《青中一百篇》文集（2025） 100 Outstanding Writings of Ching Chung (2025)

Chinese Y.M.C.A. Secondary School

100 Outstanding Writings of Ching Chung 2025

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Reading Promotion Competition 2024-2025

Gold Award

1HW Dangol Rasha

Matilda

Matilda is bold, a girl of dreams.

Always standing tall with courage supreme.

Tenacity and grace, her true assets.

Inspiring love and hope with every step she takes.

Life's adventures unfold in her grand journey.

Determination and resilience pave the way behind her.

Adored and admired, for she is great.

1CM Lai Venus Belle

The Lion King: A Letter of Advice to Simba

Hello Simba,

I hope this letter finds you well. I wanted to share some of my advice with you since I care a lot about your happiness and success. Remember that I will always be here for you, ready to offer support and guidance whenever you need it.

I understand that you may have faced several challenges in your *Lion King life*, and I know life can be tough sometimes especially when you are dealing with the loss of your father, Mufasa, betrayal from your father's brother, Scar, and rebuilding the faith in yourself. Please trust that you are never alone on this journey. You have lots of true friends who care about you very much and always have your back, like Timon and Pumbaa.

When facing difficulties and challenges, it is important to remember the value of resilience. What is resilience, you may ask? Resilience means being able to bounce back from tough situations and not letting them bring you down. Be independent and don't rely on others too much. Also, don't be vulnerable or a scaredy cat. It is best to man up when facing challenges or in the face of adversity. It is crucial to stay strong and believe in yourself. Solve the problem. Lastly, stay positive.

For example, remember when Rafiki told you that the past would hurt, but the way he saw it, you could either run from it or learn from it. I think Rafiki was right, and you should do as he said. He's very wise. Also, have you ever thought about how you can learn from your past experiences and grow stronger and braver than ever from them? A quick reminder: every obstacle you face is a great opportunity for self-growth and improvement. Keep moving forward, don't stop, and don't give up.

No matter how tough or difficult the situation is, just remember the wise words of your father Mufasa: "What we do in life echoes in eternity." Try focusing on the things you are grateful for, such as the love and support of your friends and family.

Although your father Mufasa is not here anymore, I'm sure he is doing just fine and looking down at you from above the skies. Gratitude is an important aspect in life since it can help define your perspective and remind you of the good things in your life, even when times are tough.

Here is my last and final piece of advice in this letter: practice your gratitude by writing down the things that make you feel thankful each day.

Remember, my friend, I believe in you and your ability to overcome any challenge. Please take my words to heart and know that I'm here for you every step of the way. You have great potential. Stay positive, stay focused, and never hesitate to reach out to me or any of your other good friends if you ever have difficulties and need some support.

Please write back to me soon and tell me about your progress in life!

Best wishes,

Belle

2CH Iftikhar Fahad

Diary Entry about Billy Elliot

Friday, 8th November 2024

Dear Diary,

Today was a day of emotions I never knew I had. My audition for the Royal Ballet was something I had been wishing for, and now that it is behind me, I feel so defeated and lost.

I felt a wave of fear and insecurity as I looked up at the grand building that would host the audition. I felt out of place among people who were high class and born into privilege. My mind wouldn't stop straying into doubting my place in this world.

The audition room dominated my soul the moment I stepped inside, and my heart raced with each second that passed by. They were the kind of judges that intimidate you, and all of a sudden, I was a little fish in a big pond. By the time it was my turn, the music playing was unfamiliar, which threw me off balance. I tried to dance as best as I could, but it felt like my movements were just going through the motions. Of course, the weight of my family's expectations hung heavy on my shoulders, and I couldn't shake off the feeling that I was letting them down.

And then there was Simon. He was my biggest supporter during the audition, but in a moment of frustration, I lashed out at him. I didn't mean to hurt him, but it just came out, and I couldn't take my actions back. I instantly regretted it, knowing that I had let my emotions get the best of me. I felt a heavy weight of guilt resting on my chest, and I wished I could turn back time and undo my actions.

As I walked out of the audition room, it was like defeat was written all over my face. It felt like the dream I had been choosing for so long was slipping away, and I didn't know how to hold on. At that point, all sorts of doubts and insecurities snuck in, and I started to wonder if I was even meant to be a dancer at all.

But as I sit here, pouring my heart out in these pages, I realize that tomorrow is a new day, a chance to start fresh, to pick myself up, and try again. I may have stumbled and fallen today, but I will not let this setback define me. Maybe I failed today, but with a little more determination and will, I can still chase my dreams and make them a reality.

Yours truly,

Billy

2CT Sze Hiu Ching Venus

A Day in my Life as a Borrower

Morning Routine

As a Borrower, I usually start the day off with a cup of herbal tea and enjoy a borrowed meal. Since there are no toothbrushes fit for a Borrower, I would use bits of broken wood to pick my teeth, and then I would head to the teacup that I borrowed from the humans to cleanse my face in it. After I finished getting ready, I would plan out what I needed to borrow when night falls, for example, some sugar cubes for a touch of sweetness to my homemade herbal tea. Lastly, I often go scavenging for useful items in the garden, like leaves for umbrellas and twigs to start a fire.

Borrowed Items & Uses

Item 1: A Ballpoint Pin

How to use it:
It's dangerous for a Borrower to venture out without any weapons, and ballpoint pins are effective and handy when it comes to weapons. The ballpoint pin has a ball end on one side and a sharp end on the other. It's safe for you to get a good grip and sturdy enough to fight off any danger. I would bring the pin when I go borrowing or exploring in the garden. Pests such as rats or insects with sharp claws, like mantises, are extremely dangerous when you are a Borrower. The pin can be used as a defense tool to safeguard yourself from danger.

Item 2: Velcro

How to use it:
Velcro is strong and durable. Unlike tape, it's reusable and stronger when it comes to attaching things in place. I would use Velcro, which has a sticky back, to climb on furniture when borrowing. With Velcro, it becomes more convenient when reaching high places like tables and cabinet tops. You can also use Velcro to hold or attach things in place, like making a bouquet of flowers. Velcro is very useful as tools to attach decorations and as climbing tools for Borrowers.

Item 3: Thimbles

How to use it:
As a Borrower, when you venture into the woods or drainage areas, there are always dangerous creatures. So wouldn't it be smart to wear some kind of protective item? Thimbles are great protection for your head. They practically act as a helmet for a Borrower. Thimbles are also amazing as containers like buckets. You can transport water easily, or you can use them when you wash your clothes since there are no washing machines fit for the size of a Borrower. Thimbles are sturdy and a trusty item for a Borrower to use.

Facing Dangers & Overcoming Them

One time, when I was in the garden gathering tools and supplies for borrowing, I overheard the humans planning a renovation of the back alleyway where my stash of treasure is located. I was afraid they might find it, so before the renovation, I decided to move my things back to my house until it ended. I was naive and didn't think much about it, so I decided to move my stuff during broad daylight, until a stray cat spotted me moving a gold coin that I borrowed.

As soon as I saw the cat, I ran straight into the drainage area right around the corner and hid there. I was terrified and relieved that I just dodged death, but now there was another problem: the cat hadn't left, and I was still stuck in the drainage system.

Thankfully, a friendly ladybug offered me help. She showed me the way out and offered me a ride back to my cozy home. After that experience, I learned that with friends, even a Borrower could overcome great danger.

4PT Abdul Majeeth Shanum Shasmeen Khan

What steps can you take to protect yourself and others from becoming victims of scams and other crimes? How can you educate your peers and family about potential fraud?

In the world and the society we live in, unlawful and illegal acts, including scams and money laundering, are potential risks that we human beings may encounter, either intentionally or unintentionally. In fact, according to a well-known Hong Kong-based newspaper, the *South China Morning Post*, the Hong Kong Police Force recorded 32,120 fraud cases in the first nine months of this year. Furthermore, the crime rate for these deception cases has increased by 8.3% compared with last year.

Have you ever thought more deeply about the possibility of becoming vulnerable to the threats caused by these frauds? Have you considered what could be done to prevent ourselves from falling victim to these crimes? If you ask me, I would say that it is crucial to maintain personal vigilance and implement effective strategies so that we are less likely to be targeted by fraudsters. Let us now delve into how we can maintain personal vigilance and the vital measures we can take to protect ourselves, our families, and our peers from falling into these traps.

Scams are becoming more prevalent in cyberspace today, especially because many people may be overly gullible at times and therefore believe and trust whatever they see online. Therefore, I believe that in a scam, it is essential for us to verify the source and make sure we only purchase items from trustworthy, original websites. For example, we should check whether the website provides contact details and verify them. This helps prevent us from being scammed.

Another piece of advice is not to buy anything significantly more expensive online unless it is from an official, original website. Take the Apple Watch as an example: it is very expensive. When websites such as Taobao promote it at unusually low prices, it is obvious that the product is likely fake. In that case, it is advisable to buy it from

Apple's original website instead. Moreover, as technology advances every day in modern society, installing apps that can identify whether something is a scam can also help reduce the risk. One example is Truecaller, which helps identify potential fraud calls that may try to scam people.

No matter what kind of crime it is, deception, phishing, or scam, I strongly believe that parental guidance and raising awareness by sharing personal experiences and tips are important. With guidance from elders, youngsters can avoid suffering the consequences caused by these crimes. For this, healthy communication is needed within the family. Parents or elders can share their personal experiences and guide young people to protect themselves. On the other hand, youngsters can also teach elders how to use technology to safeguard themselves from these crimes. In this way, everyone can be guided more effectively.

To sum up, there are certainly many ways to safeguard ourselves from crimes such as deception and scams. What matters most is the effort we make to avoid them and reduce their consequences. As Helen Keller famously said, "Alone we can do so little, together we can do so much." Just like this quote, let us all join hands to make a difference and help create a better world.

4CL Lau Chi Shing

Approaches to Combat Food Waste

In this day and age, technological development and many other industries have caused uncountable emissions of waste around the globe. However, food waste has long been the most significant source among all kinds of waste. According to published articles, households, for instance, are the major contributors to food waste, as people tend to purchase more food than they actually need.

Food waste refers to food that is tossed at any stage of production and consumption. In Hong Kong, over 30% of disposed waste is food, filling up landfills and creating tons of harmful gases around the city. This pressing problem intensifies as the population grows and due to a lack of public environmental awareness.

This growing concern must be addressed immediately, and we should resolve this issue through a holistic approach. To start with, individuals can take action to lower the amount of food waste and be conscious consumers. They can, for example, record the actual portion of food ingredients they need on a list, which allows them to stock groceries according to the list they made. This greatly reduces the discarding of unconsumed food.

In addition, one can also develop better food storage methods to conserve overnight food in ideal conditions. This can help prevent the decomposition of food and avoid its off-putting appearance, enabling us to consume that food rather than tossing it. Furthermore, we can lend a helping hand to the needy by donating food to food banks. This meaningful gesture can not only curb food wastage, but also contribute to society by helping impoverished families.

On the other hand, governmental engagement in tackling food waste is another vital element in solving the root of the issue. Government departments should invest more resources in developing food recycling facilities and infrastructure, such as food waste processing stations. In addition to that, reward schemes should also be implemented as an incentive to reward food waste recyclers while motivating them to

practice this habit. By making food waste collection and recycling more convenient, we can drastically reduce the amount of food sent to landfills and transform the waste into reusable materials, such as compost or even energy. Convenient facilities as well as reward schemes, in particular, can also appeal to a larger group of residents to go green. Last but not least, the government should also incorporate education into daily life more frequently to instill a sense of responsibility in people to conserve the environment by curbing food waste.

To summarize, food waste is a complex problem to combat. However, through collective efforts and proactive steps by both the government and individuals, every little act we take can make a difference. Let's build a cleaner and more sustainable community!

5HS Tsang Lok Yi Lolly

Should University Admission Give Preference to Legacy Students?

University admissions should not give preference to legacy students. Even if legacy admissions promote continuity for generations, this type of system creates inequality within student bodies, reduces opportunities for underprivileged students, and helps preserve wealth within universities. As the saying goes, "legacy admissions keep wealth in the family."

Harvard University is a prominent example. Reports indicate that around 30% of legacy students were admitted to the Class of 2022. This shows that applicants with strong family connections are privileged over others, an affront to the idea that a place at a prestigious institution should be earned through academic excellence, not family ties.

Supporters of legacy admissions often describe the system as a way to build a foundation of shared ideals and traditions through family legacies. However, in practice, it undermines other important admissions priorities, such as diversity and inclusion. By benefiting legacy applicants who are often wealthier and more likely to be white, the system can sustain racial and systemic discrimination. Students from underrepresented backgrounds, including minority students and students from third-world countries, may be rejected more often, which leads to less diverse student bodies and reinforces existing social hierarchies.

In conclusion, while traditions may be valuable, they should not be used to justify preferential admissions. Only through more diverse and fair admissions practices can these values improve for the better. Therefore, legacy preference should not be given.

5HS Tsang Lok Yi Lolly

Embracing Diversity: Building Bridges Through Empathy and Respect

With its diverse communities and multicultural atmosphere, Hong Kong must embrace the different voices of ethnic minorities to achieve unity. Empathy and respect are key to connecting the diverse people of Hong Kong and bridging cultural divides in this multiethnic city.

Connections were made at Pat Heung Central Primary School as they adopted practices of cultural celebration and inclusion. They celebrate cultural festivals, such as Lunar New Year and the Ching Ming Festival, nurturing a better understanding and appreciation of cultures among students and teachers. Celebrating festivals not only brings joy and fun, but also helps change perspectives on harmful stereotypes and overgeneralizations.

As minorities are often misrepresented by the media, people may ignore individuality and perpetuate stereotypes through a narrow lens. We must look past such harmful assumptions and strive to treat all people with empathy. Instead of making assumptions about someone's personality, we should strive to understand them wholeheartedly through friendly conversation and interaction. Schools can introduce practices that welcome and celebrate cultural elements. Awareness can be raised through interactive activities between diverse families, as well as talks and workshops on different traditions, thus fostering greater respect within the community.

Additionally, in order to cultivate a more inclusive work environment, communication between diverse employees must be enhanced, which can be achieved through cultural celebrations and the sharing of people's experiences, increasing understanding and respect for differences.

In conclusion, with empathy and respect, we can create a city where diverse cultures live in harmony and everyone is equal in their own right.

Gold Award

and Most Popular Entry

3TY Fung Yan Ying Kristy

A Reflective Essay: The Five People You Meet in Heaven by Mitch Albom

After meeting the Blue Man and the Captain, Eddie meets Ruby in a peaceful diner. Ruby is the third person Eddie meets in heaven. Eddie is trying to call his father, who is working at a booth, when Ruby tells him his father cannot hear him.

Eddie's relationship with Ruby is confusing and complicated. They had never met each other before, but Ruby Pier is where Eddie and his father worked. Ruby Pier was built by Ruby's husband, Emile, but it was later destroyed by a fire. Ruby's husband therefore sold the pier to a businessman who decided to keep the pier's name as Ruby Pier. Ruby teaches Eddie about forgiveness and letting go of hatred and regret. I like a quote by Ruby in the book: *"We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves."*

In Eddie's childhood, he was seldom praised by his father. Most of the time, Eddie was beaten, lashed, and whacked by his father whenever his father felt annoyed or angry. Despite this, Eddie still loved his father when he was a kid; he always hoped to get approval from him. In the book, it mentions that whenever Eddie smacked a ball to the outfield, he would get a nod from his father, which would make him leap around the bases.

However, this father-son relationship slowly worsened as Eddie grew up. After getting injured in the war, Eddie developed depression. He stayed indoors and rarely spoke to anyone. Eddie's father didn't understand what depression was; he only thought Eddie was showing weakness, so he told Eddie to get up and get a job. That was the last thing his father ever said to him. Years later, his father saved an old friend named Mickey from the ocean. Eddie's father was already 56 at the time, so he got sick after saving Mickey, which caused him to stay in the hospital and slowly pass away. Eddie's father's hospital bed was next to the bed of Ruby's husband, Emile. Therefore, Ruby had seen Eddie's father using his weak voice to call out the names of Eddie's mother, Eddie, and Eddie's brother out the window before he died.

Ruby told Eddie that *"holding anger is a poison; it eats you from the inside"* and taught him to forgive his father. Eddie realized he hadn't done anything special, hadn't achieved anything, and hadn't gone anywhere after his father's death. He had only moved back to the house where he grew up to take care of his mother. At last, Eddie saw his dad smoking a cigarette in the booth again. He used to hate him for doing that, but this time he walked over to his father and said he forgave him and was letting go, since he eventually understood his father's hidden secrets and that his father just didn't know how to express love.

After reading the story of Eddie, Eddie's father, and Ruby, I learned about forgiveness and letting go of hatred. My father and I didn't have an excellent relationship. When I was in kindergarten, I seldom talked to or even saw him on weekdays, as he needed to work until midnight almost every single day. I was already asleep when he came home from work. Therefore, if I missed him, I could only hear his voice through phone calls. When I was still in kindergarten, I really hated him for working until late at night, especially when I often saw my classmates being picked up by their fathers. However, when I got into primary school, I realized that if he didn't work hard, he wouldn't be able to afford the toys my siblings and I wanted, the cost of traveling during summer holidays, or the rent for our house.

Although he was always overworked or came home late, sometimes we could still chat for a while on weekends when my mom allowed me to stay up late and wait for him. My dad seldom expressed his feelings, just like Eddie's father. I think my dad thought working hard and buying the things that we wanted was his way of expressing care and love to us. But all I wanted was for him to spend more time with me and chat with me more. Sometimes I just wanted him to ask me about my day, but he never did that.

He passed away when I was ten. I blamed him for leaving. I blamed him for leaving

too soon, and now I can barely remember his voice. I blamed him for leaving the whole family, which caused my mom to take on the responsibility of taking care of the entire family, including my grandparents. I hated him for four entire years, but I also know that I still love and miss him every single day since his death. Sometimes I thought he never took responsibility for taking care of the whole family, so I shouldn't love him or miss him either.

Ruby didn't just teach Eddie about forgiveness and letting go of hatred. After reading the story of the third person Eddie meets in heaven, I think I also understand I shouldn't have hated or blamed my father for leaving because of a serious disease; he didn't want to leave either. Therefore, I forgave him as I finally understood that this hatred wouldn't just hurt him, but also myself.

Principal's Pick

1HW Syed Dhehbia

The Lion King: A Letter of Advice to Scar

Dear Scar,

I hope you are doing well. As I observe the ongoing dynamics within our pride, I feel compelled to reach out and share my thoughts regarding your aspirations for power. Your ambition is clear, but I encourage you to think deeply about the methods you use when pursuing your goals. Leadership founded on fear and betrayal may offer you a temporary sense of control, yet it risks creating lasting divisions within our pride, ultimately undermining the very authority you seek to establish.

Consider the leadership style of Mufasa, which combined strength with wisdom, compassion, and fairness. His reign served as a testament to the power of respect and mutual support among pride members. By fostering unity, he created an environment where everyone felt valued and connected. Instead of viewing Simba and others as obstacles to your ambitions, I urge you to envision how collaborative efforts could enable both you and Simba to grow stronger. By embracing the talents and strengths of those around you, you could cultivate a pride that thrives rather than merely fears.

Moreover, reflecting on the legacy you wish to create is essential. A king's influence extends far beyond his personal achievements. It encompasses the hearts of his subjects. A leadership style grounded in kindness and understanding fosters genuine loyalty among pride members, while a reign built on treachery may lead to isolation and distrust. As you contemplate your path, ask yourself what kind of ruler you want to be remembered as: a fearsome tyrant, or a respected leader who can inspire and unite?

In addition to building strong relationships with those around you, consider the strength that lies in diversity. Our pride is comprised of various personalities and strengths, and learning to use these differences can lead to innovative solutions and greater resilience in challenging times. When we work together, we not only overcome obstacles but also enrich each other's lives. Embracing this collective strength could elevate your leadership and contribute to a thriving community.

In conclusion, I hope you take this opportunity to reflect on your ambitions and consider how you can foster an environment of cooperation and respect. True power comes from the ability to uplift others and inspire loyalty through understanding rather than fear. As you navigate your path, remember the potential you have to create a legacy built on unity and compassion. The choice is ultimately yours, but I believe that with reflection, you have the capacity to become a leader that the entire pride will respect and rally behind.

Sincerely,

Dhehbia

2AY Ng Yui Sum Krista

Diary Entry about Billy Elliot

Sunday, 12th November 2024

Dear Diary,

Today was the most terrifying day of my life. I had my audition at the ballet school. My dad wanted more money, so he was looking for things to sell. We needed money for bus tickets to London.

Soon we were on the bus to London. I was very excited because I had never been there before. I asked lots of questions, but my dad didn't know everything about London. After we arrived, we went to our hotel. The hotel wasn't very good, and Dad didn't like our breakfast. I couldn't eat any food because I was so frightened about the audition.

After that, we took the bus to the ballet school and walked up the steps into the building. We saw many people inside. I also met a boy named Simon. Then, I went into a room where five teachers were sitting. One of the teachers said, 'Billy, please start to dance.' They were all watching me.

The music started, but I couldn't dance because I was too nervous and the music felt all wrong. All of a sudden, I heard Miss's voice in my ear. She said, 'Dance, Billy. Dance!' So, I danced in front of the teachers.

When I ran out of the room, I wanted to cry. I saw Simon, and he came and sat next to me, putting his arm around my shoulder. I hit him, and he fell to the floor. I felt so frustrated. I didn't want to hit him. I hate that I hurt him. Tomorrow, I hope he will be fine, and I hope I will have a good day.

Cheers,

Billy

3CL Lai Chi Ching Cherrie

A Reflective Essay: The Five People You Meet in Heaven by Mitch Albom

In *"The Five People You Meet in Heaven"*, one of the main characters is Eddie, a maintenance man who devoted his life to ensuring the safety and enjoyment of others at Ruby Pier, the amusement park where he worked. Eddie's journey to meet five important people in Heaven is both eye-opening and developmental, revealing the connection of lives and the meaning behind life's struggles.

Eddie's encounter begins when he is greeted by the Blue Man, the first of the five people Eddie meets in Heaven. The Blue Man explains how apparently unimportant events in Eddie's life had far-reaching ripple effects, highlighting how our actions even those we might not remember can deeply affect others. As Eddie reflects on his own life, he comes to understand the significance of sacrifice and the importance of human connection.

What I learned from him is to be brave. As he watches memories of his own life, including the sacrifices he made for his family and the regrets he carried, he finds that despite feeling like a failure or living with fear, he had an important impact on the lives of those around him, especially the children at Ruby Pier. Through his journey, he learns to be brave because he realizes that every life has a purpose, even if it might not be recognized.

Eddie's story inspires me deeply, particularly as it relates to my own personal experiences with fear. Growing up, I was often scared of failure, judgment, and trying new things. These fears held me back from pursuing opportunities and living fully. However, my parents recognized my struggles and encouraged me to be brave. They shared their own stories, describing how facing fears can lead to growth and self-discovery.

Considering Eddie's life in Heaven reminds me that every experience has value, whether good or bad. Like Eddie, I have learned that our struggles can lead us to important growth and connection with others.

4PT Gurung Prayushna

What steps can you take to protect yourself and others from becoming victims of scams and other crimes? How can you educate your peers and family about potential fraud?

To protect ourselves and our peers from scams and other crimes, we must take an approach that involves education, awareness, and security. According to the Hong Kong Police Force, the overall crime rate from January to June 2024 increased by 5.6% compared with the same period last year. However, fraudulent activities have been particularly common in Hong Kong. Scam cases account for approximately 44% of all crimes, as stated on the Hong Kong Official Government Website. With Hong Kong's fast-paced lifestyle and high internet usage, it is almost inevitable that deceptive crimes will arise. After seeing these statistics, we can say that it is important to take precautions so that we do not fall into traps set by scammers and other illegal offenders.

One of the most effective steps we can take is to learn about the different types of crimes in Hong Kong. The most common ones include deception and theft. Information such as news articles about warning signs, investigative reports, and documentaries on illegal activities is easily accessible online. The more knowledge we gain, the easier it becomes to recognize red flags, such as unsolicited messages, deals that seem too good to be true, or strangers who appear to be watching you too closely. By identifying these warning signs, we can greatly increase our chances of avoiding such crimes.

In addition to education, spreading awareness is crucial. If we share information about the dangers of scams and other crimes, more people will be alert and less likely to face potential hazards. One powerful tool is social media. Since billions of people use it, a wide audience can easily share posts, articles, and videos. Moreover, the Hong Kong Police Force has been working diligently with school leaders, parent-teacher associations, and school sponsoring groups to share valuable information. They have also introduced a new youth crime prevention booklet that explains laws and court cases to help individuals stay safe.

Last but not least, strong security whether in the digital or real world is essential. In cyberspace, this means using complex passwords, enabling two-factor authentication, and regularly updating software to protect our devices from cyberattacks. We should also monitor important accounts, such as social media and financial accounts, to check for any suspicious activity. In real life, improving security involves taking precautions such as installing security cameras, avoiding sketchy places, and refraining from showing off too many luxurious items.

In conclusion, seeking education, spreading awareness, and implementing strong security are essential to stay safe from scams and other crimes. Since Hong Kong's overall crime rate is increasing, we must take safety measures to protect ourselves and our loved ones. With a safe and trustworthy environment, this lively, bustling, and wonderful city can truly flourish.

4PT Wang Yat Tung Jacinth

Approaches to Combat Food Waste

Regarding the article, unplanned purchases in stores and deals at home are widely asserted as the chief reasons for Hong Kong's food waste crisis, leading to a significant growth in greenhouse gas emissions. Due to cultural norms in Asian families, parents are prone to purchase and prepare more food with a view to demonstrating their hospitality to guests, as well as ensuring their children eat well. However, over-purchasing and excessive cooking ultimately lead to food being discarded, resulting in inevitable household waste.

To grapple with this issue, I am writing to suggest an individual remedy intended for enhancing our awareness of reducing food waste, which is to plan your meal and shopping list in advance. Most of the time, we are not unwilling to minimize food waste, but we typically overestimate our appetites. Hence, this approach requires you to write down in detail how much food you will consume in a day, and determine the amount to purchase. For instance, if your family consumes 3 slices of bread for breakfast, choose a smaller package of bread; on the other hand, if your family is larger, you are recommended to buy a family-sized package. For raw ingredients that are tough to precisely estimate, such as meats and vegetables, you can purchase approximate amounts. For example, a small portion of meat is an excellent choice whether you are shopping in street markets or a supermarket. By planning your grocery shopping, not only can you ensure no food goes to waste, but you can also mitigate your guilt about throwing food away. It is believed that the small attempts every citizen makes will bring about a real change.

Apart from individual effort, the government should also introduce attractive policies aimed at reducing food waste. According to Clear The Air In Hong Kong, each store disposes of an average of 135 kg of food a day, with one-third of that waste being food that could have been saved. This situation alerts the government to pay closer attention to food waste from stores. Recently, the Hong Kong government has imposed a waste-charging scheme, but the results do not seem to fully meet our expectations. Instead, why not implement attractive incentive campaigns, such as investing in the promotion of "leftover blind boxes," which are ubiquitous in foreign countries? These offer surplus food in a sealed package at a discount, with the contents revealed only upon opening, adding an exciting element of surprise. Apps like Yindii and CHOMP HK have already provided this service in Hong Kong, but the industry is still waiting for further support and promotion from the government.

To sum up, there are certain approaches that we and the government can dedicate ourselves to. There is a famous quote by Helen Keller: "*Alone we can do so little; together we can do so much.*" Just like this quote, let us all join hands and safeguard our planet.

5HS Cheung Yik Shong

Should University Admission Give Preference to Legacy Students?

The debate over whether universities should give preference to legacy students, those with family ties to alumni, is complex. On one hand, legacy admissions can foster loyalty and tradition, encouraging families to support their alma mater. This may enhance community and strengthen connections among students.

However, many argue that admissions should prioritize merit and fairness. Giving preference to legacy students may disadvantage equally qualified candidates who do not have familial connections, thereby perpetuating inequality. In addition, it can hinder diversity within the student body.

Ultimately, while legacy admissions can benefit universities financially and socially, they may compromise the principles of equity and meritocracy. Therefore, institutions must carefully consider their admissions policies.

5CH Fang Tsz Sen Jerry

Embracing Diversity: Building Bridges Through Empathy and Respect

Pat Heung Central Primary School demonstrates empathy and respect through its practices of cultural celebration and inclusion. During celebrations of cultural festivities, such as Lunar New Year and Ching Ming Festival, students often ask their parents to purchase traditional Chinese clothing for them, while teachers dress in traditional clothes from their students' cultures. By participating in each other's cultural practices, participants can understand the cultural differences between them, which helps demonstrate empathy and respect.

In my personal experience, I joined a cultural exchange study tour in Singapore in primary school. My teammate and I conducted activities with a group of Singaporean students. We were both weak in English and shy to talk. We followed teachers' instructions and learnt how to make their cultural artifacts. These activities broke the awkwardness of communication. This experience showed me that cultural barriers often stem from unfamiliarity, so empathy and experiencing it yourself help create a harmonious society.

Empathy helps us avoid thinking of other cultures with preconceived notions. People who have empathy and value inclusivity will try to understand and engage with other people's cultures before judging others.

There are several ways to foster greater respect for ethnic minorities in Hong Kong. For example, we can celebrate festivals from different cultures. Festivals have a strong relationship with culture, helping us learn more about other cultures.

To help employees better understand and appreciate their colleagues with diverse perspectives and experiences, managers should build a diverse workplace. They can celebrate festivals from different cultures, observe how employees want to be treated, and eliminate bias in evaluation processes.

Principal's Pick

and Most Popular Entry

1CM Kwok Hang Ching

Matilda

Memories in Matilda's mind at the Wormwood home were extremely bad.

A conflict happened between the adults and children, and everything was breaking apart.

Trunchbull, Mr. and Mrs. Wormwood were represented as the cruelest adults in the world.

It was a must for Matilda to be humble, honest and selfless.

