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Ripening Fruits of Creativity volume 8

Po Leung Kuk No.1 W.H. Cheung College 2017-2019

Ripening Fruits of Creativity

果碩豐盈

Volume 8
第八冊



PO LEUNG KUK NO.1 W.H. CHEUNG COLLEGE
COLLECTION OF PRIZE-WINNING WORKS OF STUDENTS

保良局第一張永慶中學・學生得獎作品集 2017-2019

Preface

This is the eighth book of “Ripening Fruits of Creativity”. It is a collection of our students’ prize-winning entries in various open competitions in the academic years 2017 to 2019. Students’ works are grouped under different categories, namely “Chinese Writing”, “English Writing”, “Reading Reports”, “Artworks”, “Letters to the Editor”, “Slogans”, “Project Work” and “Calligraphy”.

The publication of this book serves two purposes, namely acknowledgment and encouragement.

In general, our students are having pleasing results in the Hong Kong Diploma of Secondary Education Examination. For example, in 2019, the percentage of 5/5*/5** is 41.7%, the highest record since the inception of the HKDSE. There are other students who are also good at writing, drawing, designing, creating, reporting and so on. This book serves as an acknowledgment for those students who may or may not be as gifted academically but are surely talented in the aforementioned aspects.

The publication of this book is an encouragement for all students, whether they have won any prizes. For those who got a prize, the reading of this book will remind them of their exemplary performance and serve as a driving force for them to climb another summit. For those who do not have any of their work printed, the reading of this book will provide them with inspirations and encourage them to set targets and to achieve them.

Finally, I would like to take this opportunity to express my heartfelt thanks to our staff, especially teachers of the Chinese, English and Visual Arts Departments, and those responsible for advising students on reports and project work, for the concerted effort put into producing this commendable publication.

I am looking forward to the ninth edition, and most important of all, your continual contribution.



Chau Chor Shing
Principal
2019

序

這是本校第八冊的《果碩豐盈》。它收錄了學生於2017至2019年度在各項公開文藝比賽中的優勝作品，也結集了學生在報章的投稿。

《果碩豐盈》的出版，除對學生的優異表現作出肯定外，也對其他學生作為一種鼓勵。

本校學生在香港中學文憑考試中一向都能獲得優異的成績。如在一零一九年度的考試中，本校學生考獲5/5*/5**的百分比為41.7%，是歷年之冠。部份學生在其他方面如寫作、設計、畫圖、創作等也有出色的表現，而《果碩豐盈》正好作為一個平台，記錄和肯定他們努力的成果。

對於得獎的同學，《果碩豐盈》可作為他們的一種推動力，鼓勵他們再闖另一高峰；至於未曾獲獎的同學，《果碩豐盈》可為他們提供靈感，鼓勵他們訂定目標，向前邁進。

最後，我要向指導學生的老師及協助出版這文集的教職員致以衷心的謝意。期望同學能夠繼續努力，為第九冊的《果碩豐盈》作出貢獻。

校長 周楚成 謹序
二零一九年

Once again, welcome to Ripening Fruits of Creativity, an anthology of our students' exemplary works. This is already the 8th edition of the book, whose inaugural edition was published in 2005. For the information of our newcomers, the pieces featured in this book are prize-winning entries in different external competitions or submissions to newspapers, which are good evidence of our students' high calibre and creative mind.

My deep appreciation and gratitude go to all the students who told us their stories and opinions by writing. They can be justifiably proud of having their works chosen for publication, which is our acknowledgement of their achievement. My deep appreciation and gratitude also go to all the teachers who encouraged their students to stretch their potential and submit their works to various writing contests. Without their tireless guidance and encouragement, our 'fruits' would not have been so plentiful.

For students who are yet to summon enough courage to give writing a chance, the following pearls of wisdom may help:

"Start writing, no matter what. The water does not flow until the faucet is turned on." Louis L'Amour

Boys and girls, pick up your pen now and let your light shine.

