



Steam 隊亞軍專訪 — 遠赴美國參加「創意思維世界賽」的前與後

採訪及撰文：4CL黃潘森、4CK 陳志權、4CL韋懿程

「萬人操弓、共射一招，招無不中」正體現了在二零二五年二月二十八日至三月一日期間代表青中參加「創意思維世界賽香港賽區2025」並榮獲亞軍的「他們」——林悅、張巧榆、周泳霖、王藹然、冼嘉穎、伍卓藍。「他們」一路過關斬將，突破層層障礙，終現「千帆過盡水為路」之境。

比賽前的他們，或許只是抱著嘗試的心態，卻不曾想最後可以獲亞軍這個頭銜。其實，比賽之初並不算順利，不僅要想用甚麼方式參加比賽，還要處理團隊之間的磨合，可謂是困難重重。不過，辦法總比困難多，他們集思廣益，開始在互聯網上尋找不同的範例作參考，多次向學校技工師父請教，以增進自身的木工技術，開了數次會議，就大家的各種想法進行溝通、融合，才做出令他們獲亞軍的作品。

團隊的構成並沒有複雜的過程，只是一群於同一個選修科中的人志同道合，想擴闊自己的視野，學習其他學校的學生如何發揮自己的創意和利用有限的資源進行比賽。對於他們來說，這是一場充滿困難的挑戰，也是一場充滿機緣的嘗試。當困難與機遇同時存在時，困難便變得一文不值。忐忑、緊張是每個人在進行比賽時都會有的情緒，這種情緒常常會讓你無法冷靜下來，令自己思緒變得混亂，無法專注在比賽上，往往就在這一步之差而落敗。從他們的口中，我們了解到「當我們得知要即場表演話劇時，我們在那一刻真是毫無頭緒的」。幸好，他們發現了自己的致勝之道——隨機應變。他們在有限的時間裏設計了兩款不同類型的戲劇，雖然團隊內都抱有不同的意見，不過最後他們決定合二為一，令每個人都可以發揮自己的創意。



左起(後排): 吳鈞培領隊老師、4CT張巧榆、4PT冼嘉穎、4PT伍卓藍、4CL韋懿程 (記者)、4CK 陳志權 (記者)
(前排): 4CT林悅、4CK王藹然、4CL周泳霖

獲得亞軍後，新的征途便開始了，他們感到很榮幸，可以前往美國再次進行比賽，並和當地的學生交流。這一次，他們面對的便不僅僅是全港的對手，而是來自全球各地的對手，壓力也因此倍增，但對於他們來說，這是一次很好的機會去磨練自己，林悅同學說：「希望可以鍛鍊自己的英語能力，之前也有跟從學校去美國參加夏令營，可還是以廣東話為主，而這次不僅要在美國逗留一段時間，更要去購買材料，與本地人的溝通。對我們而言，這是一次很好的歷練。」不過，他們也懷著緊張的心情準備出發前往美國，但代替緊張的，更多的是期待，棋逢敵手更能增加自身的能力，看其他學生如何製作作品，激發自己的創意及開拓思維，從更多的角度去看，而不是只從自身觀點出發。

賽場上的變數如天氣般瞬息萬變，戰術調整、作品改造，都讓結局變得撲朔迷離。未來是無法預料，緊握當下，在每一次轉折點沉著應對。走一步，看一步，或許這正是競技運動最真實的魅力。無論前方是晴空萬里，還是風雨交加，願這群追逐目標的身影，能在不確定因素中淬鍊出最堅韌的答案。比賽尚未終結，故事仍待書寫，且以掌聲與祝福，祝願他們能在美國旗開得勝！

(採訪於二零二五年三月進行)

參加 OM World Finals 後感想

4PT Sin Ka Wing

This trip to the American Creative Thinking World Competition became a unique memory of my middle school days. The competition was grand, with contestants from all over the world gathering to participate in this annual event. There are significant cultural differences between the United States and Hong Kong, including living habits, eating habits, and more. Among these differences, the time difference is the most challenging; our time zone is 12 hours behind Hong Kong. This meant we were often experiencing day and night at opposite times, so it took us a few days to adapt.

