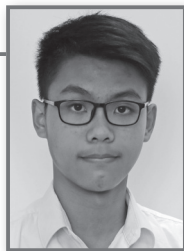
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## 追尋與邂逅

### 6A 伍健朗



追尋與邂逅，是一條哲學性問題。到底人應在短暫的時光裏，努力奮鬥追尋自己想要的事，還是在有限的人生享受邂逅而來的一切？就我個人而言，人生苦短，與其一直無止境地等，何不好好珍惜當下的每一秒，來追尋個人的理想和目標。

追尋，就是努力追求自己所想，我認為它更值得被推崇，因為人如果有追尋的心，會使自己更有了解事物和解決問題的動力，因而更容易達成自己的目標。知名作家安徒生出生在貧困的單親家庭，在小時候雖然擁有少許寫劇的天份，但人們卻不看好他，勸他學一項有用的手藝，耐心地等待日後的機遇。然而，擁有夢想的他不甘低頭、安於現況，亦不願等待那些充滿未知性的機遇。因此，他冒險地踏上追尋的道路，到哥本哈根追尋自己的夢想。雖然在過程中不斷經歷失敗、旁人的冷嘲熱諷，但最後他成功創作出如《丑小鴨》、《國王的新衣》等家傳戶曉的童話故事。

從這個故事可見，若我們能擁有一顆追尋的心，便能為我們帶來無限的動力。因為我們在不斷追尋的過程中，會獲取不同的經驗，能讓自己慢慢地摸索出成功的道路，最終達成自己人生的夢想和目標。即使我們在付出過後，不一定能馬上獲得相應的收穫，但在奮鬥的過程中，得到的感悟和經驗，也會對我們的人生帶來莫大的幫助。

相反，邂逅，就是被動的等待。相比追尋，我認為這過於消極。邂逅大多都充滿不確定性，最終可能還可能會讓人產生不勞而獲的想法。就如《守株待兔》一樣，邂逅是偶爾和充滿不確定的。你可能得到一隻撞死的兔子，但你很難得到第二隻。雖然，人生可能會有偶爾的邂逅，可能會不用付出，也可獲短暫的快樂，帶來滿滿的喜樂和收益。但在一時的快樂過後，不靠自己的努力和付出，是無法獲長期的收穫。若看見自己想要的事物，就必須踏實地付出自己的努力，努力地去追尋。

有人認為，人就應該知足常樂，凡事隨遇而安，不必事事強求，不淪為慾望的奴隸。加上，許多事情並不是人定勝天，即使付出，也不一定能獲相應的收穫。因此，他們認為人應放下執着，這樣便能在有限的人生當中盡情享受得來不易的邂逅。

然而，我對以上說法不敢苟同。雖然我不反對做人不用事事強求，在生活中好好珍惜得來不易的東西，為自己平凡的生活帶來一點甜。不過，我認為我們人生的時間是短暫的，正所謂「一日無二晨，時過不重臨」。我們一生在世能有多長的時間？而我們又能遇到多少個美麗的邂逅

呢？既然我們遇到邂逅時會感到滿足和快樂，證明我們內心還是對該事物充滿渴求和慾望。那麼，與其選擇一直等待偶爾的邂逅，我們何不好好把握時間，靠不斷的付出盡力追尋自己想要的東西呢？

「世上無難事，只要肯攀登」這句話告訴我們，即使遇到多麼大的困難和挑戰，只要我們肯付出，最終都能達成所想的目標。因此，我認為人生就是應該要不斷追尋，不斷超越自我。而願意付出時間和汗水的人，總是能攀越一座又一座的高山。即使，最終不一定能達成目標，但至少我們能享受追尋的過程，當中的一點一滴甚至可能比結果更有價值和意義。

總括而言，我認為人們不應被動地等待別人給予的機遇，而是要好好把握我們短暫的人生，盡力追尋自己喜歡的事物。那麼現在的你究竟會選擇在短暫的時光裏，努力奮鬥，追尋自己想要的事，還是在有限的人生享受邂逅而來的一切？很幸運地，對於這條問題，現今的我已找到了答案。

## 追尋與邂逅

### 6A 高祖亮



「喜歡她啊？要是真的喜歡就去追啊！和她說啊！別錯過了才去後悔！」晚上，兒子在天台說：「呵！你試過？你知道開口有多難嗎？」「當然，要不是試過，說出這樣的話嗎？」「哎喲！有故事啊！誒，來，你有故事我有酒，說一個。」「你小子什麼時候學會喝酒的？不過……說說也可以……」我的思緒在飄飄蕩蕩，回到了大學時。

那個時候離畢業還有不到三天，我和她談以後人生的想法。「你對將來有什麼想法，我打算投身金融，玩股票，你呢？」我看著眼前令我牽魂夢繞的女孩問道。女孩有著一頭因為白化病而變得雪白的頭髮，因體弱而皮膚總帶著一絲病態的蒼白。身體的原因加上性格問題，她在學校沒有多少朋友，同學們在背地裡也時有叫她怪人。說來也是可笑，我和她雖然是同學，可真正瞭解她的時候，是我以讀者她以作者的身份。有一次，我在網上閒逛，無意間進入她的博客，看到她寫的文章，然後我們才認識了。「嗯！我會去世界各地走走，把看到的事物都寫成書。」「哦，那我得好好看看，寫完記得給我一本。」我也不知為甚麼會喜歡她，但直到畢業的那天，我都沒有說出那句「我喜歡你」。

畢業以後，我就投身金融，她也去了她的環球旅行，我們一直都有聯絡，時不時還會收到她寫的書，寫的很好，看著看著就像是自己和她



一起去旅行，我越來越喜歡她，一種想法在心中慢慢茁壯成長：我要對她表白，要與她共度餘生。終於，機會來了，她說她走到了日本，想回家看看。我買好了花，買好了戒指，在機場等她，想給她一個驚喜，腦海之中不停地推演著她同意了怎麼辦，不同意又怎麼辦。不停的想，不停的想，整個人都神神叨叨，腦子都快炸了。不知不覺，數個小時過去了，按理說她的航班已經到了，可為什麼沒有見到她？向機場職員詢問時，我的內心十分不安。「那邊發生了地震。」職員的回答更是把我的心打入深淵。那個瞬間，我感覺自己的「天」塌了，兩眼一黑，我感覺有點頭暈目眩。我不相信，我開始去找她安全的證據，可是沒有，都沒有，登機的乘客名單上沒有她的名字，打電話更是沒人接，瀏覽她的博客，上面記錄著一條令我的心墮入無盡深淵的訊息：「今天臨時有事，先不回來。」天吶！這個瞬間，我感覺自己要瘋了，「我要去找她！」我的心裡如此想著。我二話不說，用最快的方法登上了去日本的飛機，再輾轉去到她住的地方。到達目的地後，我呆住了，滿目的頹垣敗瓦，在她住的地方是一個塌陷的大深坑。救援隊在瘋狂的搜救，一些滿頭鮮血的人在瘋狂地吶喊親人的名字，用他們已經血肉模糊的雙手挖著那些瓦礫，希望能把自己的親人救出來，可惜更多的就是徒勞，一張又一張蓋著白布的擔架被抬走。看著眼前的情景，絕望開始吞噬我的內心。我拿著她的照片到處問人，有人搖頭，有人說曾見過她住在房子裡，可能……我不願意放棄，一直打她的電話，但一直關機。我在那裡找遍了所有的醫院，「沒有，還是沒有，你在哪？到底在哪裡？」我的內心不停的吶喊。終於，在找了十三天以後，我筋疲力盡，不再抱有希望了，我進入了無盡的悲傷和自責之中。回到香港，在一家酒店中，我住了半個月，渾渾噩噩了半個月，我拿著她寫的書看了又看，腦海中不停地浮現她在旅遊時的歡笑與喜樂，我慢慢的生出一個重走她走過的路的想法。想到就做，無視那近千個電話未接電話，訂好了機票，和父母說了一聲就斷了自己所有的聯絡方式，現在，我只想用自己的方式好好去懷念她。

按照她書中所寫，我一步一步地的追尋著她的腳步，走在她曾經走過的路上，在她拍過照的地方拍照，想象著她在這裡時的一言一行，一顰一笑。走著走著，我感覺好像少了點什麼，可又不知道是什麼，我不停地翻著書，尋找所缺少的東西。「書？對！就是書，她把她的所見所聞寫成書給我看，分享給我，我也可以……可以分享給誰？她已經不在了啊。」我激動的內心逐漸沉默並浮現出迷茫。最後，我覺得選擇把這一路上的見聞分享到社交平台上，並指定推送給那個早已塵封的社交帳號。

時光匆匆而過，我不知不覺走到了她去日本前的最後一站，浪漫之都——巴黎。正值情人節，市中心廣場之上都是成雙成對的情侶，我不禁有些羨慕。突然，我看到一個背影，那個背影與她是如此的相似，但我不為所動，因為在這一路上，看到過十多個與她差不多的背影，或是與之相近的容貌，一開始還十分的高興，我以為她沒有死，還活著，可

是每一次都是失望。感覺就像在極度寒冷的極地之中看到了光源，本以為是火，豈不知是一個人別人遺忘在那的手電筒，那一種就像是蹦極一般的落差，令我無比的絕望。我已經不抱有任何希望了，也不想打破這最後的一點點妄想，就當是自己在這裡看著她在那邊玩就好。

「她好像在找些什麼。」我心裡默默地想著。突然，我站了起來「像！太像了！簡直一模一樣！」在她的轉身的時候，我看到了她的臉，那一張令我日思夜想的臉，我很想上前去問她，可是我又怕得到一個令我失望的答案。這時，她看向了這邊，猛烈地揮著手，我有些驚訝，剛想上前走去，身邊的一個人站了起來向前走，我想到了什麼。「原來，又是假的。」我自嘲道，垂下頭靜靜的坐下。樹上的鳥兒吱吱喳喳地叫著，有一隻甚至飛落我面前的地上叫著，像是在不停的嘲笑我。

「怎麼了？不想看到我？」這時，一道清脆的聲音在我頭上響起，那是令我牽魂夢繞的聲音，我猛地抬起頭，什麼也沒有。「幻聽嗎？我到底有多想你呀，連幻聽都出來了。」我又是好一番自嘲。這時，是一隻手把我的雙眼給蒙住了，背後傳來一句「猜猜我是誰？」我的大腦炸了，掙脫那一隻手，轉身，「是你！真的是你！你……你……」我激動的說不出一句完整的話，我緊緊地抱著她哭了起來，壓抑了很久的情緒全部都上來了，什麼也說不出，只知道緊緊地抱著她，生怕一鬆手，她就沒了，怕這只是一場夢，這時她猛拍我的手說道：「放開，我透不上氣了！」感受著手臂拍打的觸感，以及她用力呼吸時，吐在我脖子上熾熱的空氣，我知道這所有的一切都是真的。我冷靜了一下，放開她，但依然抓著她的手，唯恐我很怕她沒了，很怕很怕。

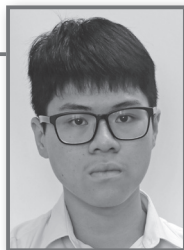
坐下以後，她和我說起這一年多的經過。原來，她早了一班機回國，本想著給我一個驚喜，但是來找我的時間剛好和我出門的時間相互錯開了，到了我家找不到我，打電話沒有人接，發訊息沒人回，要不是看到我在博客上的訊息，也不知道上哪找我，說著說著她的眼眶紅了。我能說些什麼，只能不停的道歉，說著對不起，說自己以為你出事了，瘋了一般滿世界地找你，又把自己一路上認錯人的一大堆醜事說給她聽，總算把她給哄笑了。看著她動人的笑容，我不禁有些癡迷，一直看著她，火辣辣的目光令她面紅耳赤，「你看什麼？」她突然問我「啊？我——在看天氣，對在看天氣。」面對她的問題，我顯得有些語無倫次，說完以後尷尬得令人不忍直視。這使我想到了些什麼，對她單膝跪下，把本來已經用作紀念她而貼身收藏的戒指拿了出來「鳳羽珩，嫁給我好不好？我不想你離開我了！」我用真誠熾熱目光的看著她，可她呆滯的臉好像令這本就尷尬的場面變的更加尷尬了。「不答應也……」「嗯！我答應了！」她在周邊路人的起哄下反應了過來，說出了這句我發夢都想聽到的話。

「這就是你和我媽的愛情故事？都可以拍一部電影了！」「那是！不過我也是傻，失去過才懂得去愛，我和她相識於網上也重逢在網上，也

算是一場不錯的邂逅。她在的時候不去陪伴她，在她不見以後才想去追尋她的腳步，真是可笑。所以啊，爸這個過來人告訴你，你和那個女孩已經有個不錯的邂逅了，趕緊拉上她去追尋你們的未來，這世上可沒有這麼多後悔的機會！」

## 夢想看似不切實際，其實很有意義

### 6B 李樹榮



夢想看似不切實際，其實很有意義。俗語說：「沒有夢想的人，跟鹹魚有什麼分別？」夢想這個字其實不切實際，例如：有些人會說夢想成為幟面超人、有些人想成為億萬富豪、想成為超級英雄等等……又有些人的夢想比較貼近生活，例如：想擁有吃不完的飯、想平安生活、想健康。這些夢想看似很容易實現，其實難過登天。就例如人不可能永遠都會健康，每天都要出門，在外有很多細菌會令你生病，就算你不出門，那些可惡的食物亦會令你患上肥胖症，不健康。所以如果想擁有健康，實非易事。

有些人會說：「多做運動，那不就能保持健康嗎？」其實，做運動時出現意外的機率並不低，例如在籃球比賽中，當球員上籃時，人會起跳，然後落地，在落地的那一瞬間，就可能會踩到別人的腳，然後扭傷。由此可見，想要健康也並不容易。

再說一下那些超乎想象的夢想，希望成為超級英雄，想必是每個男孩子小時候的夢想吧，因為超級英雄受萬人追捧，又與壞人為敵，是正義的人，他拯救人類，是每個小朋友心中的偶像，但想成為超級英雄，便需要擁有超能力，那是不切實際的想法。

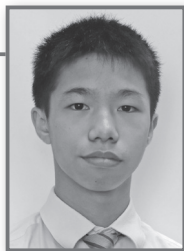
上述幾個例子，看似不切實際，但大家又有沒有想過，不少夢想當初都看似是遙不可及呢？要實現夢想，並不一定沒有辦法，只不過是過程比較困難罷了，很多人因不能接受過程帶來的痛苦而選擇放棄。夢想就像吃蘋果一樣，起初咬的時候需要很大力，但經過果肉在口腔內不斷咀嚼之後，香甜可口的果肉一定不會令你失望。如果連起初都不想用力的話，那麼那些美妙的口感永遠都無法享受了。

大家試想想，那些兒時就立志想成為奧運會金牌的健兒們，他們在實現夢想時，又何嘗沒有痛苦的過程呢？再多的磨練，再多的傷痕，都不會成為追夢路上的絆腳石，只要有不屈的精神，困難總會跨過。

夢想看似超乎現實，天馬行空，遙不可及，但絕非無意義。我們在追夢的過程難免會遇到困難，只要把這些困難都克服了，那還有什麼可以阻止你繼續向前呢？我們為了追夢而留下的疤痕，不就是能證明我們曾經努力過的痕跡嗎？不管夢想有沒有實現，努力的過程會給我們帶來不一樣的收穫，也豐富了我們的人生履歷，絕對不會白白辜負努力追夢的人。那些沒有夢想的人，真的非常可憐，他們失去了生活的意義，就跟鹹魚一樣，每天混混噩噩地渡過。無論如何，我始終堅信，夢想看似不切實際，但其實很有意義。

## 夢想看似不切實際，其實很有意義

### 6B 呂誠傑



夢想是指人類很想實現的目標。它會使我們進步，只要我們想努力向前。

很多人也談夢想，但是卻沒有多少人能實現。夢想往往遙不可及，但又卻近在咫尺。夢想為我們帶來希望，但現實卻很殘酷，想成功是需要付出難以想像的努力。我們時常聽到人們在失敗時說：「早知道就去學習呢！」我認為這種態度並不要得。

夢想雖然不切實際，但又有多少人因夢想而找到成功呢？夢想給予了我們努力的方向、生活的目標，無論如何，夢想足以給我們無限的動力，即使結果可能不似預期。在這個追夢的過程中，還是有得著的，它可以起著引以為戒的作用，好讓我們不再重蹈覆轍。不少人會認為追逐夢想的人是多麼愚昧的，我卻不以為然。當你真正找到自己所認為最適合或最感興趣的人或事時，即使旁觀者的想法是如何的，你依然會勇往直前，沒有人比自己更清楚生活的意義。我們生活正是為了追尋自己生活的價值，為了找到自己生活的存在，為了找到自己生活的目的。這樣的想法有錯嗎？對我來說，我反覺得值得一試。

你曾想過自己的夢想嗎？於我而言，是沒有的。我從小便一直虛度光陰，終日無所事事，從不認真學習，每天只想著到處玩耍，沒有認真想過自己自己的未來。但隨著友人們的離開，總要面對現實，學業迫在眉睫，考試日漸臨近。最終我找到能讓我感興趣的東西——電腦。每一件與電腦相關的事都令我感到好奇，特別是關乎電腦遊戲畫面、引擎系統裝置等方面，都使我感興趣。從此我變得勤力，只為能夠擁有做這些事的能耐，即使夢想好像遙不可及，要追上以往的知識亦很困難，但那並不是沒有可能的。我相信只要我堅持信念，努力學習，總有一天能夠成功。我堅信，在成功的那天，一定會像日出一樣，發光發熱。



## 夢想看似不切實際，其實很有意義

### 6B 茹穎彤



夢想是人們的希冀，可能是將來的事業、個人的成就，又或是心中的盼望。

每一個人從小都會有夢想。有的人夢想成為老師、消防員、建築師、律師。又或者去環遊世界、開一間咖啡店等等。夢想之所以叫夢想，是因為夢想很難實現。它需要人們努力創造，需要學歷、需要金錢……

我的夢想是學習有關咖啡的知識，然後開一間咖啡店，我清楚知道開一間店需要很多東西，包括：材料、店舖、人手、工具等等，需要很多資金。所以根本沒可能一開始踏出社會就創業，我需要去找一份工作，儲蓄創業的資金。

要一份工資較好的工作，需要高學歷。有高學歷就能夠尋找到一份更好的工作，然後把工資儲存，積少成多，慢慢儲存很多下來的資金，就能邁向目標。

有人為了追求所謂的夢想，不但令自己溫飽成問題，無法供養父母，還要依靠父母生活，成為「啃老族」。我曾經看過一篇文章，文章裏有一名年青人追夢，這一名年青人很喜歡音樂，他的夢想是成為創作音樂的人。可是，起初他所創作的歌曲無人欣賞。他沒有收入，只靠街頭表演時的微薄打賞過活。雖然他沒有依靠父母，但也沒有供養父母，父母認為兒子沒有前途，因此反對兒子走創作音樂這條路，但他沒有因父母的反對而放棄。最後，他在三十五歲，成為著名的音樂人，他共花費了十五年時間，終於在創作音樂這條路上活出彩虹。

夢想是人所想做的事，人們必須付上一定的代價。有的人的代價是十幾年，有的是幾十年，甚至一生。其實，大家是否真的為夢想而不計付出呢？

夢想看似不切實際，其實很有意義。

## 影子的聯想

6C 顧振楷



影子與我們人類之間有著一種微妙的關係，偶然一次用手機把腳下的影子拍下，竟然令我無法分清它是真實的自己還只是是一個虛無的影子。本想把這張看似無意義的照片刪掉，可一細看，照片上沒有多餘的事物，只有熒幕上那一抹落寞的孤影，就像我們的人生一樣，走到最終都只會剩下自己一個。看著淡然無光的影子，就如同看到落寞孤獨的無常人生，令人唏噓。

影子就像一個忠實的隨行者，無論你是否重視、在乎它，它都隨時隨地跟在你的左右。無論你是善良或是邪惡，也不管你在做的是好事還是壞事，影子都會默默地、無怨無悔地陪在你身邊。

影子是一個完美的模仿者，它能把我們所做的一舉一動都完好的複製出來。有人認為正因為影子會複製我們的動作，反而成為了限制我們的框框，限制了我們的前進之路。但是，只有你背對光源，你才會看見自己影子。因此，只要你轉身面向太陽，迎著光大步向前看，那你就可把影子拋下，即刻就能把灰暗拋諸腦後、把陰霾驅散，迎向更美好的自己。

影子亦是一面鏡子，一面了解自我的鏡子。我們要學會與自己的影子相處，更要學會喜歡自己的影子，甚至於愛上自己的影子。愛上自己的影子就等同愛上自己，這樣才能讓活得更自在、更自信。在生活中，我們要偶然回頭看看自己的影子，藉以不時審視自己的不足，明白自己的缺漏，才能及時擇善固執、改善不足。

「不要害怕影子，也不要害怕黑暗，因為它是我們的一部分，是我們內心心處的一部分。」從現在開始，就讓我們一起學習與影子同行吧。

## 我從香港運動員身上學習到了甚麼？

### 6C 顧振楷

受疫情所困，港人留家的時間多了，令大家對今年的東京奧運賽事的關注度也提高了！媒體上的內容都滿佈著有關奧運的資訊，人們的話題都集中在奧運賽事上，特別是香港運動員的表現更引起了全城的熱烈討論。因此，過往對奧運賽事毫不感興趣的我，也漸漸地關注起東京奧運賽事和香港運動員的表現了。

一開始，我對香港的運動員認識不多，對港運動員的的賽項不關注，更甯說對他們狂熱追捧。直至一日，我在觀看張家朗的八強花劍賽，當分數來到 14 比 9 時，我本以為比賽將要結束，卻沒想到處於淘汰邊緣的張家朗卻未放棄。在重新調整心態後急起直追，他以果斷伶俐的攻勢連取 6 分反敗為勝，為香港摘下了史上的第二面奧運金牌，不僅震撼了全港市民，也引起了全世界的哄動。在觀看這場比賽後，我被張家朗的表現和體育精神撼動了，我沒想到在分數相差這麼大而且對手實力也不弱的情況下，他還能抱著不放棄的精神，控制自己的作戰心態，鎮靜應賽拿下冠軍。張家朗這場比賽的表現，振奮了港人的心，使市面都關注花劍賽事及其他奧運賽事了也令我對香港運動員的印象完全改觀。

根據轉播員的介紹，張家朗與對手曾交手兩次，但都落敗，在比賽進行到一半時，張家朗一度落後。如果是我的話，我可能早已放棄比賽，只盼著盡快結束賽事走下賽台了。正當所有人為張家朗咬緊牙關時，沒想到他經過一輪調整後重新掌控比賽節奏，直接以 15 比 11 擊敗對手取得冠軍，振奮全港人！

說起張家朗的奪冠之路，從一開始的不被看好到 16 強擊敗世界排名第一，再到連追 6 分反敗為勝，最後奪得金牌。我相信他靠的不只是對花劍的天賦，更多的是他背後的不放棄的毅力。他在奪金後的一句話令我印象尤其深刻：「要堅持，不要這麼容易放棄，盡力打好每一劍。」這句話令我得著甚多，因為在此之前，我是一個遇到挫折就放棄，變得暴躁的人；但這句話讓我反思自己平常對待問題困難時的態度，最後學會調整心態，在遇到挫折和困難時保持冷靜，明白到生活中的挫折令我們卻步甚至一蹶不振，但如荀子所說：「騏驥一躍，不能十步；騫馬十駕，功在不舍。」只有永不放棄，堅持到最後的人才能迎來雨後的彩虹。

比起張家朗，我更喜歡和欣賞一些沒有得獎的運動員，因為張家朗到最後都迎來美好的結果，但對於一些沒有得獎的運動員，有些可能已經知道沒有機會得獎，卻依然選擇戰鬥到最後。電視面前看著他們一個又一個的在運動賽場上為自己的榮譽、夢想和目標奮鬥，也許他們明知道最後只是徒勞一場，但他們卻沒有就此放棄，奮鬥到底。看著香港運

動員的堅持，令我以他們為傲，也勉勵自己像他們一樣享受「盡力」過程中的快樂。

在香港運動員身上，除了學到出汗水和努力、擁有不言敗的精神，我更明白到一個道理：人生和故事一樣，不一定要在乎結局美好與否，而是過程有多美好。

## 落葉

### 6C 林奎權



推開窗戶，頓時之間覺得屋子裡充滿落葉的香氣。還有幾片金燦燦的葉子隨著香氣飄了進來，落在了我的書桌上。拾起兩枚金色樹葉，放在眼前端詳，上面清晰的脈絡交織在寬大的葉面上，退去的色彩定格未夠爛惹眼的金黃，生命的激情也便停留在這燦爛的色調中。

落葉，秋末冬初最鮮明的特徵。

穿上厚實的外套，走出家門，去領略冬至的秘密。可見大自然永遠是一個大手筆的藝術家，昨天還黃葉綴滿的楊樹，今天就只剩下光禿禿的枝椏，寂寞地迎著灰暗深沉的天空背景，展現著孤淒的生命，大自然的寥寥數筆，便把秋末冬初特有的淒清描繪的淋漓盡致。

葉，還在落。翻飛著，蹣跚著，靜靜地落在地面上。一片、兩片；一層、兩層。每當一片葉飄過我眼前，我的心也不由地隨著緊縮：又是一個生命的凋零啊。我相信，葉有生命，葉有靈魂，與人一樣有著複雜的情感，喜怒哀樂，悲苦歡愁。只不過它們像一個矜羞的少女，不善於表達內心的感情。可是，每一個細膩的動作，每一個微略的表情，都可以充分地展現出她的內心世界。看那落葉，依依不捨地繞著楊樹飄蕩，幽幽地在空中翻飛，我們就可以知道，他們的心是多麼陰鬱，它們對母體是多麼眷戀啊。

寒風毫不留情地吹過，我不由得裹緊了衣服。葉，又從我眼前飄落。滑過我的臉龐，劃過我的嘴角，徒然間有一縷淡淡的憂愁在我唇間緩緩流動。我的心與葉的靈魂交融。我感受到它惆悵的心緒：無奈與宿命的安排，想極力留住殘存的生命，卻拗不過大自然的描畫，給了它絢爛的色彩就必須一生命的作為代價。

風揚起飄落的黃葉，在地上翻來覆去。一片又一片在我眼前交織，變得朦朧，阻斷了我視線的延伸。於是，我乾脆閉上眼睛。我覺得心更能看透事物的本質。“停車坐愛楓林晚，霜葉紅於二月花”，詩人的心就



是藏得深沉，儘管滿腔的憂憤無法疏洩，卻還要裝出一派達觀的神情，定要將深秋淺冬的蕭索牽扯到春花的熱烈。“無邊落木蕭蕭下”，這才是冬的本質，才是冬天淒清蒼涼的氛圍，才是冬季不可更改的情感色調。

不遠處，幾個小孩將落葉堆在一起，燒了起來。火焰顫動，青煙裊裊，落葉的生命，在孩子們的笑聲中升騰。我感受到他們釋放的溫暖，我不在懼怕寒冷，不再懼怕即將來臨的嚴冬。我轉身離開了這個地方，不再回看一眼。我知道，梅花已孕育了花蕾，白楊也開始積攢新綠，草兒正在泥土裡伸展嫩芽。在我腦海裡，唯剩下落葉在青煙裡不斷升騰的樣子。

## 我從香港運動員身上學習到—— 「放棄容易，堅持卻很難」

6C 霍浩泓



香港運動員一直被視為失敗者，在奧運會賽場上也是別國的墊腳石。說真的，在香港這彈丸之地要培育一名能登上國際舞台、匹比全球頂尖運動健兒的運動員真的不容易，更別說要踏足神聖的頒獎台了。這是香港人想都不敢想的「夢」，大家稱之為「妄想」。

「這麼遠卻那麼近」，二零二一年，在新冠疫情的肆虐下，當所有人都陷入低潮，香港運動員卻一次又一次給我們帶來震撼全城的好消息，算是廿四味中的回甘。「香港 193 劍神張家朗自 25 年來首於奧運奪冠」、「混血香港飛魚何詩蓓連摘兩銀」、「香港隊再創歷史佳績」，這樣的新聞標題不斷的出現在香港人的視野，讓一直板著臉、匆忙的香港人也能稍停下來，鬆一鬆緊皺的眉頭，再次揚起塵封的嘴角。

香港人雖論身型天賦不及外國運動員，但「打不死」的精神卻遙遙領先所有人。記得二零二一年七月二十七日，奧運男子花劍八強賽，香港劍擊運動員張家朗一度落後 9 比 14，對手只要多刺一劍就能將晉級機會刺走，但張家朗卻憑「不到最後一刻永不放棄」的信念反追對手 6 分，頂著山大的期望與壓力戳出勝利。那刻全城沸騰了，這是比冠軍戰更值得看的比賽，運動員永不放棄、永不言敗的精神振奮了香港人、震撼了全世界的人，也給了香港人證明了不輕言放棄終能出現轉機、「不是看見希望才堅持，而是堅持才能看到希望」的信念。但不是每個故事都有完美的結局，「羽毛球混雙組合」鄧俊文、謝影雪於羽毛球混雙銅牌戰中不敵日本選手，飲恨落敗、痛失銅牌。他倆雖然輸了比賽，卻贏得了香港人的支持和尊重。他們於銅牌戰中一直處於劣勢。落後一局之下，他倆

不但沒有氣餒，反而調整心態，一分一分的追上，拼了命的嘗試扭轉局勢，亦一度追回決勝局。雖然最後仍無法扳回一城，但他倆搏盡無悔的精神感動了香港人，拼到最後一刻的精神感染了每一個港人。

永不放棄的態度人須具之，體育精神不應只局限於運動上，而是為人作事的態度。作為一名學生運動員，我清楚了解在吾城當運動員的難處：生活的困難、親友的反對、自我的懷疑……接腫而來的煩惱都在狠狠的打擊著運動的夢想，我們永遠不知道壓垮最後一丁點信念的是什麼。香港運動員所承受的遠比想像中的多，所以香港運動員的堅持和努力太值得我們學習。我們總覺得堅持很難，所以選擇較容易的放棄，卻又羨慕成功的人。堅持不一定會成功，但放棄則一定失敗。說白了，夢想就是一壺泡開的熱水，與他人唯一不同的是手上的是玻璃杯還是保暖壺。

最後，致一直在堅持的人：路上也許波折重重；也許成功機會渺茫；也許所有人和事都會被時間長流沖淡洗淨，但只要我們像香港運動員一樣，心中永懷不動搖磨滅的信念，我們終能抵達那目的地。

## 吵架之我見

6C 黎嘉文



為什麼人與人之間會出現吵架的情況呢？我曾經以為只要有其中一方退讓一步，便可化解兩人的矛盾。可惜天意弄人，吵架在現今社會中已形成一種小至個人、大至群體的風氣。現今社會的物質，有金錢、有地位……而這樣一群又一群利己主義的人漸漸開始產生維護個人利益，會為在行為層面上或心靈層面上威脅到個人利益而發聲。他們以個人利益為重，並成為了爭吵的一方，在與他人爭執時只會說出對自己有利無害的話，從而不管對方是否同意。

為了捍衛自己而反抗，是人作為動物的本能。吵架雖然是保障個人的盾，但同時亦可化作一段關係中的利刃。有人認為：「吵架有助交流意見。」其實不然，吵架是一種會在人因憤怒而失去理智的情況下作出的行為，無論對方同樣是在憤怒地力陳己見，抑或是在冷靜地表達想法，這並不能完全說吵架令兩人能夠達成共識，因為他們都在爭執中忽略了聆聽對方。若果聆聽對方後，認為對方的辯詞合理，無可辯駁，應要反省自己，但認為對方只是小事化大，大事化小，應要沉默——因為我們沒有為他人的愚弄而影響情緒的理由。

吵架有好壞之分。一場氣氛輕鬆的吵架可以讓雙方自我反省，一場氣氛尋重的吵架則能讓雙方掉進了自我傷害的循環。兩者的分別很鮮明，

便是說話的禮貌和表現的風度有異。古人常說：「禮不可廢。」在古代，「禮」是人人所喜愛的美德，既可是顯露個人的品格高尚，又可用作安撫對方的調節劑。在現今，人們卻會「禍從口出」，在有意或無意之間說出帶有攻擊性的話，如同往對方身上潑水污水般，傷害對方。難道在這世上有誰會願意被對方用言語侮辱嗎？在這段帶有不良意識的吵架只會令雙方的矛盾加深，甚至吵架完後內心仍然耿耿於懷。前嫌尚存，又會怎能平靜下來，思考自己與對方爭吵的原因呢？

雖說吵架必然對雙方身心俱疲，畢竟兩人都對同一件事物持有不同的價值觀而執着於向對方表達，但我認為吵架更勝於外表看似平靜無事，但實際上背後藏着許多玄機的沉默應對。我認為在一段吵架中不能持有「沉默是金」的態度，至少雙方會不惜向對方敞開心扉，力陳己見，激動地透過言語表達個人的執念；反之，倘若雙方、或其中一方在有違個人意願的情況下沒有向對方表達意見，然而選擇關閉內心，隱忍地忍受只會不斷令執念加深。這是一種自欺欺人的行為，使對方認為自己是正確的，而自己亦默許這個不平等的待遇。因此，有時有聲勝無聲，互相向對方坦露心聲，比啞忍地承受更幸福。

我們可以因簡單的一句話被對方煽動情緒，繼而吵架，這是人之常情。但我們不可以被憤怒支配，口出狂言，因為最終承受痛苦的還是自己。

## 影子的聯想

### 6C 黃建熹

走在旺角的街道上，只見秋日餘暉下，密密麻麻的大樓都泛著一層昏黃，新廈舊樓都被映出了長短不一、明暗有異的影子。在此，讓我感到一種壓抑。

在香港，我們大半輩子活在這些大廈的影子之下。林立高樓的影子，就像是那些總是比我們強大、比我們優秀的人士，他們永遠比我們高大、永遠比我們優秀，我們這些「俗人」要一直活在他們的影子之下，像是永遠沒有太陽般苟活著。

當然，有些樂觀的人會說：「大樓的影子像是父母，就如那些我們身邊的守護天使，一直在這陰暗的影子下看守著我們。在當中，我們得到各種安全感，有被守護著的感覺。」我們要努力在這些龐大而又無法超越的影子中，找到自己的家和成就。



但是，我活在別人的影子下已有十多年了。難道你們心裏就沒有那一絲想要超越那些大得把整個香港都蓋上的影子、要比他們更為高大的慾望嗎？即使是上幾世代人，早已活在那巨大影子下的人們，也早已對這些影子感到無奈了吧？那種不能走出那巨大影子的感覺究竟有多無奈呢？

可笑的是，即使有走出影子困擾的決心，我們卻無法做些甚麼。在這些用金錢堆建起來的大廈群中，我們永遠不能超越它們，永遠無法走出那些可笑的影子的包圍，就像父母老是叫我們要當個律師、要當個醫生一樣，他們老是要我們步他人的後塵。於是，我們只有走在這些龐大的影子下，日復一日，活在沒有陽光的天底下。

在高樓的另一邊，到底是太陽，還是比高樓更高、更大的影子呢？我不知道，我只想做的便是離開這些影子所覆蓋的地方，去享受那一直想像中的陽光，活在沒有影子的真我世界。但我知道，這好像不太可能。

然而，我不甘心。說真的，誰又會甘心呢？誰會甘心活在不能擺脫的影子下？活在那束縛着我們的影子之下，或者我們只能想像：在自己可作主的理想世界中，也許我們能擁有自己的陽光，又或是成為另一巨大影子，覆蓋着他人吧。

## 終點

### 6D 王醞瀛



「我走了，以後我盡量多回來吧。頭痛的話，就吃點藥多喝水。」她只是點了點頭，我關上門，並告別這個地方，和母親爭吵的聲音也消失了。從父母親開始冷戰起，我每日都聽著同一番話「你父親又……你千萬不要學他一樣！」一開始我都會聽她講完，後來我都只會說「好睏啊，我先睡了。」直到我不留在家中。

從我高中開始，父母親整天吵架，後來甚至開始冷戰，他們「忙」著吵架，照顧弟妹的責任也自然落在我頭上了。我每日每晚忙著溫習準備會考，母親卻一次又一次叮囑我照顧好弟妹，不要成為像父親一樣的人，抱怨父親，抱怨又再頭痛。好煩，好嘈，好討厭，好想離開。

或者不留在這裏，便可以不負責任地只顧好我自己吧。

「同學，圖書館要關了喔。」

「啊，已經九點了。好，我這就離開。」

回家的路上格外地漫長，這路上我的腦海中只有如何應付母親。

每天留在自修室直至晚上的日子持續到會考的結束，我也如願地考上理想的大學，一步一步走向終點。在畢業典禮上，我本以為母親會如同過往一樣不來參與，卻發現她竟然是請假來到學校。她沒有說什麼，沒有責罵父親，沒有再說頭痛。只是在台下默默地看著我。

這一天我沒有在外面留到晚上，在典禮完結後便與母親一同回家了。路上她沒說什麼，我告訴他大學離家裡很遠，我會入住宿舍。

「好！」

這一個字令我以為自己幻聽，我本以為她會不停地反對，然後再補完，再加一句「以後誰可以照顧弟弟、妹妹」。而一個「好」字卻讓我說不出話來。她扶著頭，我想她又再頭痛了。

母親開始要說話了，我想父母又再回到每天吵架的日子吧。

時間安靜地離開，不見得有父母的爭吵聲。母親沒有說什麼，如同與父親冷戰時一樣。「我走了，以後我盡量多回來吧。頭痛的話，就吃點藥多喝水。」母親只是點了點頭，我便關上門。這一兩吋厚的門彷彿徹底斷絕了我和母親的關係，成為一個終點。

在宿舍中，我是最早到的一個。這裡無比的安靜，就如同一直沉默的母親。不禁令我想其實她可能在是生氣，氣我不回家吧，不知道她會否思念我呢？

也許她的沉默是來自於我的不聞不理。或者是父親的錯吧。但她在過往的爭吵中，並不曾頭痛；或者是弟妹的錯吧！但乖巧的他們亦不曾令母親苦惱過；或者是我的錯，從我沒有理會她開始，她便經常頭痛了。這一刻我感到無比的愧疚。

我知道她不曾怪我，也不會怪我離開。但我卻打不出一個電話，她越是不怪我離開，我越是愧疚。來到終點的我，不敢重新起步。我想重新建立關係，卻連一個電話都不敢打出。



## 人應該為自己而活

### 6D 何鴻樾



人為自己而活，一句似乎是非常自私的想法。普世價值宣揚人應時刻關心、關愛、關照自己身邊的人。但一輩子就那麼長，連為自己而活都搞不清楚，又談何還要為他人而活？

懵懂時期，我們並不知道一輩子的概念。更遑論為自己而活了。於是乎，那時候的我們見風使舵，哪個人在那個小圈子裡佔據主導，我們便像蒼蠅般圍繞著他。而只要他一聲令下，便有人獲得了來自全世界的孤立。又於是乎，恍恍惚惚就這樣度過了那短暫卻又寶貴的日子。一輩子顯然只有一次，你的隨波逐流迫使「他」也無法為自己而活。

在某個清晨，你回想起那段日子，感慨：一輩子很短，人應該為自己而活。

到了談婚論嫁的時期，在父母、社會以及內心的壓力下，你開始了無止境的相親。相親的目的是什麼？是找到自己的摯愛嗎？還是為了傳宗接代？如果人人都不能只為自己而活，到了適當的年紀便誕下一子，好給所有人一個交代。那麼同性戀、性單戀等性少數群體呢？難道我們要將自己的觀念強加於他們身上嗎？這顯然是天方夜譚！是故，倘若人不應該只為自己而活，一輩子也只是因為痛苦而長。短暫的一輩子但快樂對比長久的一輩子但煎熬，命題的選擇已然有了答案。

在某個中午，你回想起自己支離破碎的感情歷程，感嘆：一輩子很短，人應該為自己而活。

可喜可賀的事，你在短暫的一輩子找尋到了另一半，並組成了圓滿的家庭。然而，那個小生命的出現讓你需要做出抉擇。你當然可以揮舞著「為自己而活」的大旗，將自己置身事外，兩耳不聞家中事，每天瀟灑地活著。如此流氓的理解，刹那使命題失去了意義。人固然應該為自己而活，但不為自己而活的後果負上相對的責任，談何為自己而活？一輩子很短，不與世俗同流合污之時也不能否定自己身處世中。

在某個夜晚，你回想起這一輩子的跌宕起伏，感悟：一輩子很短，人應該為自己而活。

可是，我們用什麼來定義一輩子的短與長？生命？經歷？還是感受？而用什麼來定義何謂為自己而活？

我存在於世界之中，活生生的一個人、一個獨立的生命個體，每當我不由自主地呼吸時，我都在為了自己而活，由於我活下去了，我才有

能力不為自己而活。

捨己為人、雪中送炭、贈人玫瑰……都是證明自己已經擁有了為自己而活的能力。倘若我們要求一個連為自己而活都做不到的人為他人而活，那不是癡人說夢嗎？

如果鏡子連自己的模樣都照不出來，那就不必再去照他人了。只是徒勞無功罷了。

## 不拘小節，反而更容易成功？

### 6D 何鴻樾

何謂不拘小節？有人認為：人灑脫不羈，不拘泥於無關原則之爭；也有人認為：小節即為細節，而細節決定成敗。對比何者更有助於成功，雙方眾說紛紜，爭執不下。然而我堅信古人誠不欺我：大行不顧細謹，大禮不辭小讓。懂得變通，不拘泥於俗套之人，更容易成功。

當人們討論「小節」二字之時，總會主觀性地將個人小節強加於他人行為之上。然而小節由始至終都隨著人、事、物而變化著。以發明家愛因斯坦為例，他的那一張「爆炸頭」實驗照片無人不知曉。當他致力於研究光子、電子之時，他並不在意自己是否蓬頭垢面，反而樂在其中並成功研究出光子理論。或許有人會問：難道人人都能夠「蓬頭垢面」而後成功嗎？

當愛因斯坦因身體原因被推進手術室時，為他醫治的醫生便不可以披頭散髮，衣冠不整。對於一名醫生而言，衛生並不代表小節，而是手術關鍵的一部分。如果醫生當時也如愛因斯坦般「不拘小節」，反而會釀成大禍。故事的道理顯然呼之欲出：小節並非百搭神藥，套用於不同人的身上會導致天淵之別。對於醫生而言，不在乎患者的性別、身份、經歷……一視同仁地為他們醫治，此乃不拘小節。

過分得在意小節，拘於瑣事之中，反而會使小節成為成功路上的絆腳石。如今明星產業十分盛行，各路明星使人眼花繚亂。而俗話說得好：人紅是非多。當明星在娛樂行業大紅大紫之時，難免招來眾多的非議與誹謗。「戀情」、「事業」、「行為」被有人們不斷地操控著。久而久之，有的明星按捺不住了，親自下場與是非者「辯論」、劈頭蓋臉地辱罵報道對他不刊新聞的記者、控告以娛樂方式製作視頻的粉絲……縱然，有些行為的確值得為此大費周章，但是否每件事情都揪著不放，而傷大雅呢？當娛樂明星充滿戾氣，又談何娛樂大眾？注重小節固然是成功的一部分，但倘若事事都執著於小節，便本末倒置了。