Let us fight with the unfairness and wait for the dawn.

Despite all the difficulties, Matilda won the war.

A courageous and meaningful story gave me warmth.

2CH Hu Hao Tian Tony

A Day in my Life as a Borrower

Morning Routine

First, my day starts with cautiously peeling out of my hidden home. I check for any sign of danger from humans or pets. Then, I quickly gather small scraps of food left overnight, like a crumb of bread, and store them carefully for later.

Borrowed Items & Uses

Item 1: A Thread

How to use it:
I can use it to mend my tiny clothes that get torn while scurrying around. It also serves as a rope to help me climb up to higher places, like the edge of a table to reach items I need. It also doubles as a bridge, allowing me to cross gaps between furniture safely.

Item 2: Matchstick

How to use it:
I can use it as a lever to pry heavy objects that are much heavier than me, like a tiny nut. It can also serve as a defensive weapon. When I'm threatened by small insects, I can wave the matchstick to scare them away. It helps me develop the ability to protect myself.

Item 3: Paperclip

How to use it:
A paperclip can help me open some simple mechanisms or boxes to obtain the potentially useful supplies inside. It can be used as a hook which I use it to hang my small items. Or when I'm looking for food, I can use it to hook out fallen bread crumbs.

Facing Dangers & Overcoming Them

Once, when I was borrowing a button from a sewing box, I was suddenly seen by a little boy. His eyes widened with surprise, and he reached out a finger to try to touch me. I immediately hid behind a spool of thread. I then carefully took a small piece of colourful fabric and threw it far away. While he was distracted by the fluttering fabric, I scurried into a crack in the floorboards and managed to escape.



Most Popular Entries

1CM Amjad Mohammad Sanan

The Lion King: A Letter of Advice to Simba

Dear Simba,

How are you? I am writing this letter to offer some feasible solutions for your difficulties.

First of all, the way you deal with difficulties is improper. When bad things happen, like your dad dying, you first run away. You don't even want to think about it. Moreover, you try to be happy all the time with your new friends, Timba and Pumbaa. You pretend that nothing bad ever happens. Once, I felt sick but I had an exam at school. I told myself I was fine and went to school. I felt awful all day, but I didn't want to miss this exam because there would not be any make-up exams.

Instead of running away and pretending to be happy, you could have talked to someone about how you felt about Mufasa's death. You could have talked to Nala, Rafiki, or even Zazu. Sharing your feelings would have helped you feel less lonely and understand what happened. Also, Scar convinced you into thinking that you caused Mufasa's death. Instead of hiding, you could have tried to find out what really happened by asking someone. Knowing the truth sooner would have stopped you from feeling guilty for something you didn't do.

One important positive value you need in order to deal with difficulties is resilience. Imagine a bouncy ball, you can throw it down, but it always bounces back up. You need to be like that bouncy ball. When Mufasa died, you felt like it was your fault. But resilience would have helped you bounce back from that sadness and guilt. It would have helped you understand that even though bad things happen, you could still be strong and do what was right. Resilience would have given you the strength to face Scar.

Finally, you had a hard time, but if you had been more resilient and cautious, you could have bounced back faster and become the king sooner. There are various ways to build resilience. Always stay positive and learn from your mistakes. Staying positive can help you stay hopeful and motivated, while learning from your mistakes can make you do better next time.

Best regards,

Sanan

2AY Shah Fizza

Diary Entry about Billy Elliot

6th November 2024

Dear Diary,

Today was the day of my audition for the Royal Ballet School, and I can hardly believe I'm writing this! It feels so unreal, and I'm still buzzing with a mix of excitement and nervousness as I sit here in my room. The sweat on my body is still cooling, with the lingering energy of the day hanging in the air.

This morning started off in a whirlwind. I woke up earlier than usual, my heart beating fast. I could hear my family bustling in the kitchen, but my mind was focused only on the audition ahead.

After a quick breakfast of toast and tea, which I barely tasted, I grabbed my dance bag and headed out the door. My dad shot me a worried glance, and I could see the concerned look on his face. He still doesn't fully understand why ballet is so important to me, but I couldn't let that ruin my excitement.

When I arrived at the audition venue, I felt a mix of emotions. The grand building came into view before me, its tall windows shining in the morning light. As I stepped inside, I saw many kids stretching and warming up, all looking just as nervous as I felt.

After a while, we were called into the studio. The judges were seated at the front. I took a deep breath, reminding myself that this was my chance to show them who I was. After a few minutes of waiting, it was my turn. As I stepped onto the floor, everything faded away, the judges, the other kids, even my worries. The music began and I let it take over; I poured every drop of my passion into my movements, feeling the music flow through me. For those few minutes, I felt completely alone.

After my performance, I felt very curious, as I couldn't tell if I had done well or not. My mind was racing with thoughts. I watched as the other dancers took their turns, each showcasing their own style, and I felt a mix of admiration and envy. It was very thrilling.

When it was over, I left the studio feeling exhilarated but anxious about the results. I walked home with my mind filled with hopes and worries. I tried to shake off the doubts, reminding myself that I did my best. Now, let's see what happens.

Yours,

Billy

4CL Akhtar Asjid Ullah

What steps can you take to protect yourself and others from becoming victims of scams and other crimes? How can you educate your peers and family about potential fraud?

To effectively protect ourselves and others from scams and crimes, it is crucial to foster awareness and education within our communities. The rising number of scams, particularly among young people, highlights the urgent need for preventive measures. By understanding the risks and consequences associated with criminal activities, individuals are more likely to avoid engaging in such behaviour and to encourage others to do the same.

One key step to safeguard against scams is to promote critical thinking about the potential dangers of seemingly harmless actions. Commissioner of Police Raymond Siu Chak-yee emphasizes the importance of considering the serious consequences of breaking the law. When young people recognize that they could become victims themselves or inadvertently harm their families, they are less likely to participate in risky activities. For instance, the alarming rise in "stooge accounts" used for money laundering illustrates how easily people can be drawn into criminal schemes. In the first nine months of the year, police recorded 32,120 fraud cases, an 8.3% increase compared to the previous year, highlighting the urgency of this issue. Educating our peers about these risks can help them make informed choices and avoid becoming entangled in illegal activities.

In addition, sharing knowledge about different types of scams is vital. Many teenagers are particularly vulnerable to these tactics, making it essential to discuss the warning signs openly. Last year, police recorded 1,805 sextortion cases, a 22% increase from the previous year, underscoring the need for education on this issue. Educational initiatives can empower young people to recognize red flags and seek help when necessary. Schools and community organizations should collaborate with law enforcement to disseminate information, similar to the youth crime prevention booklet introduced by the police. This booklet can serve as a valuable resource for parents and teachers, helping them understand the risks and share them with their children.

Another important aspect is using technology to educate and protect ourselves. Online platforms can be powerful tools for raising awareness about scams. Schools and community groups can host workshops or webinars that teach students about digital safety and the tactics used by scammers. By leveraging social media and other online resources, we can reach a wider audience and ensure that vital information is accessible to everyone.

In conclusion, taking a proactive approach to education and awareness can significantly reduce the likelihood of becoming victims of scams and crimes. By fostering open communication, critical thinking, and responsible use of technology, we can empower ourselves and others to navigate the challenges of modern criminal threats. Together, we can build a more informed and vigilant community, ultimately reducing the risk of scams and crimes affecting our lives.

4CL Akhtar Asjid Ullah

Turning Waste into Opportunity: Tackling Hong Kong's Food Waste Crisis

Why let good food go to waste when it could nourish others? Hong Kong faces a significant food waste crisis, with around 30% of its municipal solid waste comprising food. The primary cause, as highlighted in recent discussions, is poor planning and decision-making during grocery shopping and meal preparation. Many households buy more food than they can consume, leading to unnecessary waste. Cultural expectations often drive individuals to prepare large quantities of food, especially for guests, resulting in items being discarded instead of eaten. What can be done to transform our surplus into solutions?

To address this pressing issue, individuals can focus on repurposing leftovers, while the government can implement incentives for local food-sharing initiatives. Repurposing leftovers is a practical and creative solution that people can adopt to reduce food waste. Instead of throwing away uneaten food, individuals can transform remnants from one meal into a new dish. For example, leftover roasted vegetables can be blended into a flavourful soup, or stale bread can become a delicious bread pudding. This approach not only prevents waste, but also encourages culinary creativity and experimentation in the kitchen. By viewing leftovers as opportunities rather than burdens, individuals can cultivate a mindset that values food and reduces the likelihood of disposal. In addition to minimizing waste, this practice saves money, making meals more cost-effective.

On a larger scale, the government can play a crucial role by promoting local food-sharing initiatives. By establishing platforms where individuals can donate surplus food to those in need or share excess groceries with neighbours, the government can foster a community-based approach to food consumption. These initiatives not only help reduce waste, but also build stronger community ties and raise awareness about food insecurity. For instance, implementing a city-wide app that connects those with surplus food to local charities or community members can facilitate easy sharing and redistribution. This way, food that might otherwise go to waste can find a new home, benefiting those who may not have enough to eat. Additionally, the government could offer tax incentives or subsidies to encourage businesses and individuals to participate in these food-sharing programs, further expanding their reach.

5CL Zou Pin Hao Vincent

Should University Admission Give Preference to Legacy Students?

I think university admissions should not give preference to legacy students. First, prioritizing legacy admissions creates an uneven playing field that values familial connections rather than academic achievement. According to *The Harvard Crimson*, legacy students made up 36% of the 2022 class at Harvard University. This undermines other students' efforts and creates an environment that favours privilege over potential. It isn't fair to other "normal" students.

Although their test scores may be similar, legacy students can often gain admission to a good university more easily, while others are much harder to admit. Next, it also reduces opportunities for underrepresented and underprivileged groups. More than one-third of the students are legacy students, and many underrepresented and underprivileged students may lose their chance to attend a university. This is also not fair.

5HS Lau Tsz Kwan Victoria

Embracing Diversity: Building Bridges Through Empathy and Respect

In Hong Kong, about 10% of people are ethnic minorities. To enhance inclusion and diversity, various schools in Hong Kong have held several events and implemented different policies. One of the events is the celebration of cultural festivities, such as Lunar New Year and Ching Ming Festival. Students wear traditional Chinese clothing for these occasions, while teachers dress in traditional clothes from their students' cultures, encouraging students and teachers to learn about each other's cultures while reconnecting with their own heritage.

Moreover, schools often collaborate with non-governmental organizations to enhance support for ethnic minority students. These partnerships can provide additional resources, mentorship programs, and community engagement opportunities, further promoting mutual respect and understanding among students.

From my perspective, our empathy towards ethnic minority groups should not be based on a handful of news reports and stereotypes because the media often misrepresents ethnic minorities, portraying them through a narrow lens that fails to capture their true experiences. Also, the overgeneralisation of ethnic minority groups perpetuates harmful stereotypes and ignores the individuality and diversity within these groups, misrepresenting who they truly are and what their real situation is.

Therefore, to correctly demonstrate our empathy and respect, we should talk to them often, just like we talk to our friends, so that we can not only exchange our cultures but also understand more about ethnic minority individuals' personalities and daily lives. Furthermore, schools and companies can hold food parties for students, teachers, and employees to share the food they love and home-cooked dishes, providing opportunities for students, teachers, and employees to understand each other's backgrounds and fostering greater respect for ethnic minorities.

Through the ways I have mentioned above, we can figure out how to get along with ethnic minorities respectfully or even form friendships with them. Let us embrace diversity by building bridges through empathy and respect!

Most Creative Entries

1CM Garbuja Pun Smita

Matilda

Tyrannical Headmistress

Rules Matilda's school

Unkind to all kids, especially Matilda

Narcissistic is one of her traits

Considers children as malicious and troublesome

Horrible aunt to Miss Honey

Bizarre and cruel rules

Ugly personality

Lies for her own benefits

Lacks sympathy

2AY Amnah Noor E

A Day in my Life as a Borrower

Each morning, I leave my hidden home, dodging giant human footsteps to scavenge sugar cubes and tissue pieces. After repairing my toothpick defences, I relax safely on soft cotton balls.

Borrowed Items & Uses

Item 1: Sugar Cubes

How to use it:
Firstly, food is essential, so I'd eat this to survive. Since small sugar cubes are not too large, it wouldn't be too noticeable if one or two go missing. Humans don't count each and every one. It will be easy to take, and if they do notice, they will think a rat snuck in and took it.

Item 2: Tissue

How to use it:
I would borrow a tissue or paper towel because it could be used in multiple ways:

- First, as a tablecloth.
- Second, I could rip it and use the pieces as floor mats.
- The third and last way to use it is as window curtains or a shower curtain.

There are a lot more things tissues could be useful for. A single piece of tissue can be ripped into smaller pieces for different uses.

Item 3: Toothpicks

How to use it:
I would choose toothpicks because I could use them as a barrier so that rats or other

bugs couldn't invade my space or house. There might be bugs or creatures bigger than me, so these could act as barriers. Even by breaking them, they could be used as weapons to protect myself from creatures that sneak into my house.

Item 4: Buttons

How to use it:
I would use buttons as furniture to sit on as flat seats, or they could be used as plates. Even though buttons may have holes, I could still use them for dry food rather than soup. They could also be used as decorations around the house.

Item 5: Cotton Balls

How to use it:
I would use cotton balls as cushions to rest on or put on chairs and stools for a more comfortable seating position. They can also be used for bedding so I can sleep or rest more comfortably. Cotton balls have many uses if we break them apart, too.

3TY Tam Hei Nam Giselle

A Reflective Essay: The Five People You Meet in Heaven by Mitch Albom

After reading *"The Five People You Meet in Heaven"*, the character that impressed me the most is the Blue Man. From my perspective, the Blue Man serves as a powerful guide for Eddie and introduces profound themes of interconnectedness and the significance of everyday actions. Here are a few reasons why he made such a strong impression on me:

First, the theme of sacrifice: His story highlights the importance of selflessness and how our actions affect others, offering rich material for reflection. Next, personal connection: The concept of interconnectedness resonates deeply with our own experiences and relationships. Finally, emotional depth: The Blue Man's insights allow for deep introspection about life's meaning, making it easy to connect with personal anecdotes.

From the Blue Man, the lesson about the value of forgiveness is particularly significant. He teaches that forgiveness is essential for finding peace and moving forward in life. Holding onto anger can weigh you down, while letting go allows for healing and understanding. This lesson emphasizes that forgiveness is not just about others; it is also about freeing yourself from past burdens, enabling personal growth and emotional well-being. I would like to share a quote that I liked from the Blue Man: *"Forgiveness is vital for your own peace."* It taught me that letting go of the past is not a bad thing; in fact, letting go can make you calmer and help you live a more fulfilling life.

Forgiveness can also significantly improve your relationships. By letting go of resentment, you create space for healthier and more positive interactions with others. This act fosters understanding and compassion, allowing you to reconnect and build stronger bonds. Embracing forgiveness can lead to more fulfilling and harmonious relationships in your life.

Similarly, a valuable lesson I learned in secondary school was about resilience. There were times when I struggled with tough exams or faced personal challenges, but I discovered that it is important to keep trying, even when things get hard. From these experiences, I learned that failing is not the end. Instead, it is a chance to learn and improve. Each time I encountered a setback, I became stronger and more determined. This lesson taught me that staying positive and persistent can help me overcome difficulties and reach my goals.

5CH Damai Emma

Should University Admission Give Preference to Legacy Students?

I disagree with the notion that university admissions should give preference to legacy students. If that were the case, it prevents potential students from non-legacy backgrounds from building their future at a good university because available slots are reduced when admissions accept legacy students. Sure, there is an abstract idea about how touching it is for the same family lineage to attend the same school for generations. However, I would argue that this practice can exclude potential new students with unique perspectives and fresh ideas, as it focuses more on families who have attended before and passing their values onto their children.

A new influx of legacy students could create an unfair standard for non-legacy students, who may not have been given the same opportunities as legacy students. One might argue that higher expectations are placed on students who were given a more-than-average amount of resources. I disagree, as there is a possibility that university admissions will unconsciously start to impose these unfair expectations onto non-legacy students, who again were not given the same opportunities and resources as legacy students. Therefore, I oppose the statement that university admissions should give preference to legacy students.

DSE English Language Paper 2

6LC Bashale Mbuyi Keren Maweja ***DSE 5** in writing***

852 Teen Art Club

Our Background

The renowned 852 Teen Art Club was founded in 2021 by our club director, Mr. Smith. He was inspired by a visit to his son's school, where he saw the dedication of the students in the arts. The school's walls were draped in murals paying tribute to the achievements of the students, and hung from the ceilings were photographs taken by his son and his classmates. Seeing this, Mr. Smith was encouraged to foster the artistic atmosphere in Hong Kong by providing teens with professional resources and teachers at a lower cost. Despite the club's recent establishment, we have already received the "Most Prolific Youth Club" Award in 2023. Many artists, such as the creator of "Labubu", a popular mascot, have hosted workshops here. Many of our club members say it is a memorable experience for them.

A Club Member's Most Memorable Experience

Our long-time club member, Mary, has stated that her most unforgettable experience in our club was when we organized a design competition with Murakami, the designer of Murakami Flowers, as the judge! She said, "The topic of the competition was so out-of-the-box! It really tested our ingenuity and creativity. What's more is that Murakami personally saw our creations! He even gave comments on them!" The design competition was to design a skincare line. The turnout rate was incredible! Mary won first place and gained a chance at an apprenticeship at Murakami's studio in Japan. This opened many doors for her future career as a graphic designer.

Our Future Activities

If you want to have a chance just like Mary, be sure to join our future activities! From May 1 to May 27, we will be holding a mixed-media workshop twice a week. This mixed-media workshop will encompass video editing, stop-motion animation, as well as graffiti art. Teens between the ages of 15 and 19 are welcome to get a taste of mixed-media production! Your final product will be sent to local art sensation "Offroad" to be exhibited alongside his sculptures at Art Basel 2027!

Secondly, we will also be holding a raw-mineral pottery class. Recently, there has been a lot of buzz surrounding experimentation with raw minerals, such as iron and copper, combined with clay in pottery. We want to make sure our teens can also participate in this experimentation in a safe setting. Mark your calendars for April 26th, 2025!

How to Contact Us

If our diverse and vibrant opportunities and classes have enticed you to begin your journey with us as an artist, please feel free to contact us at 1234 5678 or email us at 852teenartclub@gmail.com. First-time members get a 30% discount on memberships!

6NC Ng Yeuk Lam Doraphy

*DSE 5** in writing*

852 Teen Art Club

Our Background

Nestled in the bustling streets of Mong Kok lies a tranquil spot hidden in plain sight—a place for teens to let their imaginations run wild: 852 Teen Art Club. As teen artists, Mr. Smith and Ms. Young often found themselves struggling to find quality, affordable art materials or a place where they could safely create. That was the reason why they decided to establish 852 Teen Art Club.

Our co-founders wanted to free the teens of Hong Kong from the stifling environment of the school system and give them a voice through different art forms. So, with their driving determination, they created 852 Teen Art Club. They have not only given teens the vital tools to succeed, but also a tight-knit community of artists who aim to revolutionize societal views on art. To allow all mediums of art to be celebrated, 852 Teen Art Club offers painting classes providing everything from sturdy canvases to acrylic paints that are as smooth as butter. We also lend out cameras and organize trips to photography hotspots for those aspiring to capture the art of life. Not only that, our pottery workshop teaches teens to craft their own pieces of ceramic cutlery with nothing but clay and water.

A Club Member's Most Memorable Experience

Mary is one of our loyal members and has spent years perfecting her craft of photography. She's had so many experiences on our outings, and she shared with us her most memorable one yet. Mary once took part in a wildlife photography trip in Mai Po. She specialized in film photography and was surprised by how great the lighting was. She spent the whole day snapping pictures of rare birds and little critters, capturing the lives of those in nature. As she was closing in on a lizard in the mud, she slipped and fell in! Even though she was covered head to toe in mud, she couldn't have been happier to get the perfect shot she was after. When she returned to develop her photos, however, she found all of them pitch black. After meticulous examination of the settings on her camera, she was devastated to find that she had left the lens cap on the entire time. Mary later said that this experience was why she never forgets to take it off ever again.

Our Future Activities

We have some exciting activities planned for the near future; we plan to add graphic design and woodworking to our roster of classes. These are perfect for students who wish to pursue a career in marketing and design, or who wish to display their passion projects in a more aesthetic way. Our graphic design class will teach you not only the fundamentals, but also the best-kept secrets of the industry. On top of all that, those who wish for practicality in their art will be able to take a woodworking class, where you'll turn humble logs and planks into pieces of practical art, crafting masterpieces out of everyday objects like chairs, tables, and bowls. To further encourage the pursuit of these art forms, we are hosting a small workshop where participants can learn to redesign popular brand logos and make wooden trinkets of their favourite cartoon characters.

How to Contact Us

There will be free entry for anyone who wishes to sign up for a membership, which can be done physically at our Mong Kok location or by sending an application to us via email at 852artclub@art.hk. What are you waiting for? Sign up today and let your imagination fly free, the sky's the limit!

6LC Bashale Mbuyi Keren Maweja ***DSE 5** in writing***

The Boy Who Found Redemption

It was a bright and sunny day in July when my parents decided to celebrate my graduation with a trip to our local theme park. I hadn't gone since Form 3. I went with a joyous heart and a grin that reached my temples. I knew I wouldn't see any of my former classmates there, as they had all flown abroad for their graduation trips. It didn't matter to me in any way, as they had stopped bullying me ever since Peter, the ringleader, got expelled for a mountain of reasons such as truancy, littering, destruction of private property... If you can think of it, he's definitely done it.

After entering the pearly gates of Disneyland, my brother and I galloped like spirited horses to get to Space Mountain, our favorite ride. We were bumping into and pushing each other, with no awareness of our surroundings. Passersby exclaimed, "Watch it!" right before I came to a crashing halt, falling to my knees on the searing hot pavement.

A deep, bellowing voice muttered, "Be careful where you're going. You could've gotten hurt." As I looked up to apologize, the sun caught my eye and I winced in pain. The unknown man gently lifted me up and offered to get me a bottle of water.

"Sorry," I stuttered, "I didn't see you there."

The stranger shrugged and told me it was fine. However, it was *not* fine for me. I had finally caught a glimpse of his face, and lo and behold, it was Peter "Master of Puppets, Harbinger of High School Misery." A shock ran down my spine and my knees began knocking into each other. Of all places, I had to bump into my former bully in the "Happiest Place on Earth." I thought to myself, "I'm dead meat. If Peter finds out who I am, I'm going to have the worst time ever."

Before I could finish that thought, Peter gripped my hand with a gentle force and shook it up and down. I was taken aback by this act of friendliness. Was it actually Peter?

"Hi, I'm Peter. Remember me? Long time no see, Chris! Haha. To think I'd bump into you here of all places! How are you?"

His voice woke me from my trance, and the rest of him finally came into view. Peter was wearing a crisp white shirt so crisp you couldn't mistake it for paper as well as polished, jet-black dress shoes. His hair was slicked back, in no way as unkempt as it was when my life at school was hell.

"I'm good," I replied.

He said he had been wanting to apologize to me for a few months, and today was the day for him to make amends. So, I heard him out. He told me the story of how he had changed and why he wanted to correct his wrongdoings:

"After getting expelled, I was still in denial about the things I did to you at school, and even outside. I thought I was too cool for school anyway. So, who cares? I can just live my life. Then came the days of spending almost every waking moment out on the street. I'd sit for a few hours on the pavement, pickpocket around the Central Business District, or start fights with drunken louts just for the fun of it. I did try to apply for low-paying jobs as a cashier at 7-Eleven or Circle K, but no store ever accepted me. I was 19, with tattoos and an expulsion from Form 3 with failing grades. I didn't want to waste money studying at VTCs, so I did whatever I wanted, whenever I wanted.

"However, one day, an old lady rammed her cart into me. The pedestrian street was busy, with people coming and going on their daily commute. Apparently, I had made myself comfortable in her usual spot. Being rammed into and having my midday nap interrupted made my face turn red with rage. I screamed and shouted at her with such embarrassing fury. 'Come on, old lady, don't bother me! I haven't got anything for you and your mangy cardboard boxes!' She just laughed off my cursing, swearing,

and shouting, and told me to help her push her cart as her arms were hurting. Once again, I screamed at her to leave me alone, but she kept pestering me until I finally gave in.

"On that day, we trekked around the entirety of Sheung Wan, to Central, to Causeway Bay. Had I not stopped her, she would've made us take the ferry to Tsim Sha Tsui and Kowloon. I swore to myself that I'd never go back to her spot again. However, after loafing about for half a day, I found myself sitting in her chair once again. She told me to help her. I said no and moved on. The next day, there I was again at her spot. She asked me to help her again. This time, I just got up and walked away. For three weeks, I would go to places near where she worked, wander the footbridge, and reject her whenever she requested my help.

"One day, the homeless man living opposite her spot came to tell me, 'Son, what kind of game are you playing? That lady has been partially blind, widowed, and childless for the last 20 years! If you're here to waste her time, you had better move on before I call the cops on you for loitering and harassment.'

"Turns out, this whole time, I was bullying that old granny. She had suffered the humiliation of being ignored and rejected by me, yet she continued to reach out to me for help. It weighed on me like Atlas holding up the world. I didn't go see her for an entire month for fear that my guilt would consume me. However, something told me I should go back and visit her, see how she was doing, and apologize. So, I did.

"At that same spot, I started my daily work with her. Every day, I would collect cardboard boxes with her, and we'd eat together. After a while, she gave me the key to her home so I could help her tidy up. I became her adopted grandson. The old granny would make ten phone calls to me a day—which always made me laugh because she was hard of hearing, so I had to shout 'What!' to every word she said.

"After spending so much time with her, I came to learn that she was a huge Disney fanatic. She collected Mickey Mouse memorabilia and Disney paraphernalia. Her oldest, most ragged clothing item was a Daisy Duck sweater. It was stretched out of shape and had a gaping hole in the left corner, all because she vehemently refused to throw it out. My time with the old granny taught me to have compassion for people, to realize that my actions always have an effect on others. That's why I wanted to apologize to you."

Peter told me he was visiting Disneyland because the old granny had recently passed away. It was her ultimate wish to spend a day having fun in Disneyland, but she could never afford to go. In honour of her memory, Peter saved enough money by working different jobs on the streets she loved the most.

His apology and story left me feeling bittersweet...



6NC Ng Yeuk Lam Doraphy ***DSE 5** in writing***

Becoming a Herbivore?

With the vast network of social media, seven day challenges have taken the Internet by storm in recent years. From videos like "Working out like Mr. Olympia for a week" to "Staying in an ice hotel for seven days", netizens just seem to swarm to these videos like bees to honey. I myself am no exception. I stumbled across a video called the "seven day vegetarian challenge" and decided it could be a fun and educational experience to have a go at. So this is my week eating a purely vegetarian diet, and why you may want to try this yourself.

My week being vegetarian

I foolishly decided to jump headfirst into this challenge without any preparation or research and suffered the consequences in the first few days. It seemed simple at first; there's only one rule: don't eat meat, which proved to be easier said than done. I ate nothing but salads and veggies, and by the first night I was starving the whole time and undereating calories. The caloric deficit led to massive weight loss, and I desperately needed a game plan. While I was doing my research, I decided to go to a vegetarian restaurant for the first time, and it was a wonderful experience. My expectations were low, but I was hit with the most intoxicating smell when I entered. Scents of rich sauces and fresh ingredients wafted through the air, and I was captivated by the delicate plating of the dishes I saw.

I took my seat and was taken aback by the endless options of Asian dishes. I ordered a clay pot dish expecting just a pot of vegetables, but was once again surprised. Slices of marinated tofu and pieces of crispy fried spring rolls were all layered atop a bed of fragrant rice. I devoured the dish and fell in love with the pieces of crispy rice at the bottom of the pot. And this is where I found out just how versatile vegetarian meals can be.

After that eye-opening meal at the restaurant, I found many delicious meals on the internet to recreate. I made congees and noodle dishes, and among my favourites was the vegetable soup. It may sound simple, but the blend of different vegetables, mushrooms, and spices makes it the perfect companion for any sort of cuisine. From this week of vegetarianism, I learnt so much about flavour profiles, different parts of plants, textures, and the culinary arts in general. The diet also made me more aware of the nutrients I need and how to maintain a healthy relationship with food. So my overall experience was delectable.

Reasons for adopting this diet

Now, I myself decided to try vegetarianism simply because I thought it would be fun. But from videos of vegetarians and even vegans, I found that there are many more reasons people choose this lifestyle. Some do it for health reasons, as I've found many say that after decades of eating meat, their LDL cholesterol levels reached dangerous levels and they had to become reliant on medication. To alleviate some of the detrimental effects of meat, they turned to vegetarianism and saw some optimistic results.

The second reason, however, relates to the moral and ethical treatment of animals. It's no secret that the meat industry harbours some unsustainable practices, like leaving livestock in small cages and genetically altering them for higher meat yield. Some people decide to go vegetarian in protest of these grotesque practices and in solidarity with animals facing cruelty.

Not only that, the meat industry is one of the main contributors to climate change and global warming. So refraining from the consumption of meat not only reduces the immense amounts of greenhouse gases emitted, but also diverts food back to people in need. According to an article from the American Health Organization, almost 40% of agriculture is given to livestock while over 37% of families are starving due to increased prices for food or food shortages. So many people go vegetarian to hopefully mitigate the problem as well as save on food costs.

Pros of being vegetarian

In my personal experience, the vegetarian diet can be a very beneficial change to my lifestyle. I found that on this diet, I am more aware of the foods I consume day to day. I used to order take-out on a daily basis to avoid cooking, and only from this diet did I consciously acknowledge how detrimental that is to my health. By cooking my own vegetarian meals, I feel a deeper and more mindful connection to my food and where it comes from.