Moreover, the local people in the United States are very warm-hearted and more open-minded than those in Hong Kong, allowing me to make many friends. The organizers placed great importance on this competition; their opening ceremony can be compared to that of the Olympic Games, which made me feel very engaged. Even though we didn't achieve good results, this rare opportunity in my life left me with no regrets.



4PT Ng Cheuk Nam



After participating in this competition, I felt the gap between myself and others. Due to the luggage size limit, we needed to send our limited supplies to the United States safely. I believe this "competition" began even before our departure. We had to find a way to pack the necessary supplies and our "car" into a single large bag that would fit. Due to size constraints, we attempted several times before finally succeeding. A few days before the competition, after arriving, we noticed that the props prepared by

contestants from other countries were numerous and exquisite during the preparation period. This realization made us acutely aware of our shortcomings, but we still worked hard to prepare for our competition. During the preparation period, our competition car broke down several times during rehearsals. I worried that I might not be able to complete the competition due to these failures. Fortunately, I remained calm and addressed the issues one by one. Ultimately, I discovered that the screws at the transmission position were broken. After replacing the faulty parts, the car returned to normal.

On the day of the competition, I did my best. Even though our competition props were far behind those of other teams, I believe we were able to calmly find solutions to the challenges we faced. I feel proud of our perseverance.

4CK Wong Oi Yin



Through this competition, I've learned a great deal. Before going to the U.S. for the competition, we had to prepare extensively—decorating the vehicle, designing the obstacles and their placements, developing character roles and dialogues, and more. During those short but intense nine days, what impressed me most was the competitive atmosphere. Our team of six students and two teachers continuously experimented and made attempts, such as trying to get our vehicle to successfully overcome obstacles. Even though we faced multiple failures during these trials, we never gave up. Instead, we kept improving and trying until we ultimately achieved success.

4CL Chau Wing Lam



I learned a lot during this journey. Before the competition, we had many things to prepare, including obstacles and decorations. Even though we sometimes had disagreements, everyone discussed and resolved the differences through communication. We also encountered some problems with our car before the race, but we managed to fix them. During the competition, I learned the importance of teamwork and problem-solving skills. In addition to the competition, I also experienced the beautiful scenery in the local area. The air was particularly fresh, and I felt the enthusiasm of the locals. This journey will be unforgettable for me.

4CT Lam Yuet

After participating in this competition, I learned many new things. During the event, I was fortunate enough to witness the wonderful performances of other groups. While our work is quite good, there are still many areas for improvement. Additionally, my biggest takeaway from this journey is that I met some new people. Although we may not communicate smoothly due to language barriers, I have become less resistant to using English. I am very glad to have had the opportunity to see a wider world.



4CT Cheung Hau Yu



In this competition, we not only enjoyed the scenery but also gained a wealth of knowledge. Over nine days, which felt just the right length, we continued to learn and grow. Even when faced with challenges, we did not back down. For instance, we had to overcome language barriers and compete in English. Additionally, we dealt with emergencies during the competition, such as a chain falling off. Since the car relies on an electric drill to drive the chain, which in turn drives the car, it was crucial for us to quickly reattach the chain when it came loose. Thus, this competition provided us with experiences and lessons that we wouldn't typically learn in school.