小節是否決定成功不僅反映在人際方面，甚者上升至國家。家喻戶曉的「負荊請罪」一事便給出了答案。藺相如大行不顧細謹，不拘於廉頗所造成的小節。為了國家的安康而不拘泥於無關原則的瑣事之中。相反，廉頗因為職位、身份等原因，毅然決然地要與藺相如爭個你死我活的不堪場景。為此而拘毫無意義的小節，失去了大禮。可見，不拘小節甚至乎決定著國家的生與死。一人強擋一面或二人齊心協力，何者更容易保衛趙國，答案已顯然易見。

綜上所述，不拘小節容易成功，但相比於拘小節，是否更加容易呢？步向成功往往就如登上山頂，首先要確保哪一座山。有的人盲目堅信不拘小節便能容易成功，因此凡事都不拘小節，妄想著一步登頂，得來全不費工夫般。但事實往往並非如此，就如同登山初學者，嘗到了低山帶來的甜頭後竟然認為登頂珠峰並非難事了。此類人如果相信命題之理，便大錯特錯而使命題成為謬論之理。任何事情本應循序漸進，愛因斯坦不是因為蓬頭垢面而成功；藺相如不是因為低三下四而使國家安穩；「不拘小節」本應成為登山路上的登山杖，一切本能成功事物的助推器。

倘若此時此刻你正坐在考場之中，相比起考前你一撇一捺地在紙上仔細書寫複習，或是假借提升學習效率為由使用電子設備輔助學習，然而卻成為學習上的一項干擾。故此成功的前提往往並非任何小節，而是一步步地積累。

我同意「不拘小節，反而更加容易成功。」但不應認為是理所應當以及必然之理。有志之士如何都能成功，不拘小節是成功的一部分而非全部。

## 富裕物質是和平的基本條件？

### 6D 何鴻樾

隨著社會越來越富裕，世界各國也更加趨向於和平發展。聯合國安理會在富裕物質的支撐下，維護著國際和平與安全，於是在光鮮亮麗的「和平」光環下，背後實離不開不菲的物質支持；另一邊廂，我們時常從新聞聽見某某落後國家內亂，各組織因爭奪物質而發生衝突，於是又有不少人認為「世界和平必須建立在富裕物質上。」面對這樣各執一詞的爭論，當中的角力其實不怎樣難以取捨，富裕的物質確實是和平的基本條件，但對比起「富裕條件」模糊且不一的界定，更多的理解不是更好的基石嗎？

縱觀世界二百餘個國家，最低度開發國家佔四十餘席，倘若只從表面看本質，那麼「也門戰爭」、「巴基斯坦衝突」、「提格雷戰爭」等等戰



爭，便已對命題一錘定音。是故，從表面而言，富裕物質是和平的基本條件一理再準確不過了。二十一世紀，富裕國家又怎麼會發生戰爭呢？

何謂和平？政局安定，沒有戰亂。是否我已然可以大肆訴說自己處於「和平年代」？我的身軀得享「和平」，那我的精神呢？

富裕的物質讓更多國家有能力研發出殺傷力接連上升的「武器」，即便是富裕國家的一個措施都可以成為武器。在如此看似和平的時代，我又怎麼去說服我的大腦？會有人眼睜睜地看著眼前的葡萄被他人奪走嗎？答案不言而喻。富裕的物質只會讓和平更加迅速地被摧毀，而且讓和平從各方面逐一腐爛！

拋開物質談精神，倘若從此刻起，地球上的領導人、權力者、人民都擁有互相理解彼此的能力，縱使擁有富裕的物質，人們再也不會為了那一串葡萄而紅了眼。更多的理解意味著什麼？意味著物質能夠得到公平分配；意味著人類可以得到更好地發展；意味著和平曙光的到來。進而「戰爭」一詞由字典中消失，「不安」情緒從腦海中消逝。

要達到和平便需擁有富裕的物質，這難道不是資本家的謬論嗎？我由始至終堅信和平向來取決於人而非物質，只有人，才是和平的必要且基本條件。捫心自問，假如自己成為世界的統治者，若要天底下的人民都和平生活，有多少人願意選擇讓他們理解彼此？又有多少人選擇給予物質讓他們爭個頭破血流呢？正因為我們都清楚和平的本質是什麼，故此「富裕物質是否是和平的基本條件」的討論似乎已有定論。

## 富裕物質是和平的基本條件

### 6D 莊穎豪

曾有人認為：「富裕物質是和平的基本條件。」坦白而言，我不同意以上的說法，富裕物質只會引起更多的戰爭、災難。

和平是在同一片土地上和平相處，從第一次及第二次世界大戰後，人們常說要吸取歷史的教訓，人們要共融在地球的淨土上，國與國之間不要再打仗了等等……然而，沒有戰爭的地方就是和平？這份和平是純潔的？還是只是虛假的表面？

如今西方的國家較為富裕，他們的政府有大量的資源，人民要風得風，要水得水，不少人甚至富可敵國，擁有大量跑車、黃金等，還渴望至宇宙太空閒逛。在這些富裕的地方中，是否能稱為和平呢？「當然對啊！他們那麼富裕，一定沒必要去犯罪，從而破壞和平呀！」那如果真



是這樣的話，人們為什麼要設立「法律」先生去判斷一個人是否有罪？大家同為人，法官憑什麼能做一個判決？既然他們都這麼富裕了，不用設立法律吧，大家不就能更自由自在嗎？而現在哪一個地方沒有法律呢？說到底和平與否不在是否有富裕的物質。

人們會認為富裕物質是和平的基本條件，只是因為他們認為人只要能在物質上滿足自己，他們就會安分守己，好好地在自己的生活中玩樂。但他們忽略了那些擁有所謂富裕的東西，例如金錢、房子、名車等，是會消耗的。而且人們是喜新厭舊的，沒有任何一種東西能一直滿足人，同時沒有一個國家能永世富裕的，不然的話那些發達的國家為什麼還要去搶佔小國的資源？正是因為大國想要長存於富裕的物質之上呀！如果世界真的有那麼「烏托邦」，國家這個字也不會出現吧，世界上只會有人的個體而已，要怪就怪人的貪念吧。

既然如此，人要怎麼樣才可以和平呢？我想，要真正和平，人們要在精神上昇華，世界上不能有國家、地域、人種之分，只能有「人類」一字作總括，我們只有成為一個族群，人與人之間不再有利益、法律的字等，只有合作、團結吧。但我想這是不太可能吧，要是外星人攻打地球才有可能出現吧。

總括而言，富裕物質不是和平的基本條件，而是人們努力所追求的。要和平的話，人才是真正要正視的問題。

## 我在香港奧運運動員身上學到勇往直前的精神

### 5B 符興偉

你們在什麼時刻會覺得一個運動員特別偉大？踏上頒獎台的時候？拿到金牌的時候？還是他們為國爭光的時候？我們都曾在電視上看過運動員獲獎，每當我們看見那些站在頒獎臺上的運動員，便十分羨慕他們能夠踏上我們夢寐以求的地方，卻沒有多少人瞭解過一枚獎牌背後所付出的汗水。

我今天介紹的一個人可能沒有多少人認識他，因為他只是作為一個候補球員的身份參加奧運會，他就是——吳柏男。

他是現屆港兵男隊子代表團中最年輕的球手，在福建出生，爺爺和爸爸都是香港人，打從7歲接觸乒乓球開始，吳柏男已經定下要成為全職運動員，甚至當上世界冠軍的目標。為了提升技術，他曾加入上海隊練劍4年，2014年轉到香港隊後即盡顯潛能，2016年出征南非舉行的世



界青少年乒乓球錦標賽，一路過關斬將殺入4強，最終拿走了一面銅牌。他也曾在2017年以未滿20歲幼齡首次出戰「世界乒乓球錦標賽」後一鳴驚人，從週邊賽開始殺入男單32強的好成績。但在所謂的好成績背後是每天不間斷的練習！練習！再練習！最後百煉成鋼。

運動員有千千萬萬個，其中不缺少努力的人，但能站在領獎臺上的卻寥寥無幾，有些運動員付出了很多心血和努力，但是每次都只能在下面看著別人，他們不努力嗎？他們不認真嗎？並不是。相反，他們十年如一日的練習，每天六七小時的訓練，揮灑著他們的汗水，不留餘力的鍛煉，只想在運動會，甚至奧運會上能夠拿到證明自己一切努力沒有白費的證明。

施廷懋說過：“一個人變強大，不是因為一塊金牌，而是通往的路上所遇到的所有磨難、委屈都沒讓你放棄。”運動員們並不像我們在電視上看到那麼風采，我曾看到過一位位的運動員為了理想而滿身傷痕，我曾看到過一位位運動員為了夢想而奮不顧身，我也曾看到過一位位運動員因為成績不理想而被萬千人謾罵。運動員是一個值得我們尊敬和學習的榜樣，他們會因為辜負了我們的期望而自責，但我們不應該因此而責罵他們。我們應該學會在他們身上堅韌不拔的精神，為了目標奮鬥，因為每個運動員在賽場上實現每一次精彩的絕地反擊，都來自於他們不怕困難，敢於勇往直前的勇氣和決心。希望我們在不管學業或事業上，都能學習運動員跨越障礙，永不放棄。

## 年夜飯過後，我卻感到寂寞

5C 鍾嘉欣

年夜飯過後，我卻感到寂寞。由熱鬧的氣氛跌落寂寞的世界裏，那些熱鬧已變成我的過去式。

今年是一年一度的年三十晚，也是每個家庭最開心幸福的日子。這時我正高興的等待着門鐘敲響我的耳朵，正等待着親友來到我家中添加一些熱鬧。這時「叮噠！叮噠！」我一看他們終於到了，大家的嘴角開始微微向上彎，而餐桌上正有一些豐富的海鮮大餐等待着我們。我們都迫不及待的開始我們的年夜飯，耳朵傳來親友們一陣又一陣的笑聲，旁邊則傳來小朋友們的喧嘩聲，這些聲音就這樣的隨着我身邊。還有平時不會感受到的幸福——就是自小陪我長大的表姐幫我剝蝦殼，因為全家只有我一個是女的，所以每逢吃飯，他們也會將所有食物最好的位置給我。我突然想起難得所有人都在，我們便拍了一張照片作紀念。



但是，時間逐漸過去，看見眼前豐富的食物，變成一個個的空碟，枱上堆滿了食物的殘渣。伯父說：「住很遠，所以要先走。」表姐則說：「我家小孩明天要上課，先走。」姑媽說：「年紀大了，累了，還是早點回去吧！」原本坐滿人的餐桌，最後空空如也，剩我一人執拾所有碗碟、執拾心裏的鬱悶。眼見洗手盆內堆積如山的碗碟，我分別的清洗、執拾，水喉不斷向我的手灑水，我的手開始感到冰冷，房子也變得冷清。我將所有餐具放回原位時，就好像一切歸位，從沒有發生過一樣。看着空蕩蕩的客廳，腦海裏浮現剛才的畫面，心情越顯低落。

或許，親人總會有一日離我們而去，大家不能永遠的待在一起，因為大家都有各自的生活方式。大家有自己的家庭，有自己的事業，有自己的長短壽命，大家都會在不斷改變，更不會因為對方而停留。

或許，我們應學懂承受這種寂寞，接受這些殘酷的現實。或許，我應珍惜現在他們還可以與我共進年夜飯的時間，慶幸他們有參與這個飯局。不知道他們是否和我一樣有相同的感受？不知道他們有沒有寂寞的心情呢？

最後，我真的要與美好的年夜飯晚上說再見了！我鎖上門鎖，關上客廳的燈，自己一個慢慢的走到被窩中。若想再感受多一次這些熱鬧和溫暖，只能等待明年的年夜飯了！

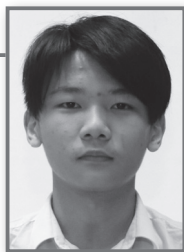
## 感謝您，我的老師

### 5C 李自立

歲月流逝，卻洗刷不掉無處不在的師恩。四季變遷，卻改變不了平凡而偉大的師恩。

師恩平凡，平凡得讓每一位老師都在用行動去演繹它。師恩偉大，偉大得可以改變每一位學生的一生。辛勤的恩師，化作一塊塊微小的石頭，鋪出我們通往夢想的康莊大道；輝煌的師恩，化作一縷縷曙光，照亮我們未知的前路，引導我們前行的方向。

就如大學教師趙世良和饒美平為救落水兒童而雙雙獻出了生命，雖然落水兒童被救回，但他們卻再也回不來了。又有殷雪美老師為保護學生，在奔馳而至的車輛前推開學生，從「虎口」下奪回數名學生的性命，而她卻被撞飛近二十五米遠，五天後在醫院不幸逝世。還有張玉滾大學畢業後，放棄了在城裡高薪工作的機會，回到家鄉，成為一名每月只有三十元補助的民辦教師，這一做便是十七年，在路沒修好時，他靠一根



扁擔，把學生的課本、文具一一挑進大山，這一挑，便是五年……老師們為學生付出的時間、精力、前途，甚至是生命，獻出的實在是太多太多了。如此的老師，如此的師恩，教我們怎麼能忘、怎麼敢忘！

老師總以寬容博大的心胸，接納我們，讓我們在大樹的綠蔭之下茁壯成長。老師是園丁，辛勤的培育每一朵花；老師是小舟，承載我們在知識海洋裏遨遊；老師是蠟燭，燃燒了自己，照亮了別人。當我接觸你的時候，我原想收穫一縷春風，你卻給了我整個春天；我原想捧起一簇浪花，你卻給了我整片海洋；我原想觸摸一片雲彩，你卻給了我整塊天空。

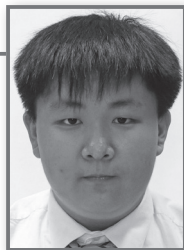
「春蠶到死絲方盡，蠟炬成灰淚始乾。」老師對我們的諄諄教誨，無私奉獻，使我終身難忘。

季節的變化，帶走了漫長而又枯燥的冬天。當春風再一次吹綠大地的時候，老師又用那雙寫了無數粉筆字的手，放飛了一只又一只理想的風箏。

## 影子的聯想

### 5C 趙晉霖

影子，只不過是由光照射實體而產生的倒影，是正常的物理現象。但這一個黑壓壓的東西，讓我們摸不到、聽不到、聞不到，只能用眼睛看到，究竟意味普什麼呢？



踩影子，中國人認為是一種不吉利的行為，為什麼呢？因為影子是反射自己而產生的，也是代表了自己，所以踩到影子就是踩到自己或者踩上別人。而當我看到自己的影子時，我偶爾會反思自己，找出自己日常中一些不良的行為。我經常不自覺地看到自己的影子，所以我也會隨之想到過去的自己：過去的我，一旦得到少許成就，便會變得「沙塵白霍」、得意忘形；過去的我，曾經半途而廢，經常不負責任。影子就是自己，這話說得多麼的貼切呢！回想不堪的自己，我就不期然地狠狠踩上自己的影子，以示自我懲罰！

在熱鬧的街上有很多影子，影子重疊影子。這令我聯想到：自己經常活在別人的影子下。雖然我沒有兄弟姐妹，我不會活在兄弟姐妹的影子下，但正因此，我經常找不到自己的定位，經常都跟隨別人的步伐：有時是社會賢達，有時是明星，有時是朋友，甚至是家人。這樣，令我經常模仿別人，漸漸地沒有了自己。於是，我只會站在別人後面被別人



的影子覆蓋，不想踏出第一步，成為別人身後的廢物。

中國有一門藝術叫「影子戲」，就是用皮製玩偶在一塊幕後表演，逗人開心。回想自己，也經常在別人面前「博出位」，表演自己，其實只不過想是吸引別人的眼球，令大家看到自己而矣。沒錯，有些人的確會因此看到我，但他們眼中所看到的只不過是一個過路人甚至一個小丑，並非真正我。此時的我，就有如「影子戲」中的皮玩偶去消磨別人的閑餘時間。

影子呀影子，你的出現令我看到自己，令我自慚形穢，所以，你快點消失，好嗎？想了一下……好像也不好！

因為影子反射到自己，所以經常提醒了我，要去正視自己，去改變自己。要是沒有影子我還會主動反思自己嗎？要是沒有影子，我會完全迷失，因為我不能透過影子看到自己！

我回想一下，影子只是會在有光的情況下出現。如果我看不到影子，那只有兩個可能：第一，我全身處黑暗的環境；第二，我已經死了。我想：還能看到自己的影子也算是一種幸福吧！所以，我決定要在自己看不到自己的影子之前改變自己。

影子，你是我一生的好同伴，我快樂時你在，我失落時你在；你在時，我煩躁；你不在時，我慌張。

影子，感謝你。

## 我的啟蒙老師

### 5D 張絡琳

馮老師，謝謝您！是您讓我親身體會到一生中能遇到屬於自己的人生導師，原來一件多麼幸福的事。

每當我遇到難以決定的事時，都是多虧您在旁指點我，引導我去作出一個最適合自己的決定。現在回想起如果當初沒有您的循循誘導，我想這一切都會變得不一樣！

還記得在暑假的時候有老師邀請我在來年擔任中文辯論隊隊長，原來是一個這麼難得的機會，我卻在此時卻步了。自問自己在辯論隊的年資、經驗都不是隊伍最高的，對於自己能否勝任這個身份，我是質疑自己的，生怕自己將來的表現會令對自己有期望的老師失望。因此，我如常到教員室把這一切都告訴您。而你告訴我一個道理：「能力越大，責任越大。在成長的路上，受到別人質疑的聲音是無可避免的，但不應因為



這樣而放棄這個千載難逢的機會，反而應該以自己的方法去證明給其他人看自己是有能力勝任這個責任的。」

這樣的您，漸漸成為了我的人生導師：每當我有任何的疑難，您都會像約定般在教員室待著，讓我能找得上您。就在我以為這種情境求永遠不會消失時，卻從您口中得悉您將要離職的消息。那刻，這個消息無疑就是晴天霹靂，我完全無法想像在未來的日子裏，在經過教員室卻都不能再看見您身影的那種陌生感！

您的離開，就像以無聲的方法告訴我世間上沒有任何一樣事物是永恆不變的，很多事情都會有機會隨時離開自己而去。老師的存在、老師的教誨只是在適時給我們意見，更多的是要靠我們自己去思考、獨立去面對處理。是您，好像讓我一夜間長大了。

馮老師，謝謝您能在我中學生涯中成為我的啟蒙老師，教我立身，催我成長。

## 舊地重遊

### 5D 馬家雄

自從升上中學後，我已經有五年沒有回到這個舊地了。為什麼我會選這天回母校呢？因為這天是母校的 60 周年的開放日。

甫進校園，那些長滿鬍子的老榕樹在向我揮手，熱情地歡迎我回來。雨天操場和整個大操場都沒有改變，還是那個熟悉的面孔，甚至連自動售賣機的價錢也沒有改變。我不禁想起小學小息時，我衝到雨天操場的自動售賣機購買朱古力奶。還記得當時有很多人排隊，而朱古力奶總是很快被人買光了！

當我走到一樓平台時，我看到幾個乒乓球桌，使我回憶起小學的飯後活動。我和同學在這裏一起玩乒乓球，那個過程真是小學生涯最開心的時間，一切多麼美好，但是那些同學已經沒有聯絡了。看到眼前景物，真有「同來玩月人何處，風景依稀似去年」的感慨！我真的很想返回過去，再次成為小學生，並與老朋友一起在乒乓球，盡情地「扣殺」，用汗水來證明我們曾經擁有的美好歲月。但我知道，一切都回不過去了，或許，我只好把它輕輕放在心底裡珍藏……

我的腳步來到各層的教室。除了科技設備改變了外，其他東西都是陪伴我們多年的設備熟悉——殘舊不堪的櫃子、飽歷風霜的木製桌椅、堆滿灰塵的百葉簾。看到這個畫面令我想起昔日在這些課堂上課的時光，



那時一起與同學聊天，一起討論功課，不亦樂乎！

其後，我到了小學生涯中令我最開心的地方，那就是圖書館了。那時我是個圖書管理員，所以對圖書館的印象很深刻。當我進入圖書館時，我看見一個熟悉又陌生的臉孔，那就是當年邀請我做管理員的李老師。李老師的樣貌幾乎沒有變化，還是青春又漂亮，可是，始終五年不見，我走過去時還有些靦腆呢！沒想到五年沒見，她還記得我的名字。這個地方，令我想起晏殊《浣溪沙》的詞：「無可奈何花落去，似曾相識燕歸來。」與李老師聊天中得知，原來我畢業後兩年，這個圖書館重新裝修，變成一個又新又漂亮的圖書館了。可是，景變，情不變，今天，我這隻曾屬於這裡的「燕子」，確確實實歸來了，還和老師緬懷過去，歡笑聲不斷。

「天上浮雲如白衣，斯須改變如蒼狗。」時光荏苒，世上沒有永遠不變的事，但無論世事如何轉變，這裏依然是我的母校。這個陪伴我成長，充滿美好回憶的地方，我怎能輕易忘卻？舊地重遊，別有一番滋味在心頭。

## 影子的聯想

### 5D 尹焜煜



我能感覺到你還在……

暮色降臨，皓月當空，繁雜喧囂的鬧市似乎也逐漸寧靜了下來。我如往常一樣，在同樣的時間，搭著同樣的巴士正在回家的途中。巴士裡的乘客還是一如既往地寥寥無幾，毫無意外，今晚又是我最後一個下車吧？可不知為何，今晚的我卻似乎感到前所未有的寂寞與孤獨。一眨眼的功夫，車到站了，就連我這個最後的乘客也下車了。可是這並不是總站，即使車上空無一人，司機也會把車開到終點。我的意思是不要因為任何人的離開而停止你的生活。隨著巴士的離開，我本應該回家洗漱睡覺了，可我並沒有這麼做……

我緩緩的走到了家門前的那可榕樹下，坐在了長椅上，閉上眼睛想了想今天發生的一切、最近發生的一切，我的眼眶不自覺的濕潤了起來，我感覺這一切就猶如一場夢般，我接受不了這一切發生的如此突然；我接受不了身邊乍然變得物是人非；我接受不了你的不辭而別……

夜已深，人已靜，皓皓皎月之下、燈光下四周都鴉雀無聲，似乎只有我孤身一人，不！還有影子……但似乎也只剩影子了！我靜靜地看著



影子，影子也靜靜地看著我。事到如今，可能也只有它，只剩它願意聽我的傾訴了吧。我告訴它：「其實道理我都懂，很多事情我也能想通，也能接受，但我真的很難過。」街燈把黃光宣洩在了地上，影子躺在我身旁，它就這樣靜靜的看著我。我笑了笑，然後蹲了下來，摸了摸自己的影子，輕輕的說：「對不起啊，跟著我這麼多年，讓你受苦了。」

突然之間，在我的內心深處突然傳來了一把似曾相識的聲音，似乎在說：「沒關係的，這一切都會過去的，看開一點。人生苦短，何必在意一個人的存在與否呢？這有意義嗎？要是有什麼就跟我說吧，說出來或許會好受一點。只要你說，我就願意聽。我一直都在。」在那一剎那，影子好像開口說話了。我頓時愣了一下，慨歎或許真的是影子吧！現在回想起平日里，不管是在喧囂的鬧市，又或在寂靜的深夜，影子好像都未曾離我而去。我如夢初醒，恍然大悟，原來它的意思是不要因為一個人的存在與否而停止原本的生活！

其實每個事物都有它自己的影子，它注定一直伴隨我們成長，不離不棄。在難過時、失敗時，它陪伴著我們，幫助我們反省自己，伴我們成長。至今我才領悟出，其實影子遠比你更委屈和缺愛：它一直陪伴你，它曾被人踩在腳下，被人潑過水，被東西砸過，被車碾過，可它卻一直對你不離不棄，一直愛著你，而你卻絲毫不在乎它。有句話叫做：「我是你的影子，你是我的光。我因你而生，也因你而滅。」其實光和影子是彼此存在的證明——光存在，影就存在。影子從來未離開我們，它是用你看不到的方式繼續守護著你。

不知不覺就到了清晨，太陽冉冉升起，刺眼的陽光砸在了我臉上。燈滅了、影子也消失得無影無蹤。這時我才意識到，原來這一切都是一場夢啊！

影子啊，我感覺到你還在……

## 我的啟蒙老師

### 5D 尹焜煜

「師者，所以傳道、授業、解惑也。」

太陽底下最光輝的職業，是播種陽光的天使，是引導人走出荒蠻蒙昧的聖者，更是人類靈魂的工程師。親愛的老師，您那赤誠的愛，喚醒了多少迷惘，哺育了多少自信，點燃了多少青春，催發了多少征帆。

「一日為師，終身為師矣。」我深深的銘記著這句話。為了這句話，老師付出了千萬倍的艱辛與汗水；為了這句話，老師們每天起早貪黑；為了這句話，老師把全部的情感拋在腦後，用百分之兩百的精力去照料我們；也為了這句話，他們失去了太多太多，並不是屈指可數。您心中的那份熱忱和堅持，染成了我青春的色彩；您用執著的信念，鑄成了我性格的不屈……老師，我生命的火花裏閃耀著您帶來的光芒！我們身上散發的智慧之光，也永遠閃爍著您親手點燃的火花。

曾經，在我最孤獨無助的時候，老師猶如天降神明一般，出現在了我的生活中，給與了我前進的動力，讓我對學習、對生活重新燃起了對未來的期望；老師猶如一道流星，一條耀眼的亮光劃破了那寂靜無聲的漫漫長夜，在那一剎那，我感覺這一切似乎又有了希望。「人生要走很多條路，有筆直坦途，有羊腸阡陌；有繁華，也有荒涼。無論如何，路要自己走，苦要自己吃，任何人無法給予你全部依賴。沒有所謂的無路可走，即使孤獨跋涉，寂寞堅守，只要你願意走，踩過的都是路。你以為走不過去的，跨過去後回頭看看，也不過如此。不回避，不退縮，未來終將到來。」這是您告訴我的，雖然現在我們分道揚鑣，但即使時光飛逝，但您的這返番話語，我一定會時刻牢記，它將永遠在我生命中閃閃發光……

「桃李滿天下」，我最親愛的老師的收成。您把全部的心血費在我們的身上，您的諄諄教導，是我聽過最動聽的聲音；您的悉心呵護，是我見過最溫柔的愛護；您的滿頭白髮，卻是我見過最美麗的容顏。所以，我要在這大聲說：

謝謝您，敬愛的老師！

## 人貴自知

### 5D 尹焜煜

中國有句老話叫作「人貴有自知之明」，老子也曾曰：「自知者明。」簡單來說就是人一定要認識自己、對待自己，這才是最聰明、最難能可貴的。

曾聽過一個故事：陽子到一家旅館投宿。旅館的主人有兩位侍妾，一美一醜，主人重視後者輕視前者。陽子問他為什麼這樣做，主人回答說：「那貌美的侍妾自以為美，我因而不覺得漂亮；那貌醜的自知其短，我反而不覺得他難看。」那到底何為「自知」？「自知」的重要性又在哪裏？

具有自知之明是一個人成功的基本要求。一個有自知之明的人，能時刻清醒地意識到自己身處的位置，知道自己的長短處、優缺點，從而清楚的知道自己前進的道路和改進的方向，而不是被那盲目無知的自信心沖昏頭腦，從而目中無人，迷失自我，就好比那美侍妾一樣，總覺得自己美若天仙，人人對她欣賞有加，殊不知她可能連最基本的洗衣做飯都不會，只是「金玉其外，敗絮其中」；而醜侍妾卻不同，她知道自己樣貌平平無奇，甚至是些許醜陋，清楚自己的不足之處，但誰會想到她或許「上得廳堂，下得廚房」呢？觀乎現實生活中，很多人亦是如此，迷失在花紅酒綠之中，無法辨認真實的自己，模糊了自己。就好比現在部份無知少年少女一樣，總覺得自己一身名牌，穿金戴銀就顯得「高大尚」，殊不知自己可能連最基本的禮貌、待人處事都不會；再比如在我們做成某件事，收到了家人朋友的稱讚後，就覺得自己天下無敵，變得狂妄自大，殊不知人外有人，天外有天……

縱觀古今，「自知之明」就猶如是成功的基礎，是一門「必修課」。藺相如機智勇敢，憑藉「口舌之功」使趙國不辱於秦國；諸葛亮通曉天文地理，準確分析敵我軍勢，方能草船借箭，完成苛刻使命。他們不僅知人，更知己，才得以成功。假如藺相如沒有自知之明，又怎敢隻身前往強秦，完璧歸趙呢？假若諸葛亮沒有自知之明，又怎稱得上「神機妙算」呢？馬謖「無知」失街亭，他雖然熟讀兵書，深諳兵法，且深受諸葛亮喜愛。可最後釀成悲劇就在於他的無知，以為自己所學已經無人能敵，甚至狂妄到不把諸葛亮放在眼里，卻忘記了那是他第一次的率兵打仗，輕率魯莽的後果顯而易見：街亭失守，蜀軍大敗。這些歷歷在目的故事都告訴了我們，人在一片讚揚聲裏一定要保持清醒的頭腦，特別是居於領導地位的人，更要有自知之明，才能不至於迷失方向。

古今中外，一代代的慘痛的歷史，似乎都在告訴我們做人，一定要真正的了解自我。蘇格拉底曾說過：「我唯一知道的就是自己一無所知。」

他飽讀詩書，用自己的一生去總結了這短短的幾個字，告訴我們：這個世界很大，即使我們認為自己所學的已經夠多了，但與這世界相比之下卻根本不值一提，就有如海裏的一滴水，沙漠的一粒沙子，天上的一顆星星，我們的知識是有限的，所以人一定是有短處，缺點的，盡你所能去改善即可。孔子說：「君子病無能焉，不病人之不己知也。」君子最怕的就是自己能力不足，而並非別人不了解自己，或是不賞識自己。直白一點就是希望別人理解自己、懂得自己，常抱怨別人不了解你自己，其實很大程度上應該是自己無能的表現吧？知道你有本事，別人知不知道你都無所謂，或者別人自然會知道你的，是金子，總是要發光的……

總而言之，「尺有所短，寸有所長」，人亦如此。第一，一定要客觀的審視自己，不單要發現自身的兩點，更要覺察自身的瑕疵，且不要孤芳自賞，狂妄自大。第二，要不斷完善自我，有則改自，無則加勉。我們一定要清晰的了解自己的長處和短處，避己所短，揚己所長

## 聽君一番話，勝讀十年書

### 5D 尹焜煜

中華傳統美德以禮為先，一個人沒有規矩便不成方圓。哥德曾說：「一個人的禮貌就是照出他肖像的鏡子。」由此可見，禮儀舉止通常可以展現一個人的文明水平和內在修養。但一講到「禮」字，我們最先會想到的可能是「禮貌」，「禮節」等詞語。沒錯，禮貌是一個人最基本的素養，是評價一個人道德修養好壞的重要標準之一。如你要問我為何突然談起「禮」，我想這一切都要從我們班新來的「插班生」說起了……

黃同學是去年才轉讀我校的插班生，他不太愛說話，也不受同學歡迎。但相處日久，我卻發現他的言行舉止流露出中國文化的傳統美德，於是我和他從陌生的同學到熟絡的朋友，我們的故事也就如此開始了……

黃同學剛到我們班時，就被同學視作「怪胎」，他的待人處事一向都過於「正派」，他一切的行為在同學們眼中都被視作為「多餘」，甚至會有些同學認為他只不過是在老師面前裝模作樣罷了，完全是「人前一套人後一套」。雖然同學們嘴上不說，但心裏卻都給黃同學標上了一個「虛偽」的標籤。但經過長久的相處之後，我逐漸發現黃同學所做的這一切貌似就如同習慣一般，不是一般人想裝就能裝出來的。我很好奇他到底為什麼要這麼做？堅持下去的意義又在哪裏？於是一天的放學後，我決定前去一探究竟……「黃同學，等等！等等！你趕時間嗎？我有個問題想問問你。」他點點頭說：「可以，您問。」「我很好奇你為什麼每次都會

給人讓路、還要說：『您先走！』；為什麼每次你找家人借東西，就算人家沒有借給你，你也會說一聲『沒關係，謝謝您！』；為什麼明天放學之後你都會把桌椅移好再走；為什麼你上學或放學，只要碰到老師，或是你認識的同學，你都會主動跟他們打招呼，或說『早上好』或說『再見』。你知不知道因為這樣，我們班很多同學都用異樣眼光看你，甚至故意疏遠你。」黃同學聽後笑了笑，說：「沒關係啊！這叫做『禮』！這是我父母從小教我的。雖然說這是中華傳統思想，可我從不認為這是死板的行為，並不認為這種行為很奇怪。相反，我認為『禮』值得我們去學習。現在的人就是因為缺少這種『禮』的精神，才導致人與人之間的關係越來越疏遠，導致很多人似乎只是為了自己的利益而交談。一旦有人作出有『禮』的行為，就很可能被人視作為『虛偽』。」我猶豫了一下，說：「原來如此！謝謝你呀！」黃同學說：「沒事。很開心能為你解答，我還有事就先走了，明天見，拜拜。」

「聽君一番話，勝讀十年書」，黃同學的一番話，讓我醍醐灌頂，茅塞頓開。雖然說我也經常看書，對中華傳統美德也算略知一二，甚至有時候連老師也會誇我滿腹經綸，說我在嘴上、在文章裏，都把中華傳統文化講述得頭頭是道，可在見識過黃同學的待人處事之禮後，我突然覺得汗顏，感到我曾所做的一切，在他面前簡直是紙上談兵，根本就不值一提，甚至就是個笑話。也許在座的各位都出口成章，學貫中西，但如不能在日常生活中的言行舉止中表現出禮的內涵，那也只是徒有虛表。黃同學說在這個不知「禮」的現代社會中，你一旦表達出「禮」這種行為，你就會被說是「虛偽」，甚至是歧視，就好比在黑暗裏照進了一束光，那麼這束光就有了罪。就在與黃同學聊到「禮」的那一晚，我在腦海中縱觀世界，人人盡說要講「禮」，可真正做出來的又有幾個呢？我橫豎睡不着，仔細想了半夜，才悟出：原來病的不是他，是這個世界啊！

禮乃處世做人之根基。假若將做人比昨天一座高樓，而禮便是這幢大樓的根基。孔子有語曰：「不學禮，無以立」講的便是一個人如果不學習禮儀，就無法立足於社會。這教導我們想要學會做人，就要先學會禮儀。知禮者才能明事理，懂謙讓，有內涵。有禮之人才能在社會中生存。孔融讓梨因懂得敬重兄長之禮而得以聞名於世；程門立雪因懂得尊師重道之禮得以流傳至今；孟母三遷因懂得愛護晚輩之禮而得以廣為稱讚。我們萬事都要以你為先，古今中外亦是如此。

人，一生有禮，方可恆宇天下。禮，不是口頭上的品德，得富於行動；也不是簡單的字，是中國文化的象徵；更不是寫在書本上的知識，他應該印在我們心中，陪我們一生。



## 舊區見聞

### 4B 邱婷婷



現在的香港處處高樓萬丈的，各式各樣的大樓慢慢增多，新起的高樓都被巨大的玻璃外牆包裹着，與舊社區那殘舊的樓宇截然不同。城市節奏不斷加速，人人都在與時間競賽，而我卻想放慢腳步慢慢探索小時候曾經生活過的地方，回到那不熟悉的——彩虹。

彩虹牛池灣村是我幼年時居住的地方，但從懂事起就搬離了。所以對於這裏，我只有些十分零碎的記憶。我的姨媽十分了解牛池灣的歷史，她來充當我的一日導遊，讓我知道這裏的陳年往事。

當我從樓梯往下走時，我看到了一間士多舖，在電門前擺放着一排扭蛋機，這些扭蛋機，只要一眼望去就不難發現這是歷史的遺物，他不像現代的扭蛋機使用塑膠製造的，亦不能用八達通來付款。舊式扭蛋機是鐵製的，它外層的油漆因歲月的沖刷而慢慢剝落，在深藍色的油漆中也摻雜着咖啡色的鐵鏽，是時間為它增添多了一種新的色彩。

店內的收銀桌上還會擺放着一個裝硬幣的盒子，而旁邊有三個不同的塑膠透明筒，分別放着三種不同口味的紫菜，店內還有很多不同的零食和飲品。這裏除了愛食物之外，還有小朋友們喜歡的玩具。這裏會賣吹波膠、發泡膠飛機、祝蜻蜓等等，一些香港的舊式玩具。

在士多舖的旁邊有一條狹窄的通道，當我往裏面看，映入眼簾的是這裏有許多轉神像，足足擺滿了三排，神像的數量彷彿比寺廟還要多。

當我繼續走就看見了一間茶樓，在茶樓裏竟然還有一間茶餐廳，這茶餐廳看起來很有歷史，地板的油漆經過人們不斷的往來而消失了很多，牆上的裝飾也滿佈了灰塵。姨媽和我說：「這間茶樓以前叫做龍城茶樓，是你外公開的，開了十幾年，後來因租約到期就被外人接手變成現在的新龍城茶樓。」

在茶樓的盡頭有一間鄉公所，這個鄉公所有前後有兩扇門。前門堆積了很多落葉，也被生鏽的鐵鏈緊緊鎖上，牆身剝落了很多，當我以為這裏早已被荒廢，卻看到裏面燈火通明，外邊也很乾淨整潔。這個鄉公所，我曾經在網上看過，它是香港最後一間都市裏的鄉公所。

在鄉公所後面有很多縱橫交錯的鐵皮屋，屋內的樓梯也是用鐵做的，人們往上走時還會發出碰——碰——碰——的聲音，鐵皮也出現了很多生鏽的痕跡。天空突然下起了雨，雨滴不斷打在屋頂上連續傳出啪嗒啪嗒的聲音，就像一隊管弦樂隊隱身於此。若是在新市鎮裏，我們也不能

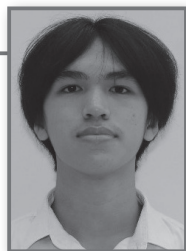
聽到這般悅耳的雨聲吧！

前往彩虹地鐵站的路上，我們穿梭在人擠人的街市，兩旁通道柱子上的黃色油漆也所剩無幾，街市內的風扇全是灰塵。通過人潮的我們走到了街市大廈的內部，看到了兩條窄窄的扶手電梯，電梯是咖啡色的，我相信這不是原來的顏色，而是經過人們多年的踐踏，才演變成現在的模樣。

我覺得舊區好像更有人情味一些，雖然都是在香港，但這裏沒有高聳入雲的大廈，只有許多矮小的房屋。這些房屋外型或許不像新建的「玻璃房」那樣美觀，卻散發着豐厚的歷史底蘊。在這裏腳步也莫名放慢了，你不用再和時間賽跑，像穿梭於時光般，偶然發現有一隅讓你有喘息空間的地方。斜陽西下，給附近街道添上了一抹淡黃。願在不久的將來我能再次到訪這裏。

## 舊區見聞

### 4B 韋世濠



一天，我和家人饒有興致一同步行去以舊區聞名的深水埗，我們沿着大埔道、荔枝角道一路走，走到中藥學院門口。

中藥學院名為雷生春，它是老舊的中藥舖活化而成的。從門口的櫥櫃和外殼可看見裏面的「百子櫃」。白色的外漆、密密麻麻的抽屜，簡約而實用，裝着各式各樣的中藥。例如蟲草、靈芝、當歸、枸杞……店舖飄來中藥味，迎面吹來「廿四味」的苦澀。走進店舖內，擺放着數個黃銅色的煲，與太上老君的「煉丹爐」差不多。煲好像個曬乾的葫蘆，裏面裝着神丹妙藥。中藥舖兼涼茶舖保留着舊有的裝潢，門上的牌匾，褪色的木板、殘舊的樓梯……都已成歷史的痕跡！我聽到老伯大叫：「執感冒藥！」隨即一位年青人熟練地依照老伯的吩咐逐一把藥材放在天秤上。「三劑，早中晚各一劑」嘩！多麼經典的對白，以前都只是在電視上看見。這個年青人十分難得！現今很少人投身中醫的行業，他卻如此有心，願意花時間學習這傳統的民間智慧。

我步出中藥舖，沿路一直走。一排排的店舖相連在街道，有縫衣機舖、雜貨舖、拉麵店、理髮店、押舖……這些店舖的樓宇高度比一般市區內看到的矮小很多，街坊關係親密，透着一種人情味。這是舊區獨有的。

深水埗雖不及發展成熟的地區。但也有大型商場，前身為軍營經清

拆後建成的西九龍中心便是該區的地標。小時候我最喜歡到頂樓玩機動遊戲，恨不得每天都去！我都快五年沒有再去了，還記得商場裏面有很多小商舖，有賣小吃的、賣糖果的、賣各式各樣髮飾等等。不知道這些年有沒有改變呢？

以前興盛的行業已衰落，小商舖式微，逐漸由連鎖店頂替。舊有的商舖要好好被保護，古老的店舖在無人問津時，將寫入「史冊」，後人只能透過圖片和文字憶述，富有紀念價值的東西要得到大家關注。發展令舊區煥然一新，但同時失去上一輩人的共同回憶。

## 影子的聯想

### 4C 尹肇楠



在這個世界上，我們會隨著時間而失去很多東西。但有一樣東西是我們不會失去，還會陪著我們直到死去，這就是影子。而影子也令我對他有一些聯想。

首先，影子令我聯想起同伴。不管是自己的家人或朋友，終有一天也會隨著時間離開自己。而影子就像自己的同伴，不管自己是遇到困難或不開心的事，在有光的地方，影子便會出來聆聽自己的說話。儘管，影子不會為我們思考如何解決事情或說一些安慰的說話，但影子能令人們感覺到自己並不孤單，也不是自己一個在面對著人生中大大小小的難關。而是有影子這個永遠的同伴在默默地支持自己。

其次，影子令我聯想起成長。從我們一剛出生的時候，影子便一直追隨著我們並和我們經歷了我們人生的大起大落。而隨著我們的成長，自己的身形也會不同。同時，我們的影子也會隨著自己的成長，變得不同。每當我重光線看到自己的影子時，心裏也會感嘆：原來我已經成長了很多！真是光陰似箭啊！

接著，影子令我聯想起自己。影子就是一個模仿者，不管我們是在工作或做其他東西的時候，影子也會跟著模仿。只是影子與我們的分別是，影子不會說話、不會思考和沒有色彩。因此，當我們開心的時候，影子也會跟著一起開心；當我們悲傷的時候，影子也會跟著一起悲傷。

還有，影子也令我聯想起父母。父母在我們年幼的時候，形影不離地陪伴著我，令我感受到滿滿的親情。影子也是如此，影子也是形影不離地陪著我們，和我們經歷不同的人生階段。就像父母那樣陪伴著我。儘管影子不能給我親情，但令我明白到，儘管影子不能說話，也不能觸碰，但它就像父母那樣形影不離地陪伴著我。