Due to industrialization and the commercialization of everything in our society, we've become so far removed from our roots and origins. Many people have no knowledge of the processes and procedures involved in bringing a simple potato from farm to table. I truly believe that it is crucial for us as a society to be able to identify what goes into food production, all in order to grow a better appreciation for those who work hard to provide for us while earning so little. Farmers are the cornerstone of our society and deserve recognition for the labour they put into getting us food. So vegetarianism is a great choice, if not for the amazing dishes possible, then for cultivating a deeper connection to what satiates and nourishes us.

Cons to being vegetarian

While I believe vegetarianism is a great choice for many people, there are certain inevitable and unavoidable setbacks to this diet. Apart from the exceedingly small number of vegetarian restaurants, eating out with friends became a hurdle I didn't know I'd ever encounter. A majority of restaurants don't offer any vegetarian options, and any that are available rarely live up to the rest of the menu.

As a social person and an extrovert, I find myself dining out with friends and colleagues a lot, and it can be hard to separate myself from the culture of eating out. It diminishes my willingness to follow the diet if I must refrain from enjoying my food no matter how great the cause. So it is definitely something to consider when converting to vegetarianism.

Will I continue the diet?

So the long-awaited question is here, after these seven days, will I continue to adapt my diet to a vegetarian one? Yes and no. While I believe that there are a plethora of reasons for converting to vegetarianism, the pros don't completely outweigh the cons for me. However, I believe we must all do our part to save the thousands of animals suffering at our hands. So as a compromise, I believe the pescatarian diet would be best suited for me.

There are many nutrients I cannot get purely from plants and legumes, so the addition of fish and other seafood would be best suited for my needs. Plus, fish and seafood are often great options restaurants provide. Pescatarian is a diet similar to that of vegetarianism, but allows fish and seafood as well. I have looked through many diets like vegan, flexitarian, keto, and believe pescatarian best balances both my determination to help animals and my extroverted lifestyle. While I believe vegan and vegetarian would be best, I think everyone should find what works best for them. So if you wish to join the cause, do your research and find a reasonable compromise. I hope you learned something from my experience and take this opportunity to consider your own diet and what you could do to contribute.

Best Writings

1HW Syed Dhehbia

Personal Description

Hello everyone! My name is Syed Dhehbia, and I'm currently 12 years old. I would describe myself as friendly, kind, and loving. I don't have long, wavy hair; instead, I have bangs. I am tall and have clear skin. I have a younger sister named Syed Abloom, who is currently 8 years old and studying in Primary 4. I am so grateful and happy to have a younger sibling!

My first hobby is singing. I love to sing because it makes me feel like I am escaping reality. Back in primary school, there was a talent show on the last day of Primary 3. There were no prizes for the show; my class teacher just wanted to see the students' talents. I decided to sign up for it!

When it was time for me to perform, the teacher told me to stand in front of the class. I felt nervous, but I knew I had been practicing for days. I started to sing the song I chose. After my performance, I heard applause and wonderful comments. I felt so proud of myself, and even the teachers clapped! It made me want to sing for the rest of my life. I'm happy that singing is still my hobby today.

My second hobby is cooking. I have made many dishes and desserts before. One day, I decided to make dinner for my parents and sister. I got permission from my mom first. I called her and asked, *"Hi Mum! Can I make dinner today?"* She said, *"Dinner? Are you sure?"* I replied excitedly, *"Yes, Mum!"*

After the call ended, I started getting nervous because I was home alone! But I decided to do it anyway. It took me one and a half hours to finish. When my family came home, I showed them the dish, and it made their mouths water. They put their stuff down and sat at the dining table. After trying a few bites, they said it was delicious and quickly ate more. They finished the whole meal in just five minutes!

I was so proud of myself. Even my younger sister, who usually barely eats, said she loved it. I was over the moon with happiness! If you want to be my friend, feel free to check out my profile and send me a message. I love meeting and chatting with new friends!

2CT Yip Chelsea

From Ten To A Hundred

Nowadays, social media is what youngsters can't get enough of, so it's no surprise that many people are using it. Social media basically has everything from entertainment to learning, and even opportunities for interacting with people from around the world. My purpose for using social media mainly revolves around posting and sharing bits of my life. It's comforting to see people giving likes in return. Aside from how fulfilling social media can be, there are still a few things that we should look out for.

One such moment happened a few days ago when I received my math exam results, and I got full marks! After school, I was overjoyed about the full marks and even posted a picture of my test results just to boast about my achievement. I added tons of hashtags related to study motivation, with the caption saying, *"Guess hard work pays off..."*, along with a cheeky-faced emoji. I didn't waste a second and immediately posted it, as I was so thrilled at that moment.

After posting, I spent my day as usual, until a sudden notification buzz echoed through my phone. Being the phone addict I am, I immediately opened it. As it turned out, my friend sent me a direct message complimenting me on how studious I was. I was quite confused by the sudden compliment, though I quickly realized that it might have something to do with my recent post. Still feeling puzzled, I checked my post and realized where I went wrong. It turned out that alongside my full-mark test, I had included my failed test from months ago as an "uninvited guest" in my post!

I had actually taken a photo with both test results. I had intended for the failed test result to become a meme, though I guess I ended up making a fool of myself. I checked the comments, and luckily I didn't get a lot of hate comments, though they were all sarcastic compliments. They must've mistaken my post for a sarcastic one. But since life isn't that serious, I actually joined in the humour, commenting back "Thank you" and *"DM me if you want to get high marks like me!"* Although I made a fool of myself, I got some laughter along with it.

This experience was indeed a careless mistake, but also a good lesson. Social media is a space for triumphs and blunders. Sharing our missteps can ignite connection and laughter among friends and online folks. Also, life isn't that serious, give yourself a laugh or two! It's these light-hearted moments that make social media enjoyable.

3CS Lee Tze Tung Kuly

Spirited Away by Hayao Miyazaki (Film Review)

Introduction

Have you ever heard of Hayao Miyazaki? If you are fond of Japanese animation like '*My Neighbour Totoro*' and '*Howl's Moving Castle*', then Hayao Miyazaki is definitely no stranger to you. Having released numerous worldwide hit movies, Spirited Away came out two decades ago on July 20th, 2001. It is indeed a great classic!

Plot Summary

The story starts with a 10-year-old girl named Chihiro. At the start of the story, she and her parents are driving to a new town that they are moving into. However, they are stopped by what seems to be an abandoned amusement park. Her parents stumble upon a food stall with no owner and start eating the food, but Chihiro refuses to do the same and goes to explore instead. Little do she and her parents know, this isn't an abandoned amusement park—it is a town for spirits! Also, the food that her parents are devouring? It's forbidden food for spirits.

Chihiro then encounters a boy named Haku, who starts yelling at her and telling her to leave. Chihiro runs back to her parents to get them to leave, but it is already too late. They have turned into pigs due to eating the forbidden food. Chihiro hides and cries with tears streaming down her face. Haku finds her and instructs her to go find Yubaba, the owner of the Bathhouse. Chihiro has to work for her in order to save herself and her parents. But the problem is that Yubaba is an evil witch who steals people's names to control them. Once your name is stolen, it's hard to remember your original name, which you need to know in order to leave the bathhouse. Despite the countless challenges Chihiro faces, she manages to save her parents, learn life lessons, and make new friends all at once.

Character Growth & Miyazaki's Style

On the surface, *Spirited Away* is a magical and entertaining film. But it also offers a ton of life morals and symbolism. Our main character, Chihiro, is at first a normal ten-year-old girl who is a bit timid and reserved. But throughout the film, she changes. She grows more confident, introspective, and assertive! Chihiro is forced into this new environment of the spirit world, and instead of being scared, she accepts it with courage and grace. This is another reason why Hayao Miyazaki's films are so inspiring and compelling. He knows how to write his characters. Kids are written as complex, conflicted, and enduring creatures. That's how Chihiro is portrayed, but kids are also shown as willing to learn to be better.

Themes of Authority & Identity

Chihiro learns how to deal with the complex dynamics of authority, such as Yubaba's character in the film. *Spirited Away* understands what it's like to be young. Another moral is how easily people can strip away your freedom. It refers to how Yubaba steals people's names to make them forget their identity.

Good vs. Evil

The movie also explains that Good and Evil are not always black and white. "Evil" might have its reasons, and "Good" sometimes has its laws. This is shown in many ways through Yubaba and her twin sister, Zeniba (Yubaba as Evil and Zeniba as Good). Hayao Miyazaki's work constantly explores this through Chihiro's meeting with Zeniba and her kindness toward Chihiro despite Yubaba's actions.

Animation & Soundtrack

Another amazing part of this film is its hand-drawn animation. The animation never fails to amaze, featuring soothing visuals and breathtaking action scenes. Hayao Miyazaki's films are always filled with beautiful visual and sound effects. I even listen to these tracks when I'm reading!

Conclusion & Recommendation

Spirited Away is genuinely not a simple film. The hidden meanings, morals, and character personalities never fail to make me think about today's society. Are we also losing ourselves like Chihiro in this world? I recommend this movie for all ages. Watch it with friends, family, anyone! I hope you guys are able to understand the appeal of this masterpiece like I do.

3CS Li Cheuk Ying Beryl

The Not-So-Uniform Life of Holly-Mei by Christina Matula

Explore the theme of cultural identity in the book. How does Holly-Mei navigate her Chinese heritage while living in a predominantly different cultural environment? Provide examples from the text to support your argument.

In *The Not-So-Uniform Life of Holly-Mei*, we witness a young girl's transformative journey shaped by her experiences and relationships. As Holly-Mei Jones navigates the challenges of adolescence and cultural identity, she faces significant changes on the cusp of finishing middle school. Isolated from her friends due to her honesty about a cheating incident, Holly-Mei initially dreads the idea of relocating. However, the move to Hong Kong presents her with a chance for a fresh start. As she settles down in Hong Kong, Holly-Mei soon discovers that the children from influential families not only affect her life but also impact her mother's career. Holly-Mei must learn to think before she speaks and acts to prevent potential trouble with her new friends Gemma, Rainbow, Snowy, Theo, and Dev, as well as with her mother in her new job.

What makes this story stand out is the representation of mixed cultures that the author is dedicated to showing throughout the narrative. The novel features Holly-Mei and her family, who represent a unique mix of Taiwanese and British backgrounds, alongside a variety of other mixed-race Asian characters, such as her friend Theo. In addition to these characters, the author introduces readers to the Chinese concept of *guanxi*, which refers to relationships, connections, and networks. Throughout the story, Holly-Mei learns that her actions do not just impact her own life, but also influence her family and friends. After her mother's promotion, Holly-Mei and Millie find themselves held to a higher standard in Hong Kong compared to their previous life in Toronto. This transition proves challenging for Holly-Mei, who often struggles to filter her thoughts before speaking. Additionally, she discovers that her rival, Gemma, isn't as obnoxious as she initially believed; rather, Gemma faces similar pressures. Both girls come from powerful families that expect them to maintain a certain public image, which adds to the weight of their responsibilities.

The beauty of Holly-Mei's story is that she makes mistakes along the way. Her impulsive nature often leads her into difficult situations. However, she learns that making errors is a vital part of personal growth, and how she responds to these mistakes is what truly defines her character. The author illustrates that while mistakes are inevitable, it is our reactions to them that shape who we are. Furthermore, Holly-Mei's mother realizes that her expectations for her children reflect adult standards. After discussing Holly-Mei's feelings of pressure, she reassures her daughter that she is not responsible for her family's outcomes. By relieving some of the expectations on her children, Holly-Mei's mother stands in stark contrast to other parents in the story, who impose adult-like pressures on their kids. This highlights the importance of allowing children to make mistakes and learn from them without the burden of *guanxi*.

The *Not-So-Uniform Life of Holly-Mei* is a fun and relaxed read. A prominent feature of Christina Matula's novel is its authentic portrayal of mixed-race identities, particularly through the character of Holly-Mei. Through her relatable mistakes and journey toward understanding the importance of relationships, readers are reminded that growth often comes from navigating the complexities of life.

3CS Tsang Siu Fung Leo

The Not-So-Uniform Life of Holly-Mei by Christina Matula

Explore the theme of cultural identity in the book. How does Holly-Mei navigate her Chinese heritage while living in a predominantly different cultural environment? Provide examples from the text to support your argument.

Holly-Mei, who comes from a Taiwanese-British background, attempts to explore her Chinese heritage by adapting to a new cultural environment she is unfamiliar with. Originally from Toronto, Canada, she temporarily relocates to Repulse Bay, Hong Kong, due to her mother's career. She must also adapt to her new life as a student at Tai Tam Prep, an international school filled with locals and people of other ethnicities. This is where she begins to learn her place within Chinese culture.

At school, Holly-Mei tries to learn Cantonese with the help of Theo during a hike. He teaches her basic Cantonese numbers and casual phrases used in day-to-day life. Aside from language, she learns about her culture through its cuisine. Gemma introduces her to local cream soda, which she hasn't ever tried before. At home, she forms closer bonds with her family members while also embracing her Asian heritage through multiple activities. One such activity is making dumplings with her *Ah-ma*, which she enjoys by kneading dough and folding dumplings alongside her. Holly-Mei's mother also introduces her to the Chinese concept of *feng shui*, a positive energy that passes through gaps built within buildings. Through her social experiences at school and with her family members, she begins to familiarize herself with her Chinese heritage.

Since Holly-Mei has lived in Canada all her life, she is not all that familiar with her heritage's traditions. With all the encounters she experiences with the people around her, she gains more knowledge about cultural values and traditions, allowing her appreciation to blossom. By bridging the gap between her two worlds, Holly-Mei is able to embrace the richness of her heritage while also celebrating the diversity of her Canadian upbringing. Through all this, she not only discovers her true roots, but also finds a link between two of her unique cultures.

3TY Fan Tsin Chin Trinity

The Not-So-Uniform Life of Holly-Mei by Christina Matula

Explore the theme of cultural identity in the book. How does Holly-Mei navigate her Chinese heritage while living in a predominantly different cultural environment? Provide examples from the text to support your argument.

Christina Matula's *The Not-So-Uniform Life of Holly-Mei* is a fun, heartfelt story about a girl figuring out family, friendship, and herself after a big move. When Holly-Mei's mom gets a fancy new job in Hong Kong, her whole life gets flipped upside down. Suddenly, she's in a new country, a new school, and dealing with new expectations especially from her mom, who's suddenly all about fitting in with Hong Kong's rich and powerful crowd.

Holly-Mei just wants to be herself, but her mom keeps pushing her to act a certain way. Sound familiar? It's that classic kid-parent struggle when what your parents want for you doesn't quite match what you want. But even though they clash, it's clear they love each other. Over time, they start to understand each other better, showing that even when family gets messy, the love is still there.

Then there's *Ah-Ma*, Holly-Mei's grandma back in Canada. Even though they're far apart, *Ah-Ma*'s always just a video call away, dropping little bits of wisdom like "bitterness ends and sweetness begins." It's a sweet reminder that family doesn't have to be close by to be a big part of your life.

And of course, there's her little sister, Millie, and her cousins, Rosie and Rhys. They annoy her, tease her, and sometimes drive her crazy, but they also have her back when it counts. That's family for you: equal parts frustrating and comforting.

In the end, this book is about how family changes but never really goes away. No matter where Holly-Mei is or what she's going through, her family whether they're across the world or right next to her helps her find her way. It's a funny, touching story that reminds us family isn't always perfect, but it's always there when you need it.

3TY Limbu Deshika

The Not-So-Uniform Life of Holly-Mei by Christina Matula

Explore the theme of cultural identity in the book. How does Holly-Mei navigate her Chinese heritage while living in a predominantly different cultural environment? Provide examples from the text to support your argument.

Christina Matula's *The Not-So-Uniform Life of Holly-Mei* is a vibrant middle-grade novel that explores the complexities of friendship, identity, and cultural adjustment through the eyes of its spirited protagonist. Holly-Mei's journey from a fractured friendship in Canada to navigating the social hierarchies of an elite Hong Kong school resonates with universal themes of belonging and self-discovery. At its core, the book delves into how friendships evolve, clash, and heal, making it a relatable and engaging read for young audiences, who I believe can definitely relate to this story.

One of the most interesting aspects of the novel is its portrayal of shifting friendship dynamics. Holly-Mei begins her story on shaky ground, having lost her best friend, Natalie, after a moment of impulsive honesty during a hockey game. This rupture sets the stage for her desire to redeem herself in Hong Kong. However, she quickly learns that friendship is never straightforward especially in a new environment where social status and family reputation play a big part. Her initial clash with Gemma, the school's "queen bee," reflects the tension between a teenager's authenticity and the pressure to fit in. Yet, their eventual bond, forged through a shared crisis, illustrates how misunderstandings can give way to empathy. Matula skillfully shows that friendships aren't static; they require patience, humility, and sometimes, second chances and forgiveness.

The novel also highlights the role of cultural and familial expectations in shaping relationships. Holly-Mei's mother, now a high-powered executive, expects her to uphold a polished and perfect image, adding yet another layer of pressure to her social life. Meanwhile, her long-distance connection with her wise *Ah-Ma* serves as an emotional anchor, reminding her that true friendships whether old or new are built on honesty and mutual support. The inclusion of Taiwanese proverbs and traditions enriches the narrative, emphasizing how heritage can lead to personal growth. Matula's vivid descriptions of Hong Kong from its bustling streets to its mouthwatering cuisine create a vibrant backdrop for Holly-Mei's journey. The contrast between her relatable middle-school struggles (including awkward first impressions, gossip, and loyalty tests) and the glamorous, high-stakes world of Tai Tam Prep makes her story both aspirational and grounded. The book's lighthearted tone and relatable conflicts ensure that its deeper messages about resilience and self-acceptance shine through.

Ultimately, *The Not-So-Uniform Life of Holly-Mei* is a celebration of imperfection and growth. Through Holly-Mei's mistakes and triumphs, readers learn that friendships, like life, are messy, rewarding, and always evolving. The novel's blend of humor and cultural richness makes it a standout in middle-grade fiction, allowing readers to truly experience Holly-Mei's struggles and feelings as she navigates her teenage life. As *Ah-Ma*'s saying goes, "bitterness ends and sweetness begins", a fitting reminder for anyone navigating the rollercoaster of friendship and change.

4CL Li Cheuk Ying Angie

Sharing from the All-Rounder Hong Kong Legend

It was my honour to have the incredible opportunity to attend a talk last week, given by one of Hong Kong's most celebrated athletes, Siobhan Haughey, a world-renowned swimmer who has brought immense pride to our city. Her talk was held in our school hall, attracting students, teachers, and even parents and alumni to come and listen to her story.

Her Life Journey to Success

Siobhan Haughey is best known for her achievements in swimming. She is the first Hong Kong swimmer to win an Olympic medal, her performance in the 200m freestyle set an Asian record, and she even made history at the 2020 Tokyo Olympics by winning two silver medals in the women's 200m and 100m freestyle. Her achievements on the world's foremost sports competition stage involved defeating more than 200 teams representing sovereign states and territories. These accomplishments have allowed many more people around the world to learn about a girl who is talented and passionate about swimming.

Being a professional athlete is arduous, and Siobhan's life is clear evidence of this. She started swimming at age four with high-intensity training and tight daily schedules. She even had to face both physical and mental pain brought on by injuries and setbacks. Despite these challenges, she never gave up. She pushed herself to her limits, training tirelessly and refining her skills. Her efforts eventually paid off and led her to success!

What She Shared

During the talk, she shared how she balances success with wellness by slowing down. She spoke about her struggles and nervousness before big competitions and how wellness helps her improve her performance. From the talk, she told us that to her, wellness means focusing on your physical and mental health. Small, smart changes like spending thirty minutes a day moving your body can make a big difference. Simply doing something that you enjoy to relax helps maintain well-being and improve it. These tips are useful and easy for each of us to start.

One of the most memorable parts of her speech was when she described her daily routine as a student. She had morning training before school and had to wake up before 5:00 am to attend practice. With her training after school, she often had to finish her schoolwork until 3:00 am, which shows the importance of resilience. Despite a tight daily routine and harsh training, she did not give up on either her studies or her training. Even though she lacked sleep and "me time", she pushed herself to do her best and put in long hours to achieve these results.

She also emphasized the importance of mental strength. As students or athletes, we face stress from exams and competitions, as well as pressure brought on by goals we set, comparisons with peers, and expectations from others. Pressure can be turned into an advantage if we are able to avoid being negatively affected by it. Therefore, it is important for us to build a strong mindset and treat this pressure as motivation.

She also encouraged students to chase their dreams, regardless of how difficult the journey might seem. She said, *"I just want to make sure I find that 1 percent in everything that I do so that I can find different ways to improve. I think if you want to be one of the best you have to do things that no one else has done."* She reminded us that without effort there is no gain, and success does not happen overnight. Only if you keep finding ways to improve will you have a chance to beat others and do better.

Audience Reaction

The audience was deeply engaged throughout the talk. Many students listened attentively to her stories and experiences, and some even actively asked questions. Students were curious about how she could balance sports training and studies while achieving enviable results in both aspects. Despite her achievements, she did not have a sense of superiority and responded to every question patiently. She shared her relaxation techniques and advice on how to improve athletic skills. At the end of her talk, she received a standing ovation. It was clear that her words had left a lasting impact on everyone in the room.

Final Thoughts

Overall, Siobhan's talk was truly inspiring and unforgettable. It reminded us that if we want to achieve success, regardless of our talent, we have to put in enough effort, resilience, and passion. Chasing dreams is not easy, but if we keep finding ways to improve, one day we will reach our goals.

Her story has inspired me to work harder in both my academics and extracurricular activities, and it taught me how to handle stress so that it becomes my motivation. I now understand that we should treat failures as opportunities to grow and improve.

In the future, I hope that our school will continue to invite different athletes to share their stories. I believe it can motivate and shape the next generation by giving them such an invaluable life lesson. I am glad to have had this experience, and I believe her speech will remind me to persevere whenever I face difficulties.

4CL Akhtar Asjid Ullah

Inspiration at the Ping-Pong Table: Zhuang Zedong's Impactful Visit

Last week, our school had the once-in-a-lifetime opportunity to host Zhuang Zedong, the legendary table tennis champion and ambassador of sports diplomacy. The event was attended by students and faculty alike, all eager to hear from a figure who has made significant contributions both in sports and international relations. Zhuang shared his journey as an athlete, his experiences during the Ping-Pong Diplomacy era, and the values that guided him throughout his career. His presence not only inspired countless students but also highlighted the profound impact of sports on cultural understanding.

The Rise to Fame

Zhuang Zedong became famous for his remarkable achievements in table tennis during the 1960s. Winning multiple world championships, Zhuang secured his place as one of the sport's greatest players. However, it was not just his skills that made him a household name; it was also his central role in "Ping-Pong Diplomacy." At a time when China was largely isolated from the rest of the world, Zhuang's participation in international competitions helped bridge cultural gaps. His matches against Western players, particularly during the 1971 World Table Tennis Championships, symbolized a thawing in US-China relations. Through his athleticism, Zhuang not only showcased his talent but also transcended sports and became a symbol of hope and unity.

Key Themes of His Talk

During his talk, Zhuang emphasized the importance of perseverance and hard work. He recounted his early days of training, often practicing for hours on end to perfect his abilities. He shared a myriad of anecdotes about overcoming adversity, including injuries and intense competition, which resonated deeply with the audience. Zhuang also discussed the significance of sports as a medium for communication and for

understanding people all around the world. His narrative underscored the philosophy that sports transcend boundaries and foster friendships, a message that left many students reflecting on the role of sports in their own lives.

Captivated Hearts: The Audience's Reaction

The audience's reaction to Zhuang's talk was overwhelmingly positive. Students were captivated by his stories and the charisma with which he spoke. Many found his experiences to be relatable, as they too faced challenges in both their academic and extracurricular pursuits. The atmosphere was truly electric, with students nodding in agreement and asking thoughtful questions. Zhuang's humility and authenticity struck a chord, making it clear that despite his fame, he remained grounded and approachable. His ability to connect with us on a personal level made the experience even more meaningful.

Empowered by Zhuang's Journey

Listening to Zhuang Zedong speak was not only an uplifting experience, but also a catalyst for my personal aspirations, especially my dream to be a dentist. His dedication and charisma reminded me that I am responsible for my own future. Zhuang's commitment to his goals instilled in me greater confidence in my own abilities, reinforcing the belief that challenges can be overcome with resilience. During the talk, he shared a quote that I vividly remember: *"To achieve greatness, one must first believe in it."* His words resonate deeply with me. The lessons he shared about dedication and cultural understanding will stick with me for years to come, serving as a powerful reminder of the potential within each of us to pursue our dreams and impact the world around us. I am truly grateful for the opportunity to hear him speak and for the inspiration his remarkable journey provided.

4CL Akhtar Asjid Ullah

Annual Sport and Fitness Day

Saturday, 18th April, 2026
A fun day that involves students, school staff members and parents

Why should you participate?

The wait is over! Our Annual Sport and Fitness Day is here after a year of anticipation, ready to allow students and families to spend quality time with one another. The day is way more than just running around, as it can also improve your mental well-being. Take this unique chance to come together as a community and participate in games and competitions that will make your whole year! Come and take a break from being glued to your screens 24/7 and let your inner child thrive.

Activities

Get strapped in for a myriad of activities and jaw-dropping competitions in store for you! Cooperation is the key to life, which is why team games including a four-legged race and cricket will be available for everyone to work together and achieve victory. As the theme is ball games this year, iconic games such as dodgeball, football, and tennis will be open to all participants to put both your strength and aiming skills to the test! Last but definitely not least, a number of track events will test your speed, featuring sprints and relay races that will have everyone cheering. Participants of all ages can showcase their athleticism and compete for the top spot, making for an exhilarating addition to our Sports and Fitness Day!

Unique, Fun Competitions and Races

Watch out for the thrill of the monkey bars race, where participants swing and climb their way to victory, displaying their strength and agility. Another exciting event is a never-before-seen obstacle course, featuring a series of challenges including crawling under nets, balancing on beams, and navigating through cones. These courses promise to test your agility, speed, and teamwork, making it a fun experience for everyone involved. These unique competitions promise to create laughter and camaraderie among students, staff, and parents alike. Don't miss out on all the action! Come be a part of the activities and create unforgettable memories at this thrilling Fitness and Sports Day!

4PT Tsang Yu On Polly

Annual Sport and Fitness Day

Saturday, 18th April, 2026
A fun day that involves students, school staff members and parents

Why should you participate?

Sports and Fitness Day is a once-a-year opportunity where you can embark on a journey of captivating and exciting physical activities! We assure you that our variety of interesting games will make you step away from screens, leaving you thrilled and exhausted by the end of the day. Additionally, you are welcome to invite family members to participate, strengthening emotional connections through inclusive activities.

Aside from common running and jumping sports we usually see in PE class, you will be introduced to unique cultural sports! By engaging with sports from different parts of the world, not only can we explore sports that reflect tradition and discipline, but we also promote equality and diversity in culture, creating an inclusive school and society!

Unique Fun Competitions and Races

From competitive races to fun games, there's something for everyone to enjoy. Let's check out what is in store:

- **Tug of War:** The classic game of strength, a test of teamwork, strategy, and determination. Whether you're a seasoned pro or a first-timer, this is your chance to showcase your skills and team spirit. So gather your family, form a team of six, and get ready to pull together for our tug-of-war!
- **Individual Hula Hoop Challenge:** Feel the energy blooming from top to bottom as you swivel your hips and keep the hula hoop in steady oscillation parallel to the ground. Compete against each other to see who can keep the hoop going the longest. So grab your hula hoop, bring your energy, and let's create some unforgettable memories together!
- **Beanbag Toss Challenge:** Feel the excitement as everyone takes their turn throwing beanbags to receive the highest score! The laughs and the thrill of competition will keep your energy high. Compete for fun prizes and enjoy the satisfaction of a well-aimed toss!

Don't miss out on the chance to be part of these exciting activities! Let's appreciate cultures around the globe:

- **Kabaddi Workshop:** Join this informative session to learn the basic techniques and strategies of Kabaddi, a traditional Indian sport that's as stimulating as it is dynamic. It is a combination of wrestling and tag. Its simple setup with minimal equipment makes it perfect for all ages!
- **Māori Poi Dance-off:** A gripping and vibrant event that celebrates the rich cultural heritage of New Zealand through movement, rhythm, and creativity. This engaging activity invites participants of all ages to explore the traditional art of poi while fostering a sense of community and teamwork. You will be able to showcase your poi skills through choreographed routines or freestyle.
- **Sepak Takraw Skill Challenge:** Prepare for an exhilarating experience with Sepak Takraw, a captivating sport that combines the fitness of volleyball with the artistry of kicks originating from Southeast Asia. You will learn and practice various aspects of Sepak Takraw, such as serving, passing, and scoring, ending with a mini-tournament to test your true skills!

Mark your calendars and gather your loved ones for this unforgettable event! Embrace vibrant global cultures, and unleash your energy on the field. Don't miss out!

4CL Lau Chi Shing

Reclaiming Focus and Identity in the Age of Social Media

Technology associated with many inventions is developing rapidly, and innovations over a wide spectrum are expanding as fast as lightning. However, several inventions soon reveal their futile purposes and foster a sense of vanity among people. To cure such an alarming trend, I firmly believe that Instagram should be erased in today's world.

To commence with, short videos on social media platforms cause us to squander our time on foolish content. It is common to see creators producing videos that focus solely on entertainment rather than educational purposes. These useless videos, however, spur numerous users' interest in retrieving and sharing them, which becomes one of the main topics in our daily lives. Undeniably, these foolish videos are hilarious and may serve as a way to relieve stress, but constantly engaging in such content wastes a lot of time that has better uses. If Instagram had never existed, people would be able to concentrate more on their work and studies. Overall, we would be able to develop our hobbies meaningfully to alleviate stress.

Additionally, the "like" function on Instagram spreads a sense of vanity, hindering our healthy intellectual cultivation. Appreciation should be genuine, rather than us creating something just to be appreciated. Essentially, most posts on Instagram are published because the author wants to gain likes and feel pride. These kinds of thoughts are a growing concern, as we should not rely or focus on others' opinions too much. Instead, it is vital for us to understand that there is a lot more to explore other than social media. For instance, we can join practical workshops to broaden our insights and gain knowledge, admire the beauty of society, and share our lives with friends through direct communication. This, in particular, can help lay down a snobbish attitude.

