中華基督教青年會中學
Chinese Y.M.C.A. Secondary School
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65th Chinese Y.M.C.A. Secondary School 青訊

初探模擬聯合國 開拓無垠視野
從青中出發 與世界對話

記者：5CC 林依漫、5CL 張思若、5CS 林煥華

上學年，青中同學初次參與「模擬聯合國」（Model United Nations, 簡稱「MUN」）多場賽事，屢獲殊榮，獲得豐碩成果。這項充滿挑戰的活動，如何讓同學走出課堂、放眼世界？從備戰到參賽，他們又經歷了哪些考驗與成長？今次，我們走訪了活動總負責老師 —— 英文科科主任李涵老師，以及三位參賽學生代表：6CL 亞仕積、6CL 劉智承和5CL 曾兆峰，一同了解這段探索世界、挑戰自我的學習旅程。

「模擬聯合國」（MUN) 是一項廣受世界各地中學生及大學生歡迎的模擬外交活動。參與者會化身為特定國家的「代表」（Delegate）或外交官，按照精簡後的聯合國議事規則，針對國際、經濟、安全或人權等全球議題進行辯論、磋商與談判，並嘗試透過合作尋求共識。

師生同摸索　挑戰見成長

李涵老師表示，今年是學校首次組織學生參與 MUN。面對陌生的專業用語和會議規則，師生一開始都感到迷茫，只能一邊參與，一邊摸索，成就了一次難得的共同學習經歷。

活動全程以英語進行，同學不僅要清楚表達意見，更須言之有物、論之有據，進行邏輯嚴謹的討論，是磨練英語能力的好機會。賽前，同學要研究各式各樣全球性議題，學習在短時間整理、分析大量資料。會議期間，則須細心聆聽其他代表的發言，即時組織論點，主動與人溝通、協調，合力草擬兼顧各方意見的決議草案。李老師認為，這些密集的溝通、協作與應變訓練，在日常課堂中並不容易全面實踐，MUN 正好提供了寶貴的鍛鍊機會。除此之外，同學需要代入不同國家代表的立場，學習換位思考，理解不同國家的處境與利益，拓展國際視野，不少學生也在過程中建立自信，並發揮領導能力。

賽事一般於週六及週日舉行，單日會議可長達八小時，連續兩天的賽事對專注力是考驗，參加者均需要高度投入。加上，賽前須自行搜集資料、撰寫立場文件與演講稿，十分考驗大家的毅力與責任感。看見同學全情投入並獲得獎項，李老師既高興，也深感自豪，因為同學可以享受和投入比賽。她坦言，起初曾擔心同學與其他參賽經驗較豐富的名校學生比較後，會失去信心；然而，同學十分珍惜機會，積極探索平日較少接觸的國際議題，以行動展現青中學生的學習熱誠，也讓更多人認識中華基督教青年會中學如何為學生創造機會、開拓視野。對她而言，同學在過程中的成長，尤其令人欣慰。



The 2026 Secondary School Model UNESCO International Conference

善用每一刻　學習不偏廢

準備 MUN 需要投入不少時間，如何兼顧學業與比賽，成為同學必須面對的一課。作為青中首批參與 MUN 的「大師兄」，劉智承同學認為MUN是學習的一部分，能讓學生接觸到課堂上學不到的知識，因此不會單純視之為額外負擔。三位受訪的同學均表示，雖然他們會犧牲週末的休息時間來進行資料蒐集和準備，但只要分配好每天時間，預先規劃，優先完成學校作業，再善用每天剩餘的時間，例如放學後一小時來做MUN準備。因此，他們在參與MUN過程，也學會了在學業和比賽之間找到了平衡點。

讀懂萬千資料　練就臨場應變

談到參賽的難處，三位同學不約而同提到資料整理、演講表達，以及人際交流三方面的挑戰。 首先，資料既龐大且複雜，每場賽事的議題背景指南往往長達五、六十頁，且全部都是文字，需要花上大量時間閱讀和消化，內容涉及專業術語、國際協議及歷史背景，即使具備良好的英語能力，也可能不熟悉，比如，關於處理國際爭議、戰爭、停火協議等主題，會出現很多陌生的詞彙和情境，劉智承同學和曾兆峰同學均曾在會議中提出解決方案，卻被其他代表指出有關措施早已實行，因而受到反駁。這些經驗讓他們明白，在會議現場，應變技巧是十分重要的，因應質疑及新資訊調整論點，並需要事前閱讀大量新聞和時事資訊，擴闊自己的知識面。