最後，儘管影子不是什麼珍貴的東西，但陪伴我們最久的東西是影子。所以，影子真是一樣無價之寶啊！

## 舊區見聞

### 4D 謝馨慧



歷時九年，屯馬綫終於正式通車。土瓜灣是九龍城區中最古老的一區，想必隨著通車，這裏也會一步步重建起來吧？

走出地鐵站，映入眼簾的是一列紅白交錯的雙屈蝸潛，窗外的簷篷掛滿了隨風搖曳的衣物，像揮動着屬於自己領土的旗幟。恐怕在香港其他地方絕無僅有，也是這裡的特色吧！穿過一條大馬路，街道兩旁卻隨著我越走越深入，就越昏暗，抬頭一看竟然是那些鱗次櫛比、低矮窄小的建築物為我遮擋火傘嬌陽。微弱的清風夾雜着海水味，輕輕吹撫着我的臉頰，小孩嬉戲歡笑聲和經典金曲傳入我的耳窩裏，聲音的源頭就在背後，回頭一看，白牆上寫着「海心公園」四隻字。聽聞，這裏最具特色的是一個怪石嶙峋的魚尾石，被海水侵蝕成形的它是否也見證了這區的滄海桑田？

越過海心公園，順着馬頭角道走去便看到了充滿文化氣息的牛棚藝術村。走進人去被紅磚矮牆包圍，牆下是一條長長的水力槽，底部擊著一個又一個的鐵環，昔日是用來鎖住牛足吧！遠處望去，我不自覺地被那紅磚牆和那道半破不爛的綠色木門所吸引，一步步地走去，還是忍不住拿出手機「打卡」。坐在外面的長椅上，嘗試感受一下這裏的藝術氣息，這裏有許多攀藤植物，和紅磚綠瓦搭配，毫不違和。我在袋子裏拿出未看完的書，偷偷地脫下口罩，坐着長椅伴着小樹，感受着難得一次的空氣，在「文青」的氛圍中，靜靜地咀嚼書中的文字。

突然，一片葉子落在書上，打亂了我的思緒，下意識看上望，才發現天色開始暗了起來，亦開始有些飢餓感。收拾好東西，帶上口罩，離開牛棚藝術村。遠處傳來陣陣的叫賣聲，我向着聲音的源頭走去，迎面而來的是一股夾雜著咖哩的熱氣。「靚女，想吃什麼啊？」一位笑臉滿迎的姨姨叫道。我買了一串咖哩魚蛋和兩串燒賣，姨姨笑着跟我道謝，恐怕現在那些新市鎮和豪宅附近，只有高級餐廳和會所吧，哪還有這些民間小食呢！趁着熱氣騰騰，我馬上大口大口的吞下去，一股暖流在我的心頭裏，頓時感受到濃濃的人情味。

走回地鐵站，亮麗的玻璃反映著路旁建築物的蒼老容顏，我想隨著這次通車，土瓜灣大變遷在即，這些晾衣架上肆無忌憚的內衣褲和裙擺、

狹短昏暗的混凝土樓梯、載有人情舊事的白鐵雕花信箱，恐怕就要變成歷史了。新舊建築交替着，上一輩的回憶，隨着市區重建悄悄地、慢慢地流逝……

## 談談如克盡孝道

### 4D 李衍基



古語有云：「百行以孝為先」。在中華文化中，「孝」與我們息息相關。自古至今，孝道一直為人推崇，凡人的心態和行為，有孝，均令人欣賞。古有二十四孝「臥冰求鯉」、「負米養親」，這些故事都令後人上了「孝」重要的一課。然而，如今社會卻難求如此一舉，人們漸漸地忽視了孝道。

在「永遠不要對父母說的五句話」中，令我體會最深的是「我的事不用你管！」和「說夠了沒？真囉嗦！」我們總是想着脫離父母和家庭的束縛，想要自己獨立生活。犯錯了，其實父母只是想要給你一些人生指導，讓你少走彎路，讓你更快成長。我們常常覺得父母囉嗦，每次回家，父母必定會嘮叨你一番，一些雞毛蒜皮的小事，都不厭其煩地叮囑和詢問我們，聽到耳朵都快結繭了，我們每每就惡言制止。

其實，仔細想想，父母不對你嘮叨，還能對誰嘮叨呢？等我們作為父母，開始着緊自己的孩子，開始嘮叨自己的孩子的時候，便終於明白父母的用心良苦。作為子女，我們不能惡言相向，讓父母在我們面前像個孩子一樣畏畏縮縮，不敢言、不敢語。我們總是咆哮着，讓父母不要干涉操心我們的事，但你是他們的孩子，他們怎麼可能不管你的事？他們總是關心孩子，這是父母的本性，天下的父母都是這樣吧！

孔子說：「今之孝者，是謂能養。至於犬馬，皆能有養，不敬，何以別乎？」真正的孝道是應該心存敬意，尊敬父母，否則養活爹娘與養活飼養畜生沒有分別。例如「負米養親」的子路，他從小家境貧困，非常節儉，經常吃一般的野菜，可是他不忍心讓父母天天吃野菜，為了讓父母吃到米，不能寒風烈日，都不辭辛勞地跑到百里之外買米，即使搭車也要花上幾個小時。子路的「敬」都值得我們去學習。他為父母無私付出，就算走到千里之外，天惡劣，也不怨。所以，下一次聽到父母向你嘮叨時，不妨想想父母的苦心，用「敬」去回應吧！

此外，在「永遠不要對父母說的五句話」中令我體會很深的，還有這一句——「跟你說過多少遍？不舒服就去看醫生，偏偏不聽，現在病情惡化了，怨誰？」父母老了，身體狀況也差了，但我們成家立業後，

有自己的工作要忙，有自己的家庭照顧，父母總覺得為我們添麻煩，便把事情藏在心裏，不肯說，或者遲遲不去看醫生。做子女的，不明白父母的處境，在父母生病時惡言相向，真是不孝啊！

其實，作為子女，應站在父母的角度想想。父母年紀大了，面對死亡自然產生恐懼，並不想面對現實，他們認為知道了病情，接着來的人生活過得很悲慘，或許一無所知反而會過得更愉快，所謂「無知是福」。子女此時便應謹記「事父母幾諫，見志不從，又敬不違，勞而不怨。」即使父母不肯去看醫生，作為子女應心存敬意委婉勸諫，若果父母不肯聽從，我們仍要尊重他們的抉擇並孝敬他們；雖然感到擔憂，但不可怨恨父母。

「敬」，是盡孝的精神所在。願天下子女都能對父母心存敬意，別在失去時才來懊悔，因為到那一天，一切都追不回去了。

## 舊區見聞

### 4D 李衍基

在幾座枯燥乏味的的高樓大廈中，穿插着一排排色彩斑斕的唐樓，井然有序地佇立在觀塘一帶，為這個商業區注入了不少活力。街上充滿着人們的喧嘩聲、果攤的叫賣聲、輪軸的與地面的摩擦聲，是熱鬧，和充滿人情味。突然，一股充滿香港特色的香味撲鼻而來，我的大腦未反應過來，我的雙腿就不自覺地朝那寶物前進。

香味是從那小食攤飄來的，桌上滿佈黃色的魚蛋、金黃的燒賣、雪白的腸粉……多得讓人目不暇給，價錢也十分「親民」。抬頭一看原來是個年邁的老人一手經營，忙得手忙腳亂，卻又能與顧客對答如流。聽到人們吃得津津有味的咀嚼聲，我的肚子不禁哀嚎起來。人們擁擠在攤前，手裏都拿着一張張紙幣，急不及待地交給老闆「給我一顆魚蛋吧！」「我才不要醬油啊！」無意間，從他們的口中得知原來小食攤經營了二十多年，現在卻是他最後一個星期營業了，許多老顧客聽聞到這件事都紛紛回來光顧他，品嚐這最後的老味道。

在街道上漫步，一抬頭就見一座座飽經風霜的唐樓，那凹凸不平的牆壁上佈滿一條條細緻的裂痕，彷彿在一幅油畫上添上一筆一劃。那些搖搖欲墜的招牌，身上佈滿鏽跡印證了自己的風霜歲月，彷彿與我訴說着其輝煌的歷史。

旁邊的茶餐廳待應：『靚仔』，吃了飯了嗎？進來吃飯吧！」進到餐廳後一個個白色的卡位和綠白配色的地板映入眼簾，感覺讓人回到了

九十年代。忽然，一個凶神惡煞的男侍應把菜單「啪」一聲甩在桌上，急忙轉身走到老婆婆的身前，卻為他細心講解菜單，雖然我對服務態度的差異感到不滿，但相信這是一種獨特的舊區「人情味」。

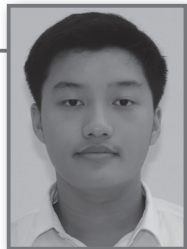
越走越深，發現行人也越來越少，看見寥寥可數的店舖，他們都有着自已有趣的故事。轉角處有一間修鞋鋪，修鞋的何伯他年輕時做過很多工作，一次在街邊看到別人在修鞋，看到修鞋那細緻的工序，突然對修鞋產生興趣，便開始自己在路邊擺攤修鞋，忘記了怎樣修，便到處問人，一邊學一邊做，不知不覺就做了四十多年，見證了腳上潮流的交替。何伯雖然患上了白內障，什麼也看不清，但一對破舊的鞋到他手上，仍然能變成猶如新的一樣。每一對經過他雙手的鞋都充滿着他的心血。

隨着時代變遷，許多舊區都被重建，昔日的景象煥然一新，人面全非。充滿香港特色的唐樓變成了呎價五位數的豪宅，從前熱鬧又充滿人情味的大街，變得高貴卻陌生，不易親近。我對這舊區感到可惜，因為許多香港特有美食及文化都這舊區起源，可是這片起源地卻要面臨清拆的命運，永不復見。

## 這一段童年回憶，令我明白親情的真諦。

### 4D 黃智淵

何謂親情？難道只要有血緣關係便可稱作至親嗎？在我經歷那件事前，這些問題都在我心頭環繞，我本打算放下這些問題不顧，讓時間替我解答，但早在我七歲，我就知道答案。



回想起七歲的時候，我還只是一個十分叛逆的小孩，那時我隔三差五就會因和父母頂嘴而被他們罰站。我不喜歡他們，他們也不見得有多喜歡我。這種水火不容，令我心中浮起了一個大多數小孩都有的疑問：「我真的是他們親生的嗎？」那個時候我甚至作好了一輩子都與他們勢不兩立的準備，但隨即浮現在我眼前的是一個更加深層的問題：「既然如此，那為什麼他們還要繼續供養我？」一個個問題如同氣泡一樣在我的腦海中不斷浮現，不清楚來源，也沒有盡頭。

這一天，爸爸媽媽也因工作而把我一人留下獨自看家。沉悶的滋味並不好受，我決定出門玩耍。我整裝待發就像一個收拾好行李期盼探索新大陸的探險家。孩童總是很容易受好奇心驅使，畢竟窗外的世界廣闊得看不見盡頭，任誰都會想闖蕩一下，對吧？

下樓後，我蹦蹦跳跳地走過馬路對面的遊樂場，打算加入正在遊玩

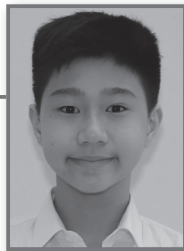
的孩子們。我無暇顧看馬路上急速衝撞的車輛，當我轉過頭時，汽車就在只離我十多米遠的位置徑直衝來，當我意識到時雙腳早已反應不過來，從那玻璃製車窗的倒影中，我彷彿看見了自己人生的跑馬燈。突然，我感覺到我的衣領被猛地扯了一下，身體隨即失去平衡向後倒下。看著汽車輪胎刷過我的鞋底，我知道我得救了。我回頭一看，出現在我眼前的竟然是滿頭大汗的爸爸，而剛剛那輛汽車早已消失得無影無蹤。

我看著爸爸那濕透了的襯衫，那凌亂不堪的頭髮，我便明白發生了什麼事。我的眼眶泛起淚光，下一秒淚水便不受控制地流出。不知道是因劫後餘生還是其他因素，我的心就像被索帶勒緊了一樣，久久不能平復。

當我回過神來，我就已經坐在餐桌旁準備吃晚飯，爸爸在一旁悠閒地翻著報紙，仿似剛剛發生的一切是一場夢。正當我打算開口問爸爸今天的事情時，他用手捂住我的嘴，說道：「我今天只是剛巧路過，剛剛的事情你不要多嘴告訴你媽媽，免得她擔心。」而媽媽這時在廚房準備飯菜。這一句簡短的話卻令我感慨萬千。

親情的意義，並不只在於血緣關係，更在於一群人在同一屋簷下互相扶持、互相為對方撐腰，成為對方最堅實的後盾。父母總是默默付出不求回報，但我相信，將來我懂事，我有能力了，總會回報他們。只有每個人都盡了自己的綿薄之力，才可以支撐起這名為「家庭」的布。

有人說：「香港人才輩出是源自港人勇於創新和堅毅不屈的精神。」你對這句話有甚麼看法？



#### 4D 許梓謙

香港是一個高度競爭的社會，因為不斷的發展，急需人才。幸好，香港人勇於創新以及堅毅不屈的精神，令香港人才輩出。至於，香港在戰後百廢待興，今天卻搖身一變成為國際都會，有賴香港人堅毅不屈的精神，將他們畢生的精力建設香港。

首先，我認為如今香港人才輩出，其中一個原因是香港人擁有迎難而上的精神，就算前面是重重障礙，他們都會向着自己目標前進，他們迎難而上的精神，能夠影響很多人。例如：剛剛過去東京奧運，香港劍擊代表張家朗，他在男子個人鈍劍決賽中，以 15-11 的分數擊敗上屆獲得里約奧運男子個人賽冠軍的義大利選手加羅佐，成功奪得香港歷史上第二面奧運金牌以及第四面獎牌，並打破港隊最佳紀錄，他以堅毅不屈



的精神，證明自己，亦為香港奪得了首面金牌，更進一步證明了香港人的堅定精神，影響一代又一代傳承劍擊的運動員，他更加令更多人學習劍擊，最終劍擊界，是會因為張家朗的影響力，而人才輩出。

自二零一一開始，敘利亞就處於戰爭當中，敘利亞將大量資金和人力投放於戰亂中，這十年來，一直都沒有創新，只是將資源投放於戰爭中，令到他們出現人才短缺。有研究指出，敘利亞這十年來處於負資產，其中一個原因是他們並沒有花費任何時間在創新上，所以，才令他們人才短缺。相反地，香港人於大量人力、時間、資源上，創新是指人在推動下產生一些以前沒有的新技術，或發明。創新，就像一個人去探險，他一定要肯踏出去，不怕艱辛，才可以發掘更多地方。因為創新，世界才有現在的發明，現在的文化，現在的社會，因為創新，世界才會前進。雖然創新可能會經歷失敗，但香港人堅持放棄，不屈不撓的精神，最終獲得成功，就是因為這種精神，令香港後輩看見，所以，香港人敢創新，最終令香港人才輩出。

由此可見，如今香港人才輩出，全靠香港人勇於創新和堅毅不屈的精神，因為香港人努力不懈等精神，換來人才。

## 如何克盡孝道

### 4D 張詩敏



中國文化中最核心的精神是孝，不僅把孝順作為做人的基本原則，還將孝引入國家治理中。但在如何盡孝方面，卻有着不同的看法。以下，我將會分述我的看法。

首先，我們應自愛。正所謂「身體髮膚，受之父母，不敢毀傷，孝之始也」每當自己生小病，父母就忐忑不安，情願生病的是他們。何況，你因不珍惜自己的身體，而導致年紀輕輕就生大病，父母是會有多擔心呢？我們理應兼顧忙碌的學業或工作的同時，好好照顧自己的身體，按時吃飯，不要食無定時，定期做身體檢查，以提早發現的問題，提早預防，使父母安心快樂，也是實踐孝道之首。

其次，我們應該回饋父母的恩德，父母把他們寶貴的歲月給予未知的小生物上，不知他或她會否對父母好。而我們卻隨着年齡的增長，漸漸忘掉了一些很寶貴的東西。有多少的兒女一出社會，就幾乎不回家，只知道往家裏寄錢，買東西，不知父母內心真正想要的，跟物質毫無關係。雖如此，我父母卻是相反的例子 ----- 我父親不僅對奶奶給予物質，還經常探望。這才是對父母的養育之恩表示感謝，和供養他們，表示不

忘恩負義。

再者，子女對父母應有敬愛之心。《論語·為政》指出：「今之孝道，是謂能養。至於犬馬，皆能有養，不敬，何以別乎？」時代觀念的落差，不少子女對待父母，是以毫不遮掩地表現不屑一顧或針鋒相對的態度對之，甚至向他們露出厭惡的表情，令父母感到心寒。期望大家遇到父母要求或責罵時，請想起我們是父母所生，因父母的栽培才得以長大成人。此時我們理應順他們意，等氣消時，再訴說自己的想法。不僅能讓他們更加了解我們，而且能做到「敬親」的孝行。不是一舉兩得嗎？

總括而言，做到孝道，應從愛惜自己身體做起；再者是要回饋父母的恩德，並發自內心地關心父母，回饋父母。這是我

## 舊區見聞

### 4D 張詩敏

現今社會，我們大多會選擇大型商店，而不是那些看似古老殘舊的小店，因而我們漸漸就遠離那些陪伴我們很久的物事，猶如對待父母一般。

有一時，我對於小手作頗有興味，所以某天我與小夥伴一同前往手作材料勝地：深水埗。當我們踏進街口，四圍色彩斑斕的花朵已經給我們來一場大大的震撼，看到這一幕，不禁覺得前面再沒有什麼足以令得驚艷了吧！

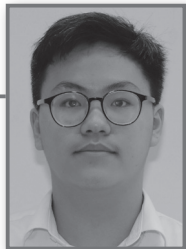
我們可以從店舖門口，窺見店舖販賣的是什麼。走進一門販賣各式各樣布料的店舖，剛踏進去，就嗅到布料獨特的香味，淺淺的一陣帶着甜甜的香氣，布料有不同顏色、不同材質、不同圖案。旁邊是穿珠的店舖，抬頭一看，各式各樣的卡通、動物也在空中逗留；進裏面看，是一道一道放着穿珠的收納櫃，每個櫃桶都擺放着大大小小、不同形狀的穿珠，任君選擇。店員熱情地向我們介紹這些珠子哪裏生產，有何特別之處等等，滔滔不絕。我們邊聽她介紹，邊挑選自己心儀的產品。

然後我們還發現涼茶舖。店中擺放着一桶一桶的涼茶，桶面掛著一塊大大的白色亞克力，牌上用紅色箱頭筆，寫上涼茶的名字、功效、價錢供人參考。還嗅到涼茶獨特的香味，苦苦的。現今的人大多都買台式飲品，也因此台式產品店隨處可見。此消彼長，現今舊式的涼茶店真是買少見少，這不禁令人嘆息。希望未來還可以見到涼茶舖，而不是被其他飲品店淹沒。

在香港，這些深水埗街頭的店舖已較難發現。我很喜歡這些店舖的

裝潢和顏色，有一種令人懷念的氣息。像那高高的櫃，裝着不同的裝飾，雖然會令人眼花繚亂，但我喜歡這種展示貨品供人觀賞的手法。我們理應好好珍惜此地，時代在變遷，發展很重要，然而感情也會不再，未來可能會因重建而帶走不少傳統和上一代的回憶，到底重建還是破壞？有沒有兩全其美的方法呢？

**有人說：「香港人才輩出是源自港人勇於創新和堅毅不屈的精神。」你對這句話有甚麼看法？**



#### 4D 羅梓義

香港是一個節奏很快，競爭亦非常大的國際都市。一個又一個人才卻能在這樣的地方發出光芒是十分不容易的。香港人才輩出是源於自港人勇於創新和堅毅不屈的精神嗎？我是認同這個看法的。

一直以來，每一項創新都為社會帶來貢獻。香港人創出新的技術後，會令香港重視這方面的研究，令更多人有更好的資源來發揮他們的天賦，從而發掘出人才。例如甘志深，又命「八達通之父」，由設計、起名、研發、推廣及營運，一直參與著八達通系統發展。1997年八達通卡面世，顛覆香港人的消費和出行模式，成為世上領先的非接觸式付費系統的模範。在人才的創新後，這方面的技術也不斷前進，例如創新出手機錢包支付等更方便的技術，令香港科技發展前進。由此可見，證明香港人才輩出源自港人勇於創新。

在香港難道只有能創新的人才算成功？那當然不是。堅毅不屈的精神也是不可缺少的，不是所有人都可以一次就成功的，只要不斷嘗試才可以成功。人們常說，上帝關上一道門，一定會為你打開另外一道窗，每個人的天賦都不一樣，不一定要和別人比較，做好自己就可以了。香港乒乓球運動員黃鎮廷，9歲才開始打球，香港乒乓球代表隊總教練陳江華說：「當年九成人不認同他，覺得他年紀大不想收他入隊，我卻覺得可以栽培。」在黃鎮廷堅毅不屈的精神中，幾年內進步神速，最後獲得成功。不要因他人覺得自己天賦不及其他人才，只有自己努力，就可以成功。港人有堅毅不屈的精神就可以人才輩出。

香港能夠人才輩出，靠得是香港人自己勇於創新和堅毅不屈的精神，努力不放棄，好好運用自己的天賦，為香港做出貢獻。

有人認為：「富裕物質是和平的基本條件。」  
你同意嗎？



## 4D 林宇軒

有人認為富裕物質是和平的基本條件。我並不認同這個說法，我認為富裕的物質只是和平的其中一個條件。

第一，人們擁有對物質的無限慾望，就算人人資藉豪富，最終都會發生競爭，因為縱使富足，也會漸漸覺得不滿足，想獲得更多、更好的物質，以至於與他人競爭，甚至做出一些非法行為，最終令社會變得不安穩。

第二，富有的生活並不能滿足人所有慾望，始終解決不了非法行為，一個犯罪率高之地又何言和平？犯人有很多種，有小偷、毒販、殺人犯等等。富足的物質雖然可以減少偷竊搶劫的次數，卻不能減少患有精神病或心理變態的犯人。就算殺人犯家財百萬，他依然會繼續殺人；就算強姦犯家財萬貫，他依然會強姦別人。由此可見，富裕物質並不能滿足人的慾望，有些做出不正當或非法行為的人，依舊會繼續做那些事，甚至因為富裕而更有能力胡作非為，可見富裕並不能實踐和平。

第三，豐裕的金錢終究只是物質，不能令每個人的道德變得良好。只要社會中存有道德低下的人，把利益凌駕在道德之上，就會滋生事端，例如：一些人蠻不講理、恬不知恥，經常做不正當行為，他們不但會被朋友、家人所嫌棄，社會也會因他們而變得混亂。他們的後果小則到失去朋友，與親人疏遠；大則成為社會的累贅，最後危害社會，令社會不得安寧。

總括而言，富裕物質只是和平的基本條件之一。就算有了無窮的物資，人也依然擁有慾望，促使他們繼續犯罪或競爭，實踐不到最基本的和平。

## 我從香港奧運運動員身上學到……

### 3A 何俊熙



在本屆東京奧運會中，香港運動員以他們鍥而不舍的精神為我們帶來了許多意想不到的驚喜。然而，他們不但創下了最佳成績，而且還成為了我們年輕人學習如何為目標奮鬥的好榜樣。

我們只看見香港運動員站在頒獎台上的風光，但他們在台下時含辛茹苦的訓練，我們卻未曾見識過。想像每個香港運動員都為了目標而努力前進的模樣，我不禁自愧不如。他們有明確的大志，也有向前的動力。我雖然也有自訂的目標，但是總是被現實感壓垮，曾經的理想也漸漸消退。在電視上看見香港運動員將自己多年來的努力發揮在比賽上，我也不知不覺地被這份幹勁所感染。「我也希望在眾人面前把自己努力的成果展現出來！」我的腦海中浮現了這樣的想法。

可是說得簡單，做起來卻一點也不容易，因為我的老毛病已經「習慣成自然」了。如果我對我正在做的事不太感興趣，我便會很容易分心。因此，我決定先從自己感興趣的目標做起。正所謂「小事不謹慎，大事難成功」，要成就大事，就要從小事做起，總之慢慢來吧。

其實我自知自己不可能像香港運動員一樣，那樣的勤奮、力爭上游，但「逆水行舟，不進則退」，他們的精神教會我要對自己有要求，才有前進的動力。既然認為自己的能力有限，那就試着去突破吧！沒有的技能，去創造出來就好了；沒有的能力，去鍛煉出來就好了。我終有一日，也要成為一個令自己滿意的人。

## 我從香港奧運運動員身上學到……

### 3A 郭巧瑩



就在剛剛完結的二零二零東京奧運會裏，我們香港代表隊的運動健兒們連創佳績，取得一金、二銀和三銅，共六塊獎牌。他們都有著優秀的表現，四十六位香港運動員全力以赴，教人振奮！

一場場驚心動魄而又精彩的比賽，一種種緊張而又感動的時刻，使我們既興奮又擔心啊！

連奪兩面游泳銀牌的何詩蓓曾經說過：「比賽發揮好壞，百分之八十



與心態有關，另外百分之二十才是體能，所以控制好心態便可有好表現。」即是說，運動員就算具備實力，也並不代表比賽時一定能發揮得到，在全球矚目的奧運舞台，兩強相遇勇者勝。就好像殘奧會的運動員一樣，要克服自身的殘疾障礙，待遇亦不盡人意，卻從來沒有放棄，這份無比的勇氣，十分值得我們學習！

運動員是一種精神——賽場上無所畏懼的精神。平日裡努力付出的精神，他們的精神我們值得學習，像箭一樣衝出，以飛快地速度到達成功的終點。

不為掌聲的詮釋，不為刻意的征服，只有辛勤的汗水化作追求的腳步，心中堅定的信念，腳下沉穩的步伐；你用行動訴說著一個不變的真理：沒有比腳更長的路，也沒有比人更高的山；希望在終點向你招手，努力吧，用你堅韌不拔的毅志，去迎接終點！

## 我從香港奧運運動員身上學到……

### 3A 謝育嫻

香港這一個小城市，一直卻有在背後奮鬥的香港運動員。在 2020 年東京奧運會，他們連創佳績，取得一金、二銀、三銅共六個獎牌，為香港自 1952 年參加奧運會寫下了歷史。



很多人都不會想到能獲得如此風光的佳績的香港運動員，他們的經歷，直至完成自己的夢想，是多麼的艱苦。例如，24 歲拿得奧運劍擊金牌的張家朗。他出生自籃球世家，小時候亦被父母影響熱愛籃球，但後來他在中三參加了劍擊班，劍擊漸漸成為他的興趣。至今他已經參加了無數的劍擊比賽，19 歲的張家朗在 2016 年亞洲劍擊錦標賽，最終奪得個人賽金牌，奪得亞洲冠軍，成為香港歷來首個個人亞洲賽王者。後來還取得香港首位奪取奧運金牌的男性。不少人觀看比賽時都發現鞋側寫上「Don't lose your way」，他並說到這是為了提醒自己不要忘記打劍的初心，亦不要因為好成績就驕傲，或者感到不可一世，希望自己能沉住氣，爭取更多佳績。如此謙卑實在難得，不枉得到香港人支持！

不得不說 2020 年東京奧運首次將「空手道」納入獎牌項目，下屆的巴黎奧運會並確定會取消此比賽，對不少熱愛空手道的「粉絲」感到可惜。29 歲香港空手道運動員劉慕裳，目前為世界空手道運動員排名第三，亦首先能參與奧運，和她的夢想又走近了一大步。但這可能是她的最後一次獲得參與奧運的機會，所以她非常珍惜這時刻，還奪得空手道女子個人形項目銅牌，實現了她的夢想。她經常對自己說：「無論有多累

都要掙取自己最後的能量出來。」使他8年間勇奪20多個獎項，真的令我們敬佩。

其實香港運動員拼搏進取的精神，能夠激勵人們以堅定的信念、頑強的意志、剛強的毅力，披荊斬棘、百折不撓、克服重重艱難險阻，直至摘取一顆顆璀璨的明珠，攀登上一個個光輝的頂點。他們自強不息為香港寫下每個歷史，我們這些中學生也要發揚自強不息、拼搏進取的精神，在困難面前不低頭，在艱險面前不退縮，在逆境之中不氣餒，以濃墨重彩點染自己人生的畫卷！

## 我從香港奧運運動員身上學到……

### 3A 蘇潔瑤



奧運在幾個月前結束，香港選手越闖越勇，獲得一金兩銀三銅的佳績。但我們只能看見他們在比賽中的激烈鬥爭，衣服後可能都是那一道道傷口。人們也常說道：「台上一分鐘，台下十年功」，沒有人能輕易闖過難關，要付出比其他人更多的汗水，就會為香港寫下輝煌的新篇章。

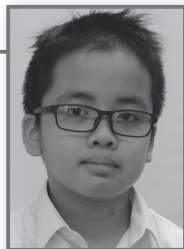
香港著名的運動員李慧詩，其實小時候也有一個很多人都跨不去的坎，而她闖過去了。她小時候就患上了先天性貧血，又出身於貧窮家庭，即使這些挫折擋着了李慧詩的路，也無法阻擋她對單車的熱愛，她亦能自己闖出一條路，被學校的老師發掘了她，從此開始了職業單車手的生涯。

不單單只是李慧詩，我相信許多運動員經歷過挫折，也想過放棄，但也闖出自己的那一片天。運動員都需要經多年來的訓練才去參賽，才會有那歷史性的時刻。他們的這種鍥而不捨、不屈不撓、永不言敗，才會成就了今天。我們也因當如此，把這種堅毅的精神融入於生活。試回想，從古時到現今，哪一位名人的事迹是因為半途而廢而成功的？

在現實中，人們就應該學習這些不屈不撓的運動員，在處事方面不應該馬馬虎虎、半途而廢，朝着目標進發，做到最好，越戰越強，把潛能激發出來。相信大家都知道家傳戶曉的「堅持就是勝利」，只要路正確，只要鍥而不捨，就一定要走向成功；如果半途而廢，也會跌入谷底。鍥而不捨，就是成功的關鍵！

## 我從香港奧運運動員身上學到……

### 3A 蔡栢軒



東京奧運會過了數月後，我至今依然未能忘記港將於奧運的舞台上全力以赴爭奪獎牌的畫面，古語有云：「台上一分鐘，台下十年功。」我們之所以能夠在奧運會上看到他們為港而戰，是因為他們每天千辛萬苦地練習，這也是我們應要學習的地方。

以香港女單車手，擁有「牛下女車神」綽號的李慧詩為例，由於出生時便被診斷出貧血症，使她的體力恢復會比一般人慢，這無疑使她比起其他運動員較劣勢。她勇奪銅牌，便是因為她有那永不言棄的精神，雖然她的教練不幸離開，她痛心拔腦，可是她從始至終都沒有想過放棄，她鍥而不捨的精神值得我們尊重和敬佩。至於為香港奪得第二面金牌的劍神張家朗都不例外，他從 32 強不斷過關斬將，先後遇上了不同經驗比他豐富的老將、世界排名第一的……可是最令我歷歷在目的，必定是 8 強賽事中的反敗為勝，當時張家朗命危一懸，比分到了 9 比 14 的時候，想必觀眾都已經「打定輸數」，但在劣勢下的他成功將平日含辛茹苦所訓練的全部發揮出來，一分得來不易，劍神卻在短短的幾分鐘內奪得了 6 分，成功在劣境的情況下維持心態，成功取得 4 強的門票。張家朗跟世界排名第一的比拼，難道他不會不害怕嗎？他在落後 5 分的情況下反超，難道他沒有緊張？這一切皆因他每天堅持着艱辛的訓練，所以堅持是多麼的重要啊！

我們心中往往都有一個自己的英雄，英雄的特質是甚麼？我認為大部分英雄都是堅持不懈的，就如我的英雄便是李慧詩。即使她並不是世界第一，但是她不驕傲自滿、堅持 7 時半起床，雖然曾在舞台上跌倒，但她站起來了，堅持下來，已經令我敬佩萬分。

最後，李慧詩曾說「不是拿了獎，運動員就有價值，沒有獎就不是英雄。」的確，可能我們可以看到運動員站在台上的短短幾分鐘，但是會否有人留意得到他們三年又三年的訓練？不論是得到或是沒有得到獎盃的運動員，都在我們看不到的時候在為目標而努力奮鬥。

## 我從香港奧運運動員身上學到……

### 3A 麥慧梅



香港有一個女強人，她有著強健的肌肉，異於常人的運動細胞，卻因為上天認為她太過完美，給予了她一個大麻煩，那就是貧血病。但她卻經常以燦爛的笑容面對她所經歷過的所有困難，無論他人如何勸告她，她也未曾放棄過。這就是香港的「牛下女車神」——李慧詩。

可能這時候有人說：「女孩子一身肌肉，也不去打扮，這怎麼像一個女孩子？」但他們並不知道這些肌肉卻是她為了香港的聲譽，日新月盛地加緊練習，為香港而付出，也是最美的特徵。

她從小熱愛運動，在就讀觀塘地區名校梁式芝書院時，她也一直活躍於各種運動項目，更因為出眾的爆發力被香港單車聯會選中，成為運動員。在2006年的一次公路訓練期間，她為了避開橫空出現的狗隻，左手嚴重骨折。由於她先天性患有貧血症，康復情況不理想，經過了三次手術才復出，但仍然左手腕還是未能正常扭動，屬輕度傷殘。因為這個疾病，她在每次的專案訓練或比賽後，需要比一般人更多的時間恢復體力。經過這次的意外，更是難以維持單車運動員的生涯，就連培訓她的教練也力勸她退役。

但她卻堅持下來，相信自己並不會因為這些「小事」影響自己的理想，最終也是透過自己的表現來反駁教練的想法。接下來的幾年也是獲得了數不勝數的大大小的賽事獎項。在比賽結束並獲得獎項之後，她第一時間是去感謝她的家人和教練的悉心照料。就算在比賽遺憾地敗給了對手，也不會有厭惡的眼光去對待對手，反而誠心地祝賀她們。她這樣謙虛、感恩和堅持的精神是值得我們向她學習的地方。

李慧詩的經歷令我想要去改變自己，想讓自己也成為像她一樣的人，不再因小事而頹廢。不管結果是好是壞，也要竭盡全力，這樣才不會虧待自己。就算結果不理想，也心服口服，並能欣賞他人的才華和成就，不以小人之心去嫉妒他人。

## 我從香港奧運運動員身上學到……

### 3A 吳逸熙

今年香港運動員在本屆東京奧運會連創佳績，取得一金兩銀三銅，共六個獎牌。香港運動員鍥而不捨的精神，為我們香港爭取到了不錯的成就，是香港自一九五二年參加奧運會以來的最佳成績。他們背後流的血、流的汗水、流的眼淚，是我們難以想像的。而我們也應該向他們學習，為自己的目標努力和奮鬥。



由十六強開始，見證着他每一步向前走都是非常不易的。尤其在最後一戰，落後六分，一劍一分奪回來，處變不驚，可見其心理質素非常高。四年前他在里約奧運過關斬將，雖然最後在十六強止步，但已得到香港男子花劍歷來最佳成績。至今屆東京奧運，他代表出戰團體及個人賽，再次在國際舞台上一展所長，一舉奪下奧運男子花劍個人賽金牌，他就是張家朗。他的奧運經歷實在是一個非常勵志的故事啊！贏了比賽後他提醒自己不要忘記打劍的初心，亦不要因為好成績就驕傲，或者感到不可一世，希望自己能沉住氣，爭取更多佳績。如此謙卑，不自滿，不驕傲的態度，非常值得所有人尊敬和稱讚。

所以我從他的身上學到就算遇到甚麼困難都要努力向前進，不要因為一點困難就放棄。而且保持謙卑的態度，不讓自己被驕傲打敗。而我相信那些失敗的運動員也不會氣餒，他們會繼續為香港征戰，拿取好成績。我為所有香港運動員感到驕傲，謝謝你們的努力，謝謝你們為我們香港征戰。

## 我從香港奧運運動員身上學到……

### 3A 褚泓峰

東京奧運結束近兩個月，香港運動員給了我們難得快樂的兩星期，社交網絡爆炸性地談奧運，香港人對港將的認識也大大增加，在本屆東奧香港運動員連創佳績，取得一金二銀三銅共六個獎牌。



「台上一分鐘，台下十年功」，我們在電視上看到運動員卓越表現，充滿明星風采，往往會忘記了他們曾經長時間付出過的辛勤努力。有些運動員更是努力了大半輩子也沒有獎牌。有時候我們甚至會抱怨，為甚麼那些運動員可以在一場比賽就可以名利雙收，但自己收入與他們有如



此大的差距？只要想想別人的曾經付出，再問問自己有沒有努力過多少時間去專注做某一件事情上，也就明白了。

在香港運動員身上，我學會甚麼叫鍥而不捨的精神、甚麼是永不言敗。我覺得世界上那些最容易的事情中，拖延時間最不費力。人生舞台的大幕隨時都可能拉開，關鍵在於你願意踏出那一步還是選擇躲避罷了。李慧詩曾說過「每次訓練我都盡 100% 努力，無論最後得獎與否，我都不會有遺憾。」她珍惜每次訓練的機會，每次都盡力做到最好，就算是拿不到獎牌也無怨無悔。但我相信是金子總有一天可以發光發亮。李慧詩曾在 2006 年的時候因一次公路訓練撞車導致左手骨折，之後反覆做了幾次手術都沒痊癒，一度被教練勸退，但她一直堅持，才有今天得到「牛下女車神」這個美譽。

人生沒有什麼假如，每個人的人生都不可重新設計。我們要把機會過自己想要的人生，過去的已不能改變，但我們還有未來，珍惜未來每一次的機會。而行動就是一種可以令你努力而成功的良藥，而猶豫、拖延是你成功路上的絆腳石。要想成功就必須行動。人跑得越快，遇到風的阻力越大，阻力與成就互相伴隨，一旦你跨過就極大可能會成功。人生沒有白費的努力，也沒有碰巧的成功。去做自己喜歡的事，不要怕走得慢，沒有任何人的進步是在短時間內發生的，時間會證明一切。我相信努力不一定成功，不努力一定不成功。就如那些運動員一樣努力吧！我想如果有人能如此努力，或許下一個張家朗就是他吧！

## 我從香港奧運運動員身上學到……

### 3A 鄧騰隆

奧運會是人類挑戰極限的舞台，那麼殘奧將是人類柔弱的生命的光輝。在東京奧運後我就是一個奧運的支持者，振奮著不僅只有我，而是世界各地的每一個人。延續這股熱火，我用了無數辦法才尋得觀看殘奧會的渠道……在東京奧運，觀賞性最誘人的莫過田徑項目。而這正是吸引我確切地和奧運綁在了一起，巧合之下，在視頻軟件觀看了一場令我震撼的比賽。



我也曾是一名短跑運動員，但是不夠毅力堅持下去，讓自己十分懊悔。我有矯健的雙腿可以讓我盡情揮灑汗水，而他因天生換上痙攣，站立也成了問題；我也被同學嘲笑我的跑姿像一頭莽撞的野牛，而他遭受著比我更鋒利的揶揄。「所有人都不把你當成普通人，那你就做一個不普通的人。」他在蘇媽的鼓勵下，每日每夜的學步站立，從走路到跑步，用

行動證明他並不殘疾。假如我沒看過那場比賽，怎麼都想不到一個人有如此的神奇 ----- 蘇樺偉。

走和跑對於我們來講非常容易，而他的道路從未簡單過。起初他在四歲才可以勉強站立，但他沒有因先天缺陷而放棄，而是在媽媽的支持和鼓勵下漸漸地發掘了跑步的天賦。在他十三歲時，遇到田徑隊在訓練，蘇媽便讓他嘗試一下，驚喜地他的天賦被發掘了。但天賦並不能決定一切，當他成績不達標時，蘇媽便會陪他一起練習。憑藉著不認命的抵抗意志，他堅持不懈地訓練終得其果，在亞特蘭大殘奧會中奪得金牌，也闖進了神奇一生的山巔。似一個能夠升起月亮的身體，必然馱住了無數次日落，他們首先會忽略你，接著會嘲笑你，再來會毆打你，最後會輸給你。讓我自愧不如的永遠是耀眼的鋼鐵之軀與不屈傲魂，也正是迫使我進步的推力。

人生在世僅是活著是不夠的，還需一點灼燒的陽光、不羈的自由、芳薰的花朵。而獲得這些的途徑是一條狹窄且苦難的道，倘若我也失去了翱翔的雙翼，仍會安上羽絨的翅膀嗎？不馳於空想不驚於噓聲，跌倒了就站起來，站不穩就爬過去，爬不過去就滾過去，總有辦法會成功。只要你願意堅忍一刻，你終將會成為你正在成為的人。

## 我從香港奧運運動員身上學到……

### 3A 黃恩佟

東京奧運會因疫情的來襲而延遲一年，但也不妨礙香港運動員為港人迎來一個又一個的喜訊。這次奧運會舉行的期間，我時刻守在電視機旁，全神貫注地觀看着來自不同國家的運動員為國爭光。而令我難以忘懷的是「少年劍神」張家朗先代表香港增添一面睽違多年的奧運金牌，緊接「女飛魚」何詩蓓在自由泳中奪銀。兩位比賽時熱血拼搏的畫面歷歷在目，望着頒獎台上方掛起的香港區旗，他們就是香港人的驕傲。

取得奧運入場券是不少香港運動員的夢想，那麼他們是怎樣踏上奧運成功之路？「壓力不是壞事，懂得將壓力變為動力，才合乎體育精神」這句話出自於張家朗口中。他的劍擊生涯中面對過無數逆境戰，而致勝的關鍵就是懂得將壓力化為動力。俗話說：「井無壓力不出油，人無壓力輕如灰。」人的確需要適當的壓力，如同我們在學習的路途上，常常在各方面感受到壓力的存在，面對壓力，我們必須積極地改變自己，充實自己，這樣才能正確抵禦各種壓力，成為自己前進的真正動力。有時候，壓力猶如泰山壓頂，但對於一位真正的成功者來說，壓力越大，動力就



越大。倘若我們對「壓力」抱着正面的看法，它就是人生中的助燃劑。

「總覺得對手比自己厲害的話，就已經輸了一半。」何詩蓓賽後接受傳媒採訪時表示，勝負是取決於人的心態，她賽前盡量保持平常心，好好享受賽事。眾所周知，她擅長專注做自己的事，不但擁有對獎牌的欲望，身上還充滿那種掌握游泳箇中細節的自信，更勇於追求個人突破的精神，以及不斷求取進步，繼而向自己的夢想進發。由此可見，值得我們學習的是她全力以赴的精神、謙卑自信的心，以及專心致志的處事態度，從她的身上能感受到體育界的一團火。

香港奧運運動員最令我敬佩之處是他們永不放棄、鍥而不捨的精神，他們以青春奉獻給體育運動，長年累月堅持艱辛的訓練，正所謂「台上一分鐘，台下十年功。」每一位出色的運動員，背後卻默默付出着又苦又甜的汗水，實在令我心悅誠服！