To encapsulate, the invention of Instagram is not as practical as we think. Unrealistic beauty standards from different users can even lead to depression and grief, impacting our daily lives and studies. Instead of spending time unearthing ridiculous information, we could utilize that time for studying and working. All in all, Instagram is worth erasing to bring us a more realistic life.

4CL Lau Chi Shing

Speech on a one-day trip to Sky Phone Shenzhen

Good morning, everybody!

Is everyone ready for a new day of school with vitality and excitement? I am the president of the IT Club. With privilege and honour, I am here to share information about a one-day tour visiting the headquarters of a famous mobile phone company, Sky Phone. Sky Phone is a renowned company in Shenzhen. This trip is believed to be a remarkable learning opportunity for all of you, as well as a fun and educational journey where we can unwind from our hectic school life.

To begin with, there are several transportation arrangements that you have to bear in mind. On the 16th of March, all students should arrive at the school basketball court by 8:00 a.m., where a cross-border coach will take us to our destination. As we will be crossing the border to Shenzhen, the ride will take around 2 hours, so it is hoped that all of you can be patient while enjoying the vibrant scenery out the coach window.

Primarily, visiting the headquarters is a unique, once-in-a-lifetime experience. Throughout the visit, students can admire modern, cutting-edge technological developments, together with the innovation of artificial intelligence in this day and age. All of this will provide you with great insight into the salient technological advancements of today. Immersing yourself in these technologies will not only allow you to develop your potential in the IT field and career planning, but also help you realize our country's rapid changes and success in IT.

Besides giving you insight into technology throughout the visit, one of the highlights of the tour is instilling in all of you a sense of environmental protection alongside technological growth. There is no doubt that various mobile phones and technologies have brought us numerous conveniences in working, studying, and traveling. However, sustainable development is also crucial to address the environmental problems we face today. Therefore, all of you will get first-hand experience with the extraordinary production system that Sky Phone adapts to conserve the environment while offering

world-class mobile phone technology. This will enable you to comprehend what environmental protection actually means through the practical application of eco-friendly production that Sky Phone uses. Thus, it boosts our understanding beyond what we learn from school textbooks nowadays.

You might be wondering what activities or workshops this trip has to enhance your grasp of technological knowledge and environmental protection. First of all, we will participate in a guided tour around the headquarters. The project manager of Sky Phone has been invited to give us an in-depth explanation as we walk through different exhibition corners of the company. This includes the visitor park, workspaces, and the warehouse. This immersive experience is irreplaceable as the headquarters is rarely open to the public. For instance, you will gain hands-on experience by observing how staff cooperate with one another, even when working in different positions such as customer service and technical support. Moreover, the state-of-the-art technology featured at the headquarters will be utterly stunning, allowing you to explore the unique network in the mobile industry across the country or even the world!

The Sky Phone warehouse showcases numerous robots along with artificial intelligence used in the production stage, organizing materials and assisting with simple assembly work to attend the training session. Other than just visiting and observing, you can also design a unique mobile phone yourself! A tutor from the company will demonstrate different coding techniques and the operations of a mobile phone. All of you will work in teams to compete in designing the most convenient phone manufactured with eco-friendly materials that functions according to environmental protection guidelines. Also, you can use coding to automate certain apps and apply them to your own mobile phone to facilitate daily usage. This activity is not only interesting and fun, but also very innovative as it spurs our creativity in a meaningful way.

Last but not least, there will be a seminar held at the end of the day to provide information about Sky Phone's future prospects and recruitment requirements. This allows us to get a complete picture of future entry requirements, such as academic standards and various job positions. As technology rapidly develops, it is crucial for us to engage with IT and its related careers. As a result, this will help us set a clear goal to guide our studies as early as possible, won't it? Now I see some of you nodding!

While some of you may be concerned about the cost and lunch arrangements, the total cost of the trip is only $50 HKD, including lunch at a famous Chinese restaurant for yum cha. The food there is popular, and you will be able to try sensational dim sum that makes your mouth water.

To conclude, the trip to Shenzhen's Sky Phone company is a fascinating look into the future. What's more, the trip can inspire us to delve into an IT career and encourage you to explore the field further. As the saying goes, "Empowering progress through technology." Let us embark on this amazing and meaningful trip together! If you have any questions, feel free to approach me after morning assembly! Thank you!

4CL Akhtar Asjid Ullah

Speech on a one-day trip to Sky Phone Shenzhen

Good morning, everyone!

I am Chris Wong, President of the IT Club. I hope that everyone has had a great start to their day at school today! Have you all ever wondered what it's like to work at a state-of-the-art technology company? Today, I am thrilled to share details about our upcoming one-day trip to Shenzhen, where we will be visiting the world-renowned company Sky Phone, a leader in the smartphone industry. I firmly believe this experience will provide invaluable insights into the tech world and inspire our future endeavours. On this trip, we'll explore the innovative processes behind smartphone production, engage with industry professionals, and discover exciting opportunities that await us. Make sure to mark March 16th on your calendars, as this is a golden opportunity you won't want to miss!

We will be embarking on this exciting trip on March 16th. All students are required to gather at school by 7:00 am sharp. From there, we will travel by coach across the border to Shenzhen, which will take approximately an hour and a half. The journey will provide a great chance to chat with your peers about all things tech and build excitement for the day ahead! Please make sure to be punctual.

The purpose of our trip is to provide you with a unique opportunity to engage with the technology industry firsthand, rather than staying in a classroom all day. At Sky Phone's visitor park, you'll have the chance to explore their pioneering office environment, learn about the latest advancements in smartphone technology, and participate in interactive training sessions.

This experience will not only enhance your understanding of how a leading tech company operates, but also allow you to see the production process up close in the Sky Phone warehouse. Engaging with industry professionals will help you grasp the skills and knowledge required for a successful career in technology. Overall, this trip aims to inspire you, broaden your perspective, and equip you with insights that can shape your future through an immersive lens.

To begin with, we will join an interactive workshop at the Sky Phone headquarters, where you will get hands-on experience assembling a smartphone. You will be provided with all necessary materials, including smartphone components, tools, and guided instructions. This immersive activity demystifies the technology behind everyday devices while fostering teamwork and problem-solving skills as you collaborate with classmates.

Additionally, we'll participate in a virtual reality (VR) experience that enables us to explore the design and functionality of Sky Phone products in a captivating way. This activity sparks creativity and critical thinking as you navigate through different scenarios to understand user experience and product development. Both activities are designed to be enjoyable and educational, ensuring everyone gains a deeper appreciation of technology and its real-world applications.

The cost of the trip totals just HKD $50, which covers transportation and access to the visitor park at Sky Phone. While there will be a variety of international cuisine options available, we recommend that students with dietary restrictions such as vegetarians or those requiring halal meals consider bringing their own packed lunch to ensure they have suitable food. This way, everyone can enjoy the day without any concerns about meals.

Don't miss out on this incredible chance to step outside the classroom, connect with industry experts, and see where a passion for IT can take you! If you have any questions or need further information, please don't hesitate to reach out to me.

Thank you for your time, and I look forward to seeing all of you on this enlightening adventure!

4PT Chen Ching Wing Jacky

Speech on a one-day trip to Sky Phone Shenzhen

Good morning, fellow students!

As students who study with our own iPads and Chromebooks every day, have you ever wondered what the assembly line that produces those mobile devices looks like? If this thought has ever popped into your mind, then you must be craving an excursion! As the president of the IT Society, I'm eager to announce an upcoming event! We are planning to visit Shenzhen's cutting-edge phone-producing factory, Sky Phone, on 16th March 2025. Throughout this thrilling trip, we hope to strengthen everyone's understanding of the high-tech industry.

First of all, about the schedule. On that day, students should gather at the basketball court before 8:00 a.m. We will then board a cross-border coach bus to go to the Sky Phone headquarters, which will take approximately half an hour. Please be crystal clear that the driver won't wait for anyone, so you had better be on time!

There are multiple learning objectives we aim to achieve throughout the trip, and one of the main ones is to increase students' understanding of how the high-tech industry works. By observing the fast-paced assembly line, students will find out how a standardized system and strict personal usage policies allow the factory to produce efficiently non-stop. Students will learn that every position on the assembly line is essential and worthy of respect. It is key for them to collaborate with others as a team. This is not only about learning IT promotion, but also about preparing students to work with others in the future workforce. I believe this kind of experience cannot be replicated in an exam that only focuses on personal ability, making it unique and meaningful!

Besides learning from their working style, visiting the Sky Phone factory can stir up students' interest in the IT field. Some students might feel these technologies are barely related to their own lives and studies. However, after the trip, students will gain a sense of connection with advanced technologies through a detailed tour of the production facilities. Developing technologies, such as the metaverse and virtual reality, might sound like unrealistic dreams right now, but seeing how many people are entering this field nowadays and the latest breakthroughs Sky Phone has made, you will at least trust that these concepts are achievable in the future. Feeling connected with the field and believing it is not a far-fetched goal, some students might discover a passion for it and choose to pursue a related career in the future. Imagine how cool it would be to work as a cutting-edge innovator!

After talking about our objectives, what exact activities do we have planned there? First of all, we will have a chance to visit the front-line innovation room. Although Sky Phone is mainly a phone company, it expands into multiple technological aspects as well! During this activity, students will have a chance to talk with experts who have mastered various technologies and listen to them share their personal experiences. Being an innovator is never an easy job, so their experiences are mostly a fusion of tears and sweat, teaching us what it takes to become an elite. Wouldn't it be an unforgettable memory to meet so many IT elites at once?

On the other hand, aside from generating ideas and designs, we will also visit the assembly line that makes those concepts come true. Unlike a traditional factory tour, students will have a chance to take part in the real production process. The factory will open a special simulation assembly line for us, where students can try assembling a phone alongside professionals after watching a demonstration. Beyond the working attitude students can learn, assembling a phone by themselves allows students to become more familiar with the composition of a device, thus boosting their IT knowledge. We wouldn't get such a chance in school to make devices from scratch, would we?

After hearing that this trip has so many benefits and rich content, you may guess it comes with a sky-high cost! However, summing up the transportation and entry costs, the total price is only $50. Compared to such a golden opportunity, $50 is well worth it and undoubtedly cheap! And for lunch, Sky Phone will provide a free 3D-printed meal for us. Students can enjoy delicious future food while watching AI robot performances!!

To sum up, the trip to Sky Phone Visitor Park will provide students with a golden opportunity to step out of the classroom. Students can learn from a high-tech company's working attitude and methods while inspiring those who have an interest in the IT field. We sincerely hope all students can participate in this meaningful event and learn in an entertaining way! If you have any related questions or need more information about the trip, please don't hesitate to find me after the assembly! That's all from me, thank you for your time and attention!

4PT Gurung Prayushna

Speech on a one-day trip to Sky Phone Shenzhen

Good morning, everyone!

Are you all looking forward to a great day at school? If not, hopefully, the news I am about to share will help with that. As the president of the IT Club, I am excited to announce an incredible opportunity coming up, a one-day trip to Shenzhen! We will be specifically heading to the headquarters of the famous mobile phone company, Sky Phone. I will now share all the important details of the trip.

First things first, let's talk about the arrangements. This trip is scheduled for March 16th, 2025, so mark your calendars! On that day, we will gather at the school basketball court at 8:00 a.m., where a coach will be waiting to take us across the border into Shenzhen. The journey is estimated to be around 2 hours, so don't be late! You will all also be free to sit with your friends.

But what exactly are the purposes of the trip? Well, first of all, we want to provide an opportunity for you to gain a firsthand understanding of how technology companies like Sky Phone operate and the processes they go through before releasing a new product. Secondly, we aim to help you find a possible passion or interest in technology. You will be able to chat with professionals in this field and see advanced technology in action. Experiencing this can inspire you to think outside the box and immerse yourself in the world of technology! Sky Phone has a visitor park that is specifically made to be a place to explore, shop, and attend Sky Phone training sessions.

One significant educational advantage this trip provides is the application of knowledge in a real-world setting. We all have experienced or are currently experiencing IT lessons where we learn various concepts related to technology, programming, and design. This trip will allow us to see how these concepts work firsthand and test them out for ourselves!

Next, let's move on to the exciting part: the activities! One of the trip's highlights will be a behind-the-scenes tour of the Sky Phone headquarters. Through this tour, we can get a direct view of qualified workers in action! We will see a variety of departments including development, production, and logistics, giving us insight into the whole lifecycle of a product—from concept and design to manufacturing and marketing. You are welcome to whip out your phones to capture this once-in-a-lifetime opportunity and share it with your peers! Not only that, but you will also witness the innovative use of robotics in the Sky Phone warehouse.

Besides the tour, we will also participate in a Sky Phone training session. During this training session, there will be hands-on workshops where we can play the roles of the professionals themselves! For example, in an app development workshop, a team of experienced developers from Sky Phone will lead us through the process of creating a mobile application. Using popular programming software, we will learn how to create an app from scratch. Another example is a marketing and branding workshop, where Sky Phone's marketing team will talk about branding and advertising. This is part of a product's lifecycle that is often overlooked. Students will get into groups and create their own advertisement for a product, helping us develop teamwork and presentation skills.

Now, would you believe me if I told you that all of this is available for just $50 HKD? Yes! You heard me right. The total cost for the trip will only be $50 HKD, which covers transportation and the admission fee to the visitor park. As for lunch, you are in for a treat! The park's dining facilities offer a wide array of both local cuisine and international dishes, allowing you to savour the rich flavours of Shenzhen and other countries. I advise you to bring along at least an extra $50 to enjoy the food.

In conclusion, this trip is much more than an outing. It is an opportunity for us to immerse ourselves in the world of technology, ignite a passion for innovation, and explore further into the depths of IT. So let's seize this opportunity to learn together!

If you need further details, please feel free to approach me or the head of the IT department, Mr. Chan, after school. I will be in classroom 6002 while Mr. Chan will be in room 2002. A notice will be released on E-Class soon, so please sign up there if you are interested! Thank you for listening, and I am looking forward to seeing you on March 16th!

4PT Lau Sin Ying Clarisse

Class 6A Outing to Sky100

Dear Parents,

I am writing to inform you that we have organized an exciting trip for Class 6A students to Sky100, located on the 100th floor of the tallest building in Hong Kong. This trip will be an unmatched opportunity for students to gain precious experience and create everlasting memories.

The trip is scheduled for Monday, October 21. Students are required to arrive at school before 9:45 am, where they will gather at the basketball court to board the school bus to Sky100. Dismissal will be at 4:30 pm at the same location.

During the journey, we aspire to accomplish a range of objectives. To start, we aim to enhance students' understanding of the rich history and cultural heritage of Hong Kong. By engaging with interactive historical displays, students will learn about the diverse influences that have shaped Hong Kong's identity over time. Moreover, interactive experiences, such as Sky100's "Tales of Hong Kong," allow students to connect with the cultural fabric of the city, enrich their educational journey, and foster a greater appreciation for its heritage. As a result, students will gain a deeper understanding of Hong Kong.

The purpose of this trip is particularly significant, as it will be the last outing for students before their DSE examinations. This journey provides a much-needed opportunity for students to relax and temporarily set aside their academic responsibilities. In the context of a demanding school environment, it is essential for students to unwind and recharge. To make the experience more engaging, we have arranged a game that encourages exploration and creativity at Sky100. Students will participate in a photo challenge titled "Best View from Sky100," where they can capture stunning scenery alongside photos of themselves. This activity not only serves as a break from their daily routines but also allows students to bond with their peers in a more casual setting. Through participating in shared experiences and exploring new environments, students will strengthen their relationships and develop valuable teamwork skills. Ultimately, this journey broadens their knowledge while creating lasting, delightful memories.

The total cost of the trip is $250, which includes the entrance fee, transportation, and a lunch prepared by the Sky100 Café. If any student has food allergies or dietary restrictions, please inform us so we can make appropriate arrangements. Students are also encouraged to bring snacks and a water bottle to stay hydrated.

We hope that Class 6A students will appreciate this chance to step out of their comfort zones and explore Hong Kong more. We look forward to creating a memorable and enriching experience for all 6A students.

Best regards,

Chris Wong

Class Teacher of Class 6

5PL Choi Kin Yi Jenny

Beyond the Mirror: A Thoughtful Look at Beauty and Self-Worth

Dear Joey,

Thank you for your heartfelt letter. I appreciate your trust in sharing your feelings and concerns about your appearance. I want to help you consider the decision about plastic surgery and weight-loss treatment.

I completely understand why the prospect of plastic surgery might appeal to you at this moment. The technological advances in cosmetic surgery have made it safer and less invasive with a faster recovery time, as well as lowering the cost of procedures. Thus, people have become less anxious and more willing to view surgery as a possible option for altering their physical appearance. This societal pressure can create a compelling urge to conform to those ideals. However, I implore you to reflect on the broader emotional and physical ramifications of such a decision.

Nowadays, people turn to plastic surgery to correct a physical defect or to alter a part of the body that makes them feel uncomfortable, such as through facial implants, soft tissue augmentation, or chin, cheek, and jaw reshaping. Plastic surgery can improve appearance and enhance physical features, leading to increased self-esteem and confidence. Also, many plastic surgery procedures offer long-term results, making them a worthwhile investment for those seeking permanent changes.

While a surgical procedure may offer a temporary surge in confidence, it frequently fails to address the deeper issues of self-esteem that many individuals grapple with. Also, for surgery, it is essential to research thoroughly and consult with professionals who can provide you with all the necessary information. Make sure that you understand the risks, recovery process, and costs involved.

I've encountered numerous accounts of people who still find themselves wrestling with body image concerns, realizing that the fundamental insecurities they faced prior to surgery remain unresolved. Although weight-loss treatment can improve health and reduce the risk of chronic diseases like diabetes, heart disease, and hypertension, as well as boost confidence and promote a positive body image and self-esteem, I suggest you consider a more balanced approach regarding your plan for an extreme diet and surgery. Extreme dieting can be unhealthy and may not lead to sustainable results. Instead, focusing on a healthy lifestyle with regular exercise and balanced nutrition could be beneficial in the long run.

Finally, I think you should choose the right time to talk to your parents about the decision to undergo plastic surgery and dieting. You can find a calm and private moment to discuss your feelings and decisions without distractions. Also, you should listen to their concerns.

Ultimately, this is your decision, but having your parents' support can make a big difference. Take your time to think everything through, and remember that I'm here for you always.

Best wishes,

Chris

的社區有更多的認識。鄰居之間的關係也因為這件事而變得更加密切。令我又驚又喜的是我亦因為我的聯名信而得到其中一間報社的編輯賞識，並邀請我成為一名專欄作家。舊區重建拆卸這件事是我人生的轉折點，它不但令我們倫理之間的關係更加密切，更令我得以實現自己兒時的夢想。最重要的是經過這件事，我明白了鄰里之間只要齊心合力遇到的問題便會迎刃而解。所以願我們大家都能珍惜和鄰居之間的情誼，讓這些情義成為一盞明燈，照亮我們未來的道路。

兩代情徵文比賽參賽作品

如果跟著母親，我會感受到她的孤獨與無助，看到她在生活的重擔下逐漸消瘦的身影；而跟著父親，則似乎能夠獲得一種新的開始，重新適應這個陌生的生活環境。每當我與母親交流時，她的眼神中總是閃爍著期待，而我又怎能讓她失望？而父親則告訴我，跟著他會有更好的未來，讓我不禁心動。我知道兩人都希望我選擇跟他，但無論我選擇誰，始終會有一部分的心留給另一方。這種撕裂的感覺，讓我在夜裡無法入睡，心中泛起的漣漪，讓我不知所措，我怎能輕易地選擇離開任何一個人？

我逐漸明白到這一切並不是單純的選擇問題，而是一場對愛的考驗。我開始學會理解父母的苦衷，明白愛與責任的複雜。每當我試圖站在他們的角度思考時，我便能夠感受到他們的無奈與掙扎。

最終，我做出了選擇：我決定跟隨母親，因為我深知她在這段時間的孤獨與不安。我希望能夠陪伴她，讓她感受到我的支持和愛。然而，這個選擇並不容易，心中依然對父親充滿了愧疚。希望父親明白我的考慮與決定，我不知道這是否是正確的選擇，心中仍然充滿疑惑與不安。但我明白，無論如何，這是我此刻所能做出的最佳決定。時間會揭開一切吧，並讓我看到這個選擇的結果。

我住在一個熱鬧但有點歷史的社區中，周圍住着形形色色的鄰居。清晨時，當窗外的雀鳥開始鳴叫，我總會聽到人們上班和做早操的聲音。當我下班回家時，亦都會聞到空氣中傳來的飯香味和看到裊裊飄來的炊煙。這些聲音和氣味令我們的社區充滿着溫暖和人情味。

在這個熱鬧的社區中，鄰里之間守望相助，當誰有困難的時候，大家都會伸出援手，亦會彼此關心和鼓勵。我的隔壁住着一位老奶奶，小時候因為我家人工作的原因常常需要出差，老奶奶都會幫忙照顧我，並且會耐心的輔導我做作業。而住我樓上的李小姐則會在聽到我想要成為作家的夢想之後，鼓勵我用心的夢想邁進，雖然我的夢想到現在都沒有實現，但他帶給我的溫暖仍存在於我的心中。這種鄰里之間守望相助的關係，亦令我成為一名樂於助人的人。

然而生活這個平靜的水潭中突然被投入了一顆小石子。因樓宇的年齡關係，政府決定對這片區域進行拆卸重建，並為原本居住於此社區中的居民提供新的住處。但是這個似乎並不是一個簡單的決定，因為拆卸重建後社區原有的特色便會消失，因此鄰居們再聽到這個消息後都感到十分不捨和惋惜。老奶奶哭着對我說：「搬到新地方之後，我們就不能常常再見面了，要好好照顧自己。」

當天夜裏我在床上翻來覆去，腦海中總是浮現鄰居們關於重建的反應和跟鄰居們一起相處的美好時光時。當我憶起和李小姐關於夢想的對話時，我突然靈機一觸我想到可以寫一封聯名信，在信中寫着我和鄰居們對於社區的美好回憶，並向政府提出將重建拆卸變為舊區活化，這樣不但可以保留我們的集體回憶更可以為社區注入新活力，然後再讓鄰居們簽名後交給政府。極其幸運的是我們的意見得到政府和新聞媒體的重視，有些報社更加刊登了我寫的聯名信。

如今，舊區活化的工程正井然有序的進行中，而且政府亦決定在舊區中建立一個我們社區的博物館，令人們對我們

是也要跟他們一起選擇理科，這樣子我們就不會分開，還可以一起上課下課。我想這樣子的想法應該是每個人的中學生涯都有經歷過，既不想放棄想選的科目，又不想與朋友分開，總想找個搭檔，跟之前一樣朝著目標一起共同進步。並且在父母的刻板印象裏，選擇理科的出路總比選擇文科的出路多，他們總希望我們能選擇理科，因為這樣對我們接下來的就業情況比較友好，可以讓我們選擇更多不同的職業，享受更好的人生。

但是我想了又想屬於我自己的人生，為何要考慮他人的因素來干擾我的選擇呢？我每一次的選擇都與我接下來的路息息相關。我想我的人生應該由我自己內心最真實的想法去走，拋開外界的聲音，去追尋自己內心最真實的答案，才能夠讓我們到最後都不留遺憾。

我們只是在這個小小的岔路口分開了，不代表我們以後就不會相見了。世上本沒有正確的選擇，我們要努力奮鬥，讓選擇變得正確。並且正是因為這些的選擇，才構成了一個獨一無二的我，人生沒有對錯，不管我們選擇哪一個岔路口，我們終究能夠再次相見。重要的是努力用燭光照亮自己，照亮自己腳下的路，不要止步於眼前的黑暗，總有一天會走出洞穴，看到美麗的花草和燦爛的陽光。

每人的生命中，總會有一些決定性的時刻，人生的交叉點，讓我們要決定未來的道路上走向那個方向，對我而言。父母的離婚就是其中一個最為重要的交叉點。

我仍然記得那一天，陽光透過窗簾的縫隙，灑在我的床上，似乎散出很平靜的氣息，但空氣中瀰漫著緊張的氣氛，父母的爭吵聲在耳邊迴響，似乎預示著一場風暴的來臨。這次是為什麼而吵架了？我要去關心一下嗎？我心中充滿了不安與困惑。當他們告訴我離婚的消息時，我的世界瞬間崩塌下來，這數個月我努力防守自己的小世界，他們每一次的吵架我都用安慰自己的說話去重建世界，但這次已經碎得無法被重建。這是爸媽的選擇，我並沒有任何反對的權力，我唯一的決定權在於要跟誰生活，但此刻我連決定權都不想要，我怎能做出如此殘酷的選擇。

現實的殘酷漸漸浮現，我一直在逃避和避免的決定要闖到來了，但我對父母的感情令我遲遲未能做出決定，我不得不面對這個艱難的選擇。我不禁責備父母：為何他們的情感裂痕要影響到我？我甚麼都沒做錯，但要經歷這辛苦的過程。父母離婚後，會搬到好遠，不方便經常探望對方，這令我更加迷惘和不知所措，選擇了一個就好像要放棄另一個，說我貪心又不是，一個孩子本來就應該值得有一對父母吧……

在這樣的掙扎中，我回想起父母對我的無私付出。他們為了我努力工作，辛苦養活這個家。我生病的時候，媽媽總是守在床邊，細心照顧，每晚都問我想吃甚麼，精心做飯；父親則每天工作，即使很晚才回家，但每當在我學業上遇到困難時，都會耐心指導，陪我一起熬夜做功課。他們無私的愛如同陽光，照亮了我成長的每一個角落，但此時的昏暗連他們都無法照亮。每當夜深人靜的時候，我躺在床上腦海中總是浮現出他們在一起的快樂時光，那些溫馨的片段如同夢境般美好，卻又如此遙遠。

最後三十秒，我們還落後兩分。我帶球突破，對方的防守像銅牆鐵壁。這時，我想起教練的話，一個假動作後將球傳給底線的隊友。他穩穩命中三分，全場沸騰了！最後時刻，我們成功防住對方的進攻，以一分險勝。

哨聲響起的那一刻，我仰面躺在球場上，看著頭頂刺眼的燈光，突然明白了一個道理：成長的路上，順境與逆境總是相伴而行。那些被嘲笑的時刻，那些獨自加練的清晨，那些想要放棄的瞬間，都是為了讓我們在關鍵時刻能夠挺直腰板，迎接挑戰。

現在的我依然會在比賽中失誤，但不再害怕失敗。因為我知道，每一次跌倒都是為了下一次更好地站起來。籃球教會我的不僅是技術，更是面對順境與逆境時應有的態度，順境時不驕不躁，逆境時不棄不捨。

《人生的交叉點》

4LC　柯鈺瑩

當我們站在陌生的十字路口上，我們經常會懷疑自己的選擇是否正確，擔心在面對這些岔路口時，做出了錯誤的選擇，需要我們從頭再來。但是這個世界上並沒有所謂的完美選擇，只有最適合現在自己的選擇。當我們來到人生的交叉點時，我們需要傾聽自己內心真實的聲音，因為它正是我們正想去選擇的答案。它不會讓我們去選擇在現實生活中認為的「正確」的答案，它只會讓我們去選擇屬於我們自己滿意的答案。在最好的年紀，對錯成敗的選擇題，沒有標準答案，勇敢做自己。每一次的選擇都是我們對未知作出了回應，我們不必害怕犯錯，因為我們終究會頂峰相見。

好像不管在每一個年齡段都有他們不同的岔路口需要作出選擇，就像在爸爸年輕時，因為家庭貧窮的原因，他們兄弟幾個到需要上中學的時候，就得作出選擇。到底是繼續讀中學還是輟學出去社會上工作賺錢，幫忙補貼家裏？當時大伯是選擇繼續讀書，而爸爸是選擇出去社會工作賺錢，補貼家裏。這些看似微小的選擇，卻恰恰影響了他們接下來的人生。大伯通過在學業上的努力，最後成為了一名醫生。現在有了個「鐵飯碗」職業，不怕面臨失去工作，每個月都有固定的工資，可以照顧家庭。而我的爸爸正是因為沒有選擇去讀書，所以在學歷上有點欠缺，很多工作它都不會去選擇爸爸這樣沒有什麼學歷的員工，所以他需要去幹一些非常辛苦的工作，例如地盤工人。每天須揮灑汗水，頂著大太陽，不管風吹雨阻都得努力工作，才能賺錢養活我們家人。正是因為這樣子的選擇，才讓他們有了不同的方式去賺錢，照顧家庭。但沒關係，即使中間的道路各不相同，但兩者都有相同的目標就是賺錢，養活家人。所以雖說在人生的交叉點，我們都會做出不一樣的選擇，但我相信最後我們都會朝著同樣的目標去奮鬥。

而我依然記得在中三下學期時，我們因即將要步入中四的生活，所以我們需要選擇不同的選修課，但選擇不同的選修課也代表了我們要走向不同的道路。依然記得當時的我，剛開始義無反顧的選擇要選修中史科，這个偏文科的這條道路。而我的朋友大部分都選擇了化學、生物，這些偏理科的道路。當時的我就在想，我的朋友都選擇了理科，那我是不

是空空落落的，虛實的渡過每一天，只覺得空虛無助，到了晚上便躲在被窩哭泣，不知怎樣才能快樂？我想進步，可是每當看見不懂的題目，便是下意識想逃避，我的思想好像永遠都侷促在一點，不懂改變。