Ng Miu Shan
English Panel Head
2019

我們生活在電子網絡發達的年代，一個個表情符號，一個個新創標貼，有時無聲勝有聲，抵過千言萬語，怎麼還有「爬格子」這回事？

也許就是文藝創作的「情趣」，推動我們的少年作家，積極參與標語創作、徵文比賽、報章投稿、閱讀分享等各類文藝活動。「情」為何物？就是通過寫作，或直抒胸臆，或托物言志，也可融情入景，借景抒情。只要情真意切，就不會落入「為賦新詞強說愁」的俗套。「趣」從何來？一旦作品完成了，獲得報章刊載，本已帶來很大的滿足感；偶爾在芸芸的參賽作品中脫穎而出，榮膺三甲，代表學校領獎，也真箇是人生得意的一刻，這就帶來更大的成功感。

當然，人生有不同的階段，寫作也有進一步的用途。大學時寫論文，投身職場時寫求職信與公文，擔當行政主管時寫報告，都講求文從字順的功力。再者，駕馭好文字，才有本事一抒己見，在眾說紛紜的時候向別人、向社會大眾深入闡釋，辯明真理。因此，我希望各位繼續用心寫作，好好鍛煉，這本事信可於往後的人生大派用場。

最後，我衷心感謝中文科團隊各位教師的辛勤指導，期望更多少年創作者體會到寫作的情趣，也祝願我們的學生再接再厲，成就《果碩豐盈》更美滿的未來。

張樹英
中文科主任
二零一九年

This book mainly collects the awarded art pieces by our talented art students. It not only shows the excellence of students' art talent and skills, but also their zealous learning attitude. I highly appreciate their fortitude to design and complete their art creations wholeheartedly.

As for other students, they can learn about arts through a wide range of activities like art visits, fashion shows, art camps, artist-in-residence projects, design and making competitions. Various kinds of learning media can also be applied to motivate students' learning incentive and tackle different individual learning needs in this domain.

To sum up, I would like to give sincere thanks to the committee members of the Art Club and art helpers who have contributed their time and effort to plan and hold numerous activities as well as carrying out school decoration for school events. Their contribution has successfully brightened students' school life and made it become more vibrant and fruitful.

Ma Sze Wai
Visual Arts Panel Head
2019

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保良精神

相互尊重
團結合力
延展愛心
行善助人
感恩知德

造福社群的奉獻精神

願景

幼有所育，少有所學，壯有所為，老有所依，
貧寡孤困殘病者皆有所望

使命

成為最傑出、最具承擔的慈善公益機構，
發揮保良精神，以善心建善業，
致力保赤安良，護老扶弱，助貧健診，培德育才，
揚康樂眾，實踐環保，承傳文化，造福社群

價值觀

秉承傳統	與時並進
以人為本	關愛感恩
優良管治	務實創新
廉潔奉公	安不忘危
善用資源	注重本益
專業團隊	愛心服務

中文作文



理想中二十年後的我

F.2B 古倩崙 2018/19

指導老師：冼雪珍

二十年足以發生許許多多事情，而二十年後的我會變成怎樣呢？

我希望二十年後的我依然不忘現在的夢想。時時刻刻抱着對夢想的憧憬衝刺，不要被生活、生計灌注全身而忘記了初衷。曾經有一位老師告訴我：「寧願為了夢想而忙碌，也不要因忙碌而忘記夢想。」我希望二十年後的我，仍然牢記這番說話，可以帶着夢想去擁抱生活，豐富自己的人生，永遠不忘初衷。

我希望二十年後的我是「不到黃河心不死」的人。無論遇到多麼不可思議、別人口中「不可能」的事，都能有勇氣去挑戰。要認真對待每件事，盡自己最大的努力去完善它。要時刻懷着希望，即使前路黑暗迷茫，也能靠着心中的熾熱走下去。只有勇敢地走過了，努力地試過後才能說：「我不行了，我盡力了。」