## 我從香港奧運運動員身上學到……

### 3A 黃若瑜

在今年的東京奧運會中，香港的運動員都取得了很多非常優良的成績。其中包括：劍擊選手張家朗，在男子個人花劍項目為香港奪得歷史上第二面奧運金牌；游泳選手何詩蓓，奪得女子 200 公尺自由泳和女子 100 公尺自由泳的銀牌；乒乓球女子團體銅牌及空手道女子個人形銅牌。



我相信他們為了這一次的奧運，付出的巨大的努力，他們創造了香港參加奧運會以來的最佳成績。與此同時，我也從他們身上學習到了鍥而不捨、勇於挑戰和為目標而努力奮鬥的精神。因為他們在東京奧運會上也一直為比賽而做努力，他們每一次的練習，都可能會直接影響到最後的成績。甚至有時候他們會不顧自己受傷，並且繼續訓練。即使他們受傷了，但是他們依然沒有選擇放棄。

同時，我也相信他們的目標就是為了在奧運會上為香港取得好成績。而正正也是因為他們所付出的時間，汗水，努力，成就了這一次在奧運會上的良好成績。他們總是那麼的閃閃發光，不忘自己的使命，努力在奧運會上拼搏。在奧運會上和這麼多個國家的選手比拼的時候，我相信他們用盡了全力，盡心盡力做到最好。可是正正因為他們是香港奧運運動員，所以他們身上的壓力是比我們更加大的。他們要承受著比賽的壓力，甚至有可能訓練到很晚都不曾休息，又或許因為這些壓力使他們更加努力。

雖然在奧運會上有些運動員沒有拿到獎項，但是在我們的心目中，他們這種鍥而不捨的精神會感染我們，使我們以他們為榜樣，努力地去奮鬥。

## 自從那次經歷後，我對他有更深一層的認識

### 3B 王梓程



「哇！」突然一聲大叫從一位女同學的口中傳出。她就是我現在的新同桌王嘉欣。她在我旁邊緊張兮兮的說：「我的功課袋忘帶了！」我心想：「開學第一天，她就欠功課，給老師的印象肯定很差。」

還記得第一次和王嘉欣聊天，是在某天的一個小息時，她主動來認識我並自我介紹。我曾經在學校裏聽過她的名字，因為她經常被老師說她上課時「魂不守舍」，而且又常忘記帶功課，十分粗心大意。所以她也是我們班的「大名人」啊。

下學期的時候，老師要選班長，這次的班長是通過投票選出的。突然，有人提名了王嘉欣，結果有很多人都讚賞。這令我回想起曾經在很多班會活動或工作上，她都十分有責任心，例如在壁報設計的時候會主動報名參加，並每次都會留到最後，幫我們把一些細節修好，而且每次叫她去購買材料，另一天她一定會準備好。因為她的責任心，所以讓她成功當上了班長。

回到家後，我回想起其實王嘉欣也曾經幫助過很多人，她曾在街上看見有人買東西卻欠零錢，她都會微笑着跟別人說：「給你吧！」把錢借給別人，她也經常幫助老師拿東西等等。所以她不僅有責任心，更富有同情心，樂於助人。

想到自己之前曾因一些是非和猜測去判斷一個人的好壞是不對的。所以我從王嘉欣身上學習到，和別人相處不應以聽到的猜測去判斷人的好壞，應多留意和觀察，否則會錯過真正值得交往的人。

## 自從那次經歷後，我對他有更深一層的認識

3B 王樂軒



回到學校裏，我就把功課和今天要用的書本拿出來，「哎呀！」我小聲地叫了一聲，我的書本在哪裏？我馬上慌張地一次又一次地檢查書包，但還是沒有找到，我不自覺地嘆了一口氣。正當我想把功課交給科長時，我又發現我少做了一頁，我感到非常絕望的時候，突然後方傳來一把溫柔的聲音：「怎麼了？有甚麼可以幫忙的嗎？」我轉身面向他，沒想到竟是這學年新的插班生——黃志偉。

在開學的那一天，是我第一次和他見面，但已令我對的印象非常深刻。在他進入課室時，老師叫他自我介紹，他的名字叫黃志偉，我的眼睛散發着親切和友善的目光看着他。他面無表情，目中無人的看着前方，他冷冷地看了大家一眼，露出一副不屑一看的樣子，他以冰冷的聲音，目無表情地自我介紹。他只用幾秒的自我介紹，我只知道他的名字，在此之後他便一言不發地回到座位，連大家向他打招呼也沒有回應。自此，我認為他是個冷漠的人。

我又想起老師給他分配了數學科的科長，那天我看見有位同學向他請教問題，他竟然無視那位同學，繼續做自己的事，使我對他的性格有更不好的看法，我認為他是個傲慢無禮的人。

但現在卻主動找我和問我有甚麼需要幫助。我呆在原地望向他，他竟然面帶笑容地望着我，我把現在的狀況跟他說，他馬上去把筆記本借給我參考，自己又去鄰班找人借書給我。今天，我對他的印象和性格有了很大的改變。原本我認為他是個傲慢的人，漸漸轉變成親切的人。

在其後的小息裏，我跟他單獨談天，才發現他原來只是害羞，沒有勇氣在很多人面前說話，也知道他是個親切和溫柔的人。幸好最後也結識這位品學兼優的同學。

我在回家的路上，令我反思在我認識的朋友中，能夠這麼熱心助人的朋友很少，我很高興能與他結識，令我明白到交友時不應未真正了解對方的時候就妄下判斷，不應先入為主和只看表面，應注重內在在美。



## 我從香港奧運運動員身上學到……

### 3B 何家榆

香港運動員們在東京奧運展示了超凡的實力及堅毅的精神，創下了香港有歷史以來最好的佳績，取得了一金、兩銀、三銅，我從中學習到他們堅毅的精神。令我最深刻印象的便是游泳選手——何詩蓓。



何詩蓓在美國密芝根大學就讀，當所有人大學生活多姿多彩的時候，何詩蓓卻刻苦堅持照着自己的時間表作息及訓練。令我認為何詩蓓堅毅的原因是去年美國疫情嚴峻的時候，學校泳池停開，令何詩蓓無法到游泳池練習，但她並沒有因為這個原因而令自己停止練習，她頂着寒冷的天氣到附近的湖泊練水，湖水的溫度十分低，有時練水後頭髮沒乾便要趕回學校上課以致頭髮結冰。正是她堅毅的精神，她成為了香港體壇上首位在同一屆奧運獲得兩面獎牌的運動員。

試問如果是你的話你能不能夠頂着寒冷在 10 度左右的湖水中練水，及在訓練過後頂着結冰的頭髮上課？我可以回答說我並不能做到這麼堅毅。甚至一個小小的困難就會令我放棄，例如有時候做數學題，有一個步驟錯誤而導致算不出答案，我便會放棄不做，但是其實不放棄和再花多點時間便能算出來。

成功的背後不會是一路順利，一定會磕磕絆絆，但只要你能堅毅地面對，你獲得的回報會告訴你你的汗水並不會白流，香港運動員連這麼艱苦的訓練都能克服，我們的困難又算得上是什麼呢？

## 挫折讓我成長

### 3B 何家榆

大家在成長的過程中少不免會有挫折，人生如果一點挫折都沒有，又怎算得上是人生呢！而我的成長中也有挫折令我成長。

我還記得那是個陽光明媚的早上，那天迎來了我在小學的最後一場考試，可能是最後一場考試吧所以特別緊張，心裏像是被塊無形的大石壓着，嘴巴不停地顫抖，腦子一片空白。正是這樣令我一直平穩的數學成績一落千丈，獲得一張滿江紅的試卷。得知這個消息，我的心像是被一萬支箭穿過，除了因為害怕回家後會被罵到抱頭痛哭之外便是認為自己很失敗，竟然在關鍵時刻掉鏈子，最主要的原因還是在考試前十拿九穩地向同學們說這次考試我拿定第一了，此時的我被同學們笑得無地

自容，簡直想找個地洞鑽進去。這種滋味我到現在還深刻地記着。我在這一刻簡直灰心極了！但我一想到同學們笑我的樣子，我便不甘心。正是這樣令我更加知道不能被這個小小的挫折打敗，而是要迎難而上。我開始慢慢反省自己為何會有這樣的失誤。我發現自己這次的失誤也不是全無原因，我回想起自己因為過分自信所以在我最有把握的這一科毫無準備，可以說是赤手空拳地上戰場。我更堅定地要在不足的地方改善。

在這次挫折中，我發現挫折也不全是不好，我們要學會慢慢在挫折中累積經驗，只要你戰勝這小小的挫折，你才能戰勝更多更大的挑戰。任何人成功的路上也一定會有挫折，並不會一帆風順。

挫折就像梯級一樣，只要你願意跨過這一級，你會發現挫折並沒有想像中的那麼可怕，而是指引你邁向成功道路上的指南針。

## 自從那次經歷後，我對他有更深一層的認識

### 3B 何家榆

「叮咚叮咚——」上課的鐘聲響起，今天是新學年的第一天，課室上還是熟悉的面孔，班主任陳老師身後跟着一位陌生的同學，但又感覺在哪裏見過。他的眼睛大大的、剪着一頭短頭髮、身型高高的。陳老師向我們介紹他說：「這是我們班新來的轉學生——陳小明。」陳小明跟我們說：「接下來請大家多多指教。」一聽到他的聲音我便想起了，原來今早上學的時候我在學校附近的小巷見過他，那時候的他像跟一群不良少年在爭吵，我便認定了他也是「不良少年」，那時的我怕惹事，便三步兩腳地馬上走了。但是沒想到這麼快又遇上他了。

陳老師向我走來打斷了我的回想並對我說：「你是班長，那麼新同學便坐你隔壁了，好好幫助新同學融入學校生活。」我頓時目瞪口呆，不是吧！接下來的日子都要跟這個「不良少年」坐在一起。陳老師見我這個樣子便問我是不是有什麼問題，但是礙於陳老師已經跟我說了要好好照顧新同學，我也不太不好意思拒絕，就這樣我便跟這個「不良少年」變同桌了，但是我因為怕會得罪他，所以跟他坐在一起我都是一言不發的。

就這樣飛快地過了幾個星期，有一天他突然請假了。陳老師便叫我將功課送到他的家中，我一頭霧水地問陳老師：「不是等他上課才來拿嗎？陳老師跟我說小明就住你的樓上你放學後幫忙拿給他吧。」我真的沒有留意到原來這個「不良少年」是住在我樓上。放學後，我背上沉甸甸的書包準備回家。在回家的路上，我看見一個熟悉的背影像是在找什麼，我站在旁邊靜悄悄地看着，這個背影的主人發出了——喵喵的叫聲，突然有一隻毛絨絨的小貓從草叢中跑了出來，我從側面看到原來這個

熟悉的背影是那個不良少年陳小明呢！他從口袋中翻出貓罐頭，揭開罐頭時發出——咔嚓的一聲，小貓的雙眼便像發光一樣盯着他手中的罐頭，陳小明把罐頭放到小貓面前，小貓便狼吞虎嚥地吃了起來。這時候的我還在旁邊靜靜地看着，我不禁想起：這麼有愛心的人難道真的是「不良少年」嗎？

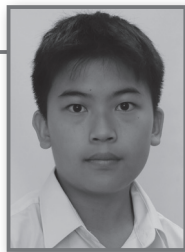
這時，我發現他好像準備離開了，我便「急急腳」地跑上去拍了一下他的肩膀跟他說：「這個是今天的功課，陳老師叫我拿來給你。」他跟我說：「謝謝，你也住這附近？」我說：「對啊，就住在你的樓下。」正當他準備離開的時候，有一個小男孩衝了出來跟陳小明說：「真的是你，那天謝謝你幫助了我。」陳小明笑着對他：「不用謝，只是舉手之勞，看着那群不良少年這樣欺負你，誰也會去幫忙的！」我回想起那天，原來他跟不良少年爭吵，是因為他看見這個小男孩被不良少年們欺負，才去挺身而出幫助他！看來是我誤會他了。他們說了幾句後，小男孩表達了謝意後便對他說再見了。我跟他聊起了天來，他一直在這個屋苑居住，但是因為家中有妹妹剛出生所以便搬一個較大的單位居住，也是前幾天才搬過來所以可能我便沒有發現到，但是他一直都有在這邊餵這隻流浪貓，聊着聊着不知覺也傍晚了。

其實有很多東西表面也不一定是真實的，你一定要用心去發掘它，正如人不可貌相，表面的東西也不代表所有。

## 自從那次經歷後，我對她有更深的認識

### 3B 周偉豪

「啊！糟糕了！」我叫了一聲，我發現媽媽生病了，正在床上休息，她的精神不太好，需要休息，所以我和哥哥就待在家裏照顧媽媽，雖然說是照顧，但是我們不知道在那個步驟開始。



我們決定要為生病的媽媽煮粥做菜，一開始以為這件事很簡單，卻發現這一點都不容易，原來煮一鍋好吃的粥是真的很複雜，為了讓粥能夠軟綿綿的，我們要先把米浸泡一下；削個馬鈴薯，也削個半天，做飯真的不簡單，以前我總是對媽媽做的菜挑三揀四。

在小時候六年級的一天，我從學校回到家真的餓透了，於是不停地催促媽媽做飯，但是母親煮飯時還要顧及各人口味，每天都要花一個半小時來做飯，她是為了我們吃得健康，結果她很快就煮了一頓飯給我吃。當我滿心歡喜地吃下一根菜心時卻發現它很硬，便向媽媽抱怨說：「這菜太難咬了，一點也不好吃！」結果媽媽聽到我的抱怨後十分難過，因為

辛辛苦苦做好飯，我還在挑三揀四，我便被哥哥說教道：「給你煮了，還在挑三揀四，有些人想吃也沒有的吃。」我便沒有再說話，但是當時我真的不服氣，卻不明白媽媽每天辛辛苦苦地給我們煮飯，我們都應要體諒她。

經過哥哥的幫助，粥終於好了，媽媽知道我們用心為她煮了一鍋粥，都感到十分安慰和高興。雖然那鍋粥真的不太好吃，但她卻吃得津津有味，臉上掛着一絲滿足的笑容，也沒有抱怨粥的味道。

過了一會兒，我替媽媽蓋好被子，便休息了，現在她應該很累吧？媽媽，我真的很感謝您一直為我們用心付出，不求回報，經過這件事，我對她有更深的認識，媽媽每天都堅持為我們做飯，我們有什麼資格抱怨呢，即使我們煮的粥味道不太好，但媽媽也吃下去了。

媽媽，你辛苦了。

## 我從香港奧運運動員身上學習到……

### 3B 陳智樞

在香港發展運動事業，以運動為正職的香港人，一直都不是怎麼被看好的。但在香港依然有這麼一幫的香港人，毅然決定向運動發展。靠著堅毅不屈的精神，朝著自己的夢想進發。



就好比剛在東京奧運為香港奪金的運動員——張家朗。他在東京奧運為香港奪下第二面金牌，不要看他表面上很風光，但其實背後的辛酸只有他自己知道。他在小學的時候已經熱愛運動，隨後更在中學四年級時決定退學，成為全職運動員，但他奪得金牌也不是一朝一夕的，他剛成為運動員時，也經歷過大大小小的比賽，經過多年的訓練和挫敗才走到今天的張家朗。

李慧詩，相信大家對這個名字也不陌生，她是香港女子自由車運動員，因為在香港牛頭角下邨成長，故此有「牛下女車神」的綽號。她從小就比其他人的體育能力更佳，隨後便體育老師發到她的爆發力驚人，便獲挑選加入學校田徑隊，參加不同的田徑比賽，在中學時被學校推薦她參加「明日之星」計劃，完成體能測試後，獲得香港自由車聯會挑選參與運動員訓練，直至會考畢業後，於2004年決定展開職業生涯。在2010代表香港參加廣州亞運會，並取得銅牌，在2011年參加亞洲自由車錦標賽取得金牌，在2012年參加倫敦奧運及場地自由車世界盃，分別



取得銅牌及總冠軍，在 2020 年東京奧運取得銅牌。

相信大家都知道，在香港發展運動，每月份的薪金不多，有某些全職月薪就連一個「散工」都比不上，只有 7130 元，只有運動員為香港在賽事上取得佳績才會有過百萬的獎金，但張家朗和李慧詩都不是在剛做全職運動員時就有好成績，所以他們也是從這微薄的薪金裏走過來的，不過他們當運動當然不是為了賺錢的，而是為了他們對運動的熱誠。而當運動員還會有許多的身體損傷，或者一些先天性的疾病，例如，李慧詩自幼患有貧血，在每次進行高強度訓練或比賽後，皆需要比其他人的時間恢復體力，但她並未視之為阻礙，她在一次訓練中意外翻車導致手腕骨裂，曾三度手術失敗，但她都沒有放棄，最終成為女車神。

我寫出了運動員的辛酸、經歷，並要面對一些很現實的情況，就是想說出，運動員面對這些的困阻，但他們都沒有放棄，最後才成就了今時的「少年劍神」和「牛下女車神」。

## 自從那次經歷後，我對他有更深一層的認識

### 3B 鄭焱望



「糟糕了！明明我有帶簿回校的。為何現在不見了？」我十分驚慌，我不停在書包找，找啊找，為何還是沒有的呢？到底是我忘記了放進書包？還是突然消失了？正當我不斷找那本簿時，此刻我十分徬徨，我心想如果這刻有人幫助我就實在太好了。突然有一隻手向我遞給一本簿，他問我：「你是否需要簿，我還有剩下來，我借給你吧。」我回望他，原來是新同學。這位新同學向我伸出援手的時候，我感到十分驚訝，為何這位同學會給我簿呢，我很疑惑。

我記得第一次與他見面，是在小息的時候。我看見他在跟別人吵架，他們你一句我一句，吵愈大聲，新同學甚至想向另一位同學動手。於是我上前緩解這個氣氛，誰不知他竟然責罵我，我認為他生人勿近，十分可怕，就像老虎般兇惡，隨時會吃掉人，這就是我對他唯一的印象。之後，我再碰見他這個可怕的人時，我就立刻往另一邊走，不想跟這個人有任何接觸。

但今天他竟然會主動借簿給我？此刻的我實在不能夠相信我眼前所看的東西，還以為自己是在發夢呢，我嘗試打自己一下，我大叫起來，感覺很痛，發現原來自己真的不是在發夢啊！然後他跟我說：「你日後有簿了再還給我吧。」此刻，我覺得我好像誤解了他，其實他並不是這一種人，只是因為當時他情緒太激動而我又沒了解整件事的過程。事後，他



跟我說原來只不過是跟同學有意見分歧才吵架起來，但是後來我已經不在現場不知道後來他們已經解決了。我才明白原來他的性格並不是我之前想的這樣。

之後經過那一次後，我就跟他經常聊天，而我發現原來我跟他興趣十分相似，同樣喜歡做運動，喜歡玩手機，從此以後，我們的關係愈來愈好，無所不談，後來還發現其實他為人風趣幽默，經常令我哈哈大笑。

從這件事，我認為雖然他一開始是個脾氣暴躁的人，還責罵我，但是從他借簿的一事發現，其實他為人友善，看到同學有難時他會伸出援手，可見他樂於助人的性格。我想起我之前一直對他的偏見，感到無比的慚愧，一想起就滿面通紅。從他身上我深深明白到不應先入為主，而是耐心觀察人的性格，才好作出自己的判斷，否則你會錯過了一段好好的友情，就這樣錯過了一個值得交往的朋友。

## 自從那次經歷後，我對他有更深一層的認識

### 3B 李嘉慧



「完蛋了！」我在心中大喊道。怎麼辦？我的錢包不見了，它是什麼時候不見的？那是我新買的！存了好幾個月的零花錢才買的……它現在居然不翼而飛了。正到最焦急的時候，一把低沉的聲音在我頭上傳他說：「發生什麼了嗎？需要幫忙嗎？」語氣聽起來很是擔心。是他，我的同桌耀文。

還記得我對他最深的記憶是在開學的時候，老師身後跟著一個男孩子，高高的，聲音比班上的男孩低沉，老師讓他坐到我旁邊，我看到新同學，便主動向他打招呼。他簡單地點頭後，便坐下了，我們誰也不主動說話。高冷傲慢，這就是我對他的最深印象。雖說是同桌，但我們永遠不怎麼找對方說話。直到今天起，我也認為他是冷漠的人。

「怎麼了？」他的聲音溫柔但又有一些距離感的從我頭上傳來，他很高，站起來也沒他高，我惆悵地看著他，吞吞吐吐卻說不出完整的一句話來。他又問了我一遍怎麼了，我才滿臉通紅地說：「那個……我錢包不見了……」我正在準備自己繼續尋找時，他說：「你……你不介意我來陪你找吧。」要和他一起去打球的朋友突然走到了我們的身邊，他那個朋友說：「他比較內斂，但是他也挺想和你交朋友的。」我心想：難怪他之前這麼冷漠，並不是因為他傲慢，而是性格他內斂？

正當我深思時，耳邊又傳來了他害羞但低沉的聲音，「那個……之前我沒有理你是因為我從小比較內向，你要是介意的話，真的抱歉……」又一次讓我回想起我對他最深也是唯一的印象，看來我之前誤會他了！我和他一直找，終於找回來了我的錢包，我們互視一笑，莫名地好像有一種默契存在了。沒想到，高冷的他，也是一個很容易相處的人啊！

我突然想起老師說的話「交朋友時不應未真正了解對方的時候就妄下判斷，先入為主，不應只看表面」，看來，誰也沒想到我會因為不見了錢包而認識到了另一面的耀文啊！

## 過去一年，我感謝……

### 3B 吳穎仙

過去一年我最想感謝的人是我曾經的一位好朋友，回想起曾經每天跟她一起上學、放學，這種感覺真美好呀！我們一開始見面從無話可說到最後無話不說，每天都有說不完的話題。可惜我們都在各自奔赴不同的人生，不能見面，但是認識她是我一生中最無悔的事。



我們曾承諾過長大後要出席對方的婚禮，我做最美的新娘，你做最美的伴娘，不知道你還記得嗎？我最想感謝你在我最無助的時候，給我一些指導、在我做錯事的時候幫我重回正軌，我每天都把自己所發生的糟糕事說給你聽，向你訴苦，但你不但不厭其煩地聆聽我的煩惱，還給我加油打氣，叫我積極面對每一天，每天都是新的開始，這令我期待每一天的來臨。

花兒感謝雨露的滋潤，回報以嬌艷；大樹感謝陽光的普照，回報以參天。感謝你做我清淡歲月裏最耀眼的晴天，感謝生活有剝奪也有饋贈，感謝你帶着關心的日常問候和透着溫暖的笑臉。

## 回憶小學畢業

### 3B 吳穎仙

當我看到手中的同學錄，就不由自主地回憶起小學畢業的情景。一回一首一佇足，我們都會驚嘆，因為我們以為只過了幾天，哪知道小學畢業已過了三年。

在三年期間我身邊的朋友換了一撥又一撥，大家都紛紛的聚攏來，然後也有些人匆匆忙忙地離開，也有些人一直留在我身邊。

在畢業的最後幾天，我們都哭了，大家都留下了依依不捨的眼淚。時光荏苒，歲月如梭，六年的小學生活即將畫上圓滿的句號。回憶起六年有酸的、有苦的、也有甜的小學時光，真的有種不想離開的感覺。六年的生活，我們嘗試過很多事物。

同學們的告別和難分難捨的眼淚是終究要遺忘的，會化成水氣，留在瀰漫花香的空氣裏面。畢業了，老師幫我們拍畢業照，隨着閃光燈的跳躍，我們笑了。彷彿一瞬間，又彷彿是永恆。在畢業照中看到同學一起對着鏡頭說「我們畢業了」的樣子，不由笑了。同學們的笑容很模糊。時光如果可以倒流，那麼我一定要回到全班在一起最快樂的日子。

年幼時我們都不懂事，又笑又鬧，不懂得什麼是成熟，想起畢業後的第一個晚上，大家聚在校園內，彼此抱頭幸福地流着眼淚。我們畢業了，但是我們的友情是不會畢業的，同學們期待下一個十字路口我們依舊可以相見的。在以後的人生道路中，我不會忘記你們的笑容、樣子，我，一定會銘記這段，說長不長，說短不短的記憶。

## 過去一年，我感謝……

### 3B 黃杰俞

時間如流水般流逝，不知不覺中新的一年又接近尾聲了，在這尾聲中我不禁回想起上一年的所得與失，一年的時間變化，讓我變得更成熟也變得更陌生。成熟是因為我在成長，在世間的洗禮下變得更優秀；陌生是因為我褪去曾經的稚嫩，變得不再是毫無約束的人，更懂得如何處理人與人之間的關係，並能夠融入其中，這些均是一年時間帶給我的成長。在我獲得成長的同時，更多的收穫是我這一年中得到的鍛煉，所以我滿懷著飽滿的熱情投入於學習當中。



天空有振翅的飛鳥，它翱翔天際，飛過青山綠水，飛過滄桑變化，它不孤單，那朵雲彩，那顆老樹，那蒼翠的山巒，一直都陪伴著它，支持著它，使它有向前的信心；世界上有這麼一個普通的我，沒有驚天動地的事跡；沒有經歷過生死離別；沒有為這個社會做出大量貢獻。可我有陪伴我共渡難關的人，愛我的人和我愛的人。

記憶的年輪，歲月的腳步滄桑了指尖浮華，感謝歲月給我一方晴空，讓我帶著一顆明媚如初的心，過好生命的每一天；感謝生活給我溫暖，讓我在平淡時光裡細數人間煙火，笑看月缺月圓，或許時光可以老去，光陰的對面，永不老的卻是愛和溫暖，回眸間，願愛我的人和我愛著的人都健康幸福，如此足矣。

## 我從香港奧運運動員身上學習到……

### 3B 黃杰俞

李慧詩，1987年5月12日出生於中國香港，是中國香港的自行車運動員。李慧詩不只是香港的運動員，她更是我內心中供奉的一種信仰。或許有很多人都不理解，為什麼一個運動員會成為人的信仰。可，她是我在黑暗的谷底承受無助時，唯一的救贖。

「哇！這個姐姐也太帥了吧！我長大以後也一定要活得像她一樣在賽場上大放光彩！」現在回想起以前那個充滿稚氣天真的自己竟還有點讓人發笑呢。沒錯，那時候我唯一的夢想就是成為一個像她一樣渾身散發熱血的運動員。可惜事不願違，人對於自己的夢想總是充滿渴望卻又無能為力。

我是個很害怕辛苦的人，而李慧詩與我，正正相反。她是個充滿野心、自信卻又不缺乏實力的人。李慧詩因為患有貧血症，體能恢復比一般運動員要慢很多，2007年又因在比賽中骨折受傷，她曾一度退出賽場。養傷時期，教練曾勸退她，但李慧詩對自行車運動的熱愛和堅持讓她重新回到賽場。

在別人看來，自行車隊訓練苦悶，長年累月背井離鄉，但是在李慧詩眼中，並沒有「辛苦」兩字，「自行車是我的生活、我的工作，別人常說工作很辛苦，但十多年來，因為喜歡自行車才會來到這裡，從來不會想為了什麼，全情投入就不會感覺辛苦。可能很變態，但工作其實應該是一種樂趣。」

每天高強度訓練，十多年來，總會有累的時候，早晨睜開眼，有氣餒、想放棄的時候，李慧詩總會理智的想到解決出路：「其實累有兩種狀

態，一是體力上，另一是心態上，總有辦法去克服，在這臨界點，心態又好，想想開心一日，不開心有一日，就會撐下去。」

她總是日復日、月復月，年復年地進行各種高強度的訓練都沒有說過一句有關於辛苦的話。當她在賽場上艱辛地進行比賽時，我卻竟然在家中無所事事地過著安逸的生活。當時我因為學業或來自家庭大大小小的壓力而感到頹廢，感覺這個世界只會有各種壞事發生，好事並不能幸運的砸到我的頭頂。當我打開電視正好看到李慧詩的比賽以及獲獎後的話語後，我頓悟了。一個人的成功不是等著幸運女神降落，而是通過自己的雙手去創造，哪怕這成功的道路上很辛苦，哪怕堅持不下去，哪怕被各種冷嘲熱諷。不管我們遇到什麼困難，都不要怕，消除恐懼的辦法就是面對恐懼，遇到什麼都要咬緊牙關撐下去。

對於李慧詩的種種我都欣賞至極，是她在我身處黑暗的谷底一把把我拉了起來，教會了我各種道理，令我有了勇氣度過每一個難關，那個時候的她對我來說就如同太陽一般，照亮了我。或許現在的我還是會對某些事情膽怯，可我已不再是以前那個遇到一點困難就放棄的人了。遇到了困難也絕不言棄；是她令我感悟到每一個人都是獨特的，哪怕先天身體有缺陷，哪怕外表看起來有多邪惡，但只要心中有一個信仰，還會有過不去的坎嗎？

## 我與舊地

3C 郭柏欣

說起故鄉，我的腦海裏似乎並沒有太多的記憶，我的故鄉是遠方的一個小村落。那是一個平凡到不能再平凡的地方，但對於我來說，我所有童年的記憶都在那裏！

過去八年間我很少回去，對於故鄉的記憶已經很模糊了，所以在去年暑假我決定重遊故鄉，去找尋八年前消失的記憶。

回到故鄉的第一個早晨，我起得很早，走在故鄉的小巷裏，看着各家各戶的房頂上正冒起一縷縷的炊煙，眼前的一切竟然讓我有些既熟悉又陌生的感覺。我不知不覺走到了村子的廣場，我發現此時的村子已經發生了翻天覆地的變化，這種變化，與我記憶中故鄉的樣子完全不同。故鄉不見了泥濘的小路，出現了整齊齊齊的水泥路；故鄉也不見了胡亂堆放的垃圾，路旁的塑膠樽、膠袋、紙皮被有系統地放到新建的垃圾回收站裏，從前的舊茅房換上了新裝，變成了兩層高的別墅。四周變得生機盎然，村裏多了年輕的小伙子，他們早年到城裏工作，現在回到村裏





辦起假日農莊來。

傍晚，我來到小時候常嬉戲的河邊，看着夕陽灑在平靜的河面上，波光粼粼，不禁讓我恍神，我欣賞著這美景，遠處傳來一陣孩童們的喧鬧聲，這笑聲與我童年的笑聲是多麼的相似，我真的想時間就在此刻停下來！

故鄉的人與事多麼令人懷念，即使事過境遷，看著這河面，我恍惚又再次回到小時候，外祖父牽著我的小手，在河面欣賞魚兒的情景。我心裏暗暗禱告著，希望故鄉的變化不要太急促，不要抹殺那唯一連繫童年時光的美景。

## 自從那次經歷後，我對他有了更深的認識。

3C 周俊均



他是我的父親，他整天早出晚歸，回來還喝得很醉，甚至有時候夜不歸宿，一個星期甚至見不超過兩面，我很討厭他，甚至覺得他不配做我的父親。我覺得他活得很輕鬆，每天上班，陪老闆吃飯，喝點酒，然後回家睡覺吃飯，十分輕鬆。

記得去年冬天，那天是我生日，他原本答應我當晚回家陪我過生日。可當晚只有母親獨自陪伴我慶生，我本以為再過一會兒他便回來了，可是事情並沒有如我所料。那晚，我沒有等來他的敲門聲，等到的只有凜冽寒風敲打門窗的聲音。

這是我從前對父親的看法。自從那次，爸爸受傷後，我徹底改變了對他的看法。記得那天，我在家中看電視，突然有電話打來，我不以為然地接起電話，以為是滋擾電話，打算敷衍兩句便掛斷，怎料到是醫院打來的，說我父親住院了，我不禁笑出聲，心想我父親好好的在公司上班，怎會住院呢？真晦氣！

不一會兒，媽媽打電話來，告訴我，爸爸真的住院了，雖然我有點討厭他，但畢竟是我的父親，我心裏有點慌，擔心他真的會出什麼事，我詢問了地址，便破門而出，火速趕往醫院，原來爸爸是搬文件時被壓到了腳，估計一兩個月都不能下床。我畢業也有大半年了，整天在家無所事事，也是時候幫家裏分擔一點了，我開始四處求職，但事實並沒有我想象的那麼簡單。終於，我找到一份工作，勉強強強可以補貼家用，剛開始還挺輕鬆，後來工作量便開始增加。

我開始加班，通宵熬夜。爸爸也漸漸康復起來，但他年紀大了，就讓他退休吧！我開始賺錢養家，慢慢地我也要陪上司去飯局，也開始體諒爸爸的辛勞。原來他這麼偉大，除了要承受工作上的壓力，還要承擔家庭的責任。原來他也有他的不容易，他一直默默承受許多勞苦、許多的不理解，我卻不懂體諒……

他很偉大，一直都是。

## 網上交友

### 3C 黃偉權



現代科技力量日漸強大，互聯網和我們已經密不可分，不少青年都會使用互聯網結交朋友。若青少年缺乏電腦網絡安全意識，很容易成為騙徒的目標，我們不應以「網上交友」作為主要的社交方式。

香港網絡騙案由 2011 年 2000 多宗，上升至 2020 年的 12916 宗，上升幅度五倍多，可見網絡世界的危險性。網絡世界多姿多彩，但我們也不該留戀於自我封閉的網絡世界中，長期如此，便會缺乏社交，變成人們口中的「宅男」或「宅女」。

在網絡上的人就像帶着面具的陌生人，表面人畜無害，一但揭開面具，便會露出真本性。假若幸運，你便可以暢遊於網絡世界，並且可以全身而退，一但你抽到「鬼牌」便不行了。在我認識的朋友中便在這危機四伏的叢林裏遇上大獅子。他和騙徒一起在網絡遊戲認識了一個月，在取得一定的信任後，騙徒便張開他的獠牙。有一天，騙徒想和他交換遊戲帳號，帳號價值三千多元，他想也不想便答應了，騙徒得手後便和帳號一起消失得無影無蹤。網絡世界便是如此虛幻和危險。

《儒林外史》中提到「自古相識滿天下，知心能幾人！」。在現實世界中尚且難覓知心人，更遑論虛擬的網絡世界。與網友交談歸交談，交心便是另一回事了。交友雖然沒有一定的方程式，可是與一個素未謀面的人毫無保留地付出信任與感情，始終有點不合適。

孟子提到「人之相識，貴在相知，人之相知，貴在知心」。朋友固然好，可是網絡上有人以朋友的名義從你身邊獲取利益，要出門結交真正的朋友才是明智的選擇。

有人說網絡交友，可提供機會讓那些有社交恐懼症的人也有機會認識朋友。但試想想一個人若長期依賴網絡世界只會令他更脫離現實，並不能真正改善他的社交能力。只有勇敢踏出第一步正視自己問題，多參

與不同的興趣班，改善溝通技巧才能擺脫「宅男」、「宅女」形象。

總而言之，網絡交友是存在一定的風險，我們需小心謹慎，以免被人利用。

## 在過住一年，我最感激……

### 3E 溫樂恆

在過往一年，我要感謝的人有很多，要感謝老師，因為他們竭盡所能地教導我們知識。要感謝父母，因為他們給了我無微不至的照顧和關懷……

而我最想感謝的人，在過往一年到現在也在為全世界的人奉獻他們的時間，這些人大家都認識，他們就是醫護人員。現在疫情肆虐，當各位市民都十分徬徨無助的時候，他們永遠站在最前線，永不退縮。市民不願意外出時，他們仍然堅守崗位留在醫院，為感染了疫症的患者進行護理及清潔等的工作。有些醫護人員不分晝夜地照顧病人，甚至為了照顧患者而犧牲了自己和家人相處的寶貴時間。

醫護人員要擔當各個崗位，有些要照顧多個病人，有些還要耐心地幫助不能夠自理的病人清潔身體。他們真是十分偉大啊！我真的衷心感謝各位醫護人員。



## 想停止的瞬間

### 2A 溫欣悅

相信每個人在生活中，都發生着很多開心與不開心的事情，一切那麼深刻，使你很想保存那一刻，那麼要是能在那一刻停住，你會想停在什麼時候？

我想停在 2018 年暑假，那時我和她每天都會一起玩，每天都十分開心。有事無事也會打電話，聊一些很幼稚的話題。每當我有煩心事不想告訴家人，我也會對她說，她也會專心聽我訴說。

那年暑假，家人因要回鄉，無家可歸的我只可以到她家住上一星期，我們一起上學、做功課、吃飯等，那時我們真的很開心。

想停在那一瞬間，是因為我們因後來疫情漸行漸遠，甚至已經有差

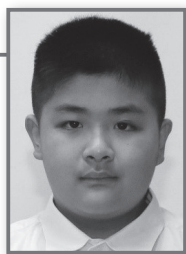


不多一年沒有見面，即使聯絡，也只是說過一兩句就沒有話題，我從沒有想過我們之間從無話不說變得無話可說……她身邊的朋友不再是我，從此也不會再是我。

有時候真的很懷念那段時光，我們之間只有彼此，不會有別人。而且有很多話題，想找對方就找，不像現在在對話欄上重複又重複的輸入，只是為了找她，但是最後還是沒有勇氣發送。從沒有想過我們之間的關係會變成這樣，明明當初這麼好，可能這就是天意吧！希望可以停在這一瞬間，好好回味一下曾經要好的我們。

## 秋日山行

2A 周卓謙



今天周末，陽光明媚，秋意漸濃，在這涼爽的天氣下，是一個出門遊玩的好時機，於是全家人決定到浪茄灣登山。

我們乘坐計程車到萬宜水庫。四周是一些鳥兒和野牛，好像正在帶領我們登上這座美麗的山。我們沿着登山路去，石階旁有許多筆直的大樹，樹上的葉子翠綠極了。遠望，像一把把綠傘，傘下有很多嫩綠的野草野花，清香撲鼻。繼續走，山間不時傳來一兩聲清脆鳥叫，唱着優美的歌，令我心裏感到舒暢。登山其實並非很累，沿途風景又如此怡人，令人覺得不枉此行。

穿過這座山後，來到浪茄灣沙灘。那裏水清沙幼，被一片翠綠的樹林環抱着。沙灘中央有一棵被台風「山竹」吹倒的大樹，形成一幅大自然雕塑的畫面。走近海邊，可見細小的蟹寶寶拼命地四處亂竄，變成了一架掘土機，快速地鑽進沙裏。晚上可躺在沙灘，觀看天上皎潔的月亮，連手機也拍不出月亮的美。清晨又可觀看日出，從海平線上緩緩升上來，彷彿鍋上的煎蛋，準備給我一頓早餐。

浪茄灣就像一個世外桃源，讓人可拋開一切煩憂，洗滌心靈，吹着海風聽着海浪，真是人生一大樂事。

## 秋日山行

2A 陳卓穎



這幾天，我的心情一直很低落，因為最近的煩心事實在太多了。所以我的父母提議行山，我心想也許走走心情會好些吧！

由於昨天下了一場大雨，那些葉子還掛着小水滴。山上的空氣十分清新，還帶着一絲花香，導致我整個人精神了不少。

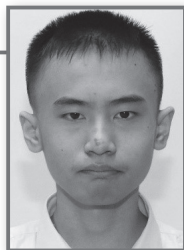
沿着行山徑，看到周圍的花草樹木都亮晶晶，水靈靈的，兩旁的樹木很高大，微風吹起，樹上金黃的葉子落在地上，就像為我們鋪路，而兩旁的樹木彷彿在保護我們。現在沒有什麼人，因此也不會有下午來行山的小孩玩鬧的聲音，只聽到鳥兒小聲聊天的聲音。

走着走着，就看到一個水塘，水塘裏的水很乾淨，彷彿一面鏡子，映照着對面的叢林，陽光明媚，微風清爽。微風吹過我，感覺這風把我的煩惱跟着地上的葉子帶走，使人心曠神怡。陽光折射着水面，水面泛着淡淡的金黃色。這般如畫裏的美景，使人沉醉，也深深印在我的腦海，也把行山的疲勞帶走了。

時候不早了，山上也漸漸熱鬧起來，我的心情也好了不少，踏着輕鬆的步伐離開，這裏鳥兒的歌聲，微風吹樹葉的聲音，流水的聲音，使人放鬆，驅散了我的壞心情，這一來把我原本低落的情緒，愉悅起來。

## 我的兒時最愛

2A 白霖



每個人小時候都有自己的兒時最愛，我也不例外，但隨着我慢慢長大，那兒時最愛慢慢被我打入了「冷宮」。

直至最近，我的塗改帶用光了，便去看看儲物櫃中還有沒有存貨。在我東翻西找時，意外碰到一個盒子，盒子內部頓時發出「噹噹」的聲音，出於好奇，我拿出盒子並打開，一打開，映入眼簾的就是一大堆我兒時的玩具，其中發出聲音的來源，是我的兒時最愛

——五子棋。

五子棋由一個淡黃色和佈滿小刮痕的塑膠盒盛載着，裏面是一張黃



色，但有些褪色的棋盤，最下面是混雜着的黑白棋子。

當初，我央媽媽買玩具，在文具之中有一副五子棋特別顯眼，因為它並不是在玩具區擺放，而是靜靜地躺在「筆林」之中，這有趣的一幕，令本身就對五子棋感興趣的我毅然買下。

此後，我每日抱着五子棋愛不釋手，每次完成作業的第一件事，就是拿五子棋出來跟爸爸下棋。爸爸的棋藝高超，雖然每一次下棋時都是我先下（先下的一方有優勢），但是最後的結果都是我輸。每次落敗，我都非常不甘心，一直膩着爸爸下棋，但結果可想而知。可是我對五子棋的熱愛，並沒有因而被撲滅，反而越加強烈，因為與爸爸鬥棋的過程中，每一步棋都至關重要，可能就因為一步棋落敗或反敗為勝。最後，在我不停的嘗試下，我終於勝了爸爸一次。不過之後由於學業，我被迫將五子棋放入箱子，塵封至今。

同時，五子棋也告訴我做事要小心，思考周全再做決定。

## 秋日山行

### 2A 梁怡林

正值秋高氣爽，夏季時翠綠的大帽山脫下舊衣，換上了金燦燦的新衣裳，外公提議帶我踏青寫生。

早早地到山腳下，遊客絡繹不絕，沿著碎石小道，朝山裡走去，我們提了提背上的畫具，也不甘示弱地跟上大部隊。上午的林間還是霧濛濛的，那輕紗般的薄霧隨風飄蕩，雲霧繚繞，為山林披上了一層神秘的面紗。漫步在山林，有一種置身於仙境之中的愜意。我們慢慢走著，偶爾逗弄葉上的露珠，不一會兒，習習秋風吹散了薄霧，帶著桂花那沁人心脾的清香迎面而來，清香中還有一絲絲銀杏葉的淡苦，獨特的香味讓人不禁閉上眼，深吸一口氣。睜開雙眸，映入眼簾的是秋日的陽光，揮灑在銀杏和楓葉上，一時浮光躍金，為已有些微涼的秋日增添了幾分暖意。