那天放學後，我經過了往日最喜歡去的公園，看見一個個孩子們開心的跑來跑去，笑容真摯單純，那靈動的笑聲一遍遍地在我耳邊聲音迴盪，使我不由得想起當初的自己，曾經的我也是那麼的快樂呀，每天在知識的海洋中翱翔，為內心的喜愛而閱讀，不是為了高分，不是為了完成閱讀報告，只是源於內心對故事的渴望，一切是由什麼時候變了質呢？我又是何時改變了呢？變得懦弱，只想逃避低分的真相，對知識的了解永遠停留於表層，越來越焦慮，困在自我質問的牢籠……那天晚上，很困倦，腦袋卻十分清醒，像是潛意識中的自己想把我拍醒，夢裏我看見當初稚嫩童真的自己，她在搖曳的火燭面前，許願要努力學習，改變命運，一呼燈火熄滅，我也隨即驚醒了。

其實，答案似乎一直也知道，也似乎就在面前，只是自己永遠想逃避，不是怕讀書，只是害怕努力後卻仍然失敗，恐懼別人鄙視的眼光，可我卻從來不知道，勇敢改變和嘗試的人並不可笑，可笑的是心懷大志，卻從不付諸行動，那晚的我好像一夜長大了很多。

成長路上，最大的障礙固然是逆境，但把我們困在低谷的從來也不是逆境，而是內心的恐懼，不願接受真相的懦弱，一蹶不振的自己，順境固然好，但正是這些逆境，讓我們覺醒讓，讓我們蛻變，讓我們從低谷破繭而出，大不了逆風而上！灰姑娘的人生也並不是一帆風順，她從遭受惡毒後母的虐待，可是她仍然善良且熱愛生活，努力堅毅，面對別人的成見，以勇敢克服一切，解救被冰封的王國。這個世界從來沒有一輩子的順境，也沒有過不去的逆境，只有不願意放過自己的我們。

《成長的順境與逆境》

5CL　何晉浩

籃球場上，汗水順著臉頰滑落，我緊盯著記分牌上刺眼的比分48比52，我們落後四分。耳邊傳來對手嘲諷的笑聲，讓我想起一年前那個狼狽的下午。

那是初二下學期，我剛加入校籃球隊。作為替補隊員，我總是坐在冷板凳上，眼巴巴地看著主力隊員在場上奮鬥。記得第一次上場時，我緊張得手心冒汗，運球時老是失誤。場邊傳來此起彼伏的哄笑聲，我的臉燒得通紅，恨不得找個地縫鑽進去。

「留下來加練。」那天訓練結束後，教練叫住了我。夕陽的餘暉灑在空蕩蕩的球場上，教練一遍又一遍地糾正我的投籃姿勢。「手腕要放鬆，出手要果斷。」他的聲音在暮色中格外清晰。從那天起，我開始了日復一日的加練。清晨六點的球場上，我迎著朝陽練習運球；放學後的黃昏，我在空無一人的球場上投籃，直到雙腿發軟。

轉眼到了初三，我終於成為主力隊員。這場比賽是我們與勁敵光明中學的對決，對方是去年的區冠軍。比賽開始後，我們一度領先，但對方的防守越來越兇狠，比分逐漸被反超。

「暫停！」教練的聲音將我拉回現實。他蹲在我們面前，目光掃過每一個人：「記住，籃球不是一個人的運動。相信你的隊友，就像相信你們每天清晨灑在球場上的汗水一樣。」

重新上場後，我深吸一口氣，感受著球鞋與地板的摩擦。當對方再次包夾我時，我沒有像之前那樣慌亂，而是迅速將球傳給空位的隊友。球劃出一道優美的弧線，應聲入網。我們開始打出精妙的配合，比分一點點追近。

習態度，發現過去的順利讓我變得驕傲自滿，忽視了知識的鞏固和預習。於是我每天做一些課堂內容的練習題，遇到不懂的問題就請教老師和父母。漸漸地，那些曾經由熟悉變得陌生的難題又開始變得清晰起來。

然而，成長的道路從來都不是一帆風順的。就在我的成績開始回升時，父母突然因工作要去外地出差，我不得不學會獨自照顧自己，面對學習和生活中的雙重挑戰，令我力不從心，生病了。當我康復後回到學校時，發現同學們已經在學習到全新的章節。那一刻我感受到了前所未有的無力感。

「要不要我幫你講解你錯過的課題？」同桌似乎看出了我的無助，主動伸出援手。在她的幫助下，我不僅補上了落後的課程，還能在生活上照顧好自己。我亦明白到逆境不是終點，而是一個新的起點。就像竹子一樣，只有經歷過風雨的洗禮，才能生得更加挺拔，人也一樣，只有經歷了逆境，才能更加成熟。

考試那天，我看著試卷上那些熟悉的題目內心卻異常平靜。這次的我是經歷過挫折，從中得到收獲的我，而不是那個曾經沉溺在名為順利的海洋之中的我。成績公佈時，我終於回到了班級前列，不過更重要的是，我從這次困難中收穫了一份堅韌。回想起來，那些曾經的挫折就像打磨石頭的砂紙，石頭雖然過程艱辛，卻能變得光彩奪目。成長的道路上，順境和逆境都是不可或缺的風景。順境讓我們展翅高飛，逆境則教會我們如何面對風雨，再重新站起來翱翔於天空之中，就像窗外的梧桐樹，經歷四季的變遷，不斷成長至堅韌不拔，在每年的春天綻放新芽，綻放出更美的希望。

小時候，總是喜歡看迪士尼的公主劇，灰姑娘一夜被王子選中，從此與王子甜甜蜜蜜的過日子，愛莎成為了王國的女王，受盡平民愛戴，這些都曾經讓我一度相信自己也是主角，主角的日子本就應該順風順水，可長大了，卻發現沒有一帆風順的路，生命的海並非平靜如鏡，那裏波濤洶湧，遙遠無邊，讓人迷惘無助。

若是說起小時候，我算是個小公主，與其他鄰家孩子比起，我永遠是最突出的那位，眼睛靈動得像小鹿，特別惹人憐愛，學業上表現十分優秀，熱愛學習，熱愛看書，課堂上永遠是第一個舉手問問題的小孩，這樣幸福的日子維持了很久，直至中學，原本順風而上的命格悄然改變了，面上突然其來多了很多一點點的青春痘，滿臉都是驚人的疤痕，課程越來越緊湊繁忙，課業的難度提升的不是一星半點，變得害怕學習，害怕上課，壓力很大。

可惜後來成績越況向下，還記得中二派成績，那天的天空白濛濛，什麼也看不清，看不透，也不知道未來。上課的鈴鐘響起，坐在桌子上的我昏昏欲睡，老師抱著一大疊試卷艱難地開門走進來，想著自己學習底子挺好，總不至於不合格吧……當宣佈成績的時候，我緊張地吞嚥口水，課室不熱，反而還有點冷，可我的內心卻十分的灼熱，一點點灼燒，手心裏滿是汗水，老師開始宣讀起頭三名的成績，沒有我的名字，每個人看著自己的成績，都高興的歡呼萬歲，露出一個個喜悅的笑臉，在我眼內那又是多麼的刺眼，老師開始講解題目，可是那些聲音早已變得模糊，雖然已經不抱希望，但還是感覺空蕩蕩的，最後一點的期待磨滅，眼睛好像有點濕濕……

頃刻之間，回憶如泉水湧來，記憶中的我永遠是名列前茅的，享受別人的誇獎，曾經的我也是老師眼中的好孩子，父母眼裏的驕傲，現在只感覺看不清方向，低落的心情緒一絲一絲纏繞心頭。

過往的事彷如隔世，現在的我呢？整天上學，心裏只記掛著快點回家，一天天不認真學習，整天盯著部手機，心裏總

高中組

《成長的順境與逆境》

4CL　韋懿程

窗外的梧桐樹在秋風中搖曳，樹上的梧桐葉隨著秋風緩緩飄落到地面，斑駁的樹影因陽光的映照投射在我的書桌上。我盯著桌上那張佈滿紅叉和影子交錯的數學試卷，耳邊迴響著老師公佈成績時的嘆息聲，語氣中充滿了對我們的失望與惋惜，彷彿惡魔般不斷回蕩在我耳邊，充斥在我的腦海。

這是我第一次在數學考試中不及格，曾經引以為傲的科目，如今卻成了我最大的夢魘，壓得我喘不過氣。我摩挲著試卷上那個刺眼的紅色數字，試圖將它變成一個好看的數字。突然想起去年此時，我還在為獲得數學考試第一而沾沾自喜。那時的我，怎麼也沒想到會有今天這樣的挫折。

記得剛上初中時，我的數學成績一直名列前茅。每次考試後，老師讚許的目光和父母笑容滿面的樣子，都讓我感到無比自豪。那時的我像一隻展翅高飛的燕子。我天真地以為，這種順遂會一直持續下去，直至升上高中的第一次考試給了我當頭一棒。

「這次考試，很多同學都退步了。」數學老師的話像一把重錘擊碎了我的僥倖與幻想。低頭看著試卷，心中多麼希望這只是一場夢境。然而，曾經那些熟悉的定理和公式都變得陌生起來，我只能打破心中那不切實際的奢望。

「懿程，你怎麼放學後還在課室裏？是有甚麼煩心事嗎？」班主任陳老師叫了叫我。我低著頭，不想直視她的眼睛。「我…我覺得自己退步了很多，從前最拿手的數學現在連合格也沒有。」陳老師輕輕拍了拍我的肩膀，說道：「你知道嗎？竹子在前四年只能長三厘米，但從第五年開始，它每天能長三十厘米。這是因為在前四年它一直在向下紮根，不斷為自己準備養分以便成長。」她語氣輕柔，卻打破了我心中的沉重，將我從中解放出來。我開始反思自己的學

《屋邨的人、物、情》

3CW　林煥華

搬家真需要時間適應的一件事情？在某某村的一眾高樓中，我和我的家人在這個神密與溫暖並存的屋邨下居住。

我們一家經過幾年的時間，成功申請了公屋，離開了就舊時的房子，來到了陌生和充滿期待的新的家，這個地方充滿了全新感覺，路邊的草、路邊的花，如此的充滿生命力，碧藍色的天空、雪白的雲朵，如此的般配，宛如一對神仙眷侶，不知是因為期待擴充了心房，又或者大自然治癒了我搬家後複雜的情緒。

搬進來的第一天，我們一家將行李搬進這個所謂的新的家，我們家的裝飾非常簡樸，沒有過於誇張和華麗的佈置，但讓人感到非常的溫馨和踏實，有一台電視、一張桌子和一些日常所用的東西。我還記得第一次打開新的電視時，那種感覺非常的不錯，當時我們一家剛搬進來，搬進來的第一件事情就是打開電視，不知為何我們都非常的拘謹，進來後就一直站著，就如同兩個人剛剛認識一樣，還稱不上算是朋友。我們對於新家的一切有感到非常的新奇，例如這裡空氣質量很好，也發現了附近有個籃球場和一個小公園，有很多老人家在那裡悠閒的散步，也有忙忙碌碌的人從旁經過，不得不感嘆歲月，靜好的感覺真不錯。

時間真的是如此的神奇，它可以讓不適應的人，在時間流動中養成習慣，這原本不適應的事物，慢慢變的適應，我們一家不知不覺在這裡居住了五年，從一開始的拘謹，變得自然而放鬆，而此時我們在這一個屋着下，經過五年洗禮，開始有家的感覺。從一開始，不習慣從電梯走出來後，走一兩步，就能看見在橫台的護衛，我每次和他一對眼，我們都會向對方點頭，時間一久已變成了一種習慣，不知不覺也成為了一件每日都會做的事，如同雄鷹，習慣了在自由的天空中飛行，就像刻在身體和血脈中的天性般。雄鷹渴望天空，人也會習慣新事物，這是大自然的規律。

周遭的人和物，從開始的莫生變成一種習慣，在屋邨生活久了，就會漸漸忘卻對於舊屋的不舍，轉而留下的習慣與歸屬感。我常會下樓打籃球，那個籃球場是石地板和鐵蓋網的設計，我喜愛在石地板上打球，聆聽籃球進入鐵網的聲音，當「砰」的一聲讓我非常心安，享受每一次的投籃、上籃、揮球與奔跑，讓我如此的喜歡。打完球後，我如平常般在熟悉的道路上漫步回家，有路燈為我照亮前方，指引我前路。屋邨的人和物，讓我更加熟悉和認識這個地方，人總是容易習慣新事物，一開始的陌生都會因時間流動而轉變，我喜歡這種歲月靜好的感覺，享受風吹拂身軀，看盡四季的變化，日月的輪轉，最後只是感嘆一聲：「這樣真好！」

《屋邨的人、物、情》

2CH　蘇浩聰

在繁忙的城市中，屋邨是許多人生活的縮影。屋邨的生活就像一幅精彩的畫卷，不但有形形色色的人物，還有各種景物與情感交織而成的故事。

屋邨裡的居民大多是普通的上班族和家庭主婦，他們的生活簡單而忙碌。我的鄰居是一位上班族，總是匆匆忙忙地趕著上班。他的臉龐上常帶著淡淡的疲憊，卻又透著一絲堅毅。每天的早上，他騎著自行車穿過小巷，路過那棵雄偉的榕樹。這棵樹就像是他生活中的一個小小依靠，永遠矗立在那裡。

我還有一位鄰居，她是一位慈祥的退休教師。她的頭髮花白，臉上佈滿了歲月的痕跡，但她的眼神依然明亮。每天清晨，她會在陽台上澆花，微笑著跟路過的鄰居打招呼。每當她的小孩回家，她總會準備一些糖果，讓孩子們感受到家的溫暖。還有那位喜歡養貓的男士，他的家中總是充滿了貓咪的嬉鬧聲。雖然他性格內向，但對於鄰居來說卻是一個可靠的朋友。每當有人需要幫忙，他總會出現，無論是修理洗衣機，還是搬運重物，他都會主動伸出援手。他們的存在，讓每個人都感受到了一種無形的支持。

屋邨的景物雖然樸素，但卻充滿了生活的氣息。每個單位的窗台上，總能看到各式各樣的盆栽，綠色的植物為這片灰色的水泥森林增添了幾分生機。孩子們在遊樂場嬉戲，笑聲此起彼伏，彷彿在告訴著每個人，生活總是充滿希望。

傍晚時分，屋邨的燈光陸續亮起，給這片小天地披上了一層溫暖的外衣。陽台上，有些居民坐在木椅上，有的扶著欄杆，有的為盆栽澆水，享受着這份平靜的時光。孩子們們在走廊互相追逐，為這片寧靜增添了幾分活潑。每當夜幕降臨，星星在天空中閃爍，屋邨裡的每個人都在各自的生活中，享受着自己的一片天。

屋邨的居民之間，雖然有著一定的距離，但彼此卻總是願意伸出援手。這種情感像一根無形的線，將每個人緊緊相連，讓每個人都感到不再孤單。

每天早上，我總會準時出門，遇到住在十八樓的妹妹、五樓的婆婆，一起乘搭升降機。雖然我們每個人出門目的都不一樣，但我們總會相見，分享昨天的生活，和保安叔叔打招呼，走去不同的方向，或許這就是鄰居之間的感情吧。

在這個小小的屋邨裡，人們的生活雖然平淡，但卻充滿了溫暖與支持。每個人都在這片小天地中，尋找著自己的位置，感受著那份淡淡的關心。生活就像這樣的一幅畫，雖然沒有華麗的色彩，但卻因為有了人與人之間的關係，而變得更加美好。

《屋邨的人、物、情》

2AY　黃昭

在我的童年時期的屋邨生活中，屋邨的環境並不奢華，但卻有著濃厚的人情味和我大大小小的童年回憶，鄰居阿姨的身影始終如同晨曦中的微光，溫暖又親切。因此，屋苑的每一個角落都充滿了人情味和生活的氣息。

記得小時候，媽媽因為工作繁忙，經常無法抽出時間來照顧我。每當她匆匆忙忙地出門，留下我一個人在家時，心中難免會有些無聊。此時，而住在旁邊的鄰居阿姨便會照顧我。她叫江阿姨，是一位和藹可親的中年女性，對我十分照顧，使我感到無比安心。她有一個和我年齡相仿的小孫女，叫籽惠，成為了我最好的童年玩伴。

江阿姨對我的關心無微不至。我平時會在我放學後去江阿姨家，江阿姨會給我準備我和籽惠最愛的菜。她總是知道我和籽惠喜歡吃什麼，每當我坐下來，桌上總會擺著熱乎乎的菜。那時候的我，對這些小事充滿了感激，因為在我心中，李阿姨不僅僅是鄰居，更像是我的另一個媽媽。而每當我放學回家，無論是晴天還是下雨，江阿姨每次都會熱情地招呼我：「來，快進來，我們一起吃點心！」她的家裡經常飄著香氣，因為江阿姨在廚房裡忙著烘焙。我和籽惠最喜歡的就是她做的餅乾，剛出爐時，外酥內軟，特別好吃。

除了這些在廚房裏，她還可以對各種的食物施魔法。她能把最普通的食物，變成我所吃過最好吃的食物。至於做家事，江阿姨可以在幾分鐘之內，把客廳打掃乾淨，並清洗地板。因此，對我而言，她非常厲害，而且不可思議。

江阿姨並沒有受過很多教育，但她卻鼓勵我繼續讀書。當我和籽惠做功課時，因無聊而覺得厭煩時，江阿姨總會來安慰我，並為我們準備食物。江阿姨也總是非常的冷靜而且公正，例如，當我和籽惠吵架時，她總會公平地解決我們的紛爭。他會提出一個我和籽惠都能接受的裁決同時，他也會告訴我們，怎麼樣才算公平。

隨著時間的推移，我漸漸長大，學業變得忙碌起來，沒時間和籽惠一起玩耍，也已經離開了那個充滿美好回憶的屋苑了，但是我仍記得江阿姨對我的好，當我現在有時間時也一定會去探望江阿姨和籽惠。

在我心中，江阿姨不僅是鄰居，更是我童年最美好的記憶。她對我的關懷，將永遠記在我的心中，成為我人生中最珍貴的財富。

《父母的期望，我的夢》

3LS　文浩臻

窗外的桂花開了，細碎的花瓣隨風飄落，像極了那年病房窗外飄落的梧桐葉，記憶如潮水般湧來。消毒水的味道刺鼻，三歲的我躺在病床上，身體極度疲累且虛弱，身體沒有血色，就連睜開眼睛都費力，週圍是穿著白色衣服帶著口罩的陌生人。護士們望著窗外的在桂花樹上咬吱地討論着，我艱難地向前伸手握着那名叫虛無的空氣，旁邊是淚水哭紅腫的父母正滿臉慈愛撫摸我的臉龐。當時的我還不知道他們為何要哭，也不知道如何安慰他們。後來我知道了，那天我確診了白血……

當時三歲的我突然生了一場大病，忽冷忽熱，持續性疲勞。我的父母一看情況不對，立即把我送去醫院。我聽我的父母說當時醫生看到我的情況之後臉色大變，安排給我做血液化驗，不幸的是發現異常，之後又安排骨髓穿刺檢查，告訴我的父母情況不容樂觀。等待的過程十分漫長，如坐針氈，還不知道發生什麼回事，只能來回走動，雙手合實，祈求盼望壞結局不要到來，結果確診了白血癌……

那天，父親的手在顫抖，向來理性的他，卻紅了眼眶。那天平日最溫柔的母親，那天卻異常堅強，願意陪我一起面對。

化療的日子就像一場漫長的跋涉，年幼的我每天都面對各種的治療和抽血檢查。當時我還不懂事，把全部穿著白色衣服的大人都當作成童話故事中的邪惡反派。我看到他們會哇哇大叫，躲在父母後面，試圖反抗，現在回想起來是多麼都好笑，我沒有留意到父母辛酸的淚水……

在此期間，化療的副作用，讓我每天都感覺到惡心頭暈，開始掉頭髮、指甲腳甲和整個頭都變得腫大，有好幾次我在鬼門關走了幾趟，差一點命都沒有了，每一次父母都擔心得哭起來。平日身上安插各種儀器，不能自由行動，父母每

天都會為我講故事逗我開心，是我少數的快樂源泉，窗外還有桂花陪伴著我，開了又謝，春去秋來，青春年華剎那一方休，就這樣過去了兩年多。

如今我已經康復了……

我知道，父母最大的期望就是我能健康快樂地生活。父親說：「平安就好。」母親則鼓勵我追求自己的夢想，她說：「經歷過生死的人，更懂得生命的可貴。」

我的夢想很簡單，好好活著，陪父母慢慢變老，帶他們去旅行，看看這個世界的美好；我想為他們做飯，就像他們曾經照顧我一樣，就這樣生活下去。

《父母的期望，我的夢》

2CH　胡浩天

寒冬臘月，窗外的風如野獸般呼嘯，似要將這世間的希望都一併捲走。屋內燈光昏黃黯淡，在這狹小逼仄的出租屋裡，我翻開那本破舊不堪的相冊，手指輕輕撫過一張張泛黃的照片，往昔的回憶裹挾著無盡的悲傷，如洶湧的潮水將我徹底淹沒。

小時候，夜幕低垂，我常依偎在父母身旁，聽他們講述年少時的夢想。父親回憶起在田徑場上奔跑的日子，目光中滿是光芒，那時的他，夢想成為一名運動員，在賽場上風馳電掣，讓汗水與榮耀一同揮灑。母親則輕聲訴說著對繪畫的熱愛，一支畫筆，就能勾勒出心中的夢幻世界，她渴望有一天，自己的畫作能在藝術的殿堂裡熠熠生輝。然而，生命的浪潮洶湧，物質的匱乏、家庭的責任，如同一座座沉重的大山，壓碎了他們年少的憧憬。父親放下跑鞋，投身忙碌的工作，母親收起畫筆，在柴米油鹽的瑣碎中，將夢想塵封。

我站在人生的十字路口，父母的期望如無形的繩索，牽引著我走向他們認為的安穩港灣。他們讓我找一份收入豐厚、安穩體面的工作，在朝九晚五的節奏裡，擁有平凡而踏實的生活。這期望裡，藏著他們半生的滄桑與對我的深切疼愛，他們不想讓我再經歷生活的驚濤駭浪，只想我能在平靜的港灣安然度日。

我的心中，我曾想過未來要做甚麼。成為作家吧，用文字記錄世間的冷暖，編織夢想的詩篇。在文字的世界裡，建構自己的天地，讓每一個字代表著一段經歷，讓每一隻雛燕繼續飛翔，但現實的寒風，總會吹熄燭火。每當我談到自己的夢想，父母眼中的擔憂便如烏雲般密佈。「寫作能有多少收入？未來的生活怎麼保障？」這些話語，像冰冷的雨滴，落在了我的窗邊。生命的瑣碎與壓力，也如影隨形。可看著父母每日煩惱著的房租、水電費、日常開銷……它們無不在提醒我，生活的底色是現實，夢想似乎遙不可及。

在無數個寂靜的夜晚，我獨自徘徊在夢想與現實的邊界，思考著，掙扎著。我不想放棄夢想，那是我空洞軀體裡的迴響，是生命的意義所在；可我無法忽視父母的期望，那是他們用半生心血凝聚的愛。

我每晚看著窗外，高樓林立，我開始尋找我的那盞燈。鋪開稿紙，讓時間變慢。我知道，這一路充滿荊棘，但我願帶著父母的期望，懷抱著自己的夢想，在人生的道路上堅定前行。

日子很長，一眼望不到盡頭。日子很短，我能看清未來。我清楚地知道人與人的路是不可複製的，我走在自己的人生路上，哪怕路途的風雨再大，大到我步履維艱，哪怕荊棘叢生，刺得我傷痕遍布，我也依舊痴痴笑笑，體會這箇中滋味。我相信獨遊的小船終有一天會看到兩岸群山青翠，蟲鳥同鳴。

在每個孩子的成長過程中，父母的期望總是如影隨形。小時候，這些期望可能是希望我們能學會基本的生活技能；而到了中學階段，則轉變為對學業和未來職業的期待。這些期望對我來說，既是一種鼓勵，也是一種壓力。在我成長的過程中，父母的期望如同一根指引的明燈，無時無刻不在鼓勵著我向前走，特別是在籃球這項運動中。

小學的時候，我對籃球的熱愛源於與朋友們在校園裡的快樂時光。每當下課後，我們就會聚在操場上，揮汗如雨地打籃球。那時的我，並不懂得籃球的技術和戰術，只是單純地享受著這項運動帶來的快樂。我夢想著有一天能成為一名出色的籃球運動員，為自己的球隊贏得榮譽。

進入中學後，籃球成為我生活中不可或缺的一部分。我加入了校隊，開始接受系統式的訓練。隨著技術的提升，我對籃球的熱情也愈加高漲。同時，學業的壓力卻也隨之而來，父母希望我能在這個階段保持優異的成績，令我進退兩難。

我告訴他們籃球對我的意義，不僅僅是一項運動。我希望能在這項運動中追尋自己的夢想。他們漸漸理解了我的熱情。他們意識到，籃球不僅能鍛鍊我的身體，也能培養我的團隊合作精神和堅持不懈的態度。

隨著時間的推移，我在學業和籃球之間找到了更好的平衡。我開始制定計劃，合理分配時間，在保持學業成績的同時，依然能投入到籃球訓練中。未來，我希望能夠進入一所大學，繼續追尋我的籃球夢。或許這條路並不平坦，但我相信，只要我付出努力，終有一天能夠實現自己的夢想，讓父母感到驕傲。

如今，我依然在籃球場上揮灑汗水，努力追求自己的夢想。父母的期望與我的夢想在這個過程中成為我前進的動力。每一次的訓練和比賽，都是我成長的見證。我明白，無論未來的路有多麼艱難，父母的支持將永遠是我最堅實的後盾，讓我勇敢面對一切挑戰。在父母的期望與我的夢想之間，我找到了一條屬於自己的道路。這條道路不僅能讓我追尋內心的渴望，也能讓我在父母的期待中茁壯成長。

「望子成龍，望女成鳳」，很多家長都希望自己的孩子都能有傑出的成就。

或許是每個家長都希望自己的小孩文武雙全。小學的時候，我有很多的同學都很忙碌。每天放學，他們星期一至星期五都忙於到補習社、功課班，然後再去興趣班，有的上田徑班、有的上游泳班、有的上劍擊班等等。我比較幸運，父母只會幫我報讀一些我有興趣的課外活動。

我的父母都是專業人士，但他們對我總是保持著適當的自由和支持。他們鼓勵我追隨自己的興趣，而不是強迫我去參加各種課外活動。這讓我有更多時間去探索自己的夢想。可是，我的成績不怎麼突出，應該無法像他們一樣。

我卻有一個當飛機師的夢想。在小時候，我常常在自己的房間裡仰望天空，看着一架架的飛機飛過天空。這件事使我的夢想慢慢發芽，常常幻想自己變成飛機師，駕着飛機飛到不同的地方去。

為了實現我的夢想，我報讀了有航空科技科目的中學，看着師兄師姊們在學校操控飛行模擬器，以及在中學時期到澳洲駕駛小型飛機訓練的報道，心裡又更加確定了我的夢想。我開始為自己去報讀航空科技的目標進發。

在未來的日子裡，我將不斷努力，學習更多的知識，掌握更多的技能，讓自己的夢想不斷照進現實。我不知道我是否父母的理想孩子，也不知道父母是否支持我，我也不知幾我的夢想將來能否實現，不過我會一步一步的向我的夢邁進，成為一個優秀的飛機師。

《父母的期望，我的夢》

1HW　羅紀翹

在每個人的生命中，都有一些人的愛支持著他們成長。對我而言，父母的愛是不可或缺的，他們是我追尋夢想的最大動力泉源。我的夢想，是成為乒乓球香港代表隊，不僅是對運動的自我追求，更是回饋父母那份無私的愛。

我的爸爸在我年幼時已經離開了我，雖然我無法親身感受到父親的愛，但我從母親口中得知，他熱愛足球，每次上場都必定全力以赴，無論遇上任何困難與逆境，他和他的隊友都憑著不屈不撓的拚搏精神，將香港精神發揮得淋漓盡致，一分一分地將逆境扭轉，所以我深信如果他知道長大後我的夢，一定會時刻為我打氣，期待我一步一步向著夢想邁進。

我的媽媽在行動上給予我最大的支持，更是我的乒乓球啟蒙教練。回想起小時候，我常在家裡用小手揮舞著乒乓球拍，幻想著自己成為奧運選手的模樣。她總是瞇著眼笑，然後耐心地教會我「滴滴仔」，一下一下地跟我對打。長大過程中，無論是上訓練堂或是出外比賽，她總會耐心地站在一旁，靜靜地陪伴著我，生怕給予我無形的壓力。每當她看到我在球場上有小進步或小成就時，臉上總會閃出光彩。

記得在一次學界比賽中，我遇上了一位實力強勁的對手，讓我不知所措，幾乎想要放棄之際，媽媽在旁鼓勵我勇敢面對。最終，雖然我沒有贏得比賽，但我克服了恐懼，戰勝了自己，發揮了一貫的水準。媽媽常跟我說：「真正的勝利在於不斷挑戰自我、超越自我，能在比賽中不斷吸取經驗，那怕是失敗的經驗，都能驅使你進步及實現夢想的關鍵！」她期望我在球場上學習面對失敗，讓我明白到失敗只是一個過程，它能令我成長和進步，從而用諸於面對日後人生中大大小小的挫折。這種正向的心理建設彷彿為我打下一支強心針，讓我不輕言敗，正面面對刻苦及磨練。

媽媽跟我訴說香港人「同舟共濟」的精神和情懷，《獅子山下》中「放開彼此心中矛盾，理想一起去追。同舟人，

誓相隨，無畏更無懼……」深深地影響著我。在乒乓球團體賽中，隊友們的互勵互勉讓我真正體會到何謂「同舟共濟」，共同迎接挑戰，這正是團隊精神的真諦。這不僅在比賽中體現，也是在生活中彼此扶持的力量。媽媽期待我學會這一點，這比比賽的成敗得失更為重要！

感激父母的每一點心意，一點一滴地為我塑造正確的人生觀，讓我能憑著他們的愛不斷前行，面對人生旅途中的種種挑戰。期望將來的某一天，我能站在國際賽場上，為港爭光，將這份愛及香港精神發光發亮，傳遍世界！實現我的夢之餘，更是對父母無私奉獻的最好回報！