讓發言有分量　讓觀點被聽見

掌握資料以後，如何把研究成果轉化為令人留下印象的發言，同樣是一大考驗。受訪同學指出，一個會議可有多達五十名參加者，其中不乏經驗豐富的代表。要在眾多發言中脫穎而出，需要別出心裁，要把資訊轉化為有趣、前後連貫、引人入勝的演講，甚至適度加入幽默元素，才能吸引評審及其他代表的注意。亞仕積同學和劉智承同學表示，他們會利用人工智能 (AI) 來協助整合不同資料，提升效率，方便對議題有更深入的理解，但他們卻不完全依賴人工智能。

跨過不安　走近彼此

除了知識與表達能力，MUN 也考驗同學面對陌生環境的勇氣。三位同學坦言，備賽工作不少時候須獨自完成，容易感到孤單與壓力；初次參賽時，由於不熟悉會議流程，也難免感到徬徨，需要迅速適應。曾赴英國參賽的亞仕積同學表示，站在其他參賽者及評審面前公開演講，會有巨大的壓力，擔心他人如何評價自己的表現。然而，跨過最初的不安後，活動亦成為結交朋友、學習與人相處的契機。

劉智承同學回憶到台灣參賽的經歷時，特別提到來自世界各地的中學生十分友善。三位同學亦希望把經驗傳承下去，與日後參賽的青中同學分享，例如：如何克服英語表達的困難、組織隊員等心得。另外，活動不但提升了英語的聽、說、讀、寫能力，也讓他們更懂得留意說話的態度、表達方式及內容，才能吸引別人聆聽你的話。曾兆峰同學更表示，參與 MUN 後，他的目光不再局限於香港，而是開始關注全球事務，逐步建立自己的世界觀。



Yale Model United Nations XII
5CL LAU CHI SHING
(Best Position Paper Award)





Model United Nations (MUN) 5CL AKHTAR ASJID ULLAH

從議事到行動　讓關懷走出會場

回顧參賽經歷，三位同學對「保障受影響少數群體的權利」、「國家主權」及「公民責任」等議題印象尤其深刻。這些議題促使他們思考：公民應承擔甚麼責任？不同群體的權利應如何得到保障？人與人之間的差異，為何不應成為剝奪他人生存權利的理由？透過研究與討論，他們逐漸明白，看似遙遠的國際議題，其實與每個人的生活息息相關。了解世界，不只是為了在會議中提出有力的論點，更是為了認識自身所處的社會，思考可以承擔的責任。三位受訪同學表示：「希望有朝一日，我們不僅能在大賽上高談闊論，更能真正付諸行動去幫助和解決這些問題！」

從初次接觸時的迷茫，到站上會議舞台的從容；從埋首資料，到關心世界，MUN 帶給青中同學的，遠不止獎項與掌聲。更珍貴的，是敢於發言的自信、理解差異的胸襟，以及把關懷化為行動的心志。這趟探索世界的旅程，才剛剛開始。



The La Salle College x Maryknoll Convent School Model United Nations (Left to Right)
4CL TSANG SIU FUNG, 4CL LEE TSZ TUNG, 5CL AKHTAR ASJID ULLAH



左起：英文科李涵主任、6CL 阿仕積、6CL 劉智承、5CL 曾兆峰、校長張富華博士、5CS 林煥華（記者）、5CL 張思若（記者）、5CC 林依漫（記者）

勉勵及寄語

亞仕積同學：初時參加這類比賽是為了學習和增廣見聞，但後來發現這些經歷彌足珍貴。難忘的回憶和親身經歷所帶來的喜悅，是金錢衡量不了的。大家付諸行動，讓中學生涯不留遺憾。

劉智承同學：大家勇於嘗試，抓緊機會，只要願意踏出第一步，你會發現箇中樂趣，並在過程中收穫意想不到的知識與成長。

曾兆峰同學：未來的參賽者不要因害怕而退縮，雖然一開始會覺得不自在，但這正是結交朋友、學習溝通的好機會。即使你性格內向，也可以嘗試一下，你會學會如何與人交談，這不僅是為了爭取獎項，更是為了突破自己，成為更好的自己。







Norway, Finland and Iceland Study Tour (2026)

Mr Luethi Kelvin Devis, English teacher

The Northern Europe study tour to Norway, Finland and Iceland took place from 29 June to 8 July 2026. Twenty-four students, along with three teachers, had the privilege of visiting some of the most beautiful places in Northern Europe. The journey blended unique cultural heritage, modern science, and breathtaking natural wonders.