4CK吳致樂 4PT朱梓維 4PT李幸霖

孫綺羚校友

我們很高興邀請到孫綺羚校友分享她作為同時身兼影視製作、新聞工作以及網店等多職的「Slasher」(斜桿族)的心得，以及她對影像創作的熱愛。



她的攝影形式多樣，包括人像、商業及新聞攝影。中學時期主要選修文科的她認為，其職業和修讀過的文學和視覺藝術科，其實有不少相同之處。長期的技術訓練固然重要，但講故事的能力卻是更為關鍵，特別是在新聞攝影中，取景和故事表達至關重要。



作為一名「Slasher」職業者，孫師姐除了攝影外，還涉及電影、廣告等影片拍攝，以及網店經營。這種角色的平衡依賴於自律，而靈活的工作安排能夠讓她自由調整時間。面對「Slasher」的非固定工作環境，她認為這種身份反而能讓她按環境靈活地切換不同領域的工作，例如疫情時，網店的營運反而更活躍。而有關創作相關的工作，她認為堅守道德底線極為重要。她始終堅持探索新的可能性。隨著香港創意產業面臨挑戰，她希望能夠面向國際，拍攝更多國際化的作品，持續追尋自己的創意之路。

孫師姐的故事激勵著我們在面對挑戰時，勇於探索與創新。感謝孫師姐的分享！

4CK曾彥境 4LC黃立民 4CT梁俊宇 4CK雷健鋒

陳施敏校友

科技浪潮席捲全球，今天有幸採訪了投身IT行業的校友——陳施敏師姐。作為一名IT顧問，她坦言，儘管外界普遍認為IT行業競爭激烈，且技術發展迅速，但她始終堅信各行業都需要IT，尤其在人工智能時代，能夠運用技術優化人力資源配置、為企業規劃數字化轉型路徑的工作，讓她倍感充實。但IT顧問人材貴精不貴多，從業人數或不會有巨大漲幅。

談到職業選擇，施敏師姐展現出理性與熱情的交織。五年前從酒店業轉向IT諮詢工作的她，認為持續學習帶來的成長感是支撐她前行的核心動力。她指：「IT要求思考，能帶來與眾不同的趣味，是我投身該行業的動機，使我不感乏味，能孜孜不倦地完成工作。」面對AI是否會取代人類工作的提問，她笑稱：「AI更像是得力助手，能處理重複性工作，卻無法替代人類特有的戰略思維。AI有一神奇功能，能整理錯綜複雜的資料，約可省掉七份之一的時間，我們可以更有效率地完成工作，但從事重複性工作的人則要加倍努力。」

這份工作最令她着迷的是，IT顧問能解決服務對象的難題，助人為她帶來了無與倫比的成功感，蘊藏的意義乃是她前進的動力。問到師姐對想投身該行業的師弟妹有甚麼建議時，她認為具溝通能力與商業洞察力的人往往比純技術人士更符合IT顧問的要求，畢竟要讓非技術人員理解IT方案，就像翻譯不同語言般需要技巧。談及工作生活平衡時，她說：「要視乎情況、人生階段而分配，並非必須五五分配。若近來工事繁忙，會把心力多分配於工作上。假以時日，或許又會將時間放在陪伴家人身上。」



From DSE Star to CS Student: A Glimpse into the Life of Samay

4PT TSANG YU ON 4CL GURUNG ABIGAIL 4CL GURUNG AKSHYATA

What qualities are essential for success in Hong Kong's challenging school system and for transitioning to computer science? Today we spoke with Samay, a former CYMCASS student who achieved truly amazing results (5**5**5**5*5*5) on the 2023 DSE test, to gain insight into his school life.

According to Samay, one of the biggest changes is the increased freedom at university compared to the regimented setting of secondary school. University life allows students to tailor their academic journey, in stark contrast to the rigid schedules of the past.



Then, how does he cope with burnout? Burnout might arise from the pressure to perform well on the DSE, which Samay encountered while preparing. He usually takes a whole day off to rest and recover before returning to his studies as a coping mechanism. He followed a structured daily schedule and devoted entire days to learning a single subject. Outside of his academic activities, Samay finds coaching secondary students in Maths and ICT to be a rewarding source of income and an opportunity to share his expertise. He enjoys writing, working on personal programming projects, and watching YouTube videos as ways to unwind.