們，我會努力學習相關的知識和技能，為實現我的夢想做好充分的準備。

漸漸地，父母開始理解我的選擇，他們看到了我的熱情和努力，也意識到遊戲行業的潛力。他們雖然仍然有些擔心，但他們也開始支持我的夢想，鼓勵我勇敢追逐。

「公公婆婆對我的期望？」媽媽被我突如其來的一問顯得手足無措。「我從來沒有問過你公公婆婆！我亦不敢去問。」我看到媽媽表情突然肅立起來，沉思了一會後卻反問了我：「那媽媽眼中的你是怎樣嗎？」我急不及待露出一個鬼臉，高傲放肆地說了一大堆自己的優點。媽媽聽完後點頭落力地和應着我，但原來我的興奮忽略了媽媽眼角凝着的小水點。

媽媽從來沒有對我天馬行空的夢想否定過，也沒有吐槽過。我曾經想像芭比那樣，每日能夠轉換職業，今天是空姐芭比、明天是太空人芭比、後天是賽車手芭比，簡直瘋狂好玩；我也想過做職業殺手，《這個殺手不太冷》裏的瑪蒂達真的太酷了，不是嗎？她從來沒有對我這些不合情理的胡言而責罵我，還告訴我如果這是我的夢想，就為自己去追吧！

一天，媽媽說要我陪她去看戲，這齣電影看來很陰沉，我有點害怕，但我知道媽媽很想很想去看。我們由走入戲院那刻媽媽就緊緊握着我的手，直至完場後她還沒放開。媽媽這天似乎特別傷感，我看到她的眼淚不停地流，眼淚從她的手滑到手袖，全都濕透了，但她卻是靜悄悄的，完全壓制着自己的抽搐聲，直到片尾曲播放完，只剩下我和她。走出戲院那一刻，我的心也有點痛，媽媽平伏心情後說：「公公婆婆就是《破．地獄》的文哥，而我似志斌嗎？」媽媽似是苦笑了一下。當然我對戲情不是完全太懂，但我知道公公婆婆對媽媽的期待是相當嚴格的，由讀書到工作，媽媽都是按照被安排好的那樣做。但我知道媽媽有一個夢，就是想去不同貧窮的地方體驗人生，做着有意義的工作。

雖然媽媽從來沒有對公公婆婆有甚麼怨言，也沒有甚麼怨天尤人的情緒，但是他們所認為的愛是否掩蓋了媽媽的夢想呢？我不知道，我只知道媽媽很理智地擺脫了這個枷鎖讓我自由，讓我明白到我的夢絕對不是我父母的期待，正正就是那樣，父母給了我無限的勇氣與自由，讓我無拘無束地去追逐我的夢！

初中組

《父母的期望，我的夢》

1CM　陳樂菲

每個人的生命中，都有一盞指路明燈，而我的那盞，無疑是父母殷切的期盼。他們的愛如春雨般滋潤著我成長，也如磐石般，默默地為我的人生道路奠基。然而，當我開始編織屬於自己的夢想時，這盞明燈的光芒，似乎也開始與我內心的渴望，產生了一絲微妙的拉扯。

我的夢想，是成為一位遊戲設計師。從小，我就沉浸在遊戲的世界裡，那些精妙的劇情、獨特的玩法，以及帶給人們的歡樂與感動，都深深地吸引著我。我渴望創造出屬於自己的遊戲，用我的創意和熱情，為玩家帶來獨一無二的體驗，甚至透過遊戲，傳遞一些正面的價值觀，啟發更多的人。

然而，在我的父母眼中，遊戲設計師這個職業，似乎並不如他們所期望的那般「穩妥」。在他們那個年代，穩定的工作才是王道，他們希望我能成為一位醫生或律師，擁有體面的社會地位和穩定的收入。他們認為，這些職業不僅能讓我生活無憂，也能讓他們在親友面前感到驕傲。

我知道，父母的期望並非出於私心，而是源於對我的愛與保護。他們經歷過生活的艱辛，希望我能避免走彎路，擁有一個安穩幸福的人生。他們擔心遊戲行業變化快速，競爭激烈，害怕我的夢想會變成一場空。

面對父母的期望，我並沒有選擇直接反駁，而是嘗試與他們溝通，分享我對遊戲的熱情和對未來的規劃。我向他們展示我參與遊戲設計的項目，解釋遊戲設計背後的邏輯和創意，讓他們了解遊戲並非只是玩樂，而是一種充滿挑戰和創造力的行業。

同時，我也努力提升自己的學業成績，讓他們看到我並非只沉迷於遊戲，而是有能力兼顧學業和夢想。我告訴他

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也不負所望的解決了事情。在他學校內，也會有人開始和他聊天了，但他在校中依舊是獨身一人，這個問題沒有困擾我很麼久，因為在又一次回家時偶見他時，我便懂了。

太陽準備下山，湖中的清波被橙黃色的夕陽所感染倒影著另一個太陽，他就坐在湖邊的橋上手中拿著一幅畫，我站在遠處看得不太清楚，只看見畫上充滿七彩的繽紛的色彩。片刻後，他抬起頭望到了我，詢問我是否前來看落黃昏之景，待我點頭後，他便邀請我坐到他身側，他說他有時候會到此處看著太陽漸漸落下，隨手拿起照相機把周圍的風景記錄下來。我望向他的畫，是不同於眼前的配色而畫成的畫，手邊有著各種的顏料。不等我把話說出口，他便搶先一步回應了我心中的疑惑。他透過湖中的倒影看著美麗的夕陽緩緩說道，因為這幅畫不只是現在，只是現在的太陽被記錄在畫中。畫中是不同時間但相同的地方的景色所構成，而今日的夕陽是畫中的最後一筆，這幅畫已經是完成品了，他說：「你要看看嗎？」他向我遞來畫，我雙手接過，只需第一眼我便知道他獨特。

這段回憶我可能會記得一輩子，畢竟和他一樣特別的人相處，我是第一次，他是一位特別又不特別的人。特別是因為他處事和做事的視角都以一種獨特的方式去做，不特別是因為每個人都是特別的，只是他所擁有的特別之處比較稀有罷了。

與他的相處中，我學會了事情不單只有一個解決方法，或者轉個想法便有了解決問題的鑰匙，這也是我在特別的他身上獲得的獨特禮物。

個站在台上閃閃發光的會是我，可我卻認為這是天方夜譚，一個被暗籠罩的人怎麼可能閃閃發光。聽完他說，我有了一些信心，也對曾經的自己釋然了不少，也決定不辜負老師的認可，去試試和同學們分享。

直到分享那天，上台前，我還緊張的瑟瑟發抖，可直至聽到他從容且慷慨激昂的分享後，我的心彷彿吃了顆定心丸，莫名安心了許多，因此我也從容不迫地完成了我的分享。完成分享後，他和我說：「其實你也可以做的很好，所以不必憂慮自己會做不好。」直到此刻，我才開始真正意識到原來自己也可以熠熠生輝，只是缺少了嘗試的勇氣。

時光流逝，光陰荏苒，時間猶如白駒過隙，只留下了碎片化的記憶。我們從童言無忌，無憂無慮的小孩，到現在成為了有理想的少年，走著自己去所選擇的那條道路，也努力著成為更好的自己。

多年後，這次輪到我主動地邀請他和我一起吃午飯，現在我們也獨自生活在這座城市。多年後的一次敘舊，我們都變了不少。現在的我們都不太愛說話，安安靜靜的，也很低調和謙遜，並越來越理性。他還是跟以前一樣很成熟，而我也成為了一個可以獨擋一面的大人。吃飯時，他問我說：「跟家里人關係怎麼樣？」我回答說：「其實不是特別好吧，不知道怎麼和他們溝通。」他也回應我說：「嗯嗯，怎麼表達和溝通也是需要學習的，很多時候都是報喜不報憂的。」我也是第一次聽到這個方法，雖然以前不懂報喜不報憂，但也很少和家里人說我的過得怎麼樣。正好如此，他比以前還要更加成熟，明白和看透的越多，情緒也變得很穩定，成為了絕對理性的大人，他也和我說人要理性一點，不要太感性，我們要明確的不是事情的正確與否，而是客觀去理解被人的看法和做事的動機。

朋友其實本身不特別，而是我們一起所經歷的一切回憶使其變得特別。在相處的過程中，我們可以從對方的身上學習以及領悟一些道理。友誼終究需要時間的磨練，你才會發現友誼的魅力有多大，可友誼也要有界限，這不是枷鎖，而是恰到好處的控制。我這一生中遇過很多人，他們都如指尖的煙火忽明忽暗，而我看見了滿是煙塵中，璀璨如明燈的「他」。所以我們的友誼像玉蘭花一樣，永遠真誠，永遠熱烈！

一人一故事

我認為每個人在世上都是獨一無二的存在，只是在每個人的性格上都或多或少的相似。所以才被眾人分別為正常，當然有正常就有人被分判為不正常，但何為不正常，在我看來不正常也可為一種獨特的表現。恰巧我便認識一位被世俗認定是不正常卻從我眼中是特別的朋友，讓我仔細地介紹一下這個朋友的不同之處吧。

在我小時候，我獨自一人出外遊玩時偶然遇見了他，從外觀上看與常人無異，只是在與人交流上有些內向。這對於小時候的我說不算上什麼異常，因為我活得比較多而密他只需要負責擔任傾聽者。我也是在其他人的口中才得知他的「不正常」，他們說他患有自閉病是怪人從此開始便有人孤立他。但我不是和他同所學校，所以這是他後來才對我說的。在人們小時候，大多數人還未有標準的擇友條件，雖然他不愛交流，但是他依舊受到很多人的喜歡。到後來長大了，才偶然發現他的身邊好像不同往日，並沒有甚麼朋友，卻聽見了一些對他的議論，我不理解他們為何要這樣做，他們又不了解他只是對於他表面上的奇怪而造出了一些不符實際的評價，難道他們這樣做有意義嗎？在我得知他被討論的消息後，我才明白事情的起源。

在他那所學校裡，有人偷看了他的檔案，卻發現他的病歷上寫有自閉症，後來便在校中傳開，沒有人願意再和他主動交談了。我明白事情的發生時感到疑惑，因為他在我印像中雖是內向的人，但絕不是能夠容忍，所以便直接去問他了，他很意外我會問他這問題，但他還是回覆我了。

他對我說，不理會那些人的傳謠，其一那確實是真的，其二他不在意他人對他的看法，便成了這種情況。我聽完他竹回答後恍然大悟，腦中似乎打開了新位置，才發看自己的思維被正常想法所影響，也許在某些環境你可以用特別的視角去看問題。這次對話讓我說發現了新的角度去看事情。我認為雖然本人可能不在意，但是問題也是要去解決的，不能放在一讓時間解決。時間也許會沖淡事情的影響力，但永遠不會消去。在我的鼓勵下，他向老師說明事件的問題，老師

一人一故事

有時候，因為她有著外向的性格，影響了我，例如平時我說話的音量比較低，但和她一起時會令我變得外向，說話的音量也提高。只要和她一起，我就會變成一個外向的人。

只可惜，上學期，她需要到外國讀書，離開了我的身邊，亦都因為時差問題令到我們之間少了聯繫，但我們有空就會聯絡對方，甚至一起玩遊戲。雖然因為她需要到外國升學，但無論發生甚麼事，都不會破壞我們之間的友誼。

一人一故事

朋友本來就是很常見、很普通的東西，但正因如此朋友才很特別。在年少青蔥的年紀，我遇見了那個特別「他」，「他」或許不起眼，但需要他時他總會及時出現。俗語有云：「萬兩黃金容易得，知心一個也難求」人生一世雖然如同隙中駒般短促，但也因刻骨銘心的友誼熠熠生輝，而友誼則是流年里不可或缺的連結，在茫茫人海中漫尋，以一腔真誠，便能尋得莫逆之交。

回首過去，我們「相遇」的那天，他在樹蔭下站著發呆，樣子憨憨的，我問他怎麼不去打球，他告訴我他喜歡樹蔭下靜靜地，覺得打球是小孩子才會做的事。我們就在樹蔭下聊了好久好久，才醒起上課的鈴聲已響起。從那次的聊天中，我發現對比同齡人來說，他是一個很成熟的孩子。在一個本該懵懂的年紀，他卻明白很多。平時的他不愛說話，安安靜靜的。可和他聊天時，他笑起來總是憨憨的，就如同傻笑一樣。

有一天，老師突然找到我們，問我們有沒有興趣幫忙去做一個分享，在台上分享自己的讀書和處事的一些心得。正當我還在思考的時候，聽到他和老師說：「沒問題啊。」而我卻因為內心的恐懼而遲遲未答應老師。老師看出了我的窘迫，就決定說：「給你幾天時間考慮一下吧。」而我呆呆的站在原地，嘴裏沒有吐出一個字。

經歷一個週末的反復思想博弈之後，我想也是時候給老師一個交代了，但我心裏還有些猶豫不決，沒有辦法真正去做出一個決定。他找了我一起吃午餐，他問我：「你給老師答覆了嗎?」，我回答說：「還沒有呢。」他又問我：「你是不是有點膽怯？」，我回答說：「是的，我覺得自己會做不好。」聽完我的回答，他想了想說：「其實不需要膽怯，因為還沒有做又怎麼知道自己就會做不好呢？而且老師既然找到你，就是對你有信心，對你能力的一種認可。」說到這裏，我想起了我的一位姓林的師兄，他經常上台和同學們做分享，分享他的經驗，讓我們也受益良多。看著他在台上閃閃發光，一臉從容自信並流暢的和同學們分享著屬於他的經驗和經歷。我很羨慕他從容與自信，也有很多人和我說下一

一人一故事

許多東西，不僅是學業上的知識，還有面對生活的態度。她教會我如何在困難中尋找希望，如何在挫折中站起來，這些都是我人生寶貴的財富。小婷的陪伴讓我不再孤單，在這個快節奏的社會中，我們的友誼成為了心靈的港灣。

小婷的特別之處在於她總是能在需要的時候出現，並用她的熱情和正能量感染我。她的存在亦令我明白了友誼的真諦，也讓我更加珍惜身邊每個人。我希望在未來的日子，我能像小婷一樣成為一個能夠給予他人支持的人。這段特別的友誼，將會是我人生中永遠的珍藏，亦是我寡淡無味青春裏特別的存在。

5CC　梅慧妍

在我們的班級中，有位同學讓我特別印象深刻——黃巧殷。不僅在人際關係很好之外，還在藝術方面表現優異。她具備許多獨特的品位和才能，使她成為我們班級中不可或缺的一部份。在這篇文章中，我將分享我和她的故事，以及她為我們帶來的啟發。

首先，巧殷給我的第一印象是一個文靜的人，而我也是個文靜的人。但令我出乎意料的是她主動和我聊天。她擁有濃密曲髮，又大又圓的眼睛，擁有大大的笑容，令我感到很溫暖。她有著輕盈苗條又玲瓏的身體，讓我認為她是個溫柔又善良的人。我很記得她跟我說的第一句話是：「你想和我做朋友嗎？」我立刻同意並與她成為中學第一個朋友。

隨著時間過去，我發現她其實是一個很外向的人，亦都發現她善良的品格上，她對每個人都總是充滿關心和理解，無論是同學或老師，她總是對他們充滿熱情和樂於助人，令我不得不更加想跟她學習。我本身是有家庭問題，她注意到我心情低落時，她總會想盡辦法令我心情變得好一點。原來她和我也有類似的經歷，所以她也明白我的心情，說服我所有事情都會沒事的，所以我感到很幸運認識到她。當有同學因一些事而情緒低落時，她也會幫助他們，令他們重新找回自信。這一切都離不開支持和幫助。

她的特別之處深深影響著我，也激勵著周圍的每一位同學。透過她的榜樣力量，我學會了如何更好地互相幫助，珍惜彼此之間的友誼。在她的引導下，我開始更加關注自己的學習態度，努力去追求卓越。同時，她的善良與無私奉獻也激勵著我檢討自己，思考如何在生活中能夠更好地關心他人。

除此之外，她在藝術方面表現色，她總會在有空時繪畫，也會為班上佈置。我還很記得她繪畫了我，並分享給我看，畫中的我有著大大的笑容，笑得很開心。正正因為她有這種才華和個性，令她在班上的關係變得更加和諧。

一人一故事
一人一故事

芷晴的特別之處，還在於她對友誼的理解。她總是能夠在我有需要的時候出現，無論是快樂還是悲傷，她都會陪伴在我的身邊，給予我當時正需要的支持和鼓勵。她的這份陪伴，讓我感到無比的珍貴。我們之間的默契，不需要太多的言語，彼此眼神的交會就能理解對方的心情。芷晴用她的行動告訴我，真正的友誼是相互扶持、共同成長的，這種深厚的情感，讓我倍感欣慰。

總之，芷晴就是那個讓我感到特別的朋友。她的性格、單車的才華、對生活的熱愛以及對友誼的深刻理解，都深深影響着我。她教會我如何在生活中找到快樂，如何面對挫折，如何珍惜身邊的人。擁有這樣一位朋友，是我人生中最大的幸運。我相信，這份友誼會伴隨我們走過更多的春夏秋冬，成為生命中最美好的回憶，永遠留在心中。

一人一故事

4LC　江貝娜

在我們生活中，朋友是不可缺的存在。他們在我們的喜怒哀樂中陪伴着我們，分享在生活的點滴。在我的生命中，有一位特別的朋友。她叫小婷，她不僅是我的同學，更是我生命的一盞明燈。小婷有着一雙明亮的眼睛，總是流露出智慧的光芒。小婷的性格開朗、大方，總是能夠輕易地與人打成一遍。無論是在課堂上還是在課外，小婷總是那個積極主動的人。她不怕挑戰，勇於嘗試，這種精神深深感染我。每當我面臨困難或挫折時，小婷總是能給我鼓勵和支持，讓我重新振作起來。

我還記得有一次在科學科，我們要做一些危險的實驗，當時老師把我倆分成一組。起初，我對這個項目並不抱太大的希望，因為我對科學並不感興趣，甚至有些畏懼。然而，小婷卻充滿激情地向我介紹這個項目，並鼓勵我一起合作。她主動分配任務，耐心地教我如何進行實驗，並不斷地給我支持。在小婷的影響下，我也漸漸對科學產生了興趣，甚至在展覽中獲得了優秀的成績。

除了學業上的支持，小婷在生活中也總是關懷他人。有一次，我因為一個小小的挫折而感到沮喪，情緒低落，甚至不想與任何人交流。小婷卻敏銳地察覺到我的變化，主動約我一起去看電影。小婷用幽默的方式讓我放鬆心情，並在電影結束後聊了很多輕鬆的話題。漸漸地，我的心情變得明朗了許多。小婷的陪伴讓我明白，朋友的存在就是在我需要的時候，默默地給我支持和力量。

小婷也有她獨特的興趣和愛好。她熱愛跳舞，經常在空閒時間跳一些流行的舞蹈，並且對音樂也有一些興趣。我對跳舞的了解不多，但在小婷的影響下，我開始對跳舞產生了興趣。

我們亦經常一起「追星」，分享對「追星」的感受和見解。這讓我感受到朋友的重要性。在這段友誼中，我學會了

一人一故事

意珵對文鳥的熱愛其實也影響了我。我也開始學習如何照顧小動物，甚至向爸爸提出想要養一隻寵物。雖然爸爸說可能要等我長大一些才能負責任地養牠們，但我卻知道這是我對文鳥的一份期待！

這就是我的朋友黃意珵。她讓我懂得了友誼和愛護生命的重要。她的特別不只是對文鳥的熱愛，更在於她如何用心去對待身邊的一切！我也希望能像她一樣，成為一個善良，關心他人的人，讓生活變得更好！

在我的生活中，有一些朋友是我心中永遠的珍寶，而其中一位朋友尤為特別。她叫麥芷晴，是我從小到大的摯友。芷晴特別之處，不僅在於她的性格和才華，更在於她對生活的獨特見解和對友誼的深刻理解。

芷晴是一個性格開朗、熱情洋溢的人。無論何時何地，她總是能夠用她的笑容感染周圍的人。記得有一次，我因為考試失利而感到沮喪，芷晴主動邀請我去她的家。她準備了我最愛的零食，還特意為我放上了輕鬆愉快的音樂。在那個下午，我們邊吃邊聊天，芷晴耐心地聆聽我的煩惱，並用她獨特的方式幫我分析問題，她告訴我，失敗並不可怕，重要的是從中學習並不斷進步。她的話如同一股暖流，驅散了我心中的陰霾，讓我重新振作起來，重新燃起了對未來的希望。

除了性格，芷晴還擅長踏單車。每當她騎上單車，彷彿整個世界都變得更加生動。芷晴的單車技術非常出色，無論是平坦的公路還是崎嶇的小道，她都能輕鬆駕馭。她常常帶着我一起去騎單車，讓我體驗到風在耳邊呼嘯的快感。有一次，我們約好去郊外踏青，騎着單車沿着河邊的美景而行，笑聲隨風飄散，讓我感受到了一種無與倫比的自由與快樂。那份自由和快樂，讓我感受到生活的美好，彷彿一切煩惱都隨着風而去。

芷晴對生活的熱愛也深深影響了我。她總是能夠在我平凡的日子中找到各種的樂趣，無論是一次簡單的野餐，還是一場突如其來的旅行，她都能夠把它們變得充滿意義。記得有一次，我們計劃去一個新開張的咖啡館，結果遇上了同樣突如其來的暴雨。許多人都選擇取消計劃，但我們卻不同，芷晴突然提議在雨中騎單車，享受這份難得的狂歡。我們在雨中嬉戲，笑聲迴盪在空中。那一刻，我明白了什麼才叫做「生活的藝術」。芷晴教會了我，面對困難時，樂觀的心態和隨性而為的精神是多麼重要，這樣我在未來遇到困難時，也能夠更加從容不迫。

一人一故事 一人一故事

有時下雨而我又沒有帶傘的時候，她撐起她那一把小小的、紫色的一把傘，那把傘不能完全遮蓋着我們兩個人，我們每次也是各自有半個身子是被大雨淋濕了的，我常跟她說：「不如你還是一個人走吧，等一下我叫家人來接我就好了，每次這樣淋濕半個身子，會很容易生病的。」而她總是笑着這樣回答說：「沒關係的，回到家洗澡就不會那麼容易生病了，我們一起走吧！這裏又大風，有時雨水又會打進來，更容易感冒呢！」語畢，她又把那小小的雨傘撐起，拉着我的手一起走。

有時，當我心情不好，就連家人和其他朋友也沒辦法讓我開心起來的時候，她又總是會用那些不是太搞笑的笑話逗我開心，又會想方設法地像當我是孩子一樣地哄我，而她這些行為又確實令我和她一起大笑了起來。

她這種捨己為人、善良開朗的性格，令我覺得她是在我所有朋友中最特別，最與眾不同最特別的一位。因為這樣，讓我覺得在人生能夠遇到她，能夠和她做到好朋友真的很幸運，也會令我更加更加珍惜我和她這段友情！

在我的生活中，有一位特別的朋友，她叫黃意珵。意珵的特別之處在於她對文鳥的熱愛。她總是能夠把那些鳥兒與我們聯繫起來，讓我感受到生命的美好！

意珵家裏養著兩隻可愛的文鳥，每次去她家我都迫不及待想看看那兩隻文鳥。她的客廳裏有著一個巨大又漂亮的鳥籠，裏面住著兩隻可愛的小精靈。一隻叫糯米糍，一隻叫芝麻。糯米糍全身潔白，像一顆棉花糖；而芝麻就與牠的名字一樣，頭上的毛是黑漆漆的。雖然兩隻小鳥的性格截然不同，但卻相處得非常要好。意珵告訴我，這兩隻文鳥不僅僅是寵物，更是她的情緒支柱，是朋友！

每天放學後她都會花時間和心思去陪伴和照顧她的鳥兒，給牠們餵食，和牠們聊天。她有時甚至會唱歌給牠們聽！這樣我覺得她的世界充滿了音樂和歡樂。還記得在中一的時候，我有幸被她邀請去她家看文鳥。這也是我第一次去她家看她的兩個朋友，我興奮極了！心裏一直期待著那兩隻「小可愛」。當我走進她的客廳，就看見糯米糍在籠子裏跳來跳去，而芝麻則是安靜地站在一根樹枝上專注地看著我。我忍不住伸出手指輕輕觸碰牠的羽毛，牠竟然用小喙啄了我一下，這讓我驚喜不已。意珵哈哈大笑的說：「看啊，她在跟你打招呼呢！」她告訴我文鳥有很多有趣的習性，例如她們喜歡在陽光下洗澡把自己的羽毛弄得乾乾淨淨的。每當她帶著牠們到窗邊，陽光灑進來，小鳥們就開始展翅飛舞！那樣的畫面真是可愛極了。聽完她和鳥兒們的日常後，我也想擁有一隻屬於自己的寵物，和牠們分享生活中的點滴。

意珵的特別之處還在於她的愛心。每當我遇到煩惱或困難時，她總是會耐心地聆聽並給予我幫助。記得有一次，我在英文考試中考得不好，心情無比低落。她沒有直接告訴我要怎麼做，而是陪我一起複習，讓我明白怎樣做一些不會的題目。慢慢地，我的信心回來了。這不僅是因為我學會了英文，更是因為有意珵在我身邊支持我！

「思若，下個星期的數學小測要再好好把握，不要再錯一些粗心大意的題目，五天後便是小測，明天和你一起去圖書館溫習吧！」紫棋一邊圈下我經常犯錯的題目，一邊和我說。同學們聽到她的對話，都紛紛投來異樣的目光，有同學小聲地說：「有必要嗎？那麼早開始溫習？」但她卻並沒有理會旁人的目光，而是繼續為我講題，我對她的提點已司空見慣，我點點頭接過她手中的筆奮力練習，這位特別的朋友是因為她他與別人不同的行為和表達，令我十分欣賞她。

記得有一次數學小測，我的分數不理想，而班裏的平均分也離合格相差甚遠，我的淚水在眼裏打轉，我小聲抽著。同學們看見都紛紛前來安慰我：「沒事的，其實班裏也有很多人不合格，你看看子謙這次也沒有合格呀！」「對呀！更何況這老師上課確實很無聊，上課時很多同學也睡著了，不合格也正常。」同學們你一言我一語地說著，還有同學貼心遞紙巾。雖然我知道，他們的安慰只是在幫我找藉口，但我聽到他們的安慰，心裏也舒服了不少。這時，紫棋突然轉身樣子看起來很冷漠地對著我說：「你想數學課時既不專心也不認真，更何況預備小測至少需要提前一星期溫習，但你卻臨時抱佛腳，前一晚開始溫習，你有很多知識點也不懂，也不主動問老師，越積越多，當然溫不完。」說完便離開了。我看著她的背影，心想：她真的很煩，明明心情已經恢復了，你還要說這些將我打回低谷！

沒想到第二天上數學課時，雖然她滿臉寫著不耐煩，但她還是對著因數學煩惱的我問了一句：「有沒有什麼不懂？」我一臉驚訝地看著她用力地點著頭，她嘆了口氣還是坐下為我解釋，她說：「唉！你連這些基礎題也不懂，不如我放學幫你補習吧！更何況你這些簡單的題目也不懂，真是無藥可治。」我被她的真誠所打動，也對自己之前的不滿感到慚愧，之後便一口答應了她。

在補習的時候，雖然她嘴唇說著嫌棄我有很多不懂，但身體卻很誠實，細心地為我解釋每一題不會的題目，會再重複說一次直到我懂為止，就算她十分嘴硬，但她的真誠藏不住。

「以銅為鏡 可以正衣冠；以古為鏡，可以知興替；以人為鏡，可以明得失。」紫棋就像我的鏡子，可以看到自己的一些過錯，所以我很珍惜這位特別的朋友。

昨天下午，當我收拾房間的時候，找到了藏在書櫃裏一張塵封已久的照片。可能因為放了太久的原因而微微發黃了。那張照片是我小學三年級的時候拍的，是和我當時的同學和老師一起拍的一張班相班相。在那張班相中，我看到了那個奇奇怪怪，因個子矮小而坐在前排的女孩。

記得當時是我剛轉校到那間小學沒多久，由於自己一直都是比較內向的，因此我當時總是坐在的自己的座位上，默默地觀察每一位同學。其中有一位坐在角落的女孩，她有着及肩的短髮，帶着紫色框眼鏡，個子矮矮的。我看見她總是一個人獨來獨往，往洗手間時是一個人去的；小息時是一個人坐在角落裏靜靜地吃零食的；連放學也是一個人走的。當時我的朋友們都認為他很奇怪，會認為她是不是因為性格不好而沒有交到朋友，才總是一個人獨來獨往。

到後來我們被分到了不同的班，我就沒再看到她了。直到升到中學時，我們被分配到同一間中學，分到了同一班，老師讓我們去認識一下新朋友，我才和坐在我旁邊的她打了招呼。那是她已經長高了很多，而頭髮也不再是及肩的短髮了，是紮着的辮子，眼鏡也換成了黑色框的了，唯一沒變的是她那文靜的性格。

到了真正和他對話時，是在和她做老師安排的小組作業時，我才發現她其實很友善，在我困惑時，她會提出很多合適的建議，而且她也很樂意協助我完成困難的部份。

再到後來，我們慢慢地成為了志同道合，無話不談的知己，會一起上學，午息時會一起吃飯，放學時又會一起到商場買東西吃，有時週末還會約對方出來去逛逛街或去迪士尼等等。和她熟了之後，才發現她完全不像是我三年級時看到的那個安靜又奇怪的女孩。那種認為他奇怪，不易相處的感覺通通都消失了，取而代之的是認為她很特別，和別人不一樣的感覺。

在我的生活中，有一位朋友讓我印象深刻，她就是小彤。小彤在班上很受歡迎，因為她有着讓人無法忽視的特質。她的特別之處不僅僅體現在她的外貌或是才華，更在於她的性格和對待生活的態度。每當我與她相處時，總能感受到一種獨特的能量，讓我對生活充滿了期待和希望。