Cultural Marvels in Norway

The study tour began in Norway, where students explored the harmony between nature and modern architecture. In Oslo, they walked on the sloping white roof of the famous Oslo Opera House and gained deep educational insights into international peace efforts at the Nobel Peace Center. Moving outdoors and beyond textbook materials, our students marveled at the massive stone and bronze sculptures in Vigeland Park. They also stepped back in time at the Norsk Folkemuseum (Norwegian Museum of Cultural History) to learn about traditional regional life. Finally, a trip to the Kistefos Museum and Cultural Park amazed the students, showing them how world-class contemporary art can blend beautifully into a lush forest setting.



The Wonders of Fire and Ice in Iceland

The tour moved to Iceland, the land of fire and ice, offering an unforgettable look at the power of nature. In the capital, Reykjavík, students stood before the magnificent, towering Hallgrímskirkja Church and viewed life-sized marine models at the Whales of Iceland Museum. They experienced the magic of the green sky at Aurora Reykjavík - The Northern Lights Center, and watched hot molten rock flow at the Lava Show Reykjavík.



The adventure continued beyond the capital and into awe-inspiring nature, where they witnessed the bubbling Geysir Geothermal Area, the mighty Gullfoss Falls, and the scenic rainbow at Skógafoss Waterfall. A major highlight for the students was visiting the breathtaking Jökulsárlón Glacier Lagoon, where giant icebergs float toward the famous black-sand beach and glitter like crystals on Diamond Beach. The Icelandic journey concluded with an interactive nature lesson at the Perlan Museum. Students also had the opportunity to stay in student dorms and dine at the cafeteria at the University of Iceland.

Innovation and Heritage in Finland

The final part of the study tour took place in Finland, focusing on top-tier education and community spaces. Students enjoyed an inspiring guided tour at Aalto University in Helsinki to see how modern design meets technology.



The students had the opportunity to walk through the award-winning Helsinki Central Library Oodi, a modern hub for public learning. They also visited the stunning Temppeliaukio Church, which is uniquely carved directly into solid rock. After trying local Finnish food such as fresh salmon at the lively Market Square (Kauppatori), the students took a scenic ferry ride to explore the historic island fortress of Suomenlinna.

This incredible 2026 study tour provided students with deep and meaningful insight into the Nordic way of life. From green energy to vibrant architecture, the tour inspired students to consider how sustainability and culture can shape a better future for society.







Australia Aviation Study Tour 2026





▶ 6PT Aidan Ng Cheuk Nam

This journey is meaningful to me because I want to study aviation at Adelaide University next year. It's a significant opportunity to experience the "lifestyle" of living in Australia and to better understand the aviation programme that I hope to study.

For flight training at the flying school, everything is brand new for me because I haven't flown a real light aircraft before. One thing that surprised me is that I need to complete all the checklists by myself for the first time. On the other hand, it has been quite challenging for me to manage many tasks simultaneously while flying.

In the lessons, I study a lot of theories and techniques for controlling an aircraft, and it's really amazing to learn how to handle and control the aircraft in the sky.

In short, this trip helps me gain a deeper understanding of the aviation industry and university life in Australia. It also helps me learn more about what a pilot does.

▶ 6CT Mario Wong Ching Nam

After going to Australia for aviation training, I gained invaluable hands-on experience and personal growth. This visit stood out as my very first time flying an aircraft to pick up a passenger. Completing this real-world flight task boosted my operational confidence and sharpened my decision-making, pre-flight preparation and in-flight situational awareness. One pre-flight inspection made a particularly deep impression on me. My instructor asked me to complete the pre-flight check entirely by myself, whereas in the past we had always done it together. In that moment, I truly felt that my life was in my own hands, which motivated me to perform an exceptionally thorough inspection. Beyond technical skills, I learned to stay calm under unexpected pressure and take full responsibility for every move onboard. Repeated training in Australia helped me fix past weaknesses and build solid flying habits. This meaningful mission reminded me that professionalism comes from consistent practice, and it further confirmed my desire to become an airline pilot in the future. If I cannot join my top-choice airline immediately, I am willing to work for a smaller airline to fulfill my dream.







▶ 4CS Michael Leung Kwan Fai

After finishing the Australia aviation study tour, I realized that I have become more mature because of the discipline through my instructors. Moreover, on this trip I experienced flying a DA40 for the first time. Although I initially struggled with motion sickness, I conquered it over time and became familiar with the aircraft controls. The instructors have given me such support and encouragement to help improve throughout this trip; the instructors have given me such valuable chances as taking off and landing the aircraft. Furthermore, this trip's ground theory lessons have helped me gain much more knowledge about various methods of controlling the plane, for example straight-and-level flight, climbs, descents and turning.