走到半山腰處，有一個小亭子，是給遊客們歇腳的。我看見幾個小孩子指著一顆火紅的楓樹，樹上有三隻松鼠，其中一隻腮幫子鼓鼓的，看起來藏了不少松果，另外兩隻松鼠懷裡也抱得滿滿當當，還真是一家子的小吃貨。它們好像有些害羞，在楓葉間跳來跳去，最後躲在一片楓葉的後面，用圓溜溜的黑眼珠好奇地打量著我們。我們和小松鼠玩了好一會兒才接著往山頂走，一路上看到好多年輕人都累得氣喘吁吁，嘴裡說著爬不動了爬不動了。當然那其中也包括我，外公站在我身邊，帶著



玩笑語氣給我下激將法：「爬不動了嗎？要不要回家呀？在家裡不是還說著一定要爬到山頂的嗎？」我咬咬牙，在外公的鼓勵下終於到了山頂的亭子時已經快快中午了。我站在山頂，往下看——秋風渲染了滿山金紅相間，還有些許點綴的青綠，應該是四季常青的松柏，我拿出畫具，開始描繪我眼中的秋景。畫著畫著都傍晚，外公招呼著我說得回家吃晚飯了，我才意猶未盡地收起畫具。

返程的遊客都在前頭，我和外公慢悠悠地走在後面，小孩子的嬉鬧聲離我們越來越遠，路上漸漸只剩腳踏落葉和鳥鳴。秋風與林間的樹擦肩而過，沙沙作響，捲著泛紅的楓葉，枯黃的銀杏，輕輕落在我腳旁。我彎下腰，隨手拾起一片葉子，拇指輕輕撫摸它粗糙的紋路，抬頭看見外公邊走邊時不時捶捶老腰的背影，或許是因為秋天傍晚太過於淒涼？以至於我不由心想：夏季風雨中依然蒼勁挺拔的大樹，轉眼就在秋日枯黃凋落，外公的身體不太好，還能夠陪他多久呢？

不過我沒傷感多久，見我許久未跟上的外公在遠處呼喊我的名字，我才趕緊跟上去。「哎呀！沒事，珍惜當下才對，趁現在還有機會多陪陪家人們！」我將傷感的想法拋到九霄雲外，開心地和外公玩鬧著回家。

## 那一刻，我挺身而出

### 2A 梁怡林

今天發生了一件事情，起初我想視而不見，最後決定挺身而出。現在回憶起，我感到了一絲心虛和慶幸，她讓我明白了：一點小幫助，就能使一直被欺負的「軟柿子」敢於反抗。

每天放學值日生都需要將教室打掃乾淨，並把垃圾倒到教學樓後堆放垃圾的地方。而今天正好是我值日，剛倒完堆滿的垃圾桶，想回教室收拾書包，就聽到一些嘈雜的聲音。

我本以為是別班同學結伴來清空垃圾桶，沒想到我一走過拐角，就看到幾個頭上、手上統統戴滿飾品的女生，將與我同班但並不熟絡的小圓圍在牆邊。我有些害怕，便縮回拐角處，又忍不住悄悄探出頭來，觀察她們幾個什麼時候才走。

「快把你的零花錢交出來，我們最近手頭有點緊。」她們幾個為首的女生嬉笑著對小圓說道。我見小圓不安地雙手揪著衣角，瑟縮在牆邊，聲音小得好似蚊子一般：「我……我的零花錢在前些天已經全部都給你們了……」話音剛落，小圓背著的書包就被她們幾個拽走了，小圓也被推搡跪倒在地，當中一個披散著頭髮的女生惡狠狠地說：「好好跟你說你不

給，非得我們動手是吧！」

說著就從一旁堆放雜物的地方隨手拿了一根掃帚，要往小圓身上打去。我心想，我不能再視而不見了。趕忙衝過去，強裝鎮定地對她們說：「我已經把你們的惡行拍下來了，再不住手我就把罪證交給老師。」「你們再來找我要錢的話，我也會告知老師的……」小圓也鼓起勇氣對那群女生說道。她們一看就是欺軟怕硬的人，聽我拍下了自己的罪證，留下一句多管閒事便一溜煙兒地跑了。

「小圓，你沒事吧？」我將小圓扶起，並把她的書包遞給小圓。小圓接過書包，低著頭向我道謝：「謝謝你的幫助，如果只有我一個人，我都不敢拒絕她們……」

與小圓道別後我感到些許羞愧，一開始我只打算袖手旁觀，但看到同學要被打時還是忍不住挺身而出。對於小圓鼓起勇氣拒絕那群女生的無力要求時，我也為小圓感到欣慰。

## 我的兒時最愛

### 2A 鄒汶縉



某天晚上，我正苦惱於今年的專題研習課題，我主要負責大部份資料搜集，但找不到足夠的資料，真是煩惱！忽然，我看見身後的收藏櫃的一盒遊戲卡——那是小時候哥哥送給我的寶可夢遊戲卡組。

寶可夢本是一款遊戲，後來便製成了動畫片，再給其他製片公司製成各種經典的電影，是受世界各地的兒童喜愛的經典作品。它實在太熱門而又變成了卡牌。而當時我和哥哥也是寶可夢的粉絲，因此我們開始沉迷於這款炙手可熱的遊戲了。起初，我只懂把當時全部最強的卡牌組合起來，認為這樣就可以戰無不勝，可惜到最後也敵不過哥哥和他朋友的夢幻組合，慘烈地輸得體無完膚。在這時我問哥哥，為何他每一次總會輕易地戰勝我，他淡淡然地說道：「因為你不懂得『配搭』你擁有的卡組。」那時的我確實不懂得「配搭」的意思，所以我也沒有放在心上。

直至我小學第一次的專題研習，那時我因為隊友的不給力而厭惡他們，又不知從何入手做專題研習而懊惱。那時，哥哥看見納悶的我，便從珍藏櫃裏拿出他準備好的卡組送給我並解釋道：「專題研習就像卡牌遊戲一樣，隨時要運用頭腦來應付各種難關，也需要合適的同伴和適當地分配工作。」

這句話成為了我腦海裡重要的一部份。之後，在這次的專題研習裏，

我便開始與隊友溝通，逐漸我們便熟悉起來，合作也變得順利。而這副卡組也一直陪伴著小時候的我，跟我一起打比賽，一起與朋友交流卡組。直至到卡牌遊戲不再流行的時候，我才把它放在收藏櫃裏最特別的寶座上。

當我回神時，已經過了一個多小時。我便一邊想著不能放棄，一邊回到電腦前嘗試用不同的方法找資料。

## 我的兒時最愛

### 2A 關鎧盈



昨天姨姨和姨丈新居入伙，所以我們一家到他們的新居參觀。到了他們家，表妹帶我們一起到她的玩具小屋裏玩耍，令我回想起我小時候也有一間類似的玩具小屋……

小時候，我也有一間玩具小屋，它的外形是藍色和正正方方的，門口旁邊有一個鈴鐘，一按就會播放音樂。內裏只有我一些玩具，其餘甚麼都沒有。幼稚園的最喜歡在裏面睡午覺，還記得有次我睡醒時，看不見媽媽就哭起來，媽媽連忙到小屋裏安慰我，抱我出小屋外面，這才發現在小屋裏，所以看不到媽媽。現在想起來，還真覺得可笑。

有一日放學後，我很生氣，因為幼稚園裏有個男生把我的泥膠搶了一半，所以我一回家就把自己關在小屋三、四小時，哥哥見我這樣，就按了一下門鈴，說：「有人嗎？我帶了糖果來，如果屋內沒有人，我就把糖果都吃掉喔！」我立刻開門，我們一邊吃糖果，哥哥就一邊問我發生甚麼事。我把事情的來龍去脈都一一說出來，哥哥告訴我，以後有甚麼不開心，都要告訴他，不能藏在心裏。

雖然小屋扔掉了，但這件事就永遠都烙印在我的心裏。現在我的表弟、妹妹有甚麼不開心，我都會對他們這樣說。

## 那一刻，我挺身而出

### 2A 關鎧盈

今天發生了一件事情，起初我想視而不見，最後決定挺身而出。現在回想起來，還真的要謝謝他，增長了我的勇氣。

在我四年級一個小息時，我往二年級樓層找老師。途中，看見兩個五年級生玩得正興高采烈。起初我沒有在意，因為我以為他們真的在玩耍，但後來聽到了其中一人好像發了狂一樣，不停說不、不、不。我仔細一看，原來是剛剛那兩個五年級生，只是現在多了一個人，新加入的那人樣子非常驚恐。我走近一看，原來是兩個五年級生在欺負新加入的那一人，不停在踩他的鞋子，還想用剪刀剪他的褲子，被欺負的人還是我好朋友的弟弟，他弟弟有自閉症，經常被人欺負的。

「我該去幫助他嗎？可是欺負者們都比我高大，我去的話只有一個結果，就是被揍，還是不要管了。」我趕急的走了，走上幾步，我想：「他是我好朋友的弟弟，他現在畢業了，不跟我們同校，如果我現在不去幫助他，就沒有人會幫助他了。」我趕快地跑回去，大喊：「你們在做甚麼！不可以欺負別人，這樣是不對的！」那兩個五年級生，搭着他的膊頭，微微笑着說：「我們沒有欺負他，他是我們的好朋友，我在跟他玩耍。」我立刻搶去他們的剪刀，指向他們的褲子，我問他們：「我可以跟你們這般一起玩嗎？」兩個五年級生立即逃跑了，好友弟弟也很感激我的幫忙。

從這件事中我學會了勇敢，正所謂「路見不平，拔刀相助」，我真的要謝謝他，給我一個機會增加我的勇氣。

## 那一刻，我挺身而出

### 2B 徐俊輝

又是這個路口，又是一個陰天，又是那熟悉的感覺。回憶把我帶回來那個週末，回到那個並不美好的下午。

跟往常一樣，我在下午三點準時收看豬豬俠這部動畫片，主角每一次都會挺身而出，拯救有危險的人。動畫片的時間不長，也就二十四分鐘。看完之後，我就下樓買零食。走到社區的那個路口，我聽到呼救聲，因為剛看完動畫片，整個人都熱血沸騰，便向前走過去。





那是一個小男孩被圍困在死胡同的牆角，訓斥的聲音忽大忽小。圍困小男孩的是三個人，一個看上去與我一般的，剩下兩個應該要小上兩三歲。當時想都沒有想，我直接上去與他仁理論。當然了，這些小孩不會講道理，那個年紀大的小孩，直接來了一句：「要你多管閑事！待一邊去。」興許是豬豬俠给了我力量吧，迎著他們仁的目光，我並沒有害怕，我慢慢上前。可就在這短短的幾秒鐘，那個小男孩趁大家不為意，竟神不知鬼不覺地溜走了！當回過神的時候，他已經跑到大街，只留下一個瘦小的背影。那仁殺劍追不上，卻向我沖了過來，我到那個時候才開始害怕，可腳上像是長的石頭，怎麼也挪不開。這次換成我被圍在牆角，開始被拳打腳踢，隱約聽到錢又沒了。我被打的時候也有人路過，但他仁並沒有停下，反而加快了速度。過了一陣，那仁走了，嘴裡還在叨唸這什麼，我也沒聽清楚。

我回到了家，洗了個澡，身上的泥土被沖走，沖的很乾淨，也沖走了別的東西。電視又開始播放豬豬俠，我轉了台。

不久之後，我打聽到了為什麼那個小男孩會被圍住：他是一個欠錢慣犯，借錢不還而被打。所以豬豬俠的行為真的是正確的嗎？我的行為是正確的嗎？為了一個積犯，我應該挺身而出嗎？還是當一個路人？所謂正義真的是正義嗎？還是一隻披著羊皮的狼？不知道，我真的不知道。

回憶停了，我走過那個路口，心中好似又多了疑問，但從那天起我就再也沒有看過豬豬俠了。

## 那一刻，我挺身而出

### 2B 曾樂兒

今天發生了一件事情，起初我視而不見，最後決定伸出援手。自從經過此事，「我」得到啟悟，並改變了一貫不當的觀念，讓我變得大膽和勇敢了許多。

今天下午三時放學的時候，我看到很多學生和路人站在學校左拐的小巷口，這個時候我已經知道又有人被欺凌了。這個事情也曾經有人向校長投訴過，但校長每次表面說會追究此事，可從未管過這件事情。那時候我看到一群人圍著隔壁班的那個男生，而那個弱小的男生則地坐在地上，臉上帶著恐懼和害怕。正當我打算視而不見的時候，聽到他們對著那個男生說：「喂！把你身上的所有錢都給我。否則，小心我潑漆油到你家門口，然後把你家燒了！還有，我會每天潑你紅顏料！」說完，那些圍觀的群眾還是無動於衷地站在那裡，有的在拍照，有的在交頭接耳，還有的把照片發在各種的社交平台上。



突然，那些人開始對男生拳打腳踢，而旁邊的群眾仍然選擇沉默。我看到那個男生用無助的眼神看著我。那個時候我非常糾結要不要幫他，可我卻非常弱小和害怕。猶豫了一會，我還是下決心出手幫他！剛巧，我看到巷子旁的有一根棍子，便拿了起來，一下子衝到弱小男生的面前，將他護在身後。我緊握棍子，左右揮動著，勵聲說道：「別過來！你們剛才說的放火燒屋的話我已錄下，並且報了警，我看誰還敢動他！誰動他，我就一棍打下去！來啊！」那幫男生看到我的架勢，嚇得趕緊一窩蜂跑了。我丟下棍子，看到無助的男生已經頭破血流了，隨即聽到救護車的鳴笛，原來眾群中有人幫忙叫了救護車。

最後，我立下了大功。而那些群眾也把我精彩時刻發佈在各種社交平台。而校長知道此事後感到羞愧，開除了欺凌同學的人。我心裡想：「為何我曾經視而不見呢？可能覺得因害怕並覺得多一事不如少一事。」現在我覺得成就感滿滿的，感覺自己變得勇敢和大膽了許多。

## 那一刻，我挺身而出

### 2B 張恩惠



今天發生了一件事情，起初我想視而不見，最後決定伸出援手。經歷了這件事後，我再也不敢見到別人有困難時視而不見。

今天早上，我剛回到學校，準備去交功課，在我經過女洗手間時，發覺女洗手間裏十分吵鬧，還有一些人的哭聲。出於好奇，我就站在女洗手間的門前偷聽。至於，我為什麼不進去？因為我有些害怕，在女洗手間門前偷聽的我，認為有人被人欺凌了。我悄悄的打開女洗手間的門，看進去，發現有一個女孩坐在地上，雙眼發紅，哭著向站在她旁邊的女孩求情。站在她旁的你女孩一點也不聽她的求情，用力的往她臉上扇了一巴，我看著都覺得疼。坐在地上的女孩捂著印著掌印的臉龐，哭著說：「思思姐，你能不能再給我幾天時間，我一定會把爸媽的錢偷出來給你的。你別生氣，你不要跟我絕交，我只有你一個朋友了！放心吧，我不會跟別人說的。」我心想，原來站在她旁邊的女孩叫思思。思思生氣的說：「你知道就好，下不為例！」

當我發現她沒有什麼事時，我準備轉身離開，突然有一股不安的情緒湧上心頭，我心想：「難道她會一直和思思這樣的人做朋友嗎？為了能跟思思做朋友，她偷爸媽的錢是對的嗎？我要告訴老師嗎？」我的腦海閃過很多疑問……

之後，我跑到教師室，把所有的事情都告訴老師。老師說：「我知道

了，謝謝你勇敢地告訴我，這件事我會處理。」

最後，我再也沒有在學校看到思思了，也不知道那個女孩現在還有沒有跟思思做朋友，但我知道這件事都成了我的回憶……

## 我的夢想

### 2B 葉卓凌

每個人都有自己的夢想，有的想當警察，有的想當消防員、有的想當海關人員……而我的夢想是當一名出色的醫生。



醫生經常要為病人做手術。在手術台上，醫生必須全神貫注地做手術，一站就是幾個小時，甚至十幾個小時。當病人生命垂危時，醫生們會一直守護着病人，為病人和家屬帶來希望。

我也想當一名救死扶傷的醫生。小時候我生病了，爸爸帶我去醫院看病。給我看病的是一位溫柔的姐姐。她細心地問了我的病情，認真地幫我檢查，這情景我至今記憶猶新，也因此讓我產生了當醫生的念頭。

我知道要實現這個夢想，我還要付出更大的努力。有很多人為了實現他們的夢想，都在付出努力和汗水，為了實現我的夢想，我現在會好好學習，將玩遊戲的時間都拿來溫習。我相信「一分耕耘一分收穫」，只要我努力學習，我相信一定可以實現這個夢想。

每次當我遇到困難的時候，我就會想起我的夢想，只要解決了這個難題，我就覺得距離我的「醫生夢」又近了一步。如果將來我的夢想真的實現了，如願以償地當上了一名出色醫生，我會穿上白色的大褂，拿著聽診器，細心地給病人診症，好好照顧病人，直到他們康復。我認為讓大家身體健康是每一個醫生的夢想，也是我的「醫生夢」。

這就是我的「醫生夢」，它一直鼓勵著我努力學習，當我不想學習的時候，它就是我學習的動力，所以我會繼續努力，將來一定會成一位出色的醫生！

## 平庸

2B 黃嘉輝



「聽聞少年二字，應與平庸相斥。」

那是秋天的某一天，我和朋友在路邊走著。的心裏十分壓抑，看見一個長在牆角的種子，於是我就提出一個賭注，賭來年春天它可以綻放成美麗的花，賭注是朋友要與我考同一間學校。因為他與我的理想學校不同，他想要去外地讀書，而我留於此地，所以我才提出這個賭注。我們是很好的朋友，我不希望我們的友誼以這樣的方式散場。他聽到我的話語，笑出了聲，並說了一句話令我許久說不出話來：「《以自己喜歡的方式過一生》」有一句話『你日漸平庸，甘於平庸，將繼續平庸』。我想殺死平庸的自己去另一個地方重生，並且重新開始。」雖然這樣說，但最後，他還是接受了賭注。不知他是想給我希望，還是什麼。

從那天開始，我每天過去悉心照料那個種子。他每次都看著我一言不發。我請教老師、上網查閱資料，無所不用其極，開始時還一切正常往好的方向發展，種子終於長出了莖和葉，後來冬天那種子好似每天都在失去生機。隨著春天即將來臨，可那個小苗卻好似快要凋零，就像我們的氣氛越來越壓抑。這幾天我越來越擔心，因為他好像與我漸行漸遠了，而種小苗仍未長大開花。因此我越來越頹廢，又因學業坎下坡的緣故，我已經好幾次被老師叫去談話和訓話。我知道自己生在單親家庭，我多學一點，我媽就少累一點。但我那時也真的沒有辦法。入春後，我們的賭注也要揭曉了，其實我早已看過那小苗，已經沒有希望了。去到那地方，我卻見到那裡竟然綻放著一朵野花。我與他對視一眼，甚麼都沒說，大家心裏卻甚麼都明白了。

後來我與他一起學習，向著同一個目標一起進發。我曾問過他為何，他只留下一句話：「逼自己一把，比放自己一馬強得多，新生不一定重生。」這句話是他說給我聽的，也是說給他自己的，他不想我墮落，也不想自己離開。

## 我的兒時最愛

2C 王祉茵

有一天，我在收拾房間時，在床底看見一個佈滿灰塵、很破舊的小木盒，木盒裡有玩具電話、芭比娃娃、玩具項鍊和手飾等一些亂七八糟的小物品。令我最有回憶和最喜愛的是芭比娃娃。



看著這個娃娃，回憶起當時的情景……那天好像是我四歲生日，媽媽精心為我挑選禮物，一個芭比娃娃，它有著金色的大波浪長髮、水汪汪的藍色大眼睛、小小的嘴巴、穿著仙女般的白紗裙，感覺比其他娃娃還要仙氣、漂亮，我非常喜歡，還為它取了個名字—艾米麗公主。

後來媽媽還告訴我，它脖子後面有個小按鈕，按下去便會說：「你好，我是芭比，一起玩嗎？」我按了又按，太喜歡了。我很喜歡它，它陪伴著我吃飯、玩耍、睡覺，日日夜夜、春夏秋冬，喜歡到愛不釋手。

今天，我看著髒兮兮的芭比娃娃，輕輕地把它放回木盒裡，再推回床底。心想，原來一個普通的娃娃能有這麼多回憶啊。

## 我從香港奧運運動員身上學習到……

2C 許博淳

香港運動員在本屆東京奧運創下佳績，取得一金兩銀三銅總共六個獎牌。每一位運動員不論勝敗都能保持住謙卑、盡力、振作的精神，真是令人敬佩！



當看見電視中每一位運動員熱衷的比賽，每一局都爭分奪秒，真的十分緊張。他們的眼神，每一滴汗兒都被人感受到他們對每一場賽事的認真。

我覺得每一位運動員能夠進入比賽，真的是下了不少苦功，在日常時間裏他們都不停艱苦練習，經歷受傷苦痛，克服自己情緒和困難，不斷堅持練習和特訓，不論面對任何困難挫折都不放棄，這樣的精神值得欣賞和學習。

今屆香港運動員贏得花劍金牌選手張家朗，雖然還沒完成中學學習，已選擇以擊劍作為自己今後的職業，他父母也給了他很大的支持和鼓勵



。令我印象最深刻的是他說過的話：「大家要堅持，不要那麼容易放棄。」他在逆境中展現過人鬥志，憑著堅毅信心，最終成功為香港創造新歷史，令人振奮。

從香港奧運運動員身上，使我深深感受到無論遇到任何挫折和困難，都要堅持學習，從挫敗折中成長。我要學習他們不屈不撓的精神，繼續盡力做好自己的本分，使自己不斷在努力中進步。

## 我從香港奧運運動員身上學到……

### 2C 鍾庭謙



在 2021 東京奧運會中，港隊在今屆奧運取得 1 金 2 銀 3 銅的佳績，有賴眾運動員、教練團隊、支持者們的努力及付出。

香港運動員十分出色，他們除了身體上的訓練，心理上的訓練對他們的運動表現也有十分大的影響。我們也可以向香港運動員學習，以強大的心態去面對日常生活中的種種困難。

以前，奧運會對香港運動員的心態來說，大多都是以欣賞外國運動員表演體育盛事，覺得自己能奪得獎牌的機會幾乎為零。但是香港運動員沒有因為這樣而放棄，他們反而更強大，裝備自己，提升實力，為自己建立自信，可以減低在比賽中的壓力。

運動員面對壓力的態度也是一門學問。我認為有時候運動員可能有相同的實力，但是真正決勝的不止是技術，而更重要的就是運動員如何面對壓力的態度。懂得冷靜謹慎，通常都會比人更勝一籌。最大的敵人只有自己的身體和心態。

在留意香港運動員的表現的同時，我亦開始學習堅持，磨練心態。

## 我的兒時最愛

### 2C 陳澤亮

放學回家後往超級市場，在途中看見了一家玩具店，好奇進去看了一會，一轉眼就看見了有我最熟悉的樂高積木，不得不想到了那段快快樂樂的時光。

記得小時候最愛的玩具就是它了。每一次爸爸從外地工作完回來都會買給我，然後讓我組裝。依稀記得第一次他帶給我這份玩具的時候，我就產生很大的好奇心，在那斷斷續續的彩色回憶裡，那架樂高直升機是我和爸爸一起組裝的，事後令我覺得自豪，像是做了大工程似的，更是將這份玩具展示在同學面前，同學們都望向了玩具。現在看來，只不過是一群孩子們在互相比攀。後來，隨時光流逝，我的桌子上都擺滿了樂高，看著這些樂高積木，感覺像是努力拼搏來的獎杯一樣，象徵著努力的徵兆，讓我成就感滿滿。

最後，我買了一份樂高積木，在空蕩蕩的房間裡組裝著，彷彿回到兒時坐在椅子上跟爸爸一起組裝時的感覺，但再也不能在同學面前炫耀起來，因大家都不在同一小學就讀了，況且都長大了，都不一樣了，有機會的話，希望和他們一起組裝樂高積木。



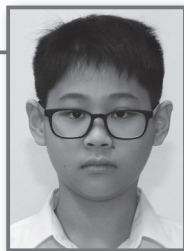
## 我兒時的最愛

### 2C 梁嘉傑

在一次大掃除中，我無意中發現了一樣特別有價值的紀念品，就是海洋公園用 10 塊錢買回來的紀念幣。雖然這個紀念幣對其他人來說可能沒有什麼用處，但對我來說，他是我兒時是最珍貴的回憶。

在一個天晴的早上，媽媽提出帶我去海洋公園遊玩，當時我很天真，也很好奇，不知道海洋公園是什麼東西，我便很快地答應了。隨後，我們便花了半小時去執拾行李，大約在 8:30 左右出門口。我們乘搭專程到海洋公園的穿梭巴士直接到達海洋公園。在門口等了大約 20 分鐘，終於買到門票，進入門口的一瞬間，我被眼前的一幕驚呆了，面前龐大的建築物，當時的我還是第一次看見，覺得自己像井底之蛙，從未見過這個世界的「大」。

在這裏我買了一些小食，就乘搭纜車到全都是機動遊戲的山上玩這



些機動遊戲。等了約 10 分鐘，終於到我了，我滿心期待想玩這個機動遊戲的時候，卻被工作人員告知身高不夠，令我非常尷尬和無奈。最後我也是笑着遊覽完這個海洋公園，但離開的時候，我發現了一台賣紀念幣的機器，10 塊錢的價錢牌吸引了我，於是我就把這個紀念幣買了下來，直到現在我還留着。

可能回憶對一些人來說一文不值，但對我來說，這些珍貴的回憶是無價的。

## 我兒時的最愛

### 2C 梁卓男



前天我在打掃櫃子時無意中發現了一塊手錶，把它拿出來一看，這塊手錶的表面已經佈滿了灰塵，甚至看不到它裏面的針了，我用濕紙巾將手錶上的灰塵擦乾淨，當我看見了錶面上印着的圖案時，一段回憶就如一道閃電一樣在我的腦海中閃過。

這一塊手錶是我在升小學一年級的時候爸爸媽媽送給我的一份禮物。它的外型和普通的手錶沒有分別，但他整個錶芯都是綠色的，錶面還印有一隻小烏龜，現在裏面的針已經停止轉動了，可能是因為太舊了吧。

小時候收到這份禮物可高興了，每天回學校前都要戴上這塊錶在同學面前炫耀一番，那時候我的同學都沒有手錶，所以很多同學都很妒忌我，直至有一天有個同學再也忍不住我的囂張，一把奪過我的手錶大力地扔到地上。看見自己的最愛被扔到地上我當然忍不住便和他打了起來，直至老師來了才停手，這件事令爸爸媽媽都很擔心我會被紀律處分。經過這件事我學會了做人不能太囂張。

我把手錶戴上跑到爸媽面前大喊一聲：「爸、媽，我找到你們對我的關愛，謝謝！」

## 我的兒時最愛

2C 林丹楓



隨著年紀的增長，身邊認識的人也越來越多，同時結交的朋友也比以前多。

記得小時候我在廣州讀幼兒園的時候沒有甚麼朋友，但我記得小時候有一個很要好的朋友，好到甚麼程度呢？好到連對方要說甚麼準備說甚麼我都猜得到。他叫「風仔」，我當時六歲，他比我小一兩歲，卻比我高一點點，從他的樣子也能看得出他很活潑開朗。他家有四個人，媽媽、爸爸、哥哥還有他，他們家裡是做水果生意的，而我家裏人非常喜歡吃水果，常常到他們家去買水果吃，也因此跟「風仔」開始熟絡起來。我跟他沒有太多共同愛好，但卻可以聊很久，我家裏人知道我跟「風仔」常常一起玩就跟我說：「你不要常常找他玩。」我雖然對他們這句話很不解，但我也聽從他們的話。

令我印象最深刻的一次就是小時候有一陣子會喜歡去搜集一些卡通卡片，於是我跟「風仔」一起搜集，但是那時候還沒多少零花錢，於是我們想到了一個辦法，就是每天幫家人做家務來換取金錢去買那些卡片，一到星期天我跟「風仔」就會去超市買卡片，就這樣維持了幾個月。突然有一天我知道幾個星期後我就要回香港生活了，因此我也沒再找「風仔」。幾星期後我回香港，也沒有好好地跟「風仔」說再見，對於他來說我應該像突然人間蒸發一樣，在廣州怎麼也找不到我。

七八年過去了，不知他過得怎樣呢？會不會再見面時已經認不出對方呢？隨著年紀的增長，身邊的朋友說不上多說不上少，我也越來越把朋友看得更重，也學到了，你朋友少沒關係，最重要的是真心，但「風仔」同樣是我兒時的回憶，也是我兒時的最愛。

## 我從奧運運動員身上學習到……

### 2C 黃文炫

今年的奧運會真是太精彩了！港隊的表現真的太棒了！拿了奧運金牌的是香港運動員張家朗。

張家朗於香港出生及成長，香港男子擊劍運動員。他曾獲得男子花劍團體賽銅牌、亞洲賽奪得個人賽銅牌、世青賽青年組冠軍、東京奧運會男子個人花劍金牌並打破港隊最佳記錄。

看得出張家朗為了在賽場綻放自己，可見有多努力，正所謂「臺上一分鐘，台下十年功。」香港運動員要每天練習，保持最佳狀態，一天就是練十幾個小時，非常佩服香港運動員的堅持。

張家朗為什麼能得到奧運金牌呢？是因為堅毅！奧運會每4年舉行一次，一年有365天，四年意味著1460天，所以香港運動員每天都在練，就是讓自己保持最佳狀態，四年的練習就為了在奧運會上綻放自己。讓我佩服所有香港運動員堅持不懈的精神，我從奧運運動員身上也學到了堅毅。



## 我的兒時最愛

### 2D 周昊軒

我在收拾房間的時候，發現了我的兒時最愛——那個奧迪雙鑽牌的陀螺。它讓我想起自己來香港前，在廣州的那段時光……

在我五歲那年，我一直渴望擁有一個陀螺。雖然那是一個價格非常便宜的奧迪雙鑽牌陀螺，但是那時候我卻沒有足夠的零用錢購買……所以我只好每天走到街上，渴望撿起別人丟在地上的一、兩塊。因為當時我只有五塊，距離我的目標還差十塊，所以我走路時經常低著頭往向下看。

有一次，我終於撿到了十塊！但有一個站在遠處的人看到了，他居然跑過來跟我搶！可是，我已經撿起了那張紙幣，他卻拍打我的手，還說：「這是我的！你這個小偷！」但我知道這絕不是屬於他的！所以我也大叫：「有人偷東西！有人偷東西！」然後小區裏的保安就把他捉住了。





在一輪口舌之戰後，我終於拿到了十塊。我便匆匆忙忙去買了那個陀螺。

到了第二天，我就拿着那個奧迪雙鑽牌的陀螺去和朋友比拼。因為它是雙陀設計款式，所以戰鬥力很強。過了三天，它就贏了所有人！大家都很想知道它是從哪裏來的呢！

現在的我當然知道路不拾遺才是正確的做法！但這次重新看見它，我只想說聲：「歡迎回來！我的老朋友！」

## 我的兒時最愛

### 2D 徐樂軒



昨天打掃房間的時候，我在床底佈滿厚厚灰塵的膠盒裏找到了我的兒時最愛——陀螺。這個金黃色的陀螺外型十分獨特，身上刻着兩個獨角獸的圖案。當我把陀螺拿在手上的瞬間，腦海中喚起了悠揚迴旋的樂章……

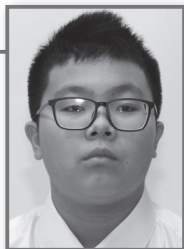
那年生日，媽媽帶我到玩具店買玩具。當我看到這個陀螺，我心裏便感到我和那個陀螺一見鍾情。它彷彿在說：「樂軒，我等了很久，終於等到這一刻了！來吧！做我的搭檔！」於是我沒有猶豫，馬上叫媽媽買下來。當我打開包裝，看到黃金陀螺的一刻，我便拿起它，把它舉起來，我似乎能預料我和它在「陀螺比賽」獲得冠軍的場面！

之後，我每天都帶着它，就連上學都會偷偷把它藏在書包裏，記得有一次更差點被老師沒收了。還有一天，上課時，我被老師罵了一頓，放學後我感到很傷心。走着，走着，看到前邊的男孩正在玩陀螺，我便拿着黃金陀螺，走到他們的身旁跟他們一起玩。最後我更差點忘記回家呢！

黃金陀螺陪我渡過了兒時高低起伏的美好時光……即使現在你靜靜地躺在盒子裡，我也不會忘記我們一起經歷的那些美好的時光呢！

## 我的兒時最愛

### 2D 林子諾



昨天，在打掃房間時，我發現了一個擱在牆角、佈滿厚厚灰塵的紙盒。我在紙盒裏找到了一個兒時很喜歡的鼠標。拿起鼠標的瞬間，往事如跳躍的音符，在我腦海中喚起悠揚迴旋的樂章……

這個白色的鼠標，外型十分普通。它既沒有其他鼠標的色彩艷麗繽紛，又沒有其他鼠標的奇特形狀，但我卻喜歡它的樸素實用。剛開始，爸爸和媽媽十分反對我買鼠標。於是，我決定自己存錢買。後來，爸爸給我的毅力征服了，便把它當成我的生日禮物送了給我！

升上中學後，這個鼠標已經跟不上時代，逐漸被我打入「冷宮」。要不是今天整理房間，它還是無聲無息地待在角落裏呢！現在，我已經有了自己的零用錢，但是我還是很懷念以前想盡辦法存錢買心愛東西的日子，我永遠不會忘記那段時光……

我把鼠標放回盒子裏，它安靜地躺着。我不會忘記自己對它的感情，雖然我現在已經有很多鼠標……

## 我的兒時最愛

### 2D 馮偉燁



最近，我覺得房間過於凌亂，所以打算整理房間。就在我收拾房間的時候，我看到了一輛被擱在角落邊緣的玩具車。那輛車佈滿了厚厚的灰塵，瞬間喚起了我的童年回憶……

雖然過了很多年，但這輛玩具車依然能保持亮麗，只是掉了點漆。玩具車的車身是鮮紅色的，配上黃色的圖案，是一輛我夢寐以求的轎車！我還記得我最初得到這個玩具的時候，開心得活蹦亂跳，總是對它珍而重之……

記得小時候，我剛從幼稚園升讀小學一年級，一切都很不習慣，當時的心情十分失落，每天都想著回到幼稚園老師的懷抱。但每當我回家完成了所有功課後，我便會玩玩那輛玩具車，心情就會不由自主地變得輕鬆起來！它陪伴我渡過了很多人生的低潮呢！

現在，我不再是小孩子了！也不再需要這些小玩意了……雖然我十分不捨得，但我還是狠下心來，跟這輛陪伴我渡過童年的玩具車說聲：「再見！我的玩具車……」

## 那一刻，我挺身而出

2D 馮偉燁

今天早上，我遇到了一件事，原本冷漠自私的我不想幫忙的……但到了最後，我卻為我自己的決定感到自豪！助人後令我感到前所未有的喜悅……

快要遲到了！我背着書包飛快地往學校方向跑。由於我十分著急，所以也沒有留意四周發生了什麼事。就在這時，我突然聽到背後傳來一陣叫聲，回頭一看，原來是一個小男孩正在嚎啕大哭。小男孩摔倒了！他的腿正好被下水道柵欄的缺口卡住了！

我本想一走了之，但當我看到孩子媽媽慌張的表情，再看看受傷的小孩，這次我沒有再猶豫！我直接跑到小孩身邊，與他的母親合力把他扶起來。小孩淚流滿面地跟我說：「大哥哥，謝謝你！」

聽到小孩感謝的說話，一股暖流湧上心頭……這是我第一次體驗到幫助別人的快樂！雖然我遲到了，更被老師狠狠地罵了一頓，但我從這件事件中感受到「助人為快樂之本」的喜悅呢！

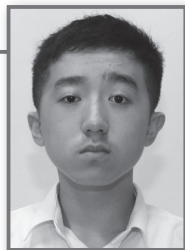
## 秋日山行

2E 陳栢翹

秋天快到了，這秋高氣爽的舒適天氣真讓人愉快。於是，我們一家人於這週末來到獅子山登山遊玩。

我們到了獅子山的山腳，山上的野猴令我突然想起孫悟空，有着啡色毛髮，猴很好動，好像活潑的小孩子在追逐玩耍，有一刻我覺得他們真是小孩了。我們還看見鳥兒物們吱吱地唱歌，好像交響樂團在演奏，這樣的聲音真的悅耳，我覺得這聲音能舒緩壓力，很舒服。

我們走到了山腰，我看見高大且茂密的樹木，它們就像一支支整齊



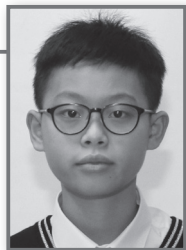
的軍隊，在列隊排陣一樣，看上去非常陣容鼎盛，相當威武。秋風一吹，樹上的黃葉「嘩啦嘩啦」飄下來，為地上鋪上一張金黃色的毯子。在我欣賞的時候，有一群跑山人士，他們流著汗，一邊大步大步地跑，一邊欣賞景色。

我們終於走到了山頂，很累，但是值得的。我們居高臨下，高樓大廈變得很小很小，很不可思議，雲彩變得千變萬化，從橙色變成紫色，再變成紅色。

最後，獅子山的景色很美，就像古代西施光臨現代，展現美態。這如詩如畫般的美景似乎有一種魔力，它驅散了平時生活的疲勞，很舒壓。

## 一次小風波的啓示

### 2E 盧焯舜



今天，我懷著期待的心情回校，因為今天是派發數學測驗卷的日子。我溫習了很久，相信會拿到好成績呢！可是當我接過測驗卷的時候，我頓時心灰意冷，一心搶過我的測驗卷，然後大聲向全班說：「向華只得30分，真是個蠢才！」

我一臉尷尬，心想：我這麼努力，為何要嘲笑我呢？所以我大聲咆哮：「我這麼努力溫習，為何要在所有人面前嘲笑我！」一心說：「我就是想看你尷尬的樣子！你根本沒有溫習，活該的！」然後哄堂大笑。

我難掩怒氣，便一個箭步上前給他一巴掌，一心頓時呆了。一心說：「你為何這樣做！」我說：「我這樣也只是以牙還牙！」然後，我一拳捶在桌子上說：「你也是活該的！」同學們安靜了。

老師來了，他立刻把我們分開，老師對我們說：「一心，你搶了人家的試卷確實不對，而向華你沒有平心靜氣處理紛爭，而是用武力解決問題，也是不對的。和別人相處，應該尋找正確途徑來處理。」我聽到老師的話，明白自己的錯，就忍不住哭出來了。

經過這件事後，我學會了不要衝動。當有紛爭時，應尋求正確的方法為自己取回公道，而不是「以牙還牙」去解決問題。

## 我從香港奧運運動員身上學習到……

### 1A 伍麒麟

我從香港奧運運動員張家朗身上學習到堅持和永不放棄的精神……

我透過電視直播，看到了劍擊比賽的精彩時刻：張家朗初次參加奧運會，面對來自世界各地的劍擊高手，他並不受別人的影響，堅信自己的實力，由落後的分數逐漸一分一分地追上，於比賽最後數分鐘反敗為勝，最終勇奪冠軍寶座，實屬實至名歸，可喜可賀。我瞭解到，張家朗自小不斷訓練，不知流下了多少汗水，但他為了理想和目標勇往直前，永不言敗。所謂：「台上一分鐘，台下十年功。」他具有的那份堅毅和永不放棄的精神，不是一般人隨便可以做到的。

我明白到：在取得好成績之前，需要承受很多苦頭，需要埋頭苦幹及努力，需要減少玩遊戲的時間……為了目標，放棄一些娛樂時間是在所難免的。在一次英文背書，對我而言有很多生字是不會的，我花了很多時間也沒有背下來，那時我真的想放棄。但當想到張家朗的努力和堅持後，我立刻振作起來，拿不懂的生字去問爸爸或媽媽，把那些生疏的句子背了又背。「皇天不負有心人」，我最後終於背了下來，而且在默寫時取得了九十分，這是我英文默寫最好的分數！現在我學會面對困難不退縮，勇於面對。

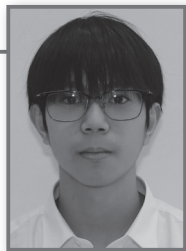
張家朗是我們新一代的好榜樣，是我們學習的動力，他那種堅持到底，全力以赴，永不放棄的精神，實在值得我們學習。每當我面對困難想放棄時，他這種精神都激勵著我，讓我振作，讓我堅持下去，絕不放棄！





## 我從香港奧運運動員身上學習到……

### 1A 蘇浩誠



張家朗——一位花劍奧運運動員，他一路走來，經過了甚多的風雨，最終在 2021 年奧運會一戰成名。一路的坎坷，都憑著他不放棄的精神一直堅持了下來。有多少人知道他經歷了什麼，付出了多少努力……

張家朗說過：「大家要堅持，不要放棄！」這句話也在他的比賽中表現了出來。他是永不屈服的勇士，不知輸了多少場比賽，才終於不負眾望，站在奧運會這片戰場上。看著他進了半準決賽，再慢慢殺進決賽，令我感到熱血沸騰。

張家朗進入決賽時，再次拿起那把劍，只用了短短兩分鐘就把格羅素擊敗，奪得了金牌。比賽時，面罩下的他，需要思考對手出招的方式，以作防範，在防範對手的同時也需要策劃自身下一步的進攻。可能在觀眾眼裏只有短短的兩分鐘，但可能在他眼裏，這兩分鐘是他一生的努力，是所有香港人的希望。其實，張家朗也曾失敗過，也曾迷茫過，但他從來都沒有放棄。俗語有云：「台上一分鐘，台下十年功。」大家應該可以想象到他每天都要經歷著高強度的訓練，應該可以想象，在成功的背後，他付出了多少的努力和汗水。這需要一種怎樣的堅持？

以前，我做很多事情都是用一種不太認真的態度去做，很多時候會半途而廢。還記得有一次，老師邀請我參加一場比賽，我接受了。但比賽進行到一半時，我看到比分越拉越遠後，便開始氣急敗壞，之後我就主動棄權，放棄了比賽。是張家朗令我明白到了做任何事都要堅持，不要放棄。現在我對之前的那場比賽感到很後悔，如果我堅持到底，結局會不會改變？就算不會改變，至少我能讓大家看到一種堅持的精神吧！

我不知道張家朗曾輸了多少比賽、經歷了多少坎坷，但我知道，一直支持著他的就是那絕不放棄的精神。奧運金牌也許是對他的一個回報，不過，那種精神卻更加可貴。因為你——張家朗，我變得堅強，以後會認真的去做好每一件事。

## 我從香港奧運運動員身上學習到……

### 1A 陳宇航

我從香港奧運會運動員張家朗身上學到了堅持、永不放棄的精神。

張家朗在二零二一年東京奧運會劍擊項目裏取得了金牌，全港人都為他驕傲、歡呼。我們看他比賽的時候，只有短短的幾分鐘，可是在背後，他卻付出了我們無法想像的努力。每次的練習都是汗如雨下，十分辛苦，可是張家朗卻從來沒有放棄過，不斷堅持努力練習。最終他獲得今日的成就！