At CUHK, although most courses are manageable, Samay found a robot-building competition particularly challenging. Due to the time commitment and his limited engineering knowledge, he had to rely on his teammates. He describes the course format as consisting of interactive tutorials with teaching assistants and instructor-led lectures, which often include practical lab work. While field trips in the computer science department are uncommon, industry visits provide valuable insights.

In the IT industry, artificial intelligence is a hot topic right now, and Samay offers a thoughtful perspective on its application in education. He cautions against replacing human skills like writing with AI, even while acknowledging the technology's potential for idea generation. He notes that many students use AI covertly, despite university policies prohibiting it, highlighting the need for ethical standards and responsible usage.

Samay believes that CUHK's IT program will continue to evolve, incorporating cutting-edge technologies like artificial intelligence and robotics. He emphasizes that ethics training will be essential to ensure that future IT professionals use these tools responsibly.

"Focus on your weakest subject first, tackle one subject at a time, practice past papers, and manage stress for optimal performance," is Samay's final piece of advice for students preparing for the DSE. He reflects on his own high school experiences, having taken Visual Arts, Physics, ICT, and M2, eventually withdrawing from Visual Arts due to the demanding workload. He stresses that conceptual understanding is more important than rote memorization, particularly in Physics.

Samay's journey reveals the blend of freedom and responsibility in university life, emphasizing practical skills and ethical AI use in Computer Science. For students facing challenges, remember Samay's advice: focus, practice, and manage stress. Your hard work and dedication will pave the way for a successful future!

活動剪影

奧地利、德國及瑞士考察團



2025 World Final Odyssey of the Mind (OM) 比賽



「甲午戰爭」130週年紀念—山東考察團



與深圳市高級中學高中團進行「運動友誼交流」



鄭州、洛陽及西安
歷史文化探索之旅



與姊妹學校
西安第三十中學
進行兩校藝術創作



聯校南沙教育創科參訪團



活動剪影



Completion of 2021-24 Fast Connect Programme



種植荷蘭鬱金香工作坊



第56屆陸運會

非華語家長會議



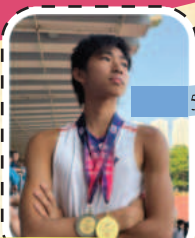
2025 畢業典禮



個人獎

獲獎消息

團體獎



5CH 黎栢明

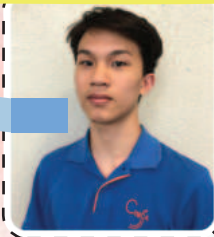
全港學界精英田徑(團體)比賽
(1500米亞軍, 打破賽會紀錄)



6NC單焯喬

屈臣氏集團香港學生運動員獎
2024-2025

港澳校際飛行比賽2025
(個人成績-總季軍)



5HS黃焯洛



「傾商 - 香港中學生商業諮詢大賽 2024-2025」-冠軍
5CH黎栢麒、5HS謝慶嵐、5HS黃淳鋒



港澳校際飛行比賽2025 (滑翔機表現-季軍)
3CS王梓峻、4CL駱啟謙、4CT黃証楠
5HS嚴韋晉、5HS黃焯洛

第一屆創新與領航新世代校際物流賽-金獎
3CL鄭紹朗、4CT黃証楠、4CT馮奕棋
4CT王立行、4CL駱啟謙



「創意思維世界賽2025」
(香港賽區)
題目一第三組-亞軍



2024-2025 理工Fun-Tech 比賽
(創意RFID比賽-初級組冠軍)
2AY李康節、2AY菲沙
2AY葉宇晴、2CH蘇浩聰



元朗區少年警訊
全「元」國安提子盃2025籃球比賽亞軍



2024-2025 校際乒乓球比賽
(男子丙組-冠軍)
1CT梁柏言、1HW羅紀翹、1HW梁卓生
1LN文楷煒、2CW鄧卓灝



中國香港羽毛球總會
2025全港戶外羽毛球錦標賽
青年女子組三打三(冠軍)