In conclusion, I believe that I have learnt a lot but there's lots of room for improvement in my aviation journey, therefore I will dedicate more time to improving my skills and preparing myself for upcoming challenges.



活動精點

9月

敬師日 (10/09/2026)






「天宮課堂・港澳專場」太空授課活動 (09/09/2026)




S2 65週年校慶生日蛋糕設計




S6 Mock Interview Workshop (15/09/2026)






S5 三棟屋博物館非物質文化遺產考察及體驗






2026 敲鑼打鼓慶中秋—中文科、英文科、數學科及中史科合辦 (23-24/09/2026)

















10月

S1 獲香港中華基督教青年會送贈的迪士尼禮物





越野選拔 (大棠)
(08 &12/10/2026)



S6 家長日大專院校資訊攤位





2026青中盃小學女子排球邀請賽 (10/10/2026)






26-27學生會選舉








Summer

美國基督教夏令營 (18/07/2026-03/08/2026)










獎項



2025-2026看漢教育閱讀寶庫
獎勵計劃全港大獎 ——
中學組別冠軍
3CW 練筱縈



第三十七屆中學生閱讀報告比賽
主題閱讀中文組 —— 高級組亞軍
4LB 陳偉杭



兩代情徵文比賽 —— 優異獎
2CT 陳晁賢　4CC 歐陽錢　4CC 任希悠　4LB 文浩臻
4LB 陳偉杭　4LB 李倬瀠　4LB 范仟芊　5CL 李卓螢
5CT 王晶怡　5CT 王姿程　5LC 楊曦鈗　5PT 李嘉軒



AEROSIM International Aviation
Tournament 2026 Grand
Champion - Bronze Award
5CT WONG CHING NAM



The La Salle College x Maryknoll Convent School
Model United Nations (27-28/06/2026)
Honorable Mention - 4CL SINGH KARAMJOT
Most Improved Delegate - 4CL LEE TSZ TUNG
4CL TSANG SIU FUNG
4LB MANAV SHARMA
Best Delegate - 5CL AKHTAR ASJID ULLAH



The 2026 Secondary School Model UNESCO
International Conference (04/07/2026)
Best Delegate - 5CL Akhtar Asjid Ullah
Best Delegation
The delegation of Spain - 5CL Akhtar Asjid Ullah
4LB Limbu Deshika
Special Recognition
The delegation of Hungary - 5CL Lau Chi Shing
5PT Vinod-Thomas Rovil



全「元」防騙・共創亮點 —— 中學組優異獎
5CL 廖可孜　5LB 陳孜琳



第三屆AI奧數（數霸盃）世界公開賽決賽銀獎
數學思維大激鬥 2026銀獎及銅獎
泰國國際數學競賽初賽及晉級賽 2025 - 2026（香港賽區）銅獎
粵港澳大灣區數學競賽總決賽2026三等獎
「華夏盃」全國數學奧林匹克邀請賽 2026全國總決賽三等獎
2026 American Mathematics Competition 8 (AMC8) -
FIRST PLACE & THIRD PLACE
2026 亞洲國際數學奧林匹克公開賽各獎項
2026 香港數學袋鼠競賽各獎項



S.O.W. Award Ceremony by the EDB (10/10/2026)
The Outstanding Award - 5LB CHAN CHEE LAM
5LB CHAN FUNG CHO JOSEPH
The Commendable Award - 5LB YEUNG SUM YU
The Grand Jury Photography Award - 5LC HO YEUK HEI
5LB WONG MORRIS



元朗區中學校際游泳比賽 (2026)
女子組全場總冠軍



"Preface Debate for Tomorrow"
Inter-School Debate 2nd Runner-up



2026學校體育推廣計劃 —— 外展教練計劃5人足球
(Futsal)比賽（全年總決賽）冠軍



學校體育推廣計劃 —— 2026外展教練計劃
5人足球比賽（下學期）亞軍



第三十二屆「家長也敬師」運動
「電子版敬師卡」設計比賽冠軍　1LY 陳殷堉



《憲法》和《基本法》全港校際問答比賽 ——
最積極參與學校獎



多元智能躍進計劃嘉許禮 (04/07/2026) —— 躍進獎
3AY 江子慧　3AY 李浩賢