我之前做事只要遇到一些小挫折，便會選擇放棄。記得之前有一次我參加了一個跑步比賽，最終我輸了。於是我沒有繼續堅持下去，選擇了放棄。因為這次的放棄，也令我之前的所有努力都白費了。自從看到張家朗後，我明白到了做任何事都要堅持、不放棄。現在，即使我在比賽中輸了，我也不會像以前一樣去放棄，而是更加堅持努力地去練習。

那天，老師在課堂上跟我們說下星期要背書。他說這次要背的內容比較多，讓我們抓緊時間去背。於是每天當我做完功課後，便立刻去背書。要是在以往，我早就出去玩耍了。可是此刻，我想到張家朗絕不放棄的精神，想到最後要取得好成績，就堅持沒有出去，咬著牙在家中背書。即使要背的內容很多，但我也一句一句地背了下來。終於，我的堅持得到了回報。在第二天的默寫，我成功取得了滿分。

這便是我從張家朗身上學到的：做任何事情都要堅持，不放棄。

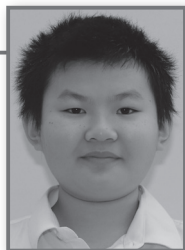


## 我從香港奧運運動員身上學習到……

### 1A 李智良

香港奧運運動員身上有許多值得我們學習的好品格，能幫助我們更好地做事，而我從他們身上學到了……

那時還是假期，有一天，我媽媽帶我去游泳池游泳。還沒游的時候，我覺得游泳是件很簡單的事，以為一游就能游得很快。但是當我真的處身於水中的時候，無論我怎麼游，都很難移動，因為我不會任何游泳姿勢，加上我笨重的身體，讓我如同被人拉住一樣無



法動彈，只能在水中不斷地拍起水花。周圍的人似乎都在嘲笑的看着我。我氣惱極了，爬上岸，心裡想：我不再游泳了！

回家後，我在電視上看到了香港奧運運動員何詩蓓的訪問，她是2021年32屆奧運會兩面游泳銀牌得獎者。她說：「我小時候接觸游泳只是想學會這個求生技能，也曾一度對游泳感到疲累和厭倦，直到大學時期才有成為全職運動員的念頭。我希望讓小朋友知道追夢的過程不會一帆風順，會出現很多難關，甚至不一定可以達成目標，但只要不輕言放棄，堅持一定會有所收穫。」

看完後，我明白了做事不能輕言放棄，要堅持去完成，這樣才能有所收穫。之后的假期，我都會去泳池游泳，每個星期至少會去三四次。開始時，我還是不會游，還喝了幾次水，但一想到何詩蓓，我就堅持了下來。我進行了大量的練習，即使喝了不知多少次水也沒有放棄。終於，我從原本在水中難以移動，到現在已經可以像鯊魚一樣在水中自由穿梭。

香港奧運運動員有許多好的品格讓我們學習，而我，從他們身上學到了堅持不懈的精神。

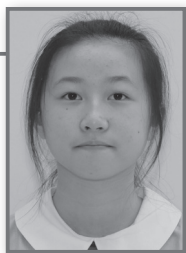
## 爸爸，對不起

### 1A 蔡穎晴

那天發生的事我到現在也忘不了，我不該這麼不懂事的。爸爸，對不起……

一個晚上，外面下著大雨，我在房間刷視頻，突然看到一個讓我口水直流的蛋糕，我想了想，哎！我們家的隔幾條街道不就有一家蛋糕店賣這個嗎？我正想出門，可是看了看這鬼天氣，馬上就改變了想法，轉念一想，不如叫爸爸幫我買吧。我立刻就打電話給爸爸，跟爸爸說：「爸爸，去幫我買個蛋糕回來吧！」爸爸有點無奈的說道：「可是，我已經到家樓下了啊……而且都開始來颶風了，我現在去可能……」我馬上打斷了他：「也不是很遠，你跑快點不就行了嗎？」他猶豫了一下，還是答應了我，說馬上去買。

我打完後，一臉開心的去看電視，沒想到打開看到的就是天氣報道，主播說現在的天氣很惡劣，已經有兩棵樹斷了，還有被壓倒的途人。我馬上恐慌起來，因為報道員說的地方剛好就是爸爸給我買蛋糕的那條街道！我開始胡思亂想，害怕爸爸被樹壓倒，被雷打到，在床上睡一世做個植物人！想到這我就害怕的發抖，心裡不斷祈求：「我不要蛋糕了！」

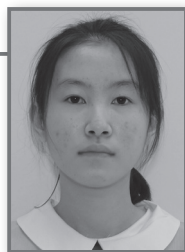


我只要爸爸回來，蛋糕那有爸爸重要！」我心裡很緊張，馬上打電話給爸爸，但他一直沒有接聽。我只希望爸爸回來，只要爸爸回來，我什麼都可以不要！我後悔當初讓爸爸去給我買蛋糕回來這個決定……在這時，房子的門打開了，我立即停止了哭泣。看著爸爸被雨淋成「落湯雞」，但還是用外套蓋住那個蛋糕，我心裡既感動又愧疚。我跑過去抱住爸爸，但爸爸還是在說他身上有水，弄濕了我會感冒……即使在這樣狂風暴雨的天氣下，爸爸還是無怨無悔地去買蛋糕，接受我的任性。看著爸爸頭上、衣服上和鞋子上的雨水一直往下流……爸爸把鞋子脫掉後，我看見那濕漉漉的襪子，被雨水浸泡過的腳，我後悔莫及。即使嘴裡吃著甜甜的蛋糕，但心裡卻是說不盡的苦……

我在睡前再次反省自己：一直以來，爸爸是如此的包容我，我以後不會再如此任性。爸爸，對不起……

## 我從香港奧運運動員身上學習到……

### 1A 邱芷欣



你有看今年的奧運會嗎？你有看到香港運動員的精彩表現嗎？你有看到他們得獎的那一刻嗎？看一些代表中國香港的運動員得獎，身為香港人，心裏總會有一些激動。可是，大家又是否知道，在他們得獎的背後，埋藏着許多被世人忽略的努力。

你在電視面前看到他們的出色表現，不會以為那只是天賦吧？有聽過一句話嗎？「台上三分鐘，台下十年功。」所有你看到的精彩表現，其實都是用許許多多的努力換回來的。

比如在這次奧運會得到兩枚銀牌的何詩蓓。她的經歷實在令人感到無比震驚。她的隊友接受電台節目訪問時恭喜何詩蓓創造個人的最佳時間，締造歷史，又透露何詩蓓在大學時十分自律，每朝堅持清晨五點練習，疫情下更因泳池關閉而冒冷游湖，「頭髮都結冰了。」所以得獎的背後充滿了訓練的艱辛。

當初接觸游泳也只是想學會這個求生技能，也曾對游泳感到疲累和厭倦，直至大學才有成為全職運動員的念頭，何詩蓓這樣提到。所以說追夢的過程不會一帆風順，也會遇到許多挫折，不一定可以達成目標，但是只要不輕易放棄，努力付出一定有所收穫！

我以前總是抱怨學鋼琴實在是太難了，多次想要放棄，但媽媽總是

說做好一件事不能輕易放棄。終於在一次鋼琴考試，我發揮並不是很好，沒能成功升級，我垂頭喪氣，決定放棄學琴了。回到家我打開電視，看到又有香港運動員得獎了，我腦海浮現出何詩蓓的話語。我一想到她那努力奮鬥的精神，我慚愧不已，和她的經歷相比，我那小小的困難又算得了什麼？我重新振作精神，並決定不再這麼輕易放棄，要好好堅持下去，要學習何詩蓓那絕不放棄的精神！從今天開始，我要繼續努力練琴了！

得獎的背後往往都充滿辛酸和艱苦，但只要我們不停努力、鍥而不捨，即使最終不能到達我們所希望的样子，也總會有所得益的。願每一個人都能像那些香港奧運運動員一樣，絕不放棄，努力拼搏！

## 我從香港奧運運動員身上學習到……

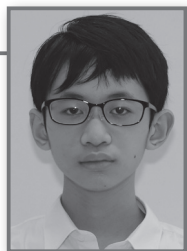
### 1A 翟梓瑜

在這一次的奧運中，我看見香港的一名奧運花劍運動員奪得金牌，他是誰呢？就是張家朗了。

張家朗，在小時候就開始練習劍擊，還參加了很多的比賽。雖然他經常勝出，但還是免不了會輸，但他並沒有放棄，反而繼續努力練習，參加不同的比賽，訓練自己的技巧。這一種鍥而不捨的精神，就是我們要學習的。這令我感到十分佩服，一個人要成功是很不容易的，而多次失敗後還能堅持不放棄，最後才可以成功。

我在之前一旦遇到失敗，很多時候二話不說就直接放棄。就像之前不久，我在籃球比賽時輸了，因為在比賽前一直很努力的練習，所以當時輸了後我非常難過。我甚至想放棄打籃球了。但是在看到張家朗的經歷後，我決定要學習他那種鍥而不捨的精神。

現在，我每天都會去練習籃球，不論在晴天、陰天，還是雨天，我都會練習。在晴天時，我就去籃球場練習；在陰天時，我就去樓下練習；在雨天時，我去有蓋的籃球場練習。有的時候，我會和朋友一起打籃球，可以在打球時增加樂趣，還可以提升技術，一舉兩得。我希望可以像他一樣，得到一次籃球比賽的冠軍。現在的我不會再和之前一樣，遇到失敗不會隨便放棄，而是會一直堅持下去，努力爭取成功。前兩天，我參加了一次籃球比賽，在比賽場上，我們隊從一開始的逆風落後，慢慢地轉為順風而上，最後勇奪冠軍。



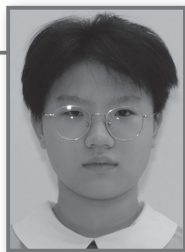


這就是令我改變的奧運花劍金牌得主——張家朗。是他，讓我變成一個鍥而不捨地去努力的人。

## 一張舊照片

### 1B 鍾麗瑩

在上個星期天我收拾書櫃時，發現了一張被我壓在書本下的舊照片，那張照片已經泛黃，上面還鋪滿灰塵。我小心翼翼地拿起舊照片，抹去表面的灰塵，發現這是一張幾年前我和姐姐跟奶奶一起拍的。



那張照片是我第一天上小學時跟姐姐和奶奶在家裡拍的。那時候因為爸爸媽媽要上班，所以由奶奶照顧我們。奶奶每天都會一大早起床做好早餐，並叫我們起床，還會送我們去上學，送完我們去上學，她還會去菜市場買菜準備晚餐。

後來奶奶因為摔了一跤，行動不便，不能再照顧我們就回鄉下了，爸爸和姑媽因為擔心奶奶，也回了鄉下。就在四個月前的一個晚上，爸爸打電話給我們說奶奶過世了，我知道生老病死是人生中再平凡不過的事情，但是當我聽到奶奶去世的消息時，我還是無法去接受這個事實。

這張照片記錄了我跟奶奶的美好回憶，這張照片也教會了我要珍惜和家人在一起的時光。

## 一次難忘的表演

### 1B 鍾麗瑩

在我小學六年級那年，學校像往年一樣舉行了聖誕聯歡會，鼓勵同學們參與表演，作為最後一屆六年級同學們紛紛參與，有的展示自己的歌喉，有的表演舞蹈，還有的演奏樂器，而我選擇了自彈自唱。

踏上臺的那一刻，同學們鼓起了熱烈的掌聲，這時一陣熱烈的掌聲讓我更加緊張，手心冒汗，緊緊地拿著吉他，碎步走到舞臺中心。

表演開始了。我坐下來演唱的是一首耳熟能詳的抒情歌曲，歌詞中透露著我對學校、老師和同學們的不捨以及對他們的感激之情。

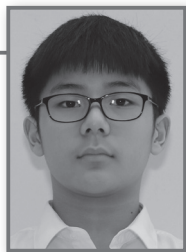
第一次上臺的我由於太緊張，再加上這首歌曲的歌詞令我產生共鳴，聲音開始沙啞起來，慢慢的無法以正常的聲音演唱歌曲，只剩下吉他聲和我的抽泣聲，此刻的我百感交集，看著臺下平靜、凝視著我的同學們。

出乎意料地，幾位同學在臺下站起來，揮著手，大聲地合唱歌曲，本來尷尬的畫面頓時變得熱血沸騰。

我對同學們的幫助欣喜，對即將離開學校的不捨，對老師們的感激都混合在這表演之中。

## 我從香港奧運運動員身上學習到……

### 1B 戴望翹



香港雖然是「彈丸之地」，但也產生了很多出色的運動員。在今屆的日本奧運會中，我個人較喜愛玩劍擊的張家朗，還有玩羽毛球球的伍家朗，他們不屈不撓的精神真的值得我們學習。

首先我想談談有關張家朗在今次劍擊總決賽的表現，面對着世界排名第一的選手，他並沒有怯場，在總決賽比賽中落後幾分，但他發揮了香港人的獅子山精神，並沒有放棄，還一分一分的追成平手，到最後終於拿到了香港在日本奧運會第一面的金牌。

另外我想談一談暫時打羽毛球的伍家朗，在初賽的時候，他受到了球衣風波的影響，一度落後很多分數，到最後還是輸了，但是輸了這場比賽並沒有令他氣餒，反而他想收拾心情來迎接跟着來的比賽。

總括而言，就算一個人遇到什麼的困難都不要氣餒，要學習香港運動員不屈不撓的精神，凡事都不能放棄，直到最後。每件事情也要樂觀面對，因為方法總比困難多。

## 我從香港奧運運動員身上學到……

### 1B 劉壹尹

我從香港奧運運動員身上學到了堅毅不屈的精神，不怕艱苦，努力不懈去完成每件事。

運動員最吸引人的地方是「永不放棄」的精神。何謂永不放棄？不是紙上談兵這麼簡單，而是實際付出汗水，背後真的是有血有淚。不是每個人能夠做得到。

很多人可能認為，做運動員很簡單，有運動細胞，四肢發達，便有先天優勢啦！我認為不是。如果你沒有認真對待每一件事，付出時間去努力，根本很難達到奧運水平。運動員亦要選擇得失，當你選擇做運動員，學業未必能夠完全兼顧。因為每天要花很長時間去練習。重覆去練習每一個動作。少點耐性，都很難做到。

運動員多多少少也要看看運氣吧！跟著一位好的教練訓練，和跟著一位沒有用心教的教練，得出來的結果會很大！等於你進入一所人人說好的學校，但內裏沒有用心的老師教。或者進入一所人人說普通的學校，但內裏有很多用心的老師教，大家教出來的學生水準，也會有很大分別吧！

所以從運動員身上，學習的東西真的很多。我相信每個人能以運動員的精神來作榜樣，做任何事相信得出的結果也不會太差。



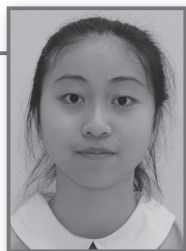
## 一次難忘的表演

### 1B 譚麗陽

整理書櫃時，掉出了一張陳舊的表演門票，讓我回憶起一次難忘的表演比賽。

第四十五屆全港公開舞蹈比賽的門票，每個表演者精湛的舞蹈讓我雙眼發光。每個表演者的氣場都不一樣，有的嚴肅的讓人目瞪口呆、有非常熱情地的森巴舞、亦有令人想跟著節奏一起舞動的音樂等等。

讓我印象最深刻的是一位漂亮的舞者，她的舞姿和舞技非常優美，讓人目不轉睛。但途中她舞鞋的帶子突然鬆了，這位舞者貌似仍在掉鞋帶的情況下連轉幾個圈，當眾人以為她會失敗時，這位舞者不但完成了



還跳了幾個圈，讓我驚嘆不已！

最後，這位舞者跳出了幾種高難度的動作，幾位導師亦打了高分，她以最高分得到了第一名。

經過這次表演後，我對舞蹈的興趣大大提升，同時明白的到每個表演都需要不斷的勤奮苦練。所謂：不經一番寒徹骨，怎得梅花撲鼻香？所以我們應該盡力克服當前的難關，向自己的夢想努力進發。

## 在過往一年，我最感激陳老師

### 1E 陳芯怡



在過往一年，我想感激的人有很多，例如：爸爸、婆婆、媽媽、哥哥、姐姐，而我最想感謝的人是陳老師。

剛剛升上中一，我面對很多新的挑戰，會有很大的壓力和焦慮，尤其是在英文課堂中，我聽不懂英文老師說的話，英文功課也不是很會做。幸好，陳老師會將英文解釋成中文讓我明白，我不會做英文功課時，陳老師會很細心地教導我做英文功課，令我可以順利地完成各樣堂課及功課。

陳老師為人友善，很有耐心地教導我，做事又很專心，對每位同學都非常好，我平時小息時常常都會找陳老師談天說地，早上回學校時會把英文功課交給陳老師檢查，她會無微不至地指導我，幫助我更快掌握這個學科的知識，減輕我面對英文課時的壓力和焦慮。

陳老師在無論在學科還是心靈上都給我很大的支持，所以我很喜歡和感激陳老師！

## A Letter to Our Hero

6A Ng Ho Cheong Rooney



Dear Siobhan,

My name is Rooney, and I am a F.6 student in Yu Chun Keung Memorial College. Congratulations on your great achievement in Tokyo 2020 Olympic Games!

I can still remember that day. I was watching your competition on the football pitch while I was having football training with my teammates. At 9.30am, we all stopped and took out our phones and started watching the live broadcast of your swimming final. We were so excited to see that you were leading at the front. And we were cheering loudly. We felt a bit upset that you won the silver medal at last, but we know it is not easy and we were so proud of you.

I used to play football when I was small. I trained four times per week in the morning. I enjoyed it very much because I liked it a lot! It's all about passion. Every single time I stand on the pitch, I will try my best to play. All of us are using all our power to take the match and prove our team is the strongest in the match. I am still playing this sport. It is because football is an important part in my life. At weekends I also like watching the Premier League, watching my favourite team's performance. It's the time I enjoy a lot.

I cannot imagine the hard work you have put in all these years! I read the news that you practised swimming at 4am in a lake during the pandemic. I still can't believe this because it is not easy and not everyone can persevere like this. The other athlete I know that is so hardworking is Cristiano Ronaldo. Although he's 36 years old, he keeps on going to the gym and eating only chicken breast every day! And he is still one of the best footballers in the world.

And I want to ask you a few questions. How is your life as an athlete? Do you find training very hard and what makes you continue swimming?

I am now studying in F.6 and I have to make a big decision soon. I will have my DSE exam soon. I want to be a hotel manager or a football coach in the future. It will be hard, but I know we all face lots of pressure and have to work hard to succeed. I have to learn from you the hard work and perseverance.

I would like to say congratulations again on your wonderful

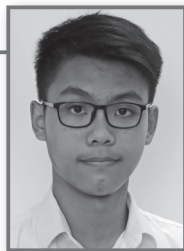


achievement. And I wish you more success in the years to come. Keep calm and carry on!

Yours sincerely,  
Rooney

## An Email

### 6A Ng Kin Long Harry



Dear Sales Manager,

Recently, we have received a number of complaints from customers about the company's no-exchange and no-refund policy. So, I am writing to give some suggestions to solve the problem.

There are several reasons why this policy should be changed. First, customers may only recognise the faulty item after paying the money. Next, customers may not choose to buy clothes from us. Therefore, I think a new policy can improve our company's image. It is because it will make our company more customer-friendly.

There are some changes that can be made on the current policy. First, customers can post the item to our warehouse for exchange or refund. However, they have to pay for the shipping. Next, customers can exchange for a product of equal value. Lastly, we should make clear that some products cannot be exchanged, like underwear and discounted problems.

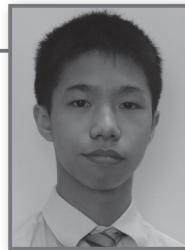
There are some ways to prevent customers from taking advantage of the new policy. First, customers can only apply for exchange once. Next, they have to apply for exchange or refund within 7 days. Also, they must keep the products in original condition. They also have to present the receipt when they apply for an exchange or a refund.

Thank you for taking the time to consider my suggestions. I believe if these measures are to be taken, we can provide the customers with a better shopping experience. I am more than willing to sit down and discuss my suggestions in more detail.

Yours faithfully,  
Chris Wong

## Persuasive Writing

### 6B Lui Shing Kit



Dear Ms Lee,

On behalf of the Student Union, I am writing to express the concern about the access of lockers at school. A lot of senior form students are dissatisfied with the current policy, accordingly to the opinion poll conducted last month. Most of them complained about the insufficient lockers at school, while some of them complained about the location of lockers. I am going to propose three changes to the current policy.

Firstly, the school should install more lockers for students to place their personal items. However, students should be reminded to lock their lockers properly. The school needs to clarify that if their personal belongings are stolen, they need to be responsible for their loss. Moreover, the school should carry out more security measures, like sending security guards to patrol the corridors more often to avoid theft.

Secondly, the school should set some rules for the access of lockers. Students should only be given the right to use the lockers for putting some textbooks, reference books and art supplies. They are not allowed to put some smelly items in the lockers, such as worn clothes and shoes. It is because the dirty items may cause bad smell and affect the cleanliness of our school. If the students break the rules, the school may terminate their rights to use the lockers for two months.

Thirdly, the school should assign certain periods for students to use their lockers. Students are only allowed to open their lockers during breaks, lunchtime and after school. Using lockers during class time should be banned. It is a good way for students to be taught and encouraged to develop good time management skills in using their lockers.

The Student Union believes that the school should respond to students' demands with regard to the use of lockers. We hope that you can consider adding more lockers at the classrooms and corridors for students to use. If you have any questions, please feel free to contact us any time.

Yours sincerely,  
Chris Wong  
Chairperson, Student Union

## A Letter to Our Hero

### 6B Yau Pui Chit



Dear Sarah,

Congratulations! I would like to express my utmost admiration for your excellent performance at the Tokyo Olympics. Of course, your success did not come by chance. In addition to your tireless efforts, you had to work under pressure. Especially during the pandemic, you might not train as much as you used to be as many cities have been placed on lockdown. You have really displayed the extraordinary capability of Hong Kong at the Olympic Games.

You are not only our legend, but also our hero. With your victory, we are confident that Hongkongers can become the best of the best with the competence and determination. You are also the first Hong Kong athlete to win a medal in two Olympics. I am moved by the courage and perseverance you showed in the competitions when you faced the strong opponent- Germany's Emma Hinze in the semi-final. You also promote the importance of doing sports to Hong Kong citizens who were very lazy during the pandemic. When you were having a head-to-head contest, you made us to be optimistic and positive when facing difficulties in life. We are so enthusiastic in your competition. We cheered for you no matter whether we were at home, at work, in the shopping malls or even on the streets, giving you spiritual support. As your great fan, I was overjoyed to hear that you won the bronze medal finally.

In the future, I hope you can participate in the Paris Olympics in three years as you are physically fit. I'm sure you are able to achieve even better results. Perhaps you may consider being a great coach of Hong Kong team later on. You can definitely share your skills and experience for the younger Hong Kong elite sportsmen. No matter what your decision is, we always support you to pursue your dream in sports development. Thank you so much, Sarah.

Best wishes,  
Nicholas

## A Letter to Our Hero

6C Ho Chau Wan Candy



Dear Siobhan,

I am very glad to hear that Hong Kong athletes have won the prize in the Tokyo Olympics this summer. Being one of the Hongkongers, I feel proud of you!

My family and I are great fans of the Olympics. We always watch the Olympic events live on TV together. One of the contests which impressed me the most was that you have won a silver medal in the 100-metre swimming event. When I saw you swim so fast and so close to your opponents, our hearts were beating so fast. Finally, not only you got the silver medal, but you also broke the Asian record. To all of our excitement, you were the first Hong Kong swimmer who ever won in the Olympics. It must have been an uneasy task for you to accomplish this marvelous result. You must have practised much for this competition. We feel so proud of you!

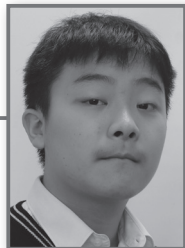
After you had returned to Hong Kong from the Olympics, you joined some photo-taking activities with the Hongkongers to share your happiness here. Although I did not join any of these activities, I felt great to see you come back to Hong Kong. You have brought us a great sense of glory! How amazing you are!

Though I am not an athlete, I know that keeping practising is not an easy task to you. I am proud of you no matter if you win any prize in the Olympics. I hope you won't give up your practice even if you didn't win any prize this time. All of the Hongkongers will cheer for you and support you whenever you participate in any competition. I expect to see you participate in the next Olympics.

I'm so proud of you, Siobhan!

Yours,  
Candy  
Candy Ho Chau Wan

## My viewpoints on whether senior secondary students should be allowed to wear their own clothes to school



**6C** Wong Tsun Hei Jason

Dear Mr. Yeung,

I am writing to reply to the discussion on whether the senior secondary students should be allowed to wear their own clothes to school. In my opinion, I strongly believe that senior students should not be allowed to do so for the following reasons.

To start with, let me explain the advantages of wearing school uniforms. Different schools have different designs and styles in school uniforms. For example, our schools' girl uniforms are in blue. Some school uniforms are in plain green and red-checkers and so on. Every school uniform is iconic. Ties and school badges are the prime examples. They are so unique as they exhibit the schools' features. School uniforms help enhance senior secondary students' sense of belonging to their own school.

Moreover, wearing school uniforms is convenient. Most senior secondary students need to spend much of their time on their studies. Some of them are so busy that they do not have enough time to sleep. If they wear school uniforms, they do not need to spend much time on matching their casual clothes in the morning. This means that they can take more rest and concentrate more on their school work. It can save them much time and trouble of matching clothes as well when they do not need to bother about what clothes to match every day.

As for the disadvantages of wearing one's own clothes to school, some students may argue that they will feel happier if they are allowed to wear clothes of different colours or styles they prefer. However, some senior secondary students may feel scared to wear the same clothes as their classmates and hence feel embarrassed about it. Neither of them wants to wear the same outfit every day. This way, they may need to spend a lot of money on buying clothes of different styles and colours like hoodies and tees. If they cannot afford so many different kinds of outfits, their self-esteem may be affected adversely.

On the contrary, if senior secondary students are allowed to wear their school uniforms only, they only need to buy two to three sets of school uniforms. Furthermore, school uniforms are much cheaper than the casual clothes of different brands. That will definitely be the costs



of buying clothes to wear to schools.

To conclude, the advantages of wearing school uniforms outweigh its disadvantages. I hope you will accept my viewpoints.

Yours sincerely,  
Chris Wong

### **The Effectiveness of Food Warning Labels in changing people's eating habits**

**6D** Chuang Wing Ho Vincent



In recent years, some countries have legally required food manufacturers to put warning labels on foods that are high in sugar, saturated fat and salt. This trend has undoubtedly changed people's eating habits for the following reasons.

As these food warning labels have shown that nutritional facts of the food like the sugar and sodium quantity, they clearly help people avoid eating unhealthy food because of the higher risks of diseases like diabetes and high blood pressure. When the food warning labels are in place now, people can choose their food carefully according to their needs.

Moreover, since 2019, due to the pandemic situation caused by Covid-19, people are more aware of checking the food warning labels before buying food. As a consequence, these food warning labels are very useful to our lives. They are in fact protecting our lives. Before the launching of food warning labels, some food manufacturers deliberately hid the nutrition facts so as to deceive their customers that their food products are nutritional and healthy. However, it is impossible for this situation to prevail now.

To this date, vegetarianism is a trend. In some western countries, the food manufacturers exhibit the food warning words on the food like "vegetarians" notice. This act can make the vegetarians and other people buy the food more conveniently. Before the launch of these food warning labels, people could only home make the vegetarian food because they want to make sure that the food they savour does not consist of the ingredients that they do not want. So the food warning labels have changed our eating habits considerably.

It is a common phenomenon that people have paid more attention to the nutritional value of the food they consume than to the price of it every day. Many people start to think that health is important. People are more willing to buy food from outside instead of cooking it by themselves as food warning labels prevail in most supermarkets. The food manufacturers can no longer hide the nutritional value of the ingredients for the sake of convenience. At present, we have a wider range of food to choose from. For example, some companies specialize in “sugar-free” food whereas some specialize in “low-sugar” food.

To conclude, the food warning labels have changed people's eating habits. They not only make us become more healthy, but they also make our lives more convenient.

## How a Time Traveller Sees the World

**6S** Daniel Chan



It all started with a Big Bang. All of a sudden, the infinite void of nothingness was suddenly filled with an uncountable amount of galaxies, which contained a vast amount of solar systems, and in one of the many solar systems, was the home of human beings— Earth.

If you had time-travelling powers like me, then you would know how beautiful that whole scenery was. If not, you still get the chance to experience the beauty that your planet can provide you. However, this is only feasible if you were in a period where it has not died yet.

Now you may be wondering, "What do you mean by that? We are still living comfortably and happily on our planet! The situation is not that bad". Well, I'm here to tell you that it does get that much worse, but before I tell you about the future of your planet, allow me to tell you briefly about the things that I saw from start to finish.

In the prehistoric era, where humans were not around yet, the scenery was spectacular. Dinosaurs were roaming around the beautiful green planet that Mother Nature had provided them, and they were enjoying the seemingly endless blessings of life, where they could eat, rest and play without having to worry about anything. In addition to that, the animals were living their lives to the absolute fullest. They were filled with joy solely because they had freedom. The ecosystem was in

perfect equilibrium. Oh, and the view? Wow. When I gazed upon the view from one of the giant mountains, all I could see was an endless green patch that covered thousands of acres of land. The world was peaceful.

Sometime later, after the dinosaurs had gone extinct due to multiple simultaneous volcanic eruptions covering the whole globe with lava (not an asteroid), a different group of specimens showed up. The most obvious difference is that they knew how to communicate with each other, and added that they could create tools to their advantage to survive, unlike other animals who are limited to their biological anatomy. Shortly after, humans started to build up civilizations. By that time, it was clear that they were far superior to other species.

After millions of years, humans continue to live on Earth. Moreover, they found out how to generate energy using fossil fuels, gradually but indefinitely polluting the air that they breathe in. That's not all. They have also found ways to scavenge the planet from its resources. It is when humans still live happily and obviously without worrying about the environment too much.

Though, such privileges never last forever. I went another 300 years ahead, and the scenery I saw was just jaw-dropping. Where did life itself go? All I could see was an endless screen of black fumes filling the atmosphere, where the ground consisted only of solid rocks and molten lava. I did not even find the slightest hint of green anywhere. Why? Because they were all dead. Humans shared the same fate as well. Oh, how did they die? Simple. It is because of all the pollution that humans have created. All the toxic gases make it impossible for organisms to survive. Therefore, humans were the main culprit in killing off the beautiful blessing of life. Thanks, humans. I thought there would have been a bunch of robots running the show, but I guess reality does differ a lot from movies.

Here I am, wondering if there's a way to prevent this from ever happening. If you're reading this, it means I'm trying to make a change. I wish you could work together to save the planet that you're living on, using your profound intellect to build a stable habitat for everyone. The future may look dire, but it can change. I see everything from start to finish, but I can't do anything to change the outcome of things. Do you want to experience the future that I just mentioned? That is up to you to decide. Will you be able to change your habits? Will you get up and do what is good for your home planet? Only then, the world will become more beautiful.

## A reply email from a video blogger

6S ▶ Lai Ka Man Carman



Dear Winston,

Thank you for your email and I am happy to share with you my experience of being a video blogger. Making videos is definitely challenging and I used to learn it by trial and error when I was a student like you. I am glad that you wish to improve your videos. I believe that it is a good start as you are willing to look for ways to make your productions better.

Many people thought that I became a video blogger because of my pursuit of fame. Unfortunately, I would call it an 'accident'. When I was a secondary school student, I did not own a digital camera because I was just born to a very ordinary family. My parents could just make both ends meet. It was a luxury for me to ask for my parents to buy something I want, let alone going out with friends. I wanted to save more money for my family. I either stayed at home studying or worked part-time at a fast food shop near home. For many of my classmates who were well off, watching videos on YouTube or Facebook by using their smartphones became their hobby. I was the only few who didn't own one. You may ask how I started my video blogging 'career' without a mobile phone. It began from an old digital camera, a present from my cousin. Most of my classmates just watched videos. I said to myself, 'Why didn't I make some?' I decided to make good use of my camera.

In the beginning of my learning journey of video blogging, I faced a lot of difficulties. The content, or subject matter of my videos is one of the challenges I had. I was just an ordinary teenager. I seldom went traveling and I just hung out with friends every now and then. It was frustrating to think of a subject matter for my video. Where could my idea come from? How could I make my videos more popular? There were a lot of questions in my mind. Hence I had a strong will of filming my real life on a daily basis – my school work and my part-time job. After pressing the recording button, I showed my daily routine in front of the camera. I believe that most viewers want to watch something real. So I tried to film something about my life. During my leisure time, I edited the videos by adding subtitles and music. After that, I uploaded the video to my YouTube channel, 'Chris' Daily'.

Surprisingly, my classmates were interested in my videos! So did

my schoolmates. They could identify with what I said and shared in my videos. Day by day, I saw the rising number of subscribers of my channel. Many viewers commented that my videos were genuine and they found it fun to watch my videos. The positive feedbacks from netizens and my supporters have encouraged me and boosted my confidence. I started to make more videos and buy some equipment (of course affordable one) to upgrade the quality of my productions. The more videos I have made, the more popular my videos are.

Making videos has entirely changed my life. During my journey, I have met many people who like me and who dislike me. Once I read some comments from the haters, I felt sad and helpless. Yet, I found out that there were some fans who supported me. I realized how much I love my fans and my job. They gave me mental support, witnessing my growth from my channel. Now I am more confident than before and I feel that I am stronger and tougher in my character. I can't wait to express my gratitude to my supporters.

This is my story of being a video blogger. I really appreciate your strong will of making videos. It would be my pleasure if I can help you a bit. I hope you find my story meaningful and inspiring. I look forward to watching more of your videos.

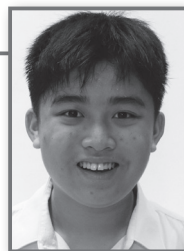
Happy filming and editing!

Regards,  
Chris Wong

### Ways to Release Stress

#### 5A Chan Paul Ho Kai

Hong Kong is a metropolitan city and is one of the most densely populated cities in China. Most employees in the city face different levels of stress and feel very unhappy. Heavy workload and meeting deadlines are the main causes of work stress.



According to most researchers, high level of stress leads to both physical and mental health problems such as kidney problems, brain disorder, family relationship problems and frequent tiredness. There are various ways to reduce stress. They include going for outdoor activities, doing more exercises and talking to friends. For example, you may go hiking with your friends in order to release stress. In this



article, I would like to discuss the causes of work stress and provide some solutions to the problem.

To begin with, Heavy workload is undoubtedly one of the major causes of stress for employees in Hong Kong. Many people work at least 10 to 12 hours a day. Some may need to work until midnight. Some even work for 24 hours. Many Employees feel stressed and nervous as they have to finish lots of work such as paper work and other important issues. Some employees get exhausted because they have spent so much time on their work. As a result, long working hours and the heavy workload affect their physical and mental health.

Apart from heavy workload, meeting deadlines is also one of the main causes of work stress. Most employees are so hard-working that they will finish all the work assigned by their boss on time. Some people may find a place where they can work in a comfortable environment and they don't need to work all day long. For example, some people may use some special techniques to prevent their boss from giving them challenging work like data analysis and problem-solving work. They can sometimes spend time on things that are not important such as playing mobile phone games and chatting with friends online. Some even get e-addiction that they always play games during working hours. This group of employees cannot distinguish whether the tasks are urgent or not. Either lazy or hard-working employees may miss the deadline of their work. Missing work deadlines may lead to an issue of getting kicked out by the company. If you have done your paperwork, you will not be fired. This leads to great stress.

So, what are the solutions to the problems? Voicing their concerns to their employers and friends is always the best way to improve the situation. Employees may seek help from their supervisors or colleagues. They may also talk to their bosses about their job responsibilities in order to clarify their job duties and express their feelings and expectations towards their job. Besides, employees may also talk to their family and friends. They can do some sports and develop a hobby with friends. Talking to others is an effective way to relieve work stress.

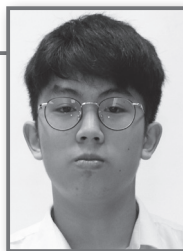
Moreover, good time management is the key to relieve work stress. If employees can manage their time well, they can work more efficiently. As a result, they can leave more time to relax or do other activities which are also beneficial to relieving work stress. Better time management allows employees to take some time on planning the order of their work and prioritize their tasks so that their work is in control. Employees don't need to worry about missing deadlines.

Therefore, their work stress will also be relieved.

In general, most Hong Kong employees are facing the problems of work stress. We all should try our best to help ourselves. Remember, our family and friends are always supporting us!

## A Letter to Our Hero

### 5A Lam Chun Yin Matthew



Dear Edgar,

I am glad to hear that Hong Kong athletes won a medal for Hong Kong in the men's individual foil fencing competition at the 20th Summer Olympics. When you won this medal, I was so proud of you. This is a huge milestone for Hong Kong. You are the second Hong Kong team Player to win the Olympic gold medal after Lee Lai Shan. Also, you are the first male in Hong Kong to win a gold medal in the Olympics.

You have been my hero since you played against Garozzo. It was an exciting competition because you were losing marks at the beginning of the competition. However, you pushed through and got 5 marks in a row and continued to lead. Finally, you won the medal which is the first gold medal of Hong Kong athletes in the 2020 Olympics. You said, 'there is no way going back'. During the time of falling behind in the match, you decided to regain the initiative. Finally, your decision made you win the gold medal in the Olympics. Therefore, I like your words very much.

I have learnt the spirit of never giving up in your competition. It is very inspiring to Hong Kong People. We are so proud of you. If I can apply what I have learnt from you in my studies, my academic results will have a great improvement. In addition, you played it competently and showed outstanding fighting spirit in times of adversity. When you decide to be an athlete, your parents must be so shocked. However, they believed that you wouldn't disappoint them.

Under your influence, I will make more efforts on my studies. I will try to get a pass in chemistry. If I have any question, I won't be shy to ask teachers. I will do revision every day just like you.

Finally, I am looking forward to hearing more good news from you about winning medals in world competitions. Let's improve ourselves.

Work hard and enjoy our lives!

Best wishes,  
Matthew Lam

## Stress of Hong Kong Workers and Solutions

**5B** Chan Kwan Yik Jonathan



Hong Kong is a hectic city and most employees in the city are full of stress because they are so busy at work. The main causes of work stress are heavy workload and the competitive environment, stress affects employees' physical and mental health and the productivity of the company. In this article, I would like to discuss the causes of work stress and provide some solutions to the problem.

Heavy workload is one of the major causes of stress for employees in Hong Kong. Many people work more than 16 hours a day. Some may need to work during weekends and public holidays. Many employees feel stressed and tired as they have to meet a tight deadline or have a very workload. Also, many employers have high expectations on their employees. The long working hours may affect their physical and mental health.

Another cause of work stress is the competitive environment in Hong Kong. Employees are working in a competitive environment. They are feeling stressed and they are working so hard because in this competitive environment, everyone must work harder than others. It is because if they don't do that, they will be eliminated by the society. If they are not good enough and others are better than them, they cannot survive in their working life.

So, what are the solutions to the problem? If the stress is caused by heavy workload, the employees may voice their concerns to their employers in order to find ways to lower their stress levels at work. Employees may find help from their friends or parents. Besides this, workers may discuss with their bosses on the workload. To relieve work stress, employees may also talk to their families and friends.

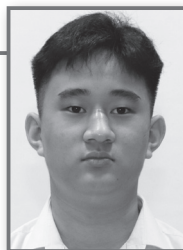
The competitive environment is the key to cause work stress. If employees can work in a less competitive environment, they can work more efficiently, which is beneficial to relieving work stress. By making a less competitive environment for employees, people can work

together so that they can help each other.

To conclude, most Hong Kong employees face the problem of heavy workload, which leads to work stress. Some work stress may be caused by the competitive environment as well as employees thinking of continuous improvement. Work stress may affect the employees' physical and mental health. In order to relieve stress, workers may discuss their work with their superiors or they can simply have a short holiday. Employees should have a work-life balance.

## Why YOU should visit Hong Kong

**5B** Lam King Wo Nathan



### Introduction

Hong Kong is located in the southern part of China with a population of about 7.2 million. The official languages are Chinese and English. Despite of its small size, Hong Kong is a modern and dynamic city. You can also experience some traditional activities here during the Chinese festivals. For food lovers, Hong Kong is the city you are looking for! You will find it a place worth exploring.

### Festivals in Hong Kong

Hong Kong is a city where both eastern and western culture meet. Both Chinese and western festivals are celebrated here. For traditional Chinese festivals, there are Lunar New Year and Dragon Boat Festival. You may go to a family reunion to celebrate or you may celebrate them by eating zhong zi.

Christmas and Halloween are two of the western festivals that most Hong Kong people celebrate. You may celebrate them with your friends and families.

Being a foodies' paradise, Hong Kong is filled to the brim with different cultures of food, you will never run out of options. You have Chinese, Mexican, Italian, Japanese, German cuisines and more! Traditional Chinese foods include rice dumplings, zhong zi, fish balls and shiao mai. If you are interested in international food such as sushi, Hong Kong is an ideal place for you. Don't miss the must-eat items! They include fish balls, shiao mai, boba tea, egg tarts, egg puffs and egg waffles. These delicious foods that I have mentioned are must-

have items on your menu.

## Outdoor activities

There are many exciting places filled with an enriched environment for outdoor fans and nature lovers. Spend a relaxing afternoon at clubs and malls spread across Hong Kong where you can stop and shop and enjoy delicious high-class foods made by professionals at a decent but not over the top cost. Enjoy the countryside in Mui Wo and you can stay in a resort and go to the beach.

You and your family members will surely enjoy your time in Ocean Park, it is filled to the brim with enjoyable rides, amazing performances, wonderful food and a gorgeous view on top of a mountain. They are cool places that you should not miss!

## Museums in Hong Kong

Go to breathtaking museums that have attracted many international tourists. The Hong Kong Space Museum is an attraction for travelers alike. You could learn about the history of the Space Museum and learn about Neil Armstrong, the first person who walked on the Moon and became an astronaut. There are other museums like the History Museum, Art Museum and Museum of Coastal Defence. They are all fun for the whole family.

## A Letter to the Editor

**5C** Chung Ka Yan Charlie

Dear Editor,

As a regular reader of the Hong Kong Post's columns, I am writing to put forward two reasons for supporting the idea of remote work. To me, it brings more benefits than disadvantages to the Hong Kong community.

First of all, offering remote work opportunities helps the workforce improve productivity. With more flexibility in determining work arrangements, employees could save a considerable amount of time commuting to a faraway office. They no longer have to compete for seats with other passengers or cram into the corner of a bus during the rush hours. More importantly, employees would have more time to rest and develop their interests. Working fathers and mothers could spend more time with their children. This flexibility improves the mental





health and wellbeing of employees, thus enhancing the efficiency of businesses and even mitigating the risk of making mistakes. In short, the option of working from home helps us make the most out of our time, while creating conditions that improve productivity.