24-25 DECATHLON全港學界
精英女子羽毛球(團體)比賽(冠軍)
2CH劉凱莉、2CH劉凱莉、4CT黃祺懿
5CH鄧冠恩、5PL林妍彤、6CL黎穎兒



2025 Panasonic 學界籃球邀請賽
(女子籃球-季軍)

2CY陳希嵐、2CW黎子萱、3LS易卓儀
4LC陳芷盈、4LC潘希頤、4CT張凱淳
5CH GURUNG DRISTI、5HS劉芷君
5CH易卓彤、5CC巫愷彤、5PL黎晴晴
5CH袁心柔、6CH李卓桐、6CH林卓童
6CH何桂瑩、6LC張曉晴



2024-2025 校際籃球比賽 (男子乙組-冠軍)
2CY梁鈞堉、3CL吳日嵐、3CL王浩哲、3CW李政橋、3CW彭沛熙
3TY李一諾、3TY孫曉輝、4CL陳紫安、4CL崔晉昇、4CL陳浩賢
4CL THAPA BALAL KELVIN、4LC劉梓諾、4PT雷東隆



2024-2025 校際籃球比賽 (男子丙組-冠軍)
1CM黃子承、1CT陳孜坤、1CT鄭啟陽、1CT彭沛堯
1CT蘇文諾、1HW招浩、1HW劉迪安、1HW余子樂
1LN李金洋、1MY許梓軒、1MY李皓森、1MY曾浩雲
2AY李浩賢、2CH劉祖熙、2CT陳繼庭、2CT陳峻熙
2CT陳翌宇、2CT梅諾珩、2CY陳丞義、2CY鍾日朗



元朗區城市運動計劃 -
男子足球隊 初級組
五人足球比賽U-15(冠軍)



JUMPY校際交互繩錦標賽2025
(中學組校際總成績-亞軍)
(交互繩表演賽中學組-亞軍)



元朗區城市運動計劃 -
男子足球隊 高級組
五人足球比賽U-19(亞軍)



康文署外展教練計劃 -
五人足球比賽(下學期)冠軍
2AY嚴博翰、2CW陳逸朗、2CW張景博、3CL樊津希
3CW陳玟翰、3LS陳栢楠、4PT洪俊生、4PT葉家睿
4LC利頌嬌、4CK李朗豪、4CL姜加湜、5PL鍾希朗
5CC梁子樂、5CH黃俊軒

2025 校際足球比賽 (男子初級組-冠軍)
1CM文康楠、1CM柏頌安、1CM古朗明、1CM黃曉邦、1HW蔡其峻
1CM SHARMA THAKURI PAWAN CHAND、1HW古柏悅、1LN陳逸朗
1LN蘇梓朗、1LN邱敬楠、1MY蔣宗諺、1MY吳東翹、2AY區俊賢
2AY西蒙、2AY古奇士、2AY嚴博翰、2CH白永昌、2CH蔡俊豪
2CH GURUNG AARON、2CH KHAMBHADIYA MANAN SHAILESHKUMAR
2CH劉濬傳、2CW陳逸朗、2CW張景博、3CL樊津希、3CL黃國煒
3CL曾凱、3CS鄧沛光、3CS何文迪、3CS馬納夫、3CS王加俊
3CW陳玟翰、3LS陳栢楠



2024-2025 校際排球比賽
(女子丙組-季軍)

1CM葛笑霞、1CT陳卓蕎
1LN江紫瑤、1LN梁渭昕
1LN俞芍均、1MY李喧悠
2AY柏悅晴、2CY歐詩雅
2CY鄭詠心、2CY吳泳瑤



第二十五屆香港中學彈網錦標賽
(男子甲組團體-亞軍; 丙組團體-冠軍)



2024-2025 校際手球比賽 (女子乙組-季軍)
3TY劉若希、3CL歐珊漫、3CW彭熙晴、3CW邱雅妍、4CL曾雅悠
4PT陳兆嵐、4PT鍾樂而、4CK陳子嫻、4LC潘希頤
4CT張巧楠、4CT張巧楠、4CT張凱淳、4CT林悅