我希望二十年後的我能為人帶來歡樂的。不需要偉大，只需要令身邊的人感到快樂。能令對我照顧得無微不至的父母不再為我操心，能令對我悉心栽培的師長倍感欣慰，能令對我不離不棄的朋友覺得值得。我希望二十年後的我可以成為他們的依靠，成為溫暖他們的陽光，讓自己成為他們嘴角上揚的原因。

二十年後，好像還很漫長；路，好像還有很遠。但我會從現在開始努力，讓每個明天的自己都比今天的自己更出色一點點，讓那個二十年後的自己可以成為現在理想中的自己。奮鬥吧，少年！

知曉道理 充實人生

F.4E 陳芷茵 2018/19

指導老師：黃美兒

在漫長的人生旅途中，我們會遇到許多人與事，可是，這些人事總有一天會消散，會回歸塵土。那麼，在時間的沖刷過後，身邊人都不復存在之時，又有誰能永遠陪伴我們？又有誰能教曉我們人生道理，成為我們的心靈支柱？答案只有一個，那就是靜靜躺在櫃子裏的書本。

雖然我的人生旅途只是走了短短十多年，但我仍找到了生命中最具意義及啟發性的兩本書——《不老騎士》和《美麗是活出來的》。它們都會以目前一些熱門的民生狀況，訴說了震撼人心的人生道理。前者透過老人們揮灑汗水的故事，證明老化並不代表要從社會中淡化；後者則以一連串的體驗活動，揭示香港的貧窮問題。

《不老騎士》記敘了十七位平均年齡八十一歲的老人的尋夢之旅，他們到了台灣，騎上了摩托車，開展了環島旅遊。透過這本書，看到公公婆婆們在人生末段仍勇於踏上征途的經歷，令我在人生征途上也獲取了許多補給。

年齡是實現夢想的限制嗎？不！只要有心，就算是百歲老人也能做到，何況是正值青年的我們？我們必須勇於實踐自己的夢想，即使很難把每一個夢想都實現，也要盡力去做，以免日後遺憾。夢想可大可小，大至改變世界，小至活好每一天。無論如何，夢想都能在生命中留下色彩印記，使我們獲取各種經驗，增添回憶。正所謂「活到老學到老」，實踐夢想的經歷，將來會變成了寶貴的財富。而且，追求夢想時，只要還有熱誠，人就忘卻年齡，勇往直前。相比起身體機能上的老化，一顆失去熱忱的心，才是圓夢路上的最大障礙。

怎樣衝破障礙，擁抱夢想，活出美麗人生？《美麗是活出來的》就給了我一些提示。這書記述了藝人陳鈺芸參加一個名為「窮富翁大作戰」的真人騷，並寫出陳鈺芸在這次節目中所學到、領悟到的道理。透過陳鈺芸的經歷與經驗，正如書名所寫，「美麗是活出來的」！這成為了我閱讀之旅路旁的小花，點綴了我一人的旅途。

金錢就是人生中最重要的事物嗎？沒有它我們真的會死去嗎？並不是。就算我們貧窮，也不代表我們不能活出美麗人生。七十至九十年代，香港經濟迅速發展，不少人在這段時間賺了大錢，以致出生於八十後的青年人含着金鎖匙出生。他們依賴父母的努力，嬌生慣養、被愛被寵，甚麼都不缺。相反窮人們只能每天辛勞工作，也未必能過上舒適的生活，物質追求更是遙不可及。但正因如此，富有的人總是過分追求名利與物質，不斷買一些自己用不着的物品，浪費金錢，也浪費了資源，卻總逃不過心靈空虛；貧窮的人則是十分節儉，而且非常愛惜自己所擁有的任何事物，他們懂得善用自己手頭上的任何一種物品，去改善自己的生活。相比起富翁的貪慕虛榮，窮人的節儉與珍惜更值得我們去學習。