Secondly, remote work promotes physical health of workers. To reduce the risk of cross infections in the workplace, tens of thousands of employees should be allowed to “self-isolate” themselves at any time if they had any symptoms of infectious diseases. Moreover, a myriad of office workers in Hong Kong spends most of their time reading and typing at a tiny workstation, causing eyestrain and pains in their shoulders and arms. Moving away from the traditional office environment means that employees could have some natural lighting or put a soft cushion behind their backs whenever they want to. They could even purchase personalised chairs to ensure a comfortable reading height. Thus, remote work to a large extent provides employees with a range of health benefits.

Nevertheless, some argue that virtual work leads to hours of lost productivity. They are afraid that workers might be slow in replying to queries or work emails. Without any in-person interactions, it might take a long time for remote managers to develop solutions to fix issues involving more than one department. However, as long as workers inform their supervisors and team members of any potential issues ahead of time, I believe working through video calls and instant messages can be as effective as in-person interaction. If employers can provide clear guidance on the use of digital communication, it is entirely feasible to have quick replies to work messages.

In light of the above reasons, it can be concluded that the shift from office brings more benefits than disadvantages to the Hong Kong community.

Yours faithfully,  
Chris Wong

## Benefits and Challenges of Attracting the Best International Talent to Hong Kong

5D Yin Yauyu Bob



There is no doubt that our world has become more globalised and interconnected. To avoid lagging behind other countries, Hong Kong has stepped up to attract the best-quality professionals and entrepreneurs from around the world. As the emergence of social media has allowed us to build our professional networks beyond national borders, Hong Kong firms are now attempting to source the brightest individuals through various means. Given Hong Kong's role as an international financial centre, banks and financial institutions are particularly keen on making the recruitment processes more vigorous. This essay will explore the benefits of tapping into international expertise, then developing a few special measures to alleviate the adverse impact on the local labour market.

One advantage of having an international talent pool is that the current manpower shortage in Hong Kong could be properly addressed. In recent years, almost every sector of the economy has reported a heavy drain on local talent. As an example, Hong Kong has faced an acute shortage of home-grown healthcare workers for years, resulting in excessively long waiting time in public hospitals. As a way of easing the severe staffing shortage, the government decided to introduce more foreign-trained doctors and nurses to practise in Hong Kong. Therefore, it is clear that international recruitment helps address workforce shortages and even prevent deterioration of public services in the Hong Kong context.

Moreover, introducing laboratory and clinical degree programmes could cost the government a fortune. With an aim to build up Hong Kong's long-term competitiveness, we have to attract more talented people specialising in unconventional disciplines, such as nuclear science, assistive technologies and moving image preservation, to settle in Hong Kong. In doing so, the universities or higher education institutions do not have to gear up for the provision of specialist education. Even better, the chronic shortage of manpower across various sectors can be addressed almost immediately, giving Hong Kong a competitive edge in the knowledge-based world.

Unfortunately, whether the ongoing supply of international talent is a blessing has become a contentious issue under the spotlight.

Many people are worried that allowing too many foreign individuals to seek employment will worsen the current unemployment crisis in Hong Kong. In recent years, various companies, be it local or multinational, have applied the principle of survival of the fittest and have started to recruit their staff from places outside of Hong Kong. As a result, our citizens have faced intense competition for jobs and have been deprived of good employment opportunities. The worsening unemployment situation, in my opinion, is likely to stir up anger in the community, which might be detrimental to social harmony.

Having considered the influx of migrants from different parts of the world, the government should implement appropriate measures to raise the skills and employability of our citizens, particularly the low-income earners. For instance, offering vocational retraining courses is a great way to help the unskilled workers take their place confidently in the industries that are needed. In order to help local job-seekers get back to work, the government may consider launching a targeted support scheme that offers interview coaching and specialist advice on moving into growing sectors. Employers should be encouraged to provide work placements, thus helping our young people land on their feet.

With concrete measures being rolled out, I believe our city can adapt to the challenges brought by the acquisition of international talent. To enhance the overall competitiveness of Hong Kong enterprises, we will have to redouble our efforts to attract leading international talent to our city.

### A beautiful world

#### 5S Jobelle Azuro Jang Mapus

Heading to school, I passed by the kindergarten by my school building. The children were all jittery and running around to meet their friends and teachers to brag about their weekends or new toys. I envy children at times. The way how their eyes sparkle when something sparks their interest, their smile reaches their eyes when they're filled with joy, and how they're non-judgmental towards anyone. It is the innocence, purity and curiosity towards the world that swarm inside of them, making it the reason why I envy them. To them, the world is full of mysteries waiting to be uncovered.



However, they haven't fully experienced life itself. They haven't gone through the hardships in life in which society tries to hide from them. The racism, inequality, poverty, discrimination of gender and sexuality that people across several continents experience. When you explain discrimination to the children, they won't grasp the concept entirely until they experience it themselves. They'll naively reply with an okay or suggest that if people smiled more, then everyone would be happier, thinking that it will solve all problems humanity has caused. If only it was that simple.

Taking all of these into account, a question remains lurking within me: Would the world change if we humans all had the personality and mindset of a child? I have reoccurring thoughts about this. I am sure that the majority would deny having the persona of a child, insinuating that they would prefer being mature rather than immature. All the sufferings people endure come from others spreading hatred, escaping would mean all the horrid thoughts and negative emotions that came along with it would also disappear. Imagine having the qualities of a child, innocent, curious and non-judgmental towards others, being able to perceive people of all genders, sexual orientation and social status as equal and without hatred nor spite. This would be the formula for world peace, wouldn't it?

Last year, the popularity of the Black Lives Matter movement skyrocketed after an African-American named George Floyd had been a victim of police brutality. His death aroused a lot of anger within the Black community across the world, not only in the US. The people protested for months, and many ethnic minorities in the US also got a taste of police brutality. Many black people were framed as criminals which robbed them of their lives, education and family. This movement had been the breaking point for me as I locked myself in the bedroom, crying in sympathy, despair and helplessness for those victims. I shut off my mobile phone, put it away in a drawer to protect myself from more hurt and heartache. I laid there, emotionally exhausted, wishing I had never seen the article and videos that caused me misery, wishing I could erase this knowledge from my brain. I wondered repeatedly how racism could get this far. I may never understand the true extent of their sufferings, at least I acknowledged their pain.

The world has many places, sceneries and nature that makes where we live in beautiful. In my opinion, what makes the world beautiful is 'people'. The way we treat others as equal meant that we could see them as normal humans. The interactions, kindness and care for one another with the lessons we pass onto the next generation

is what makes the world such an interesting and lovely place to be in. If only everyone could act similarly to a child, then, the world will become more beautiful.

## A Letter to an Olympic Gold Medallist

5S Wong Wing Ching Rachel



Dear Miss Siobhan Haughey,

You are definitely my hero! Cheers for you!

You got 2 silver medals in the 100m and 200m women's freestyle in 2021 Tokyo Olympics. You are the first Hong Kong athlete winning two medals in the same Olympics. Your name will surely be remembered in the sports history of Hong Kong! All Hong Kong people are so proud of you!

In 2014, you represented Hong Kong to participate in 4x100 freestyle in Incheon Asian Games with Stephanie Au, Rosanna Sze and Camille Cheng. Since then, you have become my role model. I looked up to you so much at that time and I wished I could be an outstanding swimmer like you! You have broken several records in different competitions in Hong Kong and also in Asia. It is really impressive!

In addition to your sports achievements, you attained 35 points in seven subjects in the Hong Kong Diploma of Secondary Education Examination and was admitted by the University of Michigan, one of the top universities in the US. It is never easy to strike a balance between academic work and swimming training as a professional athlete. I wonder how you can do it. I believe only people with a strong determination can do so!

For this year's Olympic Games, amid the COVID-19 pandemic, many Hong Kong people gathered in big shopping malls to watch the Games live through a big TV screen. Everyone cheered for you and encouraged you. Even though I just watched it at home, I was very touched. It was heartening and inspiring!

You once said, the main factor affecting an athlete's success or winning mainly lies in his or her own mentality. Only 20% is related to the athlete's physical fitness and training. It means mentality affects the performance. I was inspired by what you said. In fact, I am also a swimmer. I began to learn the sport when I was 3 years old. Everyone said I had talents but I didn't work hard. I have been joining some



swimming competitions since I was a primary student. However, I regret that I didn't practise hard especially in these 2 years. I do need to change!

When it comes to a swimming competition, people can't see the swimmers' faces clearly and the game is short. Why do you still keep swimming? Isn't it a pity that the spectators can't see you? What I admire you most is that although practising is hard and you need to stay in the swimming pool for many hours every day, you never give up, especially in cold winters!

I wish you can break your own record and keep up to your next level in the future.

Yours sincerely,  
Rachel Wong

## How to Overcome the Challenges at School

### 4A Law Leung Wai



Dear Tom,

I am sorry to hear that you've been teased at school. I understand that you are having a hard time. I'm here now to lend you a helping hand.

Your first problem is that you cannot make any friends at your new school. I experienced the same situation when I first entered my new school too. I know it could be very frustrated. My first piece of advice is that you can join some school activities, such as outdoor activities, to make new friends. Those activities may involve cooperation with other schoolmates. That's how you can make friends with others. Besides, it is important to keep smiling and be friendly to others.

Second, you are worried that you have gained a lot of weight. But it's fine, we shouldn't judge a book by its cover. But considering your health, we have to solve the root problem. You eat a lot because you have nothing to do, perhaps you should eat less oily, salty and sweet food. Try to eat more protein and vegetables and go on a diet. Then, you could find your own hobbies and try other ways to reduce pressure, such as listening to music. Also, you need to exercise regularly, such as jogging, playing badminton with your family or playing basketball with me!

Also, I know that someone is rude to you at school. Try not to take the words seriously. In my opinion, it is better for you to tell the teachers because they will help handle the issue. Another way is seeking professional help from a social worker who may comfort and guide you through the rough patch. Bear in mind that no one is perfect in the world, just be confident in yourself.

Lastly, your parents always take you to fast-food restaurants. They are so kind-hearted and they love you very much. However, you need to let them know the problem of eating junk food. They contain high calories, which cause heart diseases. It is good enough to have them nearby when you are unhappy. Besides, there is another way to cheer you up. You can invite your parents to exercise with you.

I hope you find the advice useful. Please write back soon and let me know how it goes.

Best wishes,  
Chris

## Teenage Dating: A Delusion of Love

**4A** Yiu Shing Hei



Dear Editor,

I am writing in response to the letter from Matt Chat published on 27th August 2021. I strongly agree with him that teenagers should focus on their studies instead of dating because of three reasons.

Someone said that teenagers could learn various social skills from dating. For example, they will know how to communicate with others. Besides, they will learn how to control their emotions from the arguments with their partners. Therefore, they will be more mature. In the future, they will know how to handle other kinds of relationships.

Second, it is argued that dating can improve the emotional resilience of teenagers. The couples are willing to take care of their feelings for each other. If ones feel sad, their partners will comfort them. Teenagers prefer talking with their partners to their parents. Besides, their partners may become their motivation, they will encourage each other to overcome different obstacles in study or life.

Indeed, the first reason why I disagree with the above arguments

is that students in secondary schools are experiencing a lot of stress. Their current stage is particularly important. If they build a good foundation in secondary schools, their future study will be benefited. Therefore, they should not be involved in a romantic relationship which will definitely affect their academic performance and future pathway.

Secondly, secondary school students are in the rapid stage of physical and mental development. They are feeling lost, confused and moody. They have too many emotions and reactions that they do not understand well. They cannot fully grasp their feelings at all. The critical thing is that falling in love is easy to cause harmful effects on the body and mind. Teenagers are unable to handle it, which might harm their physical and mental health resultingly.

Also, teenagers do not know how to control their spending. They do not have a clear thought about money. They will spend their money on dating recklessly and use all their money to buy gifts for their partners. Once the awful spending habit is developed at this moment, it is hard to be altered in the future.

To conclude, I agree with the opinions of Matt Chan on teenage dating – it hinders the personal development of teenagers in terms of academic performance, mental health and spending habits.

Yours faithfully,  
Chris Wong

### A Letter of Advice

#### 4B Yuen Ka Wing

Dear Tom,

Thank you for your letter. I am upset to know that you encountered a lot of problems. I hope my advice would be useful for you.

First, you mentioned that you were fat. You should play some sports to keep fit and burn calories. For example, you can play badminton and basketball regularly. I am sure that you can look fit soon if you play basketball every week. If you want to lose fat, you should also avoid eating junk food. They are high in calories and fat. I am sure that if you stick to a healthy diet as well, you can lose weight quickly.



Second, you also mentioned that you didn't have a lot of friends. You should try to take part in more interest clubs and school teams. I am sure that many classmates want to be your friends if you talk to them actively. Don't feel shy!

Besides, you should seek help from social workers and teachers if there're any classmates bullying you. I am sure that they are willing to give you a helping hand and take action to help you in direct need.

Finally, if your parents often take you to restaurants, you should let them know you are on a diet and want to stay away from oily food. I am sure that your family will support you if they know you are going to lose weight.

I hope my advice would be useful. As a saying goes, every cloud has a silver lining. Don't worry too much.

Best wishes,  
Chris

## A Letter of Reply

### 4B Zhang Jia Le

Dear Betty,

I'm glad to hear from you. What you heard from Aunt Mary was correct. We had an exciting and amusing experience in Thailand.

My parents, my brother and I were all so excited and looked forward to visiting a tiger sanctuary. However, it took about an hour to get to the tiger sanctuary. It was such a long journey. After an hour, we finally arrived at the tiger sanctuary. My brother and I queued up outside the ticket office. We finally bought the tickets after thirty minutes.

When we saw the tiger handler, he told us not to make any sudden moves. He gave us the go-ahead sign to pet the tiger gently using long strokes. My brother was so excited that he took a photo with the tiger with his mobile phone. As it rang unexpectedly, the tiger stared at him. Suddenly, the balloon he was holding popped! The sound definitely startled the tiger, so it wanted to bite him. We were so scared, and my brother ran quickly to the exit. Luckily, the tiger handler calmed the tiger down. Although everything was fine in the end, my parents were so



frightened that they immediately brought us to the airport. My brother shivered whenever he talked about the incident.

Although the trip ended like this, I think the trip was still amazing. It was my first time to visit the tiger sanctuary and take photos with the tigers. Yet, my brother didn't want to visit the tiger sanctuary anymore.

With love,  
Justin

### A Letter to Our Olympic Heroine

**4C** Liu Ka Man Carman



Dear Sarah,

Thank you so much and I am glad to have you reading my letter at this moment.

Congratulations on being awarded the second Olympic medal. I am really proud of your performance during Tokyo Olympics. I'm so much impressed by your enthusiasm and persistence even when you were facing great challenges, igniting my passion to become a professional athlete.

During your sprint race, my family and I couldn't help watching your performance on TV. At that moment, I could feel your tension even though I was not there. We could not get our eyes off you, while quietly cheering for you in our hearts. Apart from us, there were also a thousand of Hongkongers supporting you and watching your live performance in shopping malls like APM, holding banners with only your name and shouting 'Sarah, hang in there! We're rooting for you!' Witnessing you successfully surpassing your opponent, everyone was even more excited and screamed. This must be one of the most memorable moments for the Hongkongers undoubtedly. By watching your post-race interviews, I also realised how hard you felt when there have been a few times you missed the chance to strive for gold medals.

Despite knowing that you lost the chance to win the game, you still tried to pay your all-out effort to persist in completing the race when you were injured at many body parts. I was touched and could totally understand how your determination and perseverance could embody the Lion Rock Spirit inherited by the majority of Hongkongers. And the effort and time you put in is beyond my imagination. Therefore,



I was inspired to become a professional athlete and convey the spirit of outstanding athletes. It is no doubt that you are my heroine!

However, though everyone in Hong Kong expressed their utmost admiration for your outstanding performance at Tokyo Olympics, it is not the same case when it comes to becoming a professional athlete. At the moment I told my parents about my resolution to become a professional athlete like you, they appeared to be supportive, but from their tone of responding me, I knew that they took a totally different perspective.

In fact, they are concerned about whether the hectic schedule of training will occupy most of the time which I spend on my studies as I am going to take the DSE examination in two and a half years. In addition, they are worried about whether I am physically fit enough to withstand the rigorous training. They also have questions about whether I have other qualities like body coordination, stamina, the ability to work well as a team player and so on. Even for me, I could foresee that reaching the height of your career is not quite possible if I started practising at this age, but still, I would like to make an attempt first. If you don't mind, I hope you could give me some advice from your perspective and give me the courage to pursue my dream.

It is such an honour to be one of the Hongkongers to witness your momentous success on the world's stage. Thank you for your terrific performance, which enlightened many of us to face the challenges in life positively! Keep it up, Sarah!

Cheers,  
Carman Liu

### **If I became a social media influencer, what should I post?**

**4C** Wun Siu Nam Cayden

With the development of technology, social media is also on the rise. There are lots of social media influencers who are trying every means to make their different types of post content appealing on their own social platforms, hoping to attract more subscribers or followers. However, the commercial natures seen in their posts reveal that many of these social influencers are making money by cooperating



with the manufacturers. In fact, advertisements of new products and services in which social influencers are involved usually can make a big noise on social media these days.

As for myself, I always dream to be a social media influencer. Therefore, if I became a social media influencer, what would I choose to post about?

The first theme I would like to post about is food. We all know that food is very important to us and we eat a variety of foods every day to keep us healthy. Yummy food also brings energy to revive us from the busy urban lifestyle. Tasting delicacies is undoubtedly an amazing universal method to bring people together as well. Nevertheless, different places around the world have their own local food and dining preference. Hence, I hope I can share different foods of various styles through social media so that everyone can know more about the culinary culture around the world in this pandemic situation in spite of the fact that most of us are restricted from travelling around the world. Among the vast choices of cuisine, Japanese omakase and Brazilian barbeque would be the best choices as most of the keen travellers must be missing Japan very much and the latter could bring people happiness with its colourful combination of meat and vegetables.

Second, I would like to post about electronic games and I would choose computer games and mobile games as the primary content on my social platforms. Nowadays, technological development has not only led to the rise of social media but also brought advanced electronic games to people of all ages. In addition, many people have mobile phones or computers now, which makes electronic games more accessible to people. On top of that, a lot of people spend most of their time gluing to digital gadgets, especially during the epidemic. Thus, if I post something about electronic games, I think subscribers will have more engagement and it can help them become more connected to the people in the world. Of course, I would only share my experience in playing the most popular games in the market and enable the 'comment' function in order to allow room for more interactions.

Third, a lot of people in the society cannot relax because of their hectic work or heavy academic stress. So, I would like to post some funny short videos just like the YouTube channel 'Manner', which comes from Macau and the YouTubers always post so many funny videos. When I look at those comments under their channel, I can see that many people thank them for making so many funny videos that are relaxing and comforting. This makes me feel that in spite of my limited ability as a human being, I would like to do my best to help people

'carpe diem'. That's why I chose funny short videos option.

Despite having some concrete ideas for sharing if becoming a social media influencer, I really hope that those genuine ones will always be aware of the public's well-being instead of just focusing on earning more money through making advertisements. They should realise the responsibilities of being an influencer to bring something beneficial to the netizens. A good mindset would be the key to their success.

## Will television benefit young people?

**4D** Chan Tsz Wai



Like most adults, I share the same opinion that television is one of the most convenient and widely appreciated forms of entertainment nowadays. Watching TV is what I do every day. However, unlike other modern inventions, I think that it may do young people more harm than good.

To begin with, one disadvantage of television is that it is a constant temptation to some teens to become couch potatoes, sitting on a sofa and watching TV all day. If teens become couch potatoes, they will slack off and will be unwilling to do homework or exercise. They will spend most of their time on TV, if not on their mobile phone. Although TV allows them to broaden their horizons, they may get addicted to this popular medium of entertainment.

Another disadvantage is that television programmes do not necessarily reflect reality. Nowadays, people like sharing things that are normal in movies but completely unrealistic in real life. Some TV dramas are not suitable for teenagers. For example, scenes like quarrelling or fighting are too violent for teenagers. They may be misled and mistakenly believe that such actions are normal in reality. They are not mature enough to realize that those scenes can only be seen on TV.

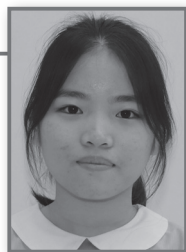
Last but not least, television discourages the interaction between family members. Teenagers spend less time chatting with their parents because they are obsessed with watching TV. They would rather watch TV than interact with family members. If there is less interaction and communication, the relationship between teenagers and their family

will deteriorate. Worse still, they may be reluctant to socialize with others and become alienated in school.

In conclusion, I do not think television will benefit young people. If they have free time, they are suggested hanging out with friends or having family gatherings instead of being glued to the TV.

## A letter of advice

### 4D Chung Ching Summi



Dear Tom,

Thank you for your letter. I'm very sorry to hear about your problems. I know how you feel. Let me give you some advice.

You said your parents wanted you to study overseas but you couldn't speak English well. My first piece of advice is that you have to study hard before you leave for a foreign country. I think that English is very important. If you study well, it will make you more self-confident. One way is to talk to your teacher and discuss with him or her how you can improve your English. It may be helpful if you read more English news or watch some English movies. You love watching movies. Why not start with something that you are interested in? Also, you may change your phone setting from Chinese to English. If I were you, I would find my friends who are good at English to practise with me. You may even keep a journal and write down what you have done every day. This is helpful to practise your writing skills.

You are also worried that you are shy and you can't make any new friends. My advice to you is to learn some communication skills. You can't be shy if you want to make some new friends. I suggest that you can go to some English-speaking cafes or restaurants. Then you can kill two birds with one stone! You can practise your speaking skills and meet some new people. This is my experience in fact. I was shy and I didn't want to meet strangers. But one day, I changed for no reason. So don't worry about it. But you should know that friends are very essential in our lives. You must be brave. When you face any difficulties overseas, friends will be people whom you can get help from. Try to make more friends who are of the same age as you. Once you have taken the first step, it won't be difficult. Trust me!

You think that you can't live independently. When you live in a

place for some time alone, you will know how to take care of yourself. But you must learn how to cook first! Cooking can make people happy. In addition, you may help your mom do some housework. You will learn to be more independent! I'm sure your mom will be happy too!

Finally, studying and living in a foreign country can widen your horizons. Of course you will face some challenges but they will help you grow and become a more mature person.

I hope my advice is helpful. Let me know if you have any problems. Keep in touch!

Best wishes,  
Jennifer

### A Letter of Complaint

#### 4D Lai Pik Wan Fiona

Dear Sir/Madam,

I am writing to complain about the poor service provided by your travel agency. My family and I joined a five-day tour to Tokyo during the Christmas Holiday from 21st to 25th December last year. We are not happy with the quality of the hotel, the food provided and the attitude of your tour guide. We hope that you can further look into this matter so other clients will not suffer like us.

We joined the tour because your leaflet told us that we would be staying at a 5-star hotel in Tokyo, including a buffet breakfast daily. But it was totally different from what we had expected. We did not stay in a five-star hotel but just a very small and unclean one. The room was messy and the carpet was dirty! It seemed that the bathroom had been used without cleaning! My mother even saw a cockroach in the bath tub! We were also surprised that there was no hot water provided. Can you imagine that we had to bathe in cold water in December? We were shocked and disappointed. We told the hotel staff about it but they just told us that most people in Japan do cold showers. Speechless!

After a restless night, we had breakfast at the hotel restaurant. The quality of food was horrible. Mouldy bread, watery borscht and the noodles that should be served hot was cold. We did not have many choices for the food. We felt furious and we did not want to stay there anymore. But we still had a little hope for travelling around Tokyo.





However, I felt mad and disgruntled. When we visited Sensoji Temple, the tour guide did not show us around. We had to explore the place by ourselves. My father expected that the tour guide would tell us about the history of the temple. But the guide was just hiding somewhere and smoked!

After that we went to Tokyo Tower. We were full of curiosity about this famous spot. I asked the tour guide how tall the Tokyo Tower was but he just looked at me with contempt and went away! Is this the excellent service that you provide for your valued customers? This sparked a fire in my heart and I do not think this was a tour that pleased me.

As a consumer, I think I need an apology from your company and a refund. I would be grateful if you could refund 80% of the fee and also I expect a formal apology from your company. I do think there is an urgent need for your company to improve your service. If I do not get a reply and compensation within a week, I have no choice but to file a complaint to the Consumer Council. My brother will also share this experience on Twitter.

I look forward to your prompt reply. I can be contacted at 2345 6789.

Thank you for your attention.

Yours faithfully,  
Chris Wong

### Sarah Lee's Road to Success

**4D** Li Shiu Ngai

Hong Kong top cyclist Sarah Lee said on Sunday that she had achieved “half her dream” at the Tokyo Olympics, but she had no regrets as she reflected on her another medal-winning meet.

You may not know who Sarah Lee is. She is a Hong Kong professional track cyclist. Her greatest achievement to date is winning the bronze medal in the women’s Keirin at the 2012 London Olympics. This is Hong Kong’s third ever Olympics medal and first in cycling. She won a second Olympic bronze medal in the women’s sprint at the 2020 Tokyo Olympics, making her the first and only Hong Kong athlete to win medals in two different Olympic Games.



Although she was born with anemia, and she needs to take more rest than any other athletes after high-intensity training, she insists on pursuing her dream in sports. She is such a perseverant person. After she represented her secondary school in athletics in 100-meter and 400-meter dash, she drew the attention of her coaches and later she was recommended to join the Hong Kong Sports Institute. Her talent was then spotted by the Hong Kong Cycling Federation. Since then, she has cooperated well with her coach and executed the game play that they had planned before each game. Encouraged by his coach, Sarah overcame all difficulties and got her first award Olympic medal. Through hard work and teamwork, she has never given up on her dream to be a professional athlete and she has made her dream come true! Her perseverance and toughness are undeniably on another level.

Striving for excellence is another reason which leads Sarah Lee to success. In 2018, she added two golds in the Asian Games, and then in 2019, she won two more golds in the World Cup. She sets ambitious targets, which seem to be unrealistic to some people, to challenge herself to be better. Every time, she does her best to achieve the targets she has set. She desperately proves herself to be the best in the world. Her mentality to be the best will inspire the next generation.

Sarah Lee is a tough woman, whose never-give-up spirit and work ethic are truly amazing.

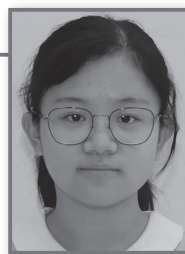
## A Letter to the Editor

### 4D Tse Hing Wai

Dear Editor,

I am writing in response to Matt Chan's letter dated 27th August 2021. I candidly agree that teenagers should focus on their studies instead of dating.

To commence with, one of the disadvantages of dating is causing a negative effect on teenagers' academic performances. It is generally accepted that teenagers will not focus on their studies once they start dating. Because of dating, teenagers will not only skip lessons, but also hang out with their partners at night. Therefore, teenagers will feel tired during school lessons. Sometimes, teenagers can't help each other with their studies due to the high pressure from undesirable situations in their relationships. From the point of view of teachers, dating will



put teenagers under enormous pressure, leading to unsatisfactory academic performances. There is no doubt that dating has a bad influence on teenagers' studies.

In addition, there is a link between dating and financial problems. A clear disadvantage is that teenagers will spend a lot of money when they are dating. If I were dating, I would buy various kinds of gifts for my partner. This phenomenon is understandable as they buy and give gifts to the partner who they are dating. Despite having a lot of money which allows the teenagers to afford luxury goods as gifts, they are still students who are too young to earn money. Hence, teenagers may have to do part-time jobs to make money in order to balance their expenses, including the money for their daily meals and reference books. Teenagers may borrow money from their friends or family if they are desperate for money. As a consequence, dating brings them financial problems and destroys their relationships with their friends and family.

Another concern is that teenagers are too young to date. It is believed that they are not mature enough to make right decisions when they are under the pressure of their partners. To cite an example, teenagers prefer dating to studies and they fail to balance the time spent on dating and other activities. Thus, teenagers are too young to date and to make some important decisions when there are some situations in their relationships. In fact, they should focus on their studies.

In conclusion, there are many disadvantages of teenage dating. Therefore, teenagers should focus on their studies instead of dating.

Yours faithfully,  
Chris Wong  
Yu Chun Keung Memorial College

## Informal Letter

**4D** Wong Tin Long

Dear Betty,

It's great to hear from you again. It's been quite a long time since you last wrote to me. I guess you have heard of my trip to Thailand and it's true. The trip was an enjoyable and funny experience. Let me



tell you more about it.

Starting with the background, my parents and I went to Thailand last month and visited a famous tourist attraction named Tiger Sanctuary. As the name suggests, it is famous for tigers. One of the features is that visitors can get really close to the tigers and take photos with them.

We went there by a shuttle bus. During the journey, I was really excited because I'm a fan of nature and wild animals, so I would love to see the tigers. However, my parents were not big fans. They laughed a lot, but in a nervous way. They were kind of cute.

Soon, we arrived at the Tiger Sanctuary and it's a beautiful place. It surely gives me some Jurassic Park vibes. We followed a tour guide, who introduced the tigers to us, while entering the fenced area. Finally, we got a chance to take photos with the tigers, so I rushed to queue up and yelled at my parents. It was our turn to take pictures. My parents were shaking with fear. They were really scared as the tiger was growling. But I just stood next to the tiger, striking a pose. Until that moment, things were going on pretty well. However, we couldn't expect the unexpected.

I bought a balloon in a souvenir shop beside the photo shoot area. Suddenly, a strong wind blew off a branch from a tree, which then popped my balloon with a loud noise. But what was louder was the tiger's roar. The explosion of the balloon scared the tiger! It was freaking out like losing its mind. The tiger was running around and chasing after the humans. Luckily, it was attached to a long rope that could restrict its activity. Unfortunately, everything had become chaotic. Frightened by the tiger, my parents grabbed me and ran to the exit. Could you imagine the scene that my parents fled in a blink of an eye? It was hilarious. They were running like cheetahs.

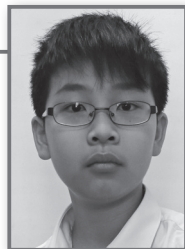
After the dramatic journey, we decided to go back home immediately. They wanted to leave because we had originally planned to visit another famous zoo, which is full of giraffes, the next day. But I guessed they didn't want to see any wild animals in the coming days.

This is the funny experience you want to know. Maybe it doesn't lift up to your expectations, but it's quite the journey. By the way, you said you had been busy with school assignments. How's it now? Just give me a call if you need any help. Write back soon.

Best,  
Justin

## Time to Remember

### 3A Hui Pak Sin Thomas



'Hm? What is this?' I asked myself.

While cleaning up my house, I noticed a peculiar binder which was full of dust at the very back of the drawer.

I blew the dust off this binder, and flipped through a few pages. Now I know what this binder is; this was my family photo album. My family used to take photos, print them all and put them in the album when I was young. But my mother gave it to me as a memoir while I lived abroad.

Flipping through the pages, I can already feel the nostalgia intensely running through me. All the key moments throughout my childhood, from a photo of me taking my first step, to the day I graduated from secondary school, all documented in this one little binder.

As of now I'm just a young adult working the usual 9 to 5, I've been focusing a lot on my present now, but this photo album... It makes me long for my childhood. I wish I could relive the past and enjoy the bittersweet moments of my childhood.

Childhood is one of the key stages of a person's life. It is the time where we can enjoy the peaceful life, where we still have our innocence, joyfulness, and playfulness, no heartbreaks or depressing episodes of reality. We are just living in the moment. However, it is also where we as people grow the most. Childhood is where little saplings become huge, tall trees, a place where we can have time to reflect, enlighten, learn and grow through our curious lenses and find inspirations. Something you cannot do as an adult, where the grimness of reality expects you to act perfectly and orderly. However, as children, we can make mistakes, be it minor or critical, but in the end we will reflect on these mistakes and correct them as adults. Even from a scientific perspective, puberty starts around the time we are teenagers, in which we are still living our childhood, and after puberty ends, we cannot physically grow much onwards.

To live in such a paradise only to be pushed off to the factory of adulthood, where life is full of commitments and responsibilities, where there is no guidance, no helping hand. You are not only the captain, but the entire crew of the ship, where you must man the ship, clean



the ship and guard the ship. The demandingness of adulthood can be really stressful and tiring. And those stressful days or nights will build up, until a breakdown happens. Adults must also live their entire life chasing money, as it is the essential to live, eat, buy and everything else.

Reality can sometimes be cruel, as it throws curveball after curveball at you when you are an adult. While as a child, reality is weak, and only our imagination can stunt and limit our opportunities. Which is why I want to become a child again, to escape from the complexities and realities of life. I want to live in a haven where money is not everything, where we can go to the playground and play childhood games, where we can go to the beach to swim and eat ice cream with friends on a hot summer day, where we can go hiking and sail paper boats down a small stream. I wish my desk didn't have heaps and mounds of paperwork and files, I wish I didn't need to hear about the bad news, I wish I didn't need to hear how our world is dying and corruption is rampant everywhere. I just want to live in a world of peace, justice, innocence, imagination, and being together.

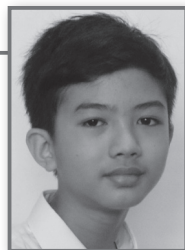
I only say 'I wish' as technology is not advanced enough for time travel, but I will still try to channel my inner child through the daily lives of adulthood as much as possible. I will make time for the activities that I find comfort in, I will be impulsive from time to time and wear it proudly as a badge, I will accept my mistakes and reflect on them, I will dance like nobody is watching. Although my childhood may be over, the spirit of childhood will live on forever and be championed in my mind.

## The Story of the Grandfather Clock

**3A** Lerma Noel L

The sun arose from the horizon, but a gloomy sky was dawning upon everybody. A girl dressed in a white silk nightgown made her way downstairs; each step she took made a concerning creak. The girl would always make her way to the grandfather clock every day, and this day was no different. She would always make a wish to the grandfather clock whenever she visited.

"I wish I could rewind time," said the girl, as she wiped away the collected dust off the clock.



The grandfather clock replied, "I wish I could too, but sadly, it's not possible."

"But why?" she asked with a concerned tone.

After taking a long pause, the clock finally replied, "I will break! My parts are old and rusty."

The clock had been wearing out for a long time. Its pendulum was hanging by a thread. It was positioned at the corner of the living room, beside the fireplace. The girl only had the clock to call her family. She was quite lonely in the big house.

Although the grandfather clock would do anything to please the girl, she mostly neglected the clock throughout her life. The clock would always show its affection to her; the girl would too sometimes, but not as much.

That day, the girl had to go to the market to run errands for the clock. It was too weak after all. She went to the town square to buy food from one of the many stalls there. She secretly bought some parts from a repair store so she could fix the dying clock in her house.

As she was about to make her way home, her eyes darted to a shining gold object. She ran to the stall which had it for sale.

"Is this the magical object which grants people wishes?" she asked the shopkeeper, desperately.

The shopkeeper replied, "Yes, it's a magical lamp."

The girl felt a sparkle of hope. It was her chance to fulfill her wish! She was so excited to have it in her hands.

"I got this from one of my expeditions. If you rub the lamp, the genie living inside will grant you unlimited wishes!" the shopkeeper explained.

Without hesitation, the girl immediately bought it at a great price. She couldn't wait until she arrived home to try it. So, she ran to a shady alley and rubbed the lamp. A tiny person floated out of the lamp. It was a genie. The girl was so amazed by the magical creature.

The genie said, "You can only wish for one thing only. Be mindful. So, what is your wish?"

"I thought you gave unlimited wishes!" the girl complained, "Anyway, I wish I could rewind time. I want to go back to the past."

"What kind of wish is that?" the genie said. He was baffled.

The genie thought the girl was quite odd. After finding out the girl was talking to her own clock at home, he thought she was crazy! The

genie thought her request was too vague, but he still completed her wish because he did not want to break a promise.

A few moments later, the girl woke up in her house. She ran downstairs to meet the grandfather clock. She was shorter than she was. She couldn't even reach the top of the grandfather clock. The girl was always jumping with joy when she saw the clock.

"I wish I could have a delicious cake for breakfast!" she said excitedly.

A moment later, there was a cake on her right hand. She gobbled up everything in an instant. She thanked the grandfather clock, and then ran out to play in the garden. When she was trying to catch a big blue butterfly, she bumped into a taller woman. The woman had a worried look on her face.

"Oh no! I didn't mean it like that," the woman said.

The girl was confused. The woman was talking to the air. She thought the woman lost her way and stumbled upon their garden.

"Who are you talking to?" she asked.

"I am supposed to be you!" The woman said to her.

"You're scaring me," the girl said, "I think you are lost. Do you need directions?"

"I'm here to visit your home." The woman said.

The little girl immediately let the stranger in the house. She was clueless. She mindlessly went back outside to play. The woman ran to the living room, then sneaked to the grandfather clock. The clock was working well and the gold-coated pendulum below was swinging from left to right happily. Looking into the room, she smiled at the sight of the healthy clock.

"I wish everyone would not get old," she said to herself.

The grandfather clock stared outside the window, looking at the little girl running around the fields alone. Thinking there was nobody else in the house, it started to tear up.

"I wish I could be around her most of the time," the clock said to itself, "I'm the only thing she has after all."

The woman was eavesdropping on the grandfather clock. She felt guilty that she wasn't by its side. She finally realised how selfish she had been to her own grandfather the whole time. Yet, he would always prioritise her. She felt she wasn't deserving his love.

"I want to go back now." The woman begged the genie.

The woman woke up in the same alley where she was, the food and spare parts she had got earlier still retained. It was very dark. All the stalls were closed. The woman was the only person in the deserted town square. Using the genie's sparkling lamp as a lantern, she made her way home. With tears in her eyes, she dashed past the bushes and trees in a hurry. She didn't want her grandfather to be worried.

After restlessly running, the woman finally made it home. After placing down the stuff she had got from the market, she walked to her grandfather. She thought she had found a loophole through her wish. She couldn't wait to tell him what had happened.

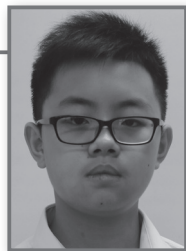
"I wish I could have said sorry a long time ago." She said to her grandfather.

Nobody replied, as if she was alone in the house. She assumed her grandfather had been asleep. Seeing the sight of him in the living room, she broke down in tears.

The grandfather clock's pendulum had stopped swinging. She was too late.

### A Letter to Sarah Lee Wai-sze

**3B** Chan Kai Chun Kenji



Dear Sarah,

Thank you so much and I am glad that you really read my letter despite your busy schedule.

First of all, congratulations on being awarded the second Olympic medal. It was such an honour to be one of the Hongkongers and to share the joy with you. However, knowing that you have got injured again in the Tokyo Olympics, I am here to encourage you.

As one of the Hongkongers who have been watching your performance since a long time ago, we all understand how eager you are to push yourself to strive for better results, which is an inevitable situation which every athlete faces. You must be under tremendous stress, in view of your supporters' high expectation, but being too nervous or stressed will somehow inhibit you from unleashing your full potential in the races. That's why I would like to share with you some of my effective ways to ease stress before important occasions. I hope

my advice can help.

First, you are advised to listen to some stress-relieving music which can have a profound positive impact on improving both your mental and physical health. Songs with brisk melody can inject positive energy and optimism, while music with a slower rhythm can soothe your mood and help you relax. Listening to a suitable genre of music at the right time can effectively reduce stress, stabilise emotions or give you power.

Besides, having adequate sleep also benefits in many ways. It has a major influence on brain learning and memory, human immunity and metabolism. If you don't get enough sleep at night, taking a nap of no more than 30 minutes can help you make up for the negative effects of lack of sleep on hormones and relieve stress. That's to say, whenever you are too tired for training, if the situation allows, please nap for a while to regain the energy and willpower to continue.

No matter whether you have achieved high achievement in any games, I will support you and encourage you. In fact, the outcome of competition is less important than your own mentality. If you are doing your best, you will not have to worry about failure because it only makes strong people like you to have the motivation to better yourselves.

Thank you for reading the letter and your loyal fans like me will always be there for you.

Cheers,  
Kenji Chan

## Should Smartphones be Allowed in School?

**3B** Choi Tkcy Tim

Smartphone, which has been designed for making people comfortable and having easier lives, has actually brought us life-changing impacts. However, we should bear in mind that great powers may come with huge harms. Despite its comprehensive functions, smartphones are actually interrupting students' studies.

Nowadays, smartphones have played an important role in people's lives. As time goes by, people get addicted to smartphones





and children are no exception. There are so many cases in real life telling us that children cannot manage their studying time well because of their addiction to smartphones. Students always spend a lot of time playing with smartphones every day. They keep acting like this in their daily lives and they start to rely on smartphones or even start getting addicted to smartphones. If students keep looking at smartphones every day and don't let their eyes relax, they will soon suffer from myopia. How come if schools give students the official permission to extend their screen time on smartphones?

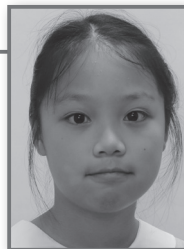
Secondly, teenagers have had a heavy reliance on this little but 'almighty' electronic gadget, which may affect students' academic performance and behaviour. Smartphones are distinguished from feature phones by their stronger hardware capabilities and extensive mobile operating systems, which facilitate wider software, Internet, and multimedia functionality, alongside core phone functions such as voice calls and text messaging. With such powerful functions, students may find it too easy to access any information on the Internet. They won't recognise the importance of studying and acquiring knowledge. I am quite worried that students may think that smartphones can help them solve any problems, even memorising things. Their learning, reasoning and problem-solving abilities will be inevitably weakened. Therefore, smartphones may become a tool harming students' studies.

Thirdly, allowing students to use smartphones at school may have bad influences on their school life. Based on smartphones' different functions, students may use them to do lots of stuff like cheating, which may disturb lessons or even lead to other behavioural problems. If students are allowed to use smartphones freely in lessons, those immoral actions will appear easily. For instance, students can take a picture of the answers with their smartphones before the quizzes and tests. Then they can look at their smartphones inside the drawer. Besides, the smartphone designer makes the smartphone smaller and smaller. Naughty students could take photos of their teachers or classmates with this function to disturb teaching and learning during lessons. Some cases like this will lead to bullying in school in the end. I can't see how smartphones can benefit students in helping them maintain a good relationship with teachers and students.

Hence, in my opinion, schools should not allow students to use smartphones. School is a place for students to learn. Smartphones, on the contrary, would only distract and disturb students' learning. So why should it be allowed in school?

## A letter of advice

**3C** Ou Lam Kayley



Dear John,

Thank you for your letter. I'm very sorry to hear about your problems and hope I can help.

You said that your brother David goes to bed very late and doesn't get enough sleep. If you want him to go to bed earlier and sleep enough, you can tell him to listen to some relaxing music. That will help him sleep better. In addition to this, I think he can set an alarm so he can go to sleep at a specific time.

You also mentioned that he is often on the phone chatting to friends. He doesn't exercise and even eats junk food after dinner. You can set a time limit for him to use his phone. When the time is up, take his phone away. You can tell him that you will only return the phone to him after he has done exercise. You should also encourage him not to buy junk food. You can make some healthy meals for him too.