她的機靈活潑和天真爛漫總能給我帶來無盡的歡樂。每當回想起與她共度的時光，那些歡聲笑語就彷彿還在耳邊迴響。

小彤一頭烏黑的頭髮，柔順而光亮，像瀑布一般垂落在她纖細的肩頭。陽光透過髮絲的間隙，灑在她圓圓的臉蛋上，也為她增添了幾分俏皮和可愛。她的臉上總是帶着一種頑皮的神色，彷彿在她的世界裏，每一天都充滿了新奇和冒險。她的眼睛是她最引人注目的特徵之一。那雙黑黑的大眼睛，宛如夜空中閃爍的星星，總是天真地朝你看。她的眼睛中充滿了對世界的好奇和對生活的熱愛，彷彿一切美好的事物都無法逃出她的視線。

小彤的機靈和活潑讓他成為了我們班的「小開心果」。無論是課堂上的提問，還是課後的遊戲，她總能夠迅速反應，給出讓人意想不到的答案或舉動。在我遇到困難時，小彤總是第一個站出來幫助我，用她那獨特的方式給我加油鼓勵。

除了機靈活潑，小彤還是一個非常熱心腸的人。她經常主動幫助身邊需要幫助的人，無論是同學還是老師，她都會盡自己所能去幫助她們。她的善良和樂於助人的品質讓我深感敬佩。與小彤相處的日子裏，我學會了如何保持樂觀和積極的態度，如何面對困難時不放棄，如何用心去感受生活的美好。她的存在就像是一道美麗的風景線給我的生活增添了無限色彩。

如今我們已經成為了無話不說的好朋友。我相信，無論未來我們走到哪裏，我們的友誼都會像那烏黑的頭髮和明亮的大眼睛一樣，永遠閃耀着光芒。

在人生的旅途中。我會遇到很多的朋友。他們各有各的特色，但在我的記憶裡，有一個讓我覺得最特別的朋友，那人在我心裡留下深刻印象的。她並非是才華橫溢或着是她有着出眾的外貌。而是她有着那顆善良和熱心的心。

她叫思思，是我小學的同學。和其他人比起來她並不是那種張揚又或者是冷漠的人。她有着時常火熱的，每次看到她的臉上都持着的是有着甜甜的小酒窩。每次笑起來眼睛裡像是有星星。她的熱心不僅是體現在同學上，而是在她那顆樂於奉獻的心。

記得那是個寒冷的冬天，窗外雪花紛飛，天地間白茫茫的一片。大家都躲在温暖的教室裡。然而就在那天，老師帶來了意外的消息，我們班的欣欣因為家裡出現了一些突發的情況急需籌集一些費用，同學們盡自己的能力就好。還沒有等到班主任說完話，班上已經開始發出了一些「動靜」，平時學校大手大腳的那些同學在這個時候也不出聲了。

有些同學更是大聲諷刺道：「她家的事為甚麼要我們出錢？」欣欣聽到也更是傷心地低下頭，像是想鑽進地縫了。就在大家七嘴八舌，猶豫不決的時候，思思站了起來，毫不猶豫地掏出了幾張百元大鈔放進了籌款箱裡。大家都驚呆了，也包括我在內。我們都愣住了，都不敢想平時連一件穿發白的衣服都不捨得扔掉的思思，居然會在這種時候捐給同學。雖然那些錢並不算多，但對她來說却是意義非凡。後來，我們問她，她却也是輕描地說道：「我出的不是最多，但我想竭盡所能去幫助更多的」，就是她的話讓我覺得她是個特別的人。

更讓我印象深刻的是，思思總是可以在別人需要關心和幫助的時候，給予最及時的陪伴。她的笑容如一縷陽光那樣温暖，雖然我們已不在同一個學校，但我的心中却充滿了對她的感激，也讓我明白友情不僅是在一起玩，而是要在對方需要時，及時伸出援手。

思思——特別的朋友，她將會永遠會留在我的記憶中。

回想這一年多在青中的日子，我也交了不少知心的朋友，但有一位是我覺得最特別的朋友，也是一位讓我佩服的朋友，他也影響我對「努力」的看法，這讓我覺得他很特別，他的態度也值得我學習。

我記得在上一年剛開學沒多久，在數學課上，有一次，他主動來問我老師在堂上叫我們做的題目。我教他的時候很認真，他的悟性很高，沒多久他就學會。我每天都看到他很積極地回答老師的問題。有一次，我教他做功課的時候，不知是因為早上腦子昏沉沉的，還是怎麼了，我講錯了一道題目。此時的我並沒有察覺到任何異常，他的臉上帶了一些疑問。最後打斷了我，他迷茫地問：「為甚麼用這一個公式？不是用另外一個公式嗎？」聽後我有點不好意思的笑了一笑。

過了這一天，我再發現我對他的了解太過片面，我原以為他只是對足球很感興趣，但我發現不是這樣的，因為他在聽的時候，也會勇於表達自己的想法和疑問。他每次來問我時，他都沒有絲毫的拖泥帶水，我一直覺得他很努力。就算放學後也會來問我功課，我想：有的課業我做得有些馬虎，為甚麼他看可以怎麼認真呢？我意識到，他對待功課的態度絕不是馬馬虎虎的。之後，我對他刮目相看，也慢慢被他的態度所感染，不由得向他看齊。

讓我最驚訝的是，他和我一樣不擅長的英文，也變得開始進步了，而且還在這次英文小測中取得了明顯進步的成績，也讓我對他的努力有了更深的理解，因為我知道面對自己沒有興趣的科目，是很難有動力去學習的，所以我佩服他在不擅長的英文，也能保持一個穩定的成績。

最後，我覺得他的特別是很多人都沒有的，他的這種「特別」也影響了我，即使在自己不好的科目也不能馬虎了事、得過且過。我也明白了一個道理，在實踐自己的目標時，難免會遇到挫折，但請不要自怨自艾，要有自信去實踐你的目標，不要讓路上的荊棘，成為你放棄前進的原因。

好朋友就像我們自己選的家人，雖然沒有血緣關係，但彼此會互相關心、珍惜，甚至有時候比家人更了解你。

我這位特別的好朋友就是鄧卓晉，還記得我們初次見面是在一間活動室裏學跆拳道。經過數堂的相處，我們慢慢成為好朋友了。這六年之間，我們努力訓練，所以教練推薦我們兩個參與港隊選拔，我們在選拔期間渡過了一段痛苦的日子，因為教練的嚴苛和艱辛的體能訓練，我好幾次都萌生了放棄的念頭。但每當我想放棄時，他都會在背後支持我，叫我繼續堅持下去，他還經常在選拔期間照顧我。隨着選拔的時間越來越長，教練對我們更嚴格，但幸好有卓晉，我有甚麼做錯了或在休息補充體力時，他都會像親哥哥一樣照顧我、提點我，避免我因出錯而受到懲罰。有一次，因為我的訓練未達標而令所有選拔的同學們都要跟我一起受罰，正當所有人都責怪我時，只有卓晉跟我說：「別放棄，我陪你一起走下去。」他的說話令我非常感動。

我非常欣賞他，不但只是因為他的才能，更是因為他的性格。卓晉是個很好的聆聽者，每當我遇到一些喜悅的事都會跟他分享；但當我發生了一些不如意的事情，我又會立刻想找他做傾訴對象。雖然他不是每一次都能給我很好的意見，但是每次傾訴後我的心情都會好起來。他也是一個幽默風趣的人，很多時我們完成跆拳道訓練後，總會三五知己聚一聚，我們會有無限的話題，從天南地北，每次都總是說個不停。記得有一次，我一本正經地討論某同學的行為，他竟然滔滔不絕地發表他的「偉論」，令我們捧腹大笑，因此他也是我們之中的「開心果」。

雖然他在其他人眼中也只是個普通人，但他是我眾多朋友之中最特別的一個，也是最了解我的一個，我十分珍惜我們之間的友誼。

《這個朋友很特別》

2CW　劉瀅瀅

在人生的長河中，我們會遇到形形色色的人，他們如同夜空中閃爍的星辰，各有各的光芒。但在我心中，有這樣一位朋友，她如同晨曦初露時的第一縷陽光，溫柔而特別，照亮了我前行的道路，給予我無盡的力量與溫暖。

她名叫林淺，名字裡藏著淡雅與深邃的女孩。林淺的特別，不在於她擁有多麼出眾的外貌，而在於她那顆細膩敏感、充滿善意的心。她的眼眸，彷彿能洞察人心最深處的秘密，卻又總是以溫柔的目光，給予人最真摯的關懷與理解。每當我在生活的迷霧中徘徊不前時，她總能以一句簡單卻直擊心靈的話語，為我撥開雲霧，指明方向。

記得那是一個陰雨綿綿的下午，我因一次失敗的嘗試而心情低落，彷彿整個世界都失去了色彩。是林淺，她不打傘，就這樣靜靜地走在我的身旁，任由細雨輕拂我們的臉龐。

她沒有直接詢問我的煩惱，而是用她那輕柔的聲音，講述著自然界的每一個細微之處如何在逆境中展現出生命的頑強與美好。那一刻，我彷彿被一股無形的力量所觸動，心中的陰霾漸漸散去，取而代之的是對未來的無限憧憬與希望。

林淺不僅是我心靈的導師，更是我生活中的榜樣。她對待生活的態度，總是那麼積極向上，無論遇到多大的困難，都能以樂觀的心態去面對，從不輕言放棄。在她的影響下，我學會了更珍惜身邊的人和事，學會了在挫折中尋找成長的契機，學會了用一顆感恩的心去擁抱這個世界。

與林淺相處的日子，就像是一本翻不完的書，每一頁都記錄著我們的歡笑與淚水，每一行都洋溢著溫暖與力量。她用自己的方式，無聲地告訴我：在這個世界上，你不是誰的複刻，也不是花窗上順手掛起的木鐸比起這些，你應該更想客串一個孤膽英雄的袍澤……城門下叫陣的說客，又或是杏花春雨中悠然的馬車……人生本就是一隻未琢磨的皮殼，而他們的皮刀不磨著。你述你，無論平仄或正格，你生以悅你，如果無法共鳴，那你應該選擇獨行。從此，風吹哪一頁讀哪一頁，無可靠山，你自當山！

這位朋友，真的很特別。她不僅是我人生旅途中的一道亮麗風景，更是我心中永遠的光亮，照亮我前進的每一步。在未來的日子裡，無論我走到哪裡，都會帶著這份特別的情誼，繼續前行，勇往直前。

我從一年級開始就認識了一位好朋友、好閨蜜——廖晞蘊。我們相互認識七年了，我們有很多美好回憶，她是唯一一個與我志趣相投，惺惺相惜的好友。在學習以外，我們可以一起瘋，一起鬧，我們懂得彼此的意外之意。晞蘊是一個善良、外向的人，她很喜歡幫助別人和結交新朋友。

在小學期間因為疫情的關係，我們要上網課，只能隔着電腦屏幕上課，因此我和其他朋友關係疏離了很多，但我和晞蘊感情深厚，那種熟悉的感覺就像昨天才剛發生一樣，沒有因為遙遠的距離，也沒有因為太長時間沒有見面，而感到一絲思思生疏。

晞蘊的英文十分厲害，應該是我小學同學之中英文最好的，而我的英文成績很一般，她常常都很樂意教我英文造句、作文等，因此我的英文成績也提高了不少，她令我相信自己可以學習、成長、改變，相信我自己的能力不是固定的。

現在，我和她從同一間小學升到同一間中學，我們會一起上學放學，小息時也一起玩耍，我們還不時一起回去小學探望老師，老師們都覺得我們倆還是「糖黐豆」。

唯一一個與我氣味相投、惺惺相惜的朋友、好閨蜜——晞蘊，對我來說是十分特別的，我希望以後可以在他她身上發掘更多更加特別的地方。

我的好朋友叫張芷晴，芷晴是一個非常瘦和高的小女孩，特別好看，白白的、圓圓的臉，小嘴特別紅，就像塗了口紅。我們是在中學中一級認識的。

她的性格跟我的小學同學完全不一樣，她比較外向、幽默風趣，樂於助人，很樂於助人。她常常會幫我和教我做英文功課。我覺得她這個人很特別，因為她的性格和人品跟我身邊的朋友完全不一樣，她是一個友愛打遊戲，成績又很好的人，特別是英文。

我記得有一次，芷晴和我去了海濱之城。我們期待這一天很久了。我帶着好奇心來到了遊戲場地，這可把我嚇了一跳。原來滑沙是從幾米高的斜坡上，坐着專用椅滑下去。我那個時候感到非常害怕，但芷晴一直鼓勵我，叫我深呼吸之後就滑下去吧。我聽完之後，鼓起勇氣就滑了下去。

我從她的身上學會了，有時候，如果朋友感到害怕和憂慮，我們可以說一些鼓勵的話，因為這些話的力量非常大。我一定會好好珍惜這個特別的朋友，因為她有很多地方值得我學習。

我作為一名羽毛球愛好者，自然擅長打羽毛球，也參加過許多大大小小的羽 毛球比賽。在賽場上，我遇到很多讓人敬佩的對手。她們有人在比賽時發着高燒仍然在賽場中比賽，有的那怕在比分是落後九分的情況下，仍不放棄，最後以二十一比十一的比分拿下比賽，反超對手……

在一場比賽中，我最終以二十二比二十分贏下決賽，拿下冠軍。而我的對手是我現在的好朋友——陳星凡。

她的眼睛一直都是亮晶晶的。她扎着高高的馬尾，看着充滿活力是個陽光的女孩子。她的身材高挑，穿着隊服，拿着球拍，這就是她的日常穿搭。她的手上全是因長期訓練而長出的繭子，手臂和腿上都是她年復一年的訓練留下的「痕跡」皮膚是青一塊一塊的。每次訓練她的衣服都是被汗水打濕的，像是從水里撈出來的。她的手臂和腿部肌肉都十分有力量感。

那我是怎麼和她從對手到朋友的呢？時間回到２０１８年８月２１日，那天是我們的第一次見面，我們是作為對手一路達到決賽。在最後一場決賽決定誰是冠軍，誰是亞軍，我們兩個實力旗鼓相當，最後我以２２比二十分贏了冠軍，在比賽完下場時，她當時徑直向我走來，她伸出手，我楞了一下，然後把我的手伸出握住了她的手，她在我耳邊對我說：「下一次，下一次我一定會贏過你。」就因為她這句話，我們的友誼開始了。

在比賽結束的那一晚，她來到我的酒店房間里和我聊天。她跟我說，她叫陳星凡，她比我大一歲，今年七歲，選擇打羽毛球，是因為小時候看奧運會，就愛上了羽毛球。她說：「當我們比分都平分時需要連贏兩分才能勝出比賽，我看到你的眼神變化，從忐忑到冷靜，到最後的堅定，我的心咯了一下，那時候我就知道我贏不了。」這就是她想和我做朋友的原因，她是我唯一一位從對手變成朋友的人。

星凡也是我的榜樣，每當我在任何方面，包括學習、目標、夢想等想放棄的時候，就想到她。想到她每次訓練的刻苦和對羽毛球的堅定和熱愛，我就無法放棄。那一場比賽是我最後一場比賽了。因為在這之後我就要全身心投入在學習和小學生涯中。

現在，我們會在微信上聯絡，遇到困難時會和對方傾訴。她的每場比賽，我都一定會去現場給她加油打氣。我們本不會相見的，但我們心中都對羽毛球的熱愛讓我們相見了，從對手到朋友。



我的朋友很特別，他的名稱是柏頌安。他來自迦納——位於非洲的一個國家。他的身高中等，有一個圓圓的頭。在粗大的眼眉下，擁有一雙亮晶晶的眼睛。他喜歡穿藍色的衣服。

他的才能是足球。在我七歲的時候，我們在球場相遇，他當時很健談。他的盤球技巧，驚訝了球場上每一個人，連教練都難以置信。我們的友誼從此開始了。我和這位好友有一次難忘的足球經歷……

在一個陽光明媚的下午，我們和其他隊員聚在一起，在綠茵茵的場上展開一場激烈的友誼對決。每個人都盡情奔跑，激烈的競爭，但場上的友誼和歡笑更是無與倫比的。我們互相鼓勵、合作，一同享受足球帶來的樂趣。無論輸贏，這次比賽讓我們更加緊密地連結在一起，彼此間的友誼更是如同足球場上的每一個傳球，總是溫暖而真摯。這場足球比賽成為了我們友誼中不可缺少的一部分。

總括而言，在這段友誼中，我們彼此扶持、鼓勵，共同成長。這位朋友不僅是我的知己，更是我生命中一道獨特的風景線。我們的情誼將永不褪色。



我有很多朋友，有些非常奇怪，有些已經沒有聯絡了。但我有一個朋友，是我一生都不會忘記的。

他叫梁俊銘，是我小學時的死黨。我是怎樣認識他的呢？這要從我小學五年級開始說起。還記得那是小學五年級的第一天，因為知道呈分試會在第三學期開始，所以我懷着忐忑不安的心情上學。回到學校後，我立刻拿出我的扭計骰以緩解我緊張的心情。當我在全神貫注地嘗試解開那個扭計骰時，突然有個人過來跟我說：「你也玩扭計骰的嗎？」之後我們就成為好朋友了。

他不但是我的好兄弟，還是我的好榜樣。他是我小學的風紀隊長，不但品學兼優，還得過很多不同獎項，是大家眼中的模範生。說到這裏，想必大家必定會問，跟這種模範生做朋友，不會有壓力嗎？如果大家這樣想的話，那很抱歉，你們錯了！他雖然各方面都很優秀，但是，作為他的死黨我可以跟你說，他不是囂張、高傲、自大的人。跟他在一起，完全不會感到自卑，就像跟一個普通人做朋友沒有分別。

他也是我的「心理醫生」，在我不開心的時候去開導我。在六年級的時候，我犯了一些傻事，令到我被一個非常嚴厲的老師罵了一頓。那件事發生在第二次呈分試的前一天，間接地影響了我之後讀組別較好或組別較差的中學。因此，我一直都未能釋懷。因為那件事對我影響非常大，我的成績一日比一日差，簡直一落千丈，也令到我入不到心儀的中學，看到別人都進了較好的學校，可以跟朋友一起，那一種心情是我永遠都不會忘記的！那一年不像五年級的開心快樂輕鬆，那一年我基本上天天都哭，但他不斷開導我，直到我釋懷為止。他也無數次地阻止我犯錯，所以我非常感謝他。

在五年級的第三學期，我令他接觸到足球，這令我們多了一個共同興趣。我們會一起玩足球的遊戲，還會一起踢足球。他也會教我打籃球和跑步。我們都會互相學習，我幫他，他也幫我。

雖然他已經移民到英國了，但我們也有不斷聯絡，就算有時差，也阻不到我們聯絡。最後，我要跟他說一聲最真摯的「感謝」，祝他在英國生活愉快。

《這個朋友很特別》

1CT　黃詠絃

在我生命的旅程中，有一位朋友讓我深深感受到友誼的珍貴，她就是依明。依明不僅是我的好友，更像是我生命中的一道光，照亮了我前行的道路。依明的特別之處，在於她的善良和無私。無論何時何地，她總是幫助有需要的人。

記得有一次，我在學校遇到了一些困難，面對繁重的課業壓力，感到無比沮喪。依明主動提出要幫我一起溫習，她耐心地為我講解那些我不懂的知識，從不抱怨。那段時候，我感受到的不僅是知識的提高，更是友誼的溫暖。依明用她的行動告訴我，友誼的真諦在於彼此的支持和理解。

除了她的善良，依明還擁有一種特別的幽默感。她總能在我感到疲憊及沮喪的時候，輕鬆地說一些笑話，讓我忍不住哈哈大笑。她的幽默感讓我在緊張的學習生活中找到了平衡，也讓我明白生活中要學會以輕鬆的心態面對困難。

我們共同經歷了許多美好嘅時光，這些回憶將永遠留在我的心中。無論是一起參加運動會，還是一起分享生活中的小秘密，這些瞬間都讓我感受到友誼的力量。尤其是在我們一起爬山的那次旅行中，攀登的過程雖然艱苦，但我們互相鼓勵，最終一起到達了山頂。那一瞬間，站在高處眺望壯麗的風景，我感受到的不僅是征服頂峯的喜悅，更是心靈的契合。

依明對我的影響深遠而持久。她的勇敢和堅持激勵着我，讓我在追求夢想的道路上更加堅定。我深信，無論未來會遇到甚麼挑戰，我們的友誼都會像這山頂的風景一樣，永遠美麗而難忘。因此這個朋友對我來說，真的很特別。

《我從鼓勵中學會自信》

5PL　梁恩婷

自信，對我來說曾經是一道難以逾越的牆。回想起我的成長過程，朋友的支持與鼓勵如同一盞明燈，照亮了我前行的道路。那種來自他們的信任與愛護，讓我明白了自信是多麼的簡單。

我一直生活在父母的高期待之中，無論是學業還是生活中的其他方面，他們總是對我有着嚴苛的要求。每當我未能達到他們的期望時，批評的話語總會如潮水般湧來，令我變得自卑。久而久之我的自信心變得越來越脆弱，心中充滿了懷疑，總覺得自己無法堅持自己的夢想。

在我與朋友的聚會中，我以為這是我難得的一次放鬆機會。但當我坐在哪裏時，我的朋友們都在談論自己學習中優秀的地方，我卻感到有些不自在。心裏仍然圍繞着家人對我的批評，讓我覺得自己比不上別人，感到有些不自在，讓我不敢輕易表達自己。就在我沉默不語的時候，我的朋友們注意到了我的情緒，他們停下手中的動作，卿卿地對我說：「你知道嗎？你在我們心中是最特別的，只要你願意分享，我們都很期待聽到你的故事。」他們的話如同一束光，照亮了我心中灰暗的世界。

那一句「你是最特別的」，深深打動了我，彷彿把迷路的我找到自信的家。他們的眼神中充滿了真誠，讓我感受到他們對我的信任與期待。這一刻，我的心中浮現出一種力量，讓我明白到每個人的不同，讓我不再懼怕外界的評價。我的心開始悸動，彷彿在告訴我，我也是有價值的，我的聲音值得被聽見。

我鼓起勇氣，開始分享我對生活的看法和故事，隨着我的聲音在空氣中流消，周圍的朋友們靜靜地傾聽，眼中閃爍着鼓勵的光芒，那一瞬間，我感到了一種前所未有的釋然，像是將心中所有的壓力一併釋放。分享的過程中，我的心情逐漸放鬆，因為他們告訴了我每個人的特別，每個人都會有自己擅長的方面，而我只是比較擅長於藝術，而不是學習，

我聽到他們說的這番說話後笑容也不自覺地浮現出來。

在那次與朋友的談話後，我開始重新審視自己的價值觀。每當我站在朋友面前，無論是分享生活中的小趣事，還是討論一些更的話題，我都能感受到那份自信慢慢再成長。朋友對我說的那句話深深刻在我心底裏，讓我明白，無論外界的評價如何，最重要的是要相信自己的獨特與價值。

隨着時間的推動，我的自信心也日益增強。每當我遇到新的挑戰時，我都會想起朋友對我說的一番話，並不讓過去的陰影所埋沒。開始享受與人交流的樂趣。當父母再與我談起學習時，我不再害怕和自卑，因為我會告訴他們每個人都是特別的，每個人都擁有自己的優點和缺點，我們應去接受自己的缺點並發亮自己的優點。雖然家人的期望曾讓我感到沉重，但因朋友的信任與鼓勵讓我找回了自己的光芒。未來的日子裏，我希望能將這份力量回饋給更多的人，讓每個人都能相信自己。因為我知道，當我們自信地面對生活時，所有的可能性都將展現在眼前。

每個人都一定要變得自信，只要擁有自信，我就相信沒有什麼事情是我們不能做到的，正如我因朋友對我說的一句：「你是最特別的」，令我的一生不再自卑，對未來充滿嚮往。

《我從鼓勵中學會自信》

5PL　林妍彤

相信大家從小至大的成長過程中，都接受過不同種類或形式的鼓勵。我們常常都會在長輩口中聽到他們對我們的鼓勵，這些鼓勵會慢慢增加我們的自信。自信是我們人生中不能缺失的，自信是對自己的信任，自信是一種對自己能力的信心感。

每當我聽到這些鼓勵，我都會把這些鼓勵成為動力，增加我的自信。因為從小到大，我一直都是一個比較內向、缺乏自信的人。回想起來，這種缺乏自信的感覺很可能源於我在成長過程中所面臨的種種挑戰和困難。然而，正是在這樣的挑戰和困難中，我逐漸意識到自信這個品質的重要性。而這份自信正是通過不斷的鼓勵和支持而逐漸培養起來的。

在一次關鍵的羽毛球比賽中，我對上了一個我從來沒有贏過的對手，當我出現一連串的失誤而開始懷疑自己時，我聽到不同的鼓勵，但這次的鼓勵並不像之前的鼓勵。在之前的比賽上，我都會聽到不同的鼓勵，例如：「加油！」、「堅持住！」、「你可以的！」等等。在休息時，我的教練輕輕拍着我的膊頭說：「相信自己，你可以克服這一切！」這句話，讓我感受到教練對我的信任和支持，讓我重新振作，全力以赴地完成比賽。最終，我戰勝了自己的懷疑和恐懼，戰勝了那一位我從來都沒有贏過的對手，戰勝了我的心魔。聽到不同人的鼓勵讓我贏了這場比賽，增加了我對自己的信心。

在決賽上，我對上了一名在體育學院訓練的對手，這位對手十分強勁。在開賽前，我感到十分緊張，但我心想：我一定可以戰勝我的緊張，打出我自己最好的一面。在開賽時，我聽到很多鼓勵，我的教練對我說：「加油！你能做到的！」在上半場我和對手的分數都十分緊貼，在十一分時，我以十一比十落後，我的教練對我鼓勵說：「不要放棄，你一定可以做到！」休息後，我便急起直追，但分數還是很緊貼，到十九比十九時，我的心裏就像裝着一隻小兔子，牠好像十分熱情，砰砰的跳，怎樣也不想停下來。雖然第一局我以二十一比十九落敗，但我也十分開心，因為我能發揮出最好的自己。

在第二局開始前，我已經沒有足夠的體力，當我感到力不從心時，聽到我的朋友和家人在觀眾席上為我加油喝采，「加油！頂住呀！」他們的聲音就像一陣暖風，吹走了我心中的疲倦感。教練也對我鼓勵說：「你已經發揮得很好，繼續保持，你一定可以做到最好的自己！」雖然最終仍是落敗，但我聽到觀眾和教練的鼓勵中找到了自己和找到了自信，這讓我發揮得最好。

比賽場上的鼓勵和支持不僅來自教練和觀眾，隊友的支持也是至關重要的。在一次學界團體比賽中，當我遇到困難時，隊友們及時給予我信心和支持，讓我感受到了團隊精神。我們互相鼓勵、支持，最終克服了困難，取得了勝利。這團隊的力量和支持是無法估量的，它可以讓我們做到遠超想象的事情，在比賽中有更多信心。

這些來自比賽場上的鼓勵和支持，讓我漸漸學會了自信。每一次的勝利、失敗和挑戰都讓我對自己的能力更有信心，也讓我明白，自信不僅來自於自己的努力，更來自於他人的支持和鼓勵。這份自信不僅讓我在比賽場上取得了好成績，更讓我在生活中更加勇敢和堅強。我相信，只要我保持努力和信心，無論遇到什麼困難和挑戰，我都能夠勇敢面對，迎接新的挑戰。

《我從鼓勵中學會自信》

5CH　余珮嘉

在生活的旅程中，每個人都會面對各種挑戰和不安。我曾經是一個十分自卑的人，總是認為自己一無是處，也沒有朋友，只會成為父母的負累。可是，自從我開始接觸繪畫後，我開始找到自己生存的意義。我發現自己雖然不善於讀書，但我能比一般人更快地掌握各種繪畫技術及風格。我不再自我懷疑，更會鼓起勇氣，向家人展示我的作品。我的生活從此變得有意義，家人的鼓勵取代了我的自我懷疑，讓我逐步建立起自信。

剛開始接觸繪畫時，我面對着畫得十分不順滑的線條，經常感到挫敗。可是，我有一位十分擅長繪畫的網上朋友，她一邊教導我各種關於繪畫的知識，一邊告訴我每個成功的畫家都是從零開始的。這一句話一直在我的心中迴響，也啟發了我，使我明白每個人的成長都需要時間和努力。

經過了一段時間的苦練，我開始懂得繪畫一些簡單的圖畫。每當我向網上的朋友展示我的新作品時，他們的讚美都能給予我莫大的驚喜和鼓舞。這些支持讓我逐漸建立起自信，而朋友們的支持不僅提升了我的技術，更讓我意識到自己的努力是有回報的。會當我成功地描繪出一個新的人物華世界，朋友們的讚美都讓我的自我價值有所提升。這種正面的反饋，讓我得到了更多勇氣，更勇於嘗試新的風格，逐漸擺脫對失敗的恐懼及自卑感。

回想起來，朋友及家人支持的力量是不可估量的。每一次在朋友面前展示作品都是一個學習的機會，無論是成功還是失敗，我都能從中得到鼓勵及經驗。這樣我明白到繪畫不僅是技術的表現，更是情感的交流。家人及朋友的讚美、鼓勵和理解讓我感受到了一種深厚的連結，也讓我更願意及渴望在藝術的道路上持續探索。

我的朋友鼓勵我參加各種繪畫比賽，而我在比賽中有成功有失敗，但我認為其中的經驗最重要。隨着參加更多的繪畫活動，我的技術和自信心不斷提升。我開始創作屬於自己的風格，而不是用其他畫家的風格作畫。完成後，我會像從前那樣拿給家人看，以及發佈在社交平台上。家人及朋友的鼓勵和讚賞，讓我可以更堅定地追隨自己的无繪畫夢想。每當我成一幅新的作品，無論是好看的還是我不滿意的，我都會得到一種成就感，以這種感覺讓我更加熱愛創作。