無論是老人們的堅持，還是陳鈺芸的「美麗」，都成為了他們各自人生旅途的亮點，是最輝煌、最美好的經歷和回憶。而他們的故事被輯錄成書，為我的閱讀之旅添加了不同的觀光點。未來，我將閱讀更多的書，即使時光消逝，人事無蹤，書本帶給我的，必定能令人生無比充實。

人生・閱讀與我

F.4E 馬曉敏 2018/19

指導老師：黃美兒

在人生路上，孤獨一人是極其痛苦的；可是在閱讀路上，一個人卻是極其喜悅的。昏黃的燈光下，四下靜默時，返開泛黃的書頁，細細品味，書本像燈光一樣點亮了我一個人的孤獨旅程。

對於「人生」這複雜的話題，總是有些許疑惑。尤其在面對身邊親人病重時，我感到了痛，想到了生死。尋思着如何看待生死，又如何看淡生死。於是走到書架前，看到了《活着》一書，有些領悟，如釋重負。在這世間上有很多的遺憾，死亡只是其中一種，當親人生病或離世，《活着》中的主角福貴都堅強地活着，他用生命告訴我們，活着只是純粹的活着，不為其他。也許看着親人的離去很痛苦，但到底這是人生中的一段旅程，每個人的命運皆不同，與自己的緣盡之時，相識一場，彼此鼓勵過、依偎過，最後擁抱一下，然後說分離，其實也不枉這一段旅程，也值得向命運道謝、感恩，繼續走向下一段旅程。我很感謝在我人生路中讀過這本書，陪福貴走過他的人生旅程，也感謝福貴陪伴我渡過每一段黑暗的時光。

如果說《活着》一書使我有力量在黑暗中行走，那麼《牧羊少年奇幻之旅》是我見到的第一縷晨光，讓我相信世界並不是完全淡色的。

牧羊少年雅狄聖各有理想，他的世界充滿色彩，有他為追尋天命灑下的汗水，也有他為堅持初心所流的淚水。他質疑過、放棄過、受傷過，與我們每個人一樣。我質疑過自己的能力，所以夢想才會那麼遙不可及；我質疑過上天，為何對我從未有一絲仁慈。在追夢途上，我們都傷痕累累，但雅狄聖各用他的堅持跟我說，那又怎樣，傷痕是

讓光照進來的地方。這永不認輸的氣勢，這就算命運扼住你喉嚨，也決不低頭的姿態點亮我對生命的鬥志。現實只能困我一時，決不能困我一世，我要用執着去打破名為現實的枷鎖。如果最後無法完成天命，那我的執着也會在荊棘中開出血紅的花兒來。雅狄聖各在我如死灰的生命中到來，成為了那點星紅的炭火，令我有勇氣邁出追尋天命的一步，去擁抱這個世界。現在的我尚且不知未來的結局如何，是好？是壞？可能，現實終究磨蝕了我的鬥志，就平庸地過了一生。可是我還是很開心遇到了《牧羊少年奇幻之旅》這本書，遇到了雅狄聖各，他為我死灰的世界畫上顏色，為現在階段的我有對夢的執念，對信仰的執着。

感謝在之前的路上，閱讀令我遇到不少朋友；期待在之後的旅程，遇到更多的伙伴。

齋心滌慮 閱讀之旅

F.5F 許沛珊 2018/19

指導老師：黃美兒

人生路漫漫，遇上不同的高低起落實是難以避免。為了能從這種現實中「出走」，人們總會選擇到外地遊玩，去一趟說走就走的旅行，瀟灑的很，讓自己沉浸於物質的快樂，忘卻現實的殘酷。然而，這種快樂只會像煙火般轉瞬即逝，只有知識才能長存於我們心中，充實我們的人生。「一個人的閱讀之旅」，需