Finally, you said that his test results are getting worse and his teachers told your mom that he often falls asleep in class. You can set a goal for him about how many exercises he has to do every day. You can encourage him by telling him about the benefits of taking your advice. If he does not improve, you can ask your parents to punish him.

I hope my advice can help you. Please write to me if you need any more help.

Best wishes,  
Robert

## A film review

**3C** Wang Wai Kuen Kenny



Asura is an animation film about famine. Asura is the main character in the film and he is voiced by the Japanese actress Masako Nozawa, who is better known as the voice of Son Goku in the DragonBall series.

The story is set in mid-15th century Japan when many people suffered in natural and man-made disasters. Asura was abandoned

by his mother when he was a baby. He was forced to survive in the wild on his own, even feeding on human flesh. However, later he met a monk who taught him Buddhism and a beautiful girl, Wakasa, who took care of him meticulously. The kindness they displayed changed Asura and he at last found the beauty of life in such an era of turmoil.

The film was released in 2012. So it is understandable that the special effects are not as attractive as the ones of the latest films. However, I like the film music a lot. It supports the film and matches perfectly with the different scenes in the film.

Nowadays we may have a lot of hate towards the world and the people around us. But what we hate the most may be the beast inside us. How can we notice it and how can we suppress it? I think we can learn from Asura. At the beginning of the film, he had to attack other people for survival. However, he changed because the monk and Wakasa let him understand kindness.

This film is very thought-provoking. It describes our human nature and the cruelty of the world. The ending of the story is very touching. It shows that no matter how bad the world is, we strive to live. And the world is beautiful because of this.

I highly recommend this film. However, because some parts of the film are quite bloody, I think this film is suitable for teenagers and adults only. I hope you will enjoy this film as much as I do.

### Taking an invisible pill

**3D** Soo Wai Kiu, Sally

Out of curiosity, I grabbed the pill and put it into my pocket. Then, I finished my breakfast quickly and went to school.

When I walked on the street, I saw a famous movie star. 'Hello! I am your fan! Where are you going?' I said agitatedly.

'I am going to Tsim Sha Tsui for my new movie,' he replied.

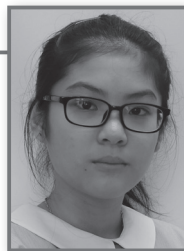
So I took the invisible pill and followed him. I checked what he usually did. I saw that he was filming. Then, I saw his bracelet. I really wanted to take it home as a souvenir, so I took off my clothes to keep myself totally invisible.



When he found that he had lost his bracelet, he felt sad because the bracelet was his favourite thing. Therefore, I returned it to him after 9 hours.

## Solutions to sleep problems

**3D** Tang Lai Shan, Yoyo



Dear John,

I understand that your brother David is having sleep problems. You also seem to be worried about what he eats after dinner. I hope I can help you.

From your letter, you mentioned that David goes to bed very late and doesn't have enough sleep. I would suggest him developing a bedtime routine. Don't let him get into bed until bedtime! He should also decide on a set bedtime and stick to it.

I hear that David doesn't exercise and eats junk food after dinner. He might want to drink a large glass of water and wait a few minutes when he feels a sudden urge for junk food. To help him do more exercises, have you thought about taking a walk with him after dinner? You should also try to help him learn new stretches and warm-up exercises.

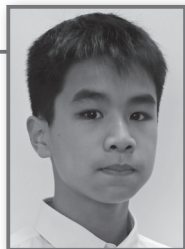
You also mentioned that he doesn't listen to you. My advice to you is to talk to him when he is not in a bad mood. You might also try to be more patient with your brother!

I really hope my advice is helpful. Do write to me again or give me a call!

Best wishes,  
Robert

## A Letter to Our Hero

3E Chan Ho Tsun



Dear Sarah,

Congratulations! I am so glad to hear that you won a bronze medal in the Women's Sprint Track Cycling at the Tokyo Olympics. It's my pleasure that I can write a letter for you to show my support and excitement of your victory as you're a legend in Hong Kong. It's not easy to win a medal in two Olympics and you are the FIRST one!

In the summer, I woke up early because of the events you participated in. They all made me very excited. During the semi-final competition, I was watching the live show in the shopping mall. We all became the members of the cheering team. I was so nervous while you were racing with Germany's Emma Hinze. Finally, you won a medal as you really tried very hard to release all your power at the end of the event. It really stunned all Hong Kong people. We were crying as we could share your happiness and glory. We all feel proud of your determination and courage. Thank you so much, Sarah.

I hope you can join the Paris Olympics as you are physically fit and strong. I would be grateful if you could go to our school to give us a talk. We are your big fans. We would like to listen to your story and know more about track cycling. In the future, I hope you can be a coach of the Hong Kong team. With your guidance, I am sure the elite athletes in Hong Kong can win more international events.

Sarah, thanks again for your perseverance. You fought for the glory for Hongkongers. I know you were stressed because of the previous Olympics Games. Now, you can take a good rest and relax. Please take care of yourself. We all love you and support you forever.

Best wishes,  
Hanjin



## A Letter of Advice

3E Yim Ho Ming



Dear John,

Thank you for your letter. I'm very sorry to hear about your problems and hope I can help.

First, you said your brother David goes to bed late and doesn't get enough sleep. I think you can design a timetable with him. He will be rewarded if he can follow the timetable to sleep before 11pm. If he can change his bad habit of sleeping late at night, he will concentrate in class. Also, I advise your family to have phone-free evenings. Every night at eight o'clock, all of you must shut off your phones, so he can get rid of the 'temptation' before bedtime.

Second, I know you are concerned about David's unhealthy diet. If I were you, I would ask my mum to prepare some healthy snacks for him, like nuts, fruits and salads. They are healthier than junk food and fast food. I remember that you like doing sports. Why don't you invite him to take exercise with you? You may go running, hiking or swimming with him. With regular exercise, I am sure David will be stronger and fitter after a few months.

At last, you mentioned that his test results are getting worse and his teacher even told your mum that he often falls asleep in class. You may consider teaching David after school. Perhaps you may suggest hiring a private tutor for him as well. David is a smart boy. He must make progress at school gradually with your appropriate guidance.

I hope this advice helps. Please write to me again if you need extra help. Good luck!

Best wishes,  
Robert

## Precious Amur Leopards

2A Chau Man Chun



Last week, when I was reading a TV guide, I discovered an endangered species, which is called Amur Leopard. I want to introduce this type of animal to you because it is one of the rarest felines in the world. Moreover, I would encourage all of you to protect all of these precious animals in the world.

Amur leopards are the speedy creatures that can run faster than Usain Bolt as they are able to run up to 35 miles per hour. They have white and yellow fur with widely spaced black spots, which form unique patterns. Their fur will grow longer in winter because they need it to keep warm. Also, they have long tails to wrap themselves to keep warm. Their tails can be long in winter and short in summer. Their abilities to see, hear and smell are well developed.

Amur leopards can be commonly found in the Primorye region of southeastern Russia and northern China. They mainly live in vast forests, jungles and grasslands. They are carnivores so it is common for them to hunt deer, boar and rodents for their flesh.

Amur leopards are nocturnal animals that like living and hunting alone at night. In the night time, they use their excellent abilities to see, hear and smell to catch prey which they want to eat. In the daytime, they sleep in cool caves or sheltered areas.

Unfortunately, Amur leopards are facing a number of threats, caused by both humans and nature. On the one hand, poachers poach them for their fur and tails to make coats and scarves. They also poach them for their bones to make traditional Chinese medicine. All of them are highly priced and the illegal traders of black markets can make a lot of money. On the other hand, climate change caused by deforestation destroys their habitat. It is becoming more difficult for them to live on the Earth.

Amur leopards are going to be extinct. We should act now to protect this endangered species. In my opinion, first, we should be environmentally friendly, for example, using less paper, electricity and plastic bags. Second, we can donate money to charitable organizations so that they can protect Amur leopards by carrying out conservation work. Third, we can appeal to the Chinese government and Russian government to impose laws that prohibit poachers from hunting Amur leopards. It is hoped that Amur leopards can escape from extinction.

## Sarah's Road to Success

### 2A Chu Lok To Dustin



Who is Sarah Lee? She is a world-famous cyclist who has won lots of awards in various sports competitions. She has inspired lots of people, especially teenagers and those who want to be professional athletes, worldwide. Not only did she win a bronze medal in the 2020 Tokyo Olympics, but also won gold medals in various international cycling competitions.

'Hard work beats talent when talent doesn't work hard.' Sarah Lee trains hard to defeat other excellent and veteran players in competitions. She has won numerous medals because she is hardworking, tough and persistent. Although she severely injured herself at a young age, she returned magnificently. She became one of the athletes to win a cycling medal in the Olympics in 2012. Also, she was the first Hong Kong person who won two medals in two different Olympics. People generally attribute her great achievements to her perseverance.

In my own opinion, Sarah Lee is determined. It is beyond question that she is very confident when she is participating in competitions. She is very focused and she does not like comparing herself to others. I can never forget how she gazed at her opponent at the beginning of each competition, showing tremendous confidence and determination. That is why people admire her and Sarah Lee has become their role model. She has inspired me too.

'Before you judge someone, walk a mile in his shoes.' If you want to judge her, you should know more about her first. Think about how she inspires the next generations and try to learn more about her determination, confidence and toughness. It is no doubt that Sarah Lee is the role model for everyone to look up to.

## Is introducing McPlant a good idea?

**2A** Lai Adele



I think the introduction of McPlant by McDonald's is not a good idea.

Firstly, although eating vegetarian food is healthy, veggies do not necessarily have to go to fast food shops like McDonald's. They can have meals in traditional restaurants as those restaurants serve much more healthy vegetarian food and offer a wider variety of food.

Secondly, I think McPlant won't be popular as a hamburger without meat will lose its 'soul'. This makes the hamburger become less delicious. Customers, who are not attracted by the burgers without meat, will choose other kinds of food. As a result, McPlant will not become popular.

Thirdly, I think McDonald's will not earn much money. McPlant will not be popular because customers will not like the less tasty hamburgers. They are not willing to buy them. Also, there are not many vegetarians. Even if there are some, they are likely to go to other restaurants serving better food. In the long term, McDonald's will not make big money and will eventually suspend the idea of McPlant.

In conclusion, McPlant is healthy, but it will not become popular because of its limited choices, tastes and possible profit made. Therefore, in my opinion, the introduction of McPlant is not a good idea.

## A Letter to the Editor

**2A** Wan Yan Yuet



Dear Editor,

I am writing to express my views on the waste problems in our school. I would like to suggest how students can protect the school environment.

There are a lot of waste problems in our school. Firstly, in the classroom, we always forget to turn off the electrical appliances, such as fans and air conditioners, when we leave the classroom. Hence, we have wasted a lot of energy in the classroom.

Secondly, we waste a lot of paper, for example, quizzes, exams and school notices. Thirdly, we produce too much waste. For example, some materials like aluminum cans and plastic bottles can be recycled, but we still throw them away into the rubbish bin.

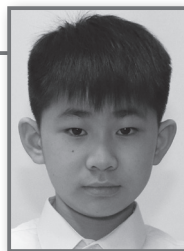
In order to solve the recent waste problems in our school, my first suggestion is that students should not forget to turn off all electrical appliances when they leave the classroom. Also, we can use energy-saving light bulbs so that we will waste less electricity and use less energy. My second suggestion is we should use both sides of paper, especially when we need rough worksheets for our Math homework so that we can use less paper. We should also recycle the paper so as to cut fewer trees. My third suggestion is we should recycle plastic bottles and aluminium cans. This can reduce waste and conserve space of the landfills that can be used for other waste.

In conclusion, I strongly believe everyone can protect our Earth by taking small steps. Take action now!

Yours faithfully,  
Candy Wan

### Building a New Shopping Mall

**2A** Yip Chun Wang



Dear Mr Wong

I am writing to demand a new shopping mall because Ho Man Tin Plaza and Oi Man Plaza are too far away from our school.

There are many problems such as inconvenience, lack of shops and limited types of shops. Although Ho Man Tin Plaza is located in our district, we need to spend a lot of time going there. Usually, we spend more than 30 minutes walking to the shopping mall and back to school.

Building a new shopping mall in our school neighbourhood can reduce the amount of time students spend walking to the mall. Moreover, I hope there will be a variety of shops and a wide range of goods in order to provide students with lots of choices. If there is a stationery shop, it will be easier for students to buy what they need. Also, it would be nice if there is a supermarket in the mall because students can buy fruits before their lunchtime finishes. Having a book



shop would be better than a jewellery shop. The reason why I suggest it is that we are busy with our studies, but having a bookshop in the mall allows us to buy books and magazines to read for fun after school.

I believe that most of our students will be in favour of having a new shopping mall near our school. I hope you will propose a shopping mall to be built in our school neighbourhood.

I look forward to your reply. If you have any further enquiry, please feel free to contact me at 27144161 or email me at john\_mushroom@yckmc.edu.hk.

Yours sincerely

John Yip

Yu Chun Keung Memorial College

### Precious Pangolins

#### 2A Yung Kin Long Antony



Yesterday, when I was reading an online TV guide, I discovered that pangolins were one of the top 10 most endangered species in the world. I would like to introduce it to you because they have been poached, leading to imminent extinction. Moreover, I would encourage people to pay more attention to and protect this endangered species.

Pangolins have hard scales. They are meant to protect themselves from harm. They can curl up like a ball so as to achieve self-protection when they are in danger. Pangolins have the same brown colour as hedgehogs.

They can be commonly found in forests. They like digging holes when hunting food. They dig into insect nests to hunt. Not only is it easy to catch prey, but it also allows pangolins to find a lot of insects.

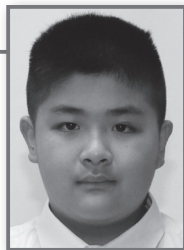
Unfortunately, pangolins are facing a number of threats, ranging from human poaching to climate change. On the one hand, humans are the arch-enemies of all creatures in nature. Of course, pangolins are no exception. Over-hunting by poachers makes pangolins unable to live normally. On the other hand, climate change destroys their habitat, making pangolins unable to survive.

Therefore, we should reduce carbon emissions as much as

possible and promote living a green life. If we have enough money, we can make a donation to charitable organizations like WWF to protect pangolins from extinction.

## Midnight Run

**2A** Zhou Cheuk Him



One night, I was sitting at home and I had nothing to do. I felt a little bored so I decided to go out to have a midnight run. I brought along a watch, a bottle of water and a towel when I left home. While I was jogging along a dark road, I stumbled over a fallen tree and I discovered a shiny white portal on the ground. I went through the portal without any hesitation.

On the other side of the portal, there was a huge forest filled with exotic plants. The flowers were neon purple and the tall trees were bendy. There was a pathway with a sign labeled "To the Grand Gate". I was curious about what the narrow rocky path would lead me to, so I followed the path. Suddenly, an angel in a white dress appeared in front of me. She gave me a golden needle and said, "You need to take this to the goddess at the Grand Gate before midnight, or else it will be too late." The angel disappeared in a flash of light before I could ask a question. I looked at my watch and it was ten o'clock. Having no one to talk to, I could do nothing but try doing what the angel had said.

Since it was too dark, I accidentally stepped into some water. When I raised my head, there was a mystical swamp in front of me. I jumped from a little stone to another little stone in order to cross the swamp. All of a sudden, a blue ogre in a leather cape swam out of the water and gave me a golden mushroom. "Take this to the goddess at the Grand Gate before midnight. If you're late, I'm sorry... my friend." Similar to the angel, the ogre disappeared immediately after he finished his speech.

I kept walking along the path and I walked into a cave full of glowing crystals. A spider with a golden yellow gem on its back was crawling beside me. The spider waved its hands and signaled me to take the gem. I thought it would be another item that the goddess needed. I thanked the spider and I walked out of the cave.

Finally, I reached the end of the pathway and came to the Grand

Gate. I saw a woman with angelic wings. I walked towards her as I thought she was the goddess. I handed the golden needle, the golden mushroom and the golden gem to her. She rewarded me with a golden key. "Congratulations! This is the key to the Grand Gate. However, you still have one last challenge. You have to go through the Gate before midnight. If you cannot make it, the world will come to an end and will be totally destroyed," the Goddess said.

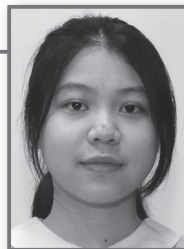
"What?" I screamed. I looked at the watch and it was already 11:55 p.m. I panicked. When I turned my head, I found that the sky was slowly fading to pure blackness. Without enough time to figure out what was really happening, I rushed towards the Gate, which was around 100 meters away. I drank some water to revitalize myself and wiped away the sweat above my eyes. I glanced at my watch and found that there was only one minute left! I took a deep breath and dashed. Finally, I arrived at the gate. I instantly inserted the golden key into the keyhole. I burst through the gate and behind me, it was the white portal. I took one last glance at the sky and it was almost completely black. In no time, I jumped into the shiny portal with my last breath in this madness.

Coming out of the portal, I woke up in my bed. I could not move my legs nor my mouth. I was not certain where I had been and what I had experienced. Was it really a dream or was it something else? I had no idea, but I had learnt a lesson from it: We meet a lot of people in our lives. If we can discover their strengths and learn from them, we are already on the road to success!

## A Formal Letter

2B Chan Fan Yu

16th September 2021



Ms Law Wing Shan  
27 Man Fuk Road  
Waterloo Hill  
Ho Man Tin  
Kowloon

Dear Ms Law

I am writing to demand a shopping mall to be built in the school neighbourhood. In the following, the existing problems and the benefits of having a shopping mall will be mentioned.

There are some problems with no shopping malls around our school. First, the food we buy at school is not yummy and there is a very narrow range of food to choose from our tuck shop. Sad to say, there are no restaurants near our school. As a result, we need to walk a long way to the restaurants at lunchtime. Second, it is easy for us to get wet on rainy days when we go out for food.

We would like to have a spacious shopping mall with a wide range of goods to buy so we can go there at lunchtime or after school. We would like to have a food court because we could enjoy a wide range of delicious food cheaply. We would also like to have different types of shops such as book shops, convenience stores and a big supermarket. It will be more convenient for students to buy correction tapes, snacks and daily supplies if these shops are available. Having a cinema is also a good idea because students can watch movies with their classmates and relax after having a lot of lessons.

It is hoped that you can look into this matter and accept my proposal. Thank you for your attention.

Yours sincerely  
Yuki Chan

## A Letter to the Editor

**2B** Chu Ho Leung



Dear Editor,

I am writing to express my views on waste problems at my school. In the following, the problems and solutions will also be highlighted.

To begin with, the first problem is that students always consume a lot of electricity because they always turn on air-conditioners. Second, it is common to see students put aluminum bins in the rubbish bins instead of recycling bins. Also, students generate a lot of paper waste every day. Finally, many students have subscribed to the newspaper but they throw it away without reading it. These problems merit our immediate attention. If we turn a blind eye to these problems, there will be some negative impacts on our precious environment.

Having talked about the problems, I am going to talk about the solutions. The very first thing we need to do is that we should avoid turning on air conditioners regularly if the weather is not hot. We can use fans instead. Second, we can encourage students to put the used aluminum bins and plastic bottles in recycling bins. In order to reduce waste, students can also use these cans or bottles to make crafts. Finally, students should use both sides of a piece of paper so as to avoid paper waste. It is also important for students to read the news online to reduce unnecessary paper consumption.

It is my strong belief that everyone has an important role to play in protecting our precious environment! If we join hands and put our heads together to safeguard it, it will definitely become cleaner! Let's take action to save the Earth from now on!

Yours faithfully,  
Fergus Chu



## Go shopping: supermarkets or wet markets?

2C Chan Yu Kiu



If you want to buy some ingredients to cook lunch or dinner, you can have a walk in the wet markets or supermarkets nearby. However, they are different regarding the variety and price of goods, environment and customers.

In terms of the variety of goods, supermarkets together with wet markets sell many kinds of food. Supermarkets sell daily necessities whereas wet markets sell delicious seafood. Unlike wet markets, supermarkets also sell dairy products, like cheese and my favourite ice-cream!

And about the prices, although supermarkets and wet markets have various commodities, the food in supermarkets is more expensive than that in wet markets. Moreover, the ingredients in wet markets are fresher and tastier.

In terms of the environment, supermarkets are more hygienic because the staff help clean the supermarkets regularly. However, wet markets are quite dirty and messy since they do not have cleaners. Also, the live fish always jumps around!

Also, supermarkets and wet markets have different target customers. The customers of supermarkets are younger while those of wet markets are older people. Younger people prefer cleaner and more convenient places but older people are concerned about prices and freshness.

For me, I prefer shopping in supermarkets because I like eating candies, which are sold in supermarkets with a wide range of choices. How about you?

## Unique Unicorns

**2C** Hung Chun Yiu



Planet Earth is not only the habitat of human beings but also every precious living thing. We should protect plants and animals that live with us. Recently, I have discovered a precious animal in the park near our school. Join me to find out what this species looks like and survive!

Unicorn is a small animal which has iridescent fur. It uses its horn to protect itself. It has wings and it uses them to fly. It looks lovely, and it has long legs to run. It lives on clouds. It usually eats grass which it finds in the city and forests. It takes a long time for it to feel hungry. Even if it gets hungry, it just needs to eat a little.

It likes to fly in the sky and play with people too. It always grinds his horn because it uses it for protection. It also practices flying because if it is in danger, it is easy to fly and flee.

Hunters kill it because its fur is beautiful, and they will use its fur to make carpets. It can sell for a lot of money. The hunters want its wings as well because its feathers are coloured. They want to investigate the unique wings.

If we want to protect unicorns, we should stop killing them. Besides, we must get along with them. We should also increase the penalties for hunting unicorns.

We just have a few remaining unicorns on the Earth. If you do not want this magical creature to become extinct, help save them now!

## A Letter to the Editor

**2D** Law Cheuk Tung Hanna



Dear Editor,

I am writing to express my views on the waste problems in our school. I would like to raise people's awareness of environmental protection.

Waste problems are serious in our school. There are lots of plastic bottles in the rubbish bin. It is common to see students throw away aluminium cans in the rubbish bin. Besides, there is a

lot of paper waste generated in our school every day. Also, students always consume a lot of electricity because they always turn on air conditioners.

To protect the environment, there are lots of things we can do. Firstly, we can throw the aluminium cans and plastic bottles in the recycling bin because they can be re-made into other useful items. Secondly, we should save paper. We can use both sides of paper before throwing it because paper can be recycled too. Thirdly, it would be energy-efficient if we can keep the air conditioner at 26°C. Students should always remember to turn off the lights and air conditioners before leaving the classroom.

In conclusion, I believe that everyone can play a part in environmental protection. To save our world, take action now!

Yours faithfully,  
Law Cheuk Tung Hanna

## Writing a Formal Email

**2D** Wong Tsz Lui Louis



To: manager\_districtoffice@gov.hk  
From: Louiswong@gmail.com  
Date: 4th October, 2021  
Subject: Demanding a Shopping Mall

Dear District Office Manager,

I am writing to demand a shopping mall to be built in the school neighbourhood. I hope you take my ideas into consideration.

Our school students always talk about the problems of having no shopping malls around our school. It is inconvenient. First of all, there is always a long way from our school to the restaurants for lunch. Besides, there is a very narrow range of food for students to choose from our tuck shop. Moreover, students can never buy stationery after school because there are no stationery shops nearby.

In order to bring students a better school life, we would like to have a spacious shopping mall with a wide range of goods to buy near our school. We would like to have a big stationery shop in the shopping mall because some students may forget to bring their stationery back to school. After building the stationery shop, students can buy the

stationery they need during lunchtime or after school.

Also, having a food court will be great. In the food court, there are different kinds of restaurants such as Thai restaurants, Korean restaurants and Japanese restaurants. Students can buy their lunch there. It can save a lot of time.

I hope my request is of interest to you. Thank you!

Yours faithfully,

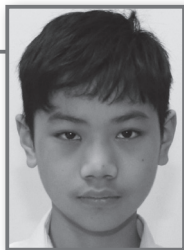
Louis Wong

Chairperson of Students' Union

Yu Chun Keung Memorial College

## Writing a Formal Email

**2E** Yung Tsz Chun Jayden



Dear Mr. Ng,

I am writing to request a shopping mall to be built near my school. First of all, we do not have any restaurants near our school and we always need to walk for a long time to have lunch. Also, there are no shops around. If we need to buy some stationery, we need to go far away. In this email, I am going to tell you my ideas for the mall I want.

I would like the mall to have three floors. On the first floor, I want an electronics shop and a stationery shop. In the electronics shop, I would like it to sell keyboards, mouses, mousepads, laptops and phones. The reason I want to buy these things is that I can do online homework with them. I want the stationery shop to sell pencils, pens, correction tapes, rubber and rulers. So, if my stationery runs out, I can buy it there.

On the second floor, I would like to have a restaurant and a bakery. I want to have dim sum in the restaurant and I want to have different kinds of bread and cakes in the bakery. The restaurant can let the old people chat with their friends and the bakery can let people buy some bread for breakfast or for people to buy cakes for their birthdays.

On the third floor, I would like to have a sports shop and a toy shop. In the sports shop, I want it to sell sports clothes and shoes and I want the toy shop to sell toys and models. Also, I want a directory on every single floor so that people know where the shops are. I hope this

mall is going to be great. I am afraid I have to stop now. Thank you.

Yours sincerely,  
Jayden Yung

## Supermarkets are better than wet markets

2E Cai Tsz Ching CoCo



Wet markets and supermarkets are two kinds of markets in Hong Kong. Both markets are places for shopping. In these two places, you can buy things you usually need to eat such as vegetables, eggs and meat.

The difference between them is that supermarkets have more different kinds of goods such as fresh meat, frozen food and snacks. The things in the wet markets are usually cheaper than the things in the supermarkets and you can also negotiate the price with the hawkers. You can ask for it to be cheaper but you cannot do it in supermarkets.

However, the environment of the supermarkets is much better than that of the wet markets. Wet markets are usually outdoors while supermarkets are indoors. As a result, there are a lot of flies in the markets. From time to time, you will see flies on the food. In contrast, supermarkets are much cleaner. There are refrigerators for frozen food.

Therefore, I think supermarkets are better than wet markets.



## A Letter to Our Hero

1A Alvin So Chak Chun



Dear Edgar,

Hi Edgar. I'm Alvin, a Form One student of Yu Chun Keung Memorial College.

Last summer, I watched the Tokyo Olympic Games at home. I watched how you got a gold medal in the foil event. How brave and professional you were in the event! It was great to see you win so many medals for Hong Kong. We are so proud of you.

I remember that you have got three gold medals, four silver medals and eight bronze medals so far. In 2014, you joined the Asia Youth Championship and you got your first bronze medal ever in your life.

After that, you continued to train hard and two years later in 2016, you joined another competition and got your first gold medal. So you were eligible to join the Tokyo Olympics. You were in the top 16 but you could not defeat Brazil in the end. Never mind about it. We are still proud of you!

Right now, you are 24 years old. However, you have given us so many surprises at such a young age. I admire your expertise in foil and your bravery in each of the competitions. I wish I could be like you one day. I like to play table tennis very much but I am bad at it. I also like to play computer games very much but I am not good at that either.

I really want to practise hard just like you. My wish is to represent Hong Kong in the Olympic Games and get a gold medal in table tennis.

Also, I would like to put more time on my studies because I do not have a good academic result. My favourite subject is Maths but I am not good at it. I hope I can learn from your unyielding spirit. I hope you will pray for me and support me.

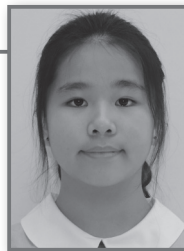
Edgar, thank you for winning lots of medals for Hong Kong. We are all proud of what you have achieved. We will always stand by you while you keep training hard. You are always in our hearts and our prayers.

Wish you all the best!

Love,  
Alvin  
Alvin So Chak Chun

## An Accident

### 1A Canice Kau Tsz Hang



Once my sister and I were on our way back home from festive shopping when we witnessed a road accident. In the middle of the road, we saw a crowd surrounding something. We weren't quite sure what was happening as the first thought that came to our mind was that it was probably a quarrel between two men. However, when we reached the spot, we found that an accident had taken place.

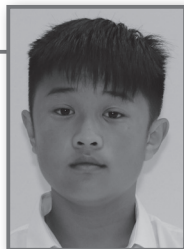
After that, we got to know the whole story. A man was crossing the road when a truck hit him leaving him severely injured. The man was lying on the ground bleeding profusely and other people were calling for an ambulance. We instantly called up the ambulance but time was running out. Therefore, a private car driver took the injured man into his car and rushed to the hospital.

Subsequently, the police arrived at the scene as the people had caught the truck driver and started to beat him up. After the police had come, they caught hold of the driver and asked him about the accident. Later, we came to know that the truck driver was drunk. In no time, the police detained him and sent him to hospital for a statement. Fortunately, the driver was declared out of danger. The doctors dressed his wounds and informed the police that he was still in shock.

That accident made me realize how precious our lives are. We should not take everything for granted. In addition, we must all stay alert while we are walking on a road or travelling in a car because a road accident can happen at any time and at any place.

## Our Hero, Mr. Lee

**1A** Vicky Yeung Tsz Hin



Can you imagine our Maths teacher, Mr. Lee became a hero yesterday?

On the way home yesterday afternoon, Mr. Lee saw an old woman hobbling slowly along the street. Suddenly, a tall man rushed forward and grabbed the old woman's handbag. Then the old woman shouted, "Help! Help!" Mr. Lee walked to her and answered calmly, "Don't worry! I will help you!" Immediately he chased the robber and yelled angrily, "Stop right there!" But the robber did not stop. The robber and Mr. Lee kept running fast.

Not long after, the robber tripped over a rubbish bin and Mr. Lee grabbed the robber's wrist and got hold of the old woman's handbag. Afterwards, he gave the bag back to the old woman. The old woman was grateful for Mr. Lee's help.

In the end, Mr. Lee's heroic story spread in our school. Every student and teacher called Mr. Lee "A hero" because of his bravery in retrieving the handbag for an old woman. When we praise Mr. Lee for his good deed, he says, "With great power comes great responsibility".

## A Reply to Chris

**1B** Chow Ka Yi, Joanna



From: Jo, JC12@email.com  
To: Chris, Chris@email.edu.hk  
Subject: Brainstorming some ideas

Hi Chris,

We have not met for so many years! I really like my new school because the classmates are very helpful. The principal is very helpful too, so I feel they are all very nice.

Our school's tuck shop is on the ground floor. I always go there with my friends at recess. We like buying things like cola and fish balls when we feel hungry.

Our school has so many sports teams, like badminton, volleyball,

football, and basketball. My friends and I participate in the Badminton Team. We want to train our arm and hand strength. We think badminton is amazing. We play it in the hall on the first floor.

Next, our school also has some clubs. We participate with our seniors in the Chinese History Club. The school clubs have meetings on Friday on the ground floor. I joined this club because I feel it can help me learn more about Chinese History.

Finally, we also have lockers in the first to sixth floor classrooms. The function of the lockers is to let us put our books inside them. The lockers are open for use on Monday to Friday.

Do you like playing badminton? Do you like putting your books in your locker? Do you want to learn more about Chinese History? I really like playing badminton.

Best friends,  
Joanna

## Should students wear school uniforms?

### 1B ▶ Lai Sum Yau Sophia

Hello ladies and gentlemen, my name is Sumyau. Today we are talking about the question, should students wear uniforms to school?

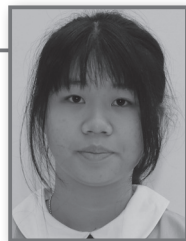
I strongly believe that whether the school uniform is beautiful or not, students must wear them because wearing a uniform shows respect for teachers, principals, and classmates.

When I am finished, you will definitely agree that students must wear school uniforms to school.

My plan has two points.

First, we should reduce the price of school uniforms, and stop making them so uncomfortable. The reason I think this is because it will make the students like them more and the price will not be a burden for parents. This can make students prefer school uniforms.

Second, there should be one day a month for students to wear casual clothes. The reason I think this is because it will help students love their school more and understand the importance of wearing school uniforms. This can make students appreciate wearing uniforms



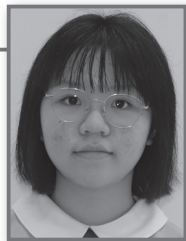
more.

And now, you must agree that students should wear school uniforms.

Thank you for your time.

## An Unexpected Visitor

**1B** Lau Yat Wan Haily



Tomorrow is the day! My parents and I will go to my grandma's house to celebrate Chinese New Year.

Every year, we take turns to order cakes for the party, and this time it is my turn. I was very excited for my turn, but things usually do not go so smoothly for me. I could not even sleep because I was too excited.

Finally, the day was here, but I was still in bed. It was already 2:30 pm, but I just woke up. Then, I remembered that the cake shop closes at 2:40 pm, I absolutely missed it.

At dusk, we went to grandma's house. Along the way I was very afraid that my grandma would feel upset or angry because I forgot to order the cake and that when I remembered, the shop was already closed.

In the party, someone said "it is time to eat cake!", but I did not bring it out. They asked me where the cake was, and I could only tell them the truth.

Suddenly, there was a sound – DING DONG! The doorbell rang and everyone looked over there. I walked over, and opened the door.

"Hello, I am back!" the man said.

"Who was he?" I thought.

It turned out that he was my uncle from far away and I saw that he was holding something. What could it be? Oh! It is a cake! He brought a cake to grandma's Chinese New Year celebration!

My family did not blame me, instead they told me that it was ok, and that I should not blame myself either. At that moment, I was relieved.

Finally, we ate the cake together. I was so happy because I met this uncle for the first time. It was already five years since he came back. We were all very happy to reminisce.



## I have a problem! Part 2

**1B** Lui Tsz Wing Mavis



From: Mavis, mavisliu@email.com  
To: Sabrina, ssssabrina@email.com  
Subject: My ideals

Dear Sabrina,

How are you? I know you had a fight with your mom about wearing your sweater.

You can wear your sweater outside, then take it off or you can talk to your other family members. If you always shout at your mother, the relationship between the two of you will be very poor.

First, you can find your mum and tell her your feelings. If she does not listen to you, then you can try to send her a text. You should not argue with her because she doesn't want you to be cold.

After that, if mum wants to talk to you, you should talk with her. You can let her talk first and you can say sorry to her. She probably didn't mean to scold you.

So, you must review your mistakes or you will make the same mistakes next time.

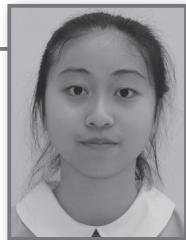
Finally, I feel so sad. You two were both wrong, but you mum is always your elder and you should be respectful to her.

Love you,  
Mavis

## Facility Proposal

**1B** Tam Lai Yeung Rachel

From: Rachel, s1102@email.com  
To: Principal@schoolmail.com  
Subject: I have an idea for you



November 15, 2021

Dear Principal Yeung,

I am writing to you because our school has a problem – it is that there are not enough plants in our school.

To solve this problem, I am proposing we build a new facility.

My proposed facility is a new rooftop garden for the school. I believe that a garden will be very user-friendly for all of our schoolmates.

We should build it on the rooftop within the next two years.

There are three good points about my rooftop garden. First, it will increase the fresh air in the school. Then, we will have improved air circulation that will let us breathe more fresh air. Finally, it will be beautiful and relaxing.

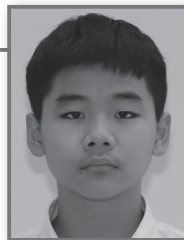
Even though a bad point about my facility is that it has a high cost of production, I still believe that a new rooftop garden is the best idea for our school now.

Thank you for your consideration.

Sincerely,  
Rachel, 1B

## Should students wear school uniforms?

**1B** Zhang Xu Lang Hubert



Hello ladies and gentlemen, my name is Hubert. Today we are talking about if students should wear school uniforms or not.

I strongly believe that students in Hong Kong should not wear school uniforms because they are uncomfortable and expensive.

When I am finished, you will definitely agree that school uniforms should be banned.

My first point is that school uniforms are uncomfortable. The reason I think this is because most teenagers are not used to wearing uniform pants or dresses, and wearing them all day can make us feel too hot or too cold. An example of this is when I wear my uniform pants in the summer, I feel very hot and sweat a lot. So, this proves uniforms are uncomfortable.

My second point is that school uniforms are expensive. The reason I think this is because one set of school uniforms is much more expensive than the normal student's daily clothes. An example of this is that the cost to buy one uniform is about 300 dollars, but our daily clothes are only around 150 dollars. So, this proves uniforms are expensive.

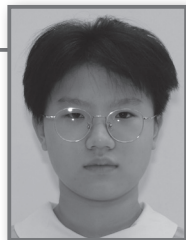
And now, you must agree that students should not wear school uniforms.

Thank you for your time.

## I have a problem! Part 1

**1B** Zhong Li Ying

To: Sabrina, ssssabrina@email.com  
From: Ying, zly512249@email.com  
Subject: My ideas about what you can do



Dear Sabrina,

Thank you for your email. As you enter a new stage of learning, you may feel excited, yet worried because secondary school life can be challenging. I am glad that you find your secondary school life exciting, but I am concerned about the fact that you encountered difficulty in making friends. Therefore, I am writing to share some advice on how to make friends.

Firstly, you mentioned that your favorite class is Art. In my opinion, you may take part in the Art Club. In this way, you may meet peers who share the same interest as you, like drawing, painting, or working on crafts.

Secondly, why don't you consider offering help to those in need? Actually, I think you have done a good job. Although you are shy, you still made efforts to chit-chat with others. I think you may take a step further to try to help others out. In that way, people will be grateful and will like to be your friend. Therefore, being helpful is a good way to make friends.

I hope the above advice will work. I'll always stand by you! Write back soon!

Best,  
Ying

## A letter to Chris

**1C** Ching Sze Yu, Katie

Hi Chris,

Thank you for your email. It's really great to hear from you after such a long time!

My school has a tuck shop but it's not very big. However, there are a lot of snacks such as sweets and chips. My favourite snacks are chicken wings and hash browns.

In terms of school clubs and teams, there are Magic Club and Badminton Team in my school. I want to join the Cooking Club.

In terms of locker arrangements, students have a locker. I can keep some heavy things in my locker, and I don't need to share it with others.

It's time for bed. Let's talk next time!

Love,  
Katie



## An Unforgettable Chinese New Year

**1C** So Wing Yin, Coco

On a wet Wednesday morning, I woke up early and got dressed. Then, I opened the bedroom door and saw my relatives who had been in the living room for a while.

I was really surprised. To be a polite girl, I smiled and greeted them with a friendly "hello." Then I got back to my bedroom and brushed my teeth.

When I walked out the door again, I was force-fed rice cakes by my aunt. All of a sudden, she asked me to put on a musical performance. I didn't decline her request, of course. 'Wish me luck!' I said. I sang a simple children's song for my enthusiastic audience. After the performance, my relatives came over to talk to me, saying how much they enjoyed listening to my lovely voice.

Then, I had a chat with my cousin. Quite unexpectedly, he pushed me for no reason at all. 'What's wrong with you?' I said angrily. I was



very annoyed with him, so I lost control of myself. That's how we got into a fight. My mum disapproved of my wild behaviour and scolded me for fighting him back.

I sighed and looked at my cousin. That evening we were very quiet at the dinner table.

## A personal email

**ID** Ko Chui Hei



Hi Chris,

Thank you for your email. I'm doing very well in my new secondary school. Let me tell you something about it.

First, I love my new school very much because my classmates are friendly and helpful. If I have problems with my homework, they will help me! The teachers are also kind. They are willing to teach me if I have any questions. There are many new subjects. Science is my favorite subject because studying it can give me a deeper understanding of processes that we take for granted.

Second, our school has a big tuck shop. I can buy many things there. For example, I can buy fish balls and noodles. The snacks such as chicken wings and sausages are yummy! I can buy many beverages as well. I like to drink sugar-free green tea because it is healthy and has a lot of antioxidants.

There are a lot of sports teams at my school. For example, we have Badminton Team and Basketball Team. I want to join the Volleyball Team because I want to play volleyball with my friends. I like to play volleyball because it is really exciting.

There are many clubs at my school. For example, there are Photography Club and Magic Club. I want to join the Japanese Society because I want to learn Japanese. If I can speak Japanese well, I can make some Japanese friends.

There are lockers for every student in my school. I'm very happy because I don't need to share my locker with another classmate.

I must go and get on with my work. Write back soon.

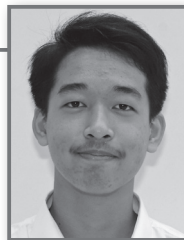
Best wishes,  
Jess



## Personal Descriptions

### 1D Le Duc Manh

Hello everyone! My name is Le Duc Mak. I am fourteen years old. I study in 1D at Yu Chun Keung Memorial College. I live with my family in To Kwa Wan. I am tall and slim. I have a round face with short hair.



One of my new friends I make at Yu Chun Keung Memorial College is Karl. He is twelve years old. We study in the same class. He is hardworking and helpful. We always do voluntary work to help people in need. If I encounter problems in my homework, I will ask him for help and he is willing to teach me.

My parents are sporty. We often do exercise together. We also like to watch movies together. We always have a good time.

## A Letter to Our Hero

### 1E Chan Chun Sum

Dear Miss Lee Ho Ching,

Congratulations on winning a bronze medal in the 2021 Tokyo Olympics!

As one of the Hong Kong people, I felt so proud at the moment that you won in the Women's team table tennis event! I am sure all Hong Kong citizens got the same feeling as mine at that time. I was also very excited when I was watching your match since it was so intense!

I really admire you a lot. Not only because of the awards and honours you have got, but also your attitudes and personalities. You are hardworking as you have practiced for a long time to join the Olympics and other international competitions. We all watched your wonderful performances in those competitions.

I wish to become a person like you because your spirit inspired me. It is really difficult to face everything with smiles, but you can do it. Even if you face a stronger opponent, you still keep calm and put a smile on your face. Although you couldn't get the gold medal at last, you still smiled a lot and respected every competitor.



I hope to be as optimistic as you so I can face the predicaments with smiles and handle the difficulties confidently. As all we know, you are not only good at playing table tennis, but also studying. You chose to give up the opportunity of studying at an outstanding school and started to be a full-time athlete. It's definitely not an easy job to be a full-time athlete at the age of 15! I believe that you might have thought about quitting, yet you keep going and practicing.

Actually, I love playing the piano though I do not play it well (I even failed the examination). Every time I want to give up on playing the piano, I will remember what you encountered and how you overcame it. Although you do not know who I am, I still wish to thank you for supporting me when I am feeling depressed.

I hope you can keep your passion forever and I look forward to seeing you again at the next Olympics.

Sincerely,  
Tim Chan

## Dragon Boat Festival

**1E** Cheng Mun Chuen

Dragons are racing  
Summertime is exciting  
Let's have rice dumplings





# 鳴謝

## 編輯小組

名譽顧問 楊學海校長

## 顧問老師

(中文科) 陳瑞燕老師 何潔盈老師 張鈺焯老師  
(英文科) 陳思榮老師 賴國華老師