藝術創作不僅僅是自我表達的方式，更是一條通往自信的道路。每一次的上次、每一次的鼓勵都在我心中播下了自信的種子。如今，我不再懷疑自己的才能，而是真是每一次創作的機會，因為我知道，這能滋潤我的心靈。

在這個充滿挑戰的世界中，讓我們互相鼓勵，攜手同行，共同迎接未來的每個挑戰。因為我相信，只要有信心和支持，就沒有什麼事不可能的。每一個線條、每一種顏色，都是自信和勇氣的見證。讓我們一起在藝術的道路上，找到屬於自己的風格。

一人一故事

學習又仿如行走在迂迴曲折的小路上，偶爾看似無路可走，但往往柳暗花明又一村。還有幾天就是班際問答比賽，然而，仍然欠缺信心的我還是有點不知所措。即使學習了比賽相關的知識，我還是沒有信心可以在比賽中運用出來。幸好，每當我想放棄時，伍老師總會說：「加油，成功往往都是靠信心和努力才能造就的。」所以儘管當我感到氣餒，我都會學習摒棄那些擔憂，嘗試從伍老師的鼓勵中面對挑戰。因為良師的鼓勵，才能夠讓我不再感到迷惘、懼怕，反而在累累的練習與嘗試中，領悟到成功的滋味，營造信心。漸漸地，我體會到她的用心良苦，因為他的說話總是那麼鼓舞人心，讓我變得勇敢、積極。

比賽當天，我和同學坐在台上，將整個禮堂盡收眼底，數之不盡的眼珠集中在我們的身上，使我感到好不自在。但是每當我想起伍老師鼓勵的說話，便徐徐地冷靜下來。記得當天比賽進行得如火如荼，禮堂中更不時傳出震耳欲聾的歡呼聲。隱約渺茫地，我似乎聽到有人對我說加油。雖然鼓勵的聲音模糊，但這些鼓勵的片言隻語卻流入心扉，鼓舞人心。比賽完結，我班排名第二，雖然無緣奪冠，但是我並沒有再感到氣餒了，反而，那份莫名的自信心從心中湧出，令我毅然抬頭，自信滿滿。

人生的道路跌宕起伏，我們要翻山過海、披荊斬棘，卻不能遺忘的是自信與鼓勵。因為從鼓勵中我們學會自信地面對挑戰，從自信裏逐漸成長進步。人生從不是平步青雲，但是自信就是成功的基石，讓我們勇敢面對挫折，且能從泥土中破土而出，茁壯地成長，開枝散葉。老師是我們人生的導師，所謂「古之學者必有師」，老師除了可以傳道、授業、解惑，也可以在我們成長中塑造自信積極的性格。漸漸，我們也可以將自信的態度推己及人，薪火相傳，連繫彼此，締造無限可能。

從鼓勵中學會自信，我不再怕跌倒，因為鼓勵能將我攙扶，自信助我前行。無懼前路山高水長，我依然振翅高飛。

一人一故事

《我從鼓勵中學會自信》

4PT　温浠崳

在我成長的過程中，自信一直是讓我感到困惑的問題。回想起來，我總是害怕在眾人面前表現自己，總是懷疑自己的能力，無法勇敢地追求自己的夢想。然而，一次意外的經歷讓我從鼓勵中學會了自信，也使我領悟到了許多以往未曾理解的道理。

那是一個我在初中時參加的唱歌比賽，當時我報名參加是因為朋友的鼓勵，但其實我的心中卻充滿了不安和忐忑。我從小就不擅長在眾人面前表現自己，總是害怕自己會表現得不好，被人取笑。然而，隨着比賽的日子逐漸逼近，我的好朋友不斷鼓勵我，告訴我：「只要用心準備，就一定能發揮出最好的狀態。舞台是屬自己的，不用理會其他人，盡情享受和投入舞台，這樣就一定能做到最好。機會十分難得，千萬不要放棄，要有自信。」

他們的話讓我從中學會自信，也更努力練習表現歌曲。比賽當天，我站在舞台上，心跳得如小鹿亂撞一樣，手汗多得如瀑布一樣多。當我看到台下的觀眾時，手不自覺地握緊了拳頭。這時，我注意到台下的朋友們用期待的目光看着我，原本冰冷的心像是突然湧進了一股暖流。他們的支持讓我感受到了一種巨大的力量，於是我深呼吸一口氣，開始了我的表演。在那一刻，我深深地投入了歌曲的感情裏，自信地以最好的狀態為朋友們表演，最終順利完成。

最終，我拿到了比賽的亞軍，在比賽過程中我明白了自信的真正意義。它不是來自於外界的價值，而是來自內心的堅定信念。這次的經歷讓我體會到朋友的鼓勵能成為推動自己前進的動力，而我也學會了如何在逆境中找到自己。努力過、投入過舞台才算沒有遺憾，自信地表現給所有人看，不用感到膽怯，盡了自己最大的能力就足夠了。

從那以後，我更主動參加各種不同的活動，體驗了不少新的嘗試。我逐漸發現，生活中的每一次挑戰都是一個機會，讓我們磨練自己，提升自信心。經過這段經歷，我明白到鼓勵的力量是無窮的，它不僅僅能改變一個人的心態，還能讓我勇敢地面對未來，嘗試不同的新事物。我學會了珍惜身邊的朋友，也希望能把鼓勵傳給身邊更多人，只要給予他們支持和信任，使他們成為光芒最亮的一顆星。

一人一故事

隨着海拔越來越高，蜿蜒的山路漸見陡峭崎嶇，腳底發酸，呼吸急促，大口大口的吸取新鮮空氣，山間氧氣充足且清新，帶着泥土和花草的芬芳，支撐着我走過一層層階梯，汗水已浸透衣間，焦慮隨着攀登的腳步漸漸消散，好不容易走到休息站，我馬上坐下來，慢慢恢復體力。

小息片刻後，我們再次拿起水瓶再次上路。階梯逐漸被岩石代替，一塊塊巨石凹凸不平的，留有淺淺的落腳地上帶有散碎的小石粒，一不小心便會被他們絆倒。許是無限靠近山頂，信心越法堅固，登山人也越法密集，大家懷着期望的心，互相攙扶，看到有人不慎踩空，旁邊的人即刻拉緊他的手，以免滑落，有人爬的氣喘籲籲，經過的人即使自己已疲憊不堪，卻依然會拍拍手掌，互相加油打氣。突然，身後傳來一聲：「小姑娘，厲害喔！」我不禁羞紅了臉，點了點頭。一幕幕如同一卷流動的長畫卷，沿途的風景和有趣的小人兒都被染在這畫卷上。

伴隨着汗水和堅持交織，我和哥哥終於抵達山頂，「會當臨絕頂，一覽衆山小。」在此刻具象化，群山如波濤般起伏，霧靄氤氳，城市若隱若現，層層雲彩漂浮在山尖，似如觸手可及，大自然的鬼斧神工深深吸引着我，我不住感嘆世界似就在我腳底，我仿佛成為了天地間主宰。哥哥看着我的表情，無奈的笑了笑說：「這不就到山頂了嗎？仰視會自卑，俯視會自驕，唯有平視才能找到真正的自己。而比起我說再多，你要好好感受。」

身處山頂之際，才驚覺衆生如「寄蜉蝣於天地，渺滄海之一粟。」攀登需時間，堅持需信心，長路漫漫，素未相識的行人會毫不吝嗇地給予你鼓勵，經過的靚麗風景會撫慰內心的浮躁，而身後的人會默默陪伴溫暖你，愛滿則無畏。堅持的汗水浸潤了歲月流年，支撐的力量保護我走過年復一年。

《我從鼓勵中學會自信》

4CL　劉智承

在迷惘與跌倒中，她伸手將我扶起；在風雨交加中，她讓我學會展翅翱翔。她的每一句話就如階磚，在我的人生旅途中築起前路，令我傲然屹立，滿有自信地飛得更高、更遠。

還記得四年級的我只是一個平平無奇的學生，每天除了返學放學，幾乎就是留在家中玩電話、看電視。每個學期和暑假，學校都會舉辦不同活動給我們參加，讓我們可以探索並了解自己，擴闊視野。但是，一向膽小又怕失敗的我對這些課程計劃只是望而卻步，從不肯拋頭露面和同學參加這些活動。

學校就如深不見底的大海，裏面蘊藏着沃土裏等待發芽的小樹苗。當中有青春熱血又自信的同學，也有像我這般甚少說話，害羞怕事的學生，需要等待別人的發掘和鼓勵才能邁步向前。機緣巧合地，我在四年級的時候遇到了伍老師。她細心謹慎的性格令她對任何事都明察秋毫，也對我們上課和學習的情況瞭如指掌，所以課室裏總是洋溢着認真的態度。此外，她在班裏從不忽略任何一位同學，又常常為我們發掘不同的活動，好讓我們增廣見聞。但是，無論是比賽又或是興趣班，我都會拒絕參與，因為我根本沒有勇氣面對其他比我優秀的參賽者，更沒有信心能夠在比賽中獲勝。

記得有一次，我被抽到要作為代表參與班際問答比賽。由於抽中了的學生是不能夠拒絕出席比賽的，所以縱然沒有信心，我也唯有硬着頭皮參與比賽，可是心裏總是打着退出的念頭。比賽的日子漸近，伍老師和數位隊友都會和我在課餘的時間預備比賽。可惜，欠缺信心又想退出比賽的我總會令隊中的士氣不振。不過，伍老師並沒有因此而放棄我，反而抽出私人時間，循循善誘地教導我，又為我準備不同的練習讓我能夠逐步掌握不同知識，提我建立滿足和成功感。在我眼中，每當下課的鐘聲響起，校園的喧鬧聲沒有因此而停止，反而更是熱鬧。因為在伍老師的教導下，我慢慢地體會到學習的樂趣，建立起信心和自信。

今天是年廿八，是一年一度的大掃除。我從凌亂的房間中找到一張小字條，上面寫著一句說話：「發揮潛能，無限可能。」我不禁想起這一次鼓勵令我懂得自信。

回想起當時在多元智能訓練時，我被選為班長，每天都要帶領同學做早操，要數拍字和做指定動作。第一次帶領時，我手腳不是很協調，數拍字時又說得很小聲。後來我開始發現後面的同學跟不上，便覺得自己做得不夠別人好，開始越叫越小聲，到最後連動作都做得更差了，還害得全部同學都要重做，感到十分自責。回到營房後，我回想起剛才做早操的動作，並把他們重新再做一次。原本以為當班長很容易，沒想到班長是這麼忙碌的，要在適當時間叫「多元智能」，班長犯錯還要罰雙倍，令本來膽小怕事的我更如沒有信心做好這個職位。

在第二天的訓練中，因為我們全隊人沒有「燙衫」被罰了十五分鐘深蹲，令到我們接下來的幾天都沒有信心能過到長官那一關。我們的長官似乎感覺到我們的心情，便說了一句「發揮潛能，無限可能」。這句說話也是我堅持下去的原因，我開始重拾自信。第三天的早操，我沒有再數錯拍字，也把動作做得比以前好，但仍有改善的地方，可以做得更好的。

後來，我與隊員們得知翌日要檢查營房，我們便各自分配好工作，不再是手忙腳亂、制服不整齊，沒有時間觀念地完成所有事情，與第一天剛入訓練營，把營房的洗手間弄得亂七八糟的我們大大不同。我發現我並不是害怕被長官責罵和懲罰，而是想把事情做得更好。例如在「燙衫」方面我們會多花點時間盡量把衣股燙到最好。兩天前的我還在家裏過着躺平的生活，整天打遊戲，沒想到，入營後的我變化這麼大，我也從來沒有想過我會這麼專心去做一件事情。過程雖辛苦，但如果我沒有入營，也不會學到這些新技能。當天的師生夜話，我也主動分享在這天學到甚麼，不再膽小怕事，而是變得主動熱情。

現在的我會大聲叫「多元智能」，訓練營結束後回到學校，我也會主動回答問題，主動領導同學，這一次鼓勵令我變化很大。

山巔之處，雲霧環繞，猶如仙境，讓人陶醉其中，忘卻世俗煩惱。

又一次拿到成績單後，我看著手上被分成三六九等的分數，就如同世俗的框架般禁錮著我，將我分為三六九等，它輕輕撫摸著我的臉，拂過臉頰，漸漸下移，劃過脖子時，驟然收緊，剎那間，我失去了所有的感官，久久喘不過氣。

高樓大廈間處處皆是無形的壓力，一眼望不到底的課業，四面八方不斷湧來的工作，我如同機器般麻木的完成任務，早已忘卻了初衷。這些數字似是標籤貼在我身上，甩也甩不掉，上位者的洋洋得意，下位者的自暴自棄，中位者的我陷入茫然，我到底應該成為甚麼樣的人？

咚咚——哥哥的聲音隨著敲門聲傳來，「別看了，帶你去爬山。」身處焦慮中心的我，不由自主的想要拒絕，他卻不由分說的拉起我，向著爬山出發。

到達山底下，層層綠蔭映入眼簾，人影稀疏，棵棵排列整齊的參天大樹矗立在山路邊，樹影婆娑間，點點陽光穿過，懶懶的照在我身上，我抬起頭看去，伴隨著陽光的是無窮無盡的台階，內心有點髮怵，還沒有開始我卻已打起了退堂鼓。哥哥似是讀懂了我內心活動，拍了拍我後背，說：「不試試就已經預測到結果了嗎？」

周圍總有股力量推動着我，是山間徐徐吹來的微風，是不間斷鳴叫的小鳥聲，是身後默默給予我力量的手。我收回視線，不再仰望高處，邁開步伐堅定地向上攀爬。

在人生中的不同階段，我們常常會遇到林林總總的人，各式各樣的挫折、阻礙。幾乎每天都會聽到很多不同的聲音，有誇讚的，有謾罵的，有誣衊的，這些說話會變成鼓勵，也有些會變成終身傷害。回首我的成長歷程，鼓勵成為了我建立自信的關鍵因素。對於膽小、內向的我來說，排球是一扇助我邁向前面的大門，排球老師每一句鼓勵我的說話都給我無限的力量，使我在面對挑戰時能夠勇敢前行，創造成功和璀璨的未來。

學排球的過程漫長而艱辛，就算是練基本功也不容易。到現在我還記得，在第一節課時，我練完體能半天回不過來，累得大汗淋漓，上氣不接下氣。陳教練看到後，一邊帶拉筋，幫助我們放鬆肌肉，一邊勉勵我們說：「學排球不但要吃苦，還要好忍耐，只有信念堅定的人才能學有所成。」這個微不足道的說話在別人的角度是重重的打擊，但我卻認為是大大的鼓勵，從此刻骨銘心。每當我在練球和比賽時遇到挫折和失敗，只要想起陳教練的這番說話，就有了繼續堅持下去的動力，相信自己在排球領域中有所成就。

陳教練教會我的不單單是打排球的技巧，更多的是一種生活態度。在學習接殺球的時候，我要用雙手接起由師姐扣殺的球。由於害怕「食波餅」，所以我總是站在原地，不感勇敢地伸出雙手接起它，不管練習多少遍也無法成功。善解人意的情教練一眼就看出了問題所在，他鼓勵我放鬆身體，勇敢直前，不要因害怕而卻步，他說：「只要你肯去做，就沒有做不成的事。」最後，我戰勝恐懼，較刁鑽的殺球角度，我也可以穩穩接住。我領悟到窒礙自己進步就是欠缺自信，陳教練的話就像加油站的汽油一樣能令我勇往直前。

陳教練一句句鼓勵人心的說話不但讓我在排球場上閃耀，也時刻提醒我有能力面對各種難關。

從小到大，我的學習成績不好，樣子也不特別，可能看見之後一眼就能忘記吧，也沒有朋友。回答問題或進行說話評估，我也不太敢說話，有一部份是因我個人較為內向吧，但最大的原因是我對自己的說話內容和自己的答案不太自信，這些種種原因令我從小到大都沒有自信，或許我的一生也是如此吧，直到……

我升上中二，這一年大部份老師都被換走了，我也遇到了自己的伯樂，他是我的數學老師——鄭老師。中一時，我的數學總是不合格，而且同輩中成績優秀的人層出不窮，令我沒有自信。在這種環境下，我連回答問題都只敢：「我……我……我不知道……」。直到有一天，鄭老師在抽問我時，我同樣不敢說出我的答案，便說：「我……不知道……」同學然後便偷笑我，在背後討論著我。頓時，我感到十分羞恥，手心開始出汗，面紅耳赤。我本以為我會一直尷尬地站着，可是突然一把聲音響遍課室：「笑什麼呢！不會回答而已，每一個人都有不會的東西，強如愛因斯坦也有不會的東西！」鄭老師生氣地說道，說完便讓我坐下。下課後，他叫我跟着他到教員室，親切地和我說：「不用感到丟人，不會的以後可以問我，我會幫你的，加油！」我感到受寵若驚，從小到大，大家都認為我的成績沒有救了，沒有人鼓勵我，讓我一點自信也沒有，這是我第一次被鼓勵，所以又驚訝又高興，而這次經歷正是我撿起自信的開端。

「同學們，你們下個月就是考試了，請努力溫習，取得好成績。」伴隨老師這句話，同學亦變得緊張起來，我也是其中之一。我每天都找鄭老師補課，他每天鼓勵著我，漸漸，在隨堂考中我屢創佳績，從班上最後的幾名，到第十名，再成為前五名，再到前三名。慢慢地，我從鄭老師的悉心教導和鼓勵中獲得了好的成績，更重要的是我從這些鼓勵中找到了自信，抽問時不再害怕答錯。這份自信令我喜歡上了學習，我喜歡取得好成績而自信的感覺，所以我也在其他科目努力，希望取得好的成績。

到了最後，我在各科都取得不錯的成績，也對自己自信起來。我明白到要令一位不自信的人，重新擁有自信的方法，就是不斷鼓勵他。我建立自信的方法就是在鼓勵中自信地獲得更好的成績，我們應該鼓勵一些不自信的人，而不是打壓和取笑他，要讓他們像我一樣從鼓勵中學會自信。

《我從鼓勵中學會自信》

2CH　倪雪晴

閃耀的燈光照耀著我，宛如一顆閃閃發光的星星。仔細想來，我的自信並非與生俱來，而是逐漸在班主任的鼓勵中學會的。

曾經的我是一個缺乏自信的小孩子，對於無法與陌生人交談感到無比苦惱，甚至在學校裡，總是像一個透明人一樣，無法引起他人的注意。尤其是當我面對很多人的時候，我的心情會變得更加緊張，這使得我在分享作文的時候，無法大聲地演講，常常只是低聲細語。這種情況持續了一段時間，直到班主任注意到了我，並展開了她對我的關心與幫助。

這位班主任十分溫柔，經常主動找我聊天，分享她的生活體驗，讓我感受到一種久違的溫暖。有一天，她告訴我：「你只是害怕失敗，不願意面對自己恐懼的東西。」這番肺腑之言深深觸動了我，儘管內心仍感到不安，但我不想辜負她的期望，因此決定嘗試去改變自己，突破自我。

起初，我以為這是一件非常困難的事情，心中充滿了懷疑與不安。然而，隨著時間的推移，我發現自己逐漸變得勇敢。在我每次想要放棄的時候，班主任總是會鼓勵我，陪伴我度過難關，讓我感受到支持的力量。被班主任的鼓勵所激勵，我最終決定參加演講比賽。

在比賽前，班主任再次告訴我：「失敗並不可怕，放棄才是最可怕的。」這番話深深印在我的心中，成為我前進的座右銘。然而，在比賽的當天，我卻像一個洩氣的氣球，原本的自信瞬間消失殆盡，取而代之的是無法言喻的不安。當我無助地看著班主任，卻發現她眼中對我的期待早已流露。這時，一股無形的力量讓我不再懼怕，激勵我繼續前行。

回憶猶如一張張的照片，記錄著我的生活，每一張都承載著我成長的點滴。當最後一張照片落下，重要的回憶再次刻在我的腦海中。我為這段回憶落下一筆：「自信讓我在成長的道路上遇到許多坎坷與挫折，為何有人會膽怯地停留，給自己留下了遺憾？而又為何有人可以勇敢地跨過，渡過難關？因為勇敢的人擁有一種力量，這種力量就是自信。正是這種自信，讓我們在生活中不斷克服各種困難，避免留下遺憾。」

當我的思緒被拉回現實時，才發現台下的掌聲如打雷般震耳欲聾。當我與班主任的視線對視時，我們都會心一笑，心中充滿了感激與喜悅，那一刻，我知道所有的努力與堅持都得到了回報。

《我從鼓勵中學會自信》

2CH　王藝晴

生活猶如一場漫長的旅程，我們在途中會遇到各種各樣的挑戰與困境。而我，曾在黑暗中徘徊，是鼓勵的光芒照亮了我前進的道路，讓我找到了自信。

那是一場學校組織的演講比賽，我對此很感興趣，本來想著這是展現自己的絕佳機會。然而，當得知參賽的選手都是各班級的精英時，我的內心充滿了恐懼和不安。我開始懷疑自己的能力，不斷質疑的問自己：「我真的可以嗎？如果在台上突然忘詞了怎麼辦？」這種自我懷疑如同陰霾一樣籠罩著我，讓我在準備的過程中屢屢受挫，彷彿一直被困在一個充滿挫敗懊悔的牢籠。

比賽的日子越來越近，我的狀態越來越差。一次練習時，我因為緊張忘詞，情緒低落到了極點，甚至想要放棄這次的比賽。老師發現了我的異樣，她輕輕拍了拍我的肩膀，微笑著對我說：「別灰心，你有著足夠的語言能力和肢體表達能力，朗誦時富有感染力，我知道這是你第一次參加演講比賽，難免會緊張不安，但只要用心準備，一定能達到你想要的結果！我對你很有信心，當然最重要的是你也要對自己有信心哦！」那一刻，我看到了老師眼中的信任與期待，讓我重新起了鬥志。

在接下來的日子裡，我不再只是害怕，而是專注於演講稿的完善和演講技巧的練習。每一次灰心的時候，老師鼓勵的話語就會在我耳邊一次又響起。終於，比賽的那一天來臨了。站在舞台上，看著台下眾多的觀眾，我的心臟開始砰砰直跳，拿著麥克風的手開始微微顫抖。就在我緊張到發抖的時候，我看到了坐在後排的老師，她在台下一直為我舉著「加油」牌和讓我放鬆的手勢，那一瞬間，我彷彿充滿了力量，不再發抖，心裡平和了很多。我深吸一口氣，就像我和老師練習的那樣，開始了我的演講。

演講過程中，我全情投入，透過聲音將自己的情感和想法傳遞給每位聽眾。當最後一個字落下，台下響起了熱烈的掌聲。那一刻，我知道，我成功了！我不僅完成了演講，更重要的是，我在鼓勵中找到了自信。

自信，如同春天裡破土而出的新芽，在陽光雨露的滋養下茁壯成長，又似夜空中最亮的星，在黑暗中指引著我前行的力量，就像一隻破繭而出的蝴蝶。而這份自信，將伴隨我走過人生的每一段旅程，讓我勇敢的迎接未來的每一個挑戰。

從音樂停止的那刻起，我就覺得落敗了。我曾經參加過許多拉丁舞比賽，平常表現都不俗，至少能拿到季軍，但惟獨這次表現極之不佳。在場上，我忘記動作、力度也比平常的差，導致那刻的我感到焦慮，自信心也逐漸下降。可能是因為我第一次上台跳這種舞蹈，所以不論我在背後努力了多久，到台上還是因緊張而表現失準。這次比賽我拿了最後一名，從那天起我就失去了對舞蹈的自信，內心常想着自己甚麼也做不好，直到某星期五我如常到舞室上課……

在我練習動作時，腦中還是會浮現出那天的自己，每次一想起那天的落敗，我就感到羞愧難當，甚至在腦海中閃過無數過放棄的念頭。在下課的時候，我的跳舞同學凱兒拍了拍我的肩膀問我：「你是不是因為上次比賽失準，所以表現得那麼傷心呢？你的眼神沒精打采似的。」她以溫柔的聲音問候我，我便輕輕點頭，聽到我的話後，她便給了我一個擁抱，說道：「雖然比賽是和他人的比較，但其實每次也是在和『自己』比拼。我們可以從每次比賽中吸取新的知識，然後在自己表現得不太理想的地方進行改進，人總不可能做到十全十美的，我們應將失敗視為一個新開始，努力改進自己！你不可能每天也垂頭喪氣的，只要在人生路上不斷嘗試，不斷學習，情況總會變得更好的！」

她的這一番話令我深受啟發，我不再為過去的事情執著，我明白到自己需要做的是從過去的錯誤中學習，令自己變得更強。我也十分感謝我的舞蹈老師，在我練舞感到很辛苦時，她常常鼓勵我不要放棄。

我重新振作後，在下一次的比賽拿到了亞軍，亦讓我對未來有信心和期望。經歷過這次的挫折，讓我變得更堅強。我永遠不會忘記凱兒的話，無論遇到甚麼困難，也一定要堅持下去，奮鬥到底。

我小時候因一件事而令我失去自信，甚至感到自卑，但她的鼓勵讓我從中學會自信。

在我小學四年級時，我因膽小而被同學孤立。我不敢與老師說這件事，而同學的嘲笑也令我感到自卑。我沒有自信在台上向同學演講，甚至覺得自己不能做好所有事情，害怕同學們的議論和嘲笑。那時，我說話的聲音也很小，十分害怕外間的人事。

正當我面對這個困境時，教我數學的王老師挺身而出，責罵欺負我的同學們，令我非常感動。我還記得王老師語重心長地對我說：「你不要因他們的嘲笑和孤立而感到自卑，失去自信；相反，你要勇敢面對困難和解決這些問題，不要太在意別人的評價。老師永遠支持你，加油！自信些！」

她這句鼓勵令我明白一些很珍貴的道理。從那時開始，我開始建立自信，不再怯懦。在台上，我能自信地侃侃而談；同學們看見我的改變，也不再孤立我，令我認識了很多朋友。漸漸地，我走出了這個陰影，變得越來越有相信，脫胎換骨。現在的我已經成為老師的好幫手、學校的好主持，這令我非常驕傲，也十分感激王老師當時的鼓勵。正是她的鼓勵，幫助我建立了自信。空閒時，我會與老師聊天，老師們也會給我一些建議。

我永遠不會忘記那圓圓的眼鏡、長頭髮、溫柔的笑容和鼓勵我的王老師。她說得沒錯，我不應因為同學們的評價而令我這樣，我學會了自信的可貴。

在我生活中，我一直都是一位非常內向的女孩，不敢在別人面前說話。每當要發表意見或報告時，我的心中總是充滿着焦慮，特別是在某一次要在同學和老師面前做口頭匯報的時候，這讓我感到無比的壓力，因為這就是我中學生涯第一次口頭匯報。

在口頭匯報前一天，我坐在書桌前閱讀書本，但腦海中卻只是一片空白。我默默地嘀咕着：「我怎能在班上說話呢？如果我說錯了怎麼辦？」就在這個時候，媽媽走進了我的房間，看到我愁眉苦臉的樣子，便坐在我身邊。她輕聲對我說：「不要害怕，寶貝，你已經準備得很好，只要放鬆心情，做自己就好。」她的話如同一股暖流，讓我感受到了一絲的安慰。

接着，老師也在課堂上向大家傳達鼓勵的訊息。她在課堂上提到個人都有自己的優勢，並且鼓勵我們互相支持。我回想起過去這段時間，看到同學努力的樣子，心中不由自主地生出一股力量。

最讓我感動的是我的朋友們。在放學後，他們主動約我一起練習報告，我們在草地上圍在一起，我們互相鼓勵。每當我感到緊張的時候，我的朋友就會拍一拍我肩膀，告訴我：「你可以的！我們相信你！」這些簡單的話語，讓我逐漸找回自信了。

終於，口頭匯報那一天來了。我站在全班面前，心跳加速，卻回想起媽媽的鼓勵、老師的支持和朋友的陪伴。我深吸一口氣，開始了我的口頭匯報。當我看到同們專注的眼神，我的緊張感漸漸消失，取而代之的是一種自信。

從這次經歷中，我學會了，鼓勵的力量是無比強大的。正是這些支持讓我克服了內心的恐懼，戰勝了不安，讓我在眾人面前展現了最好的自己。雖然我認為自己的口頭匯報不是做得很好，但我從中找到了自信，令我感到十分滿足。這次一定是我未來面對困難或挑戰的寶貴財富。

這個比賽不但是知識的挑戰，更是對自我信心的考驗。而在這個過程中，我透過老師的一句話，改變了我的處事觀念。

每一年學校也會邀請同學參加比賽，當我聽到這個消息時，雖然內心充滿興奮和不安，但是自己的長處並不是數學，所有沒有信心參加。直到後來，老師竟然邀請我，儘管我對數學有興趣，但面對競爭，我感到對自己的懷疑。就在我猶疑不決的時候，李老師說：「其實我曾經也是這樣對自己沒有信心，但只要記住你的目標不是要奪冠，即使只是踏出第一步，已經是一種進步。」他的話如春風化雨，讓我重拾信心，決定報名。

準備這個比賽的過程並不容易。我每天都要花大量時間練習題目和進行模擬考試。面對繁重的任務，我曾感到疲憊和焦慮。當我感到沮喪時，就會想起李老師的那一句話，那句鼓勵就像黑暗中的一線曙光，重燃我們的信心。比賽當天，我非常緊張，但是我嘗試冷靜下來，盡力答每道問題。最後我得到季軍，我接過獎杯，從台上看到李老師的笑容。我也永不忘記那一刻。

而且我透過這次比賽讓我明白，參加比賽的意義不僅在於獎項，而是成長與學習。我透過李老師的鼓勵，讓我在困難中找到方向。那份鼓勵像甘霖滋潤；而在這次的經驗，也改變我的處事觀念，令我發現原來只要我們踏出一步，勇敢一些，就有可能完成事情。而在未來，我也會把這句話傳遞給更多人，希望幫助到對自己失去信心的人。

一人一故事

《我從鼓勵中學會自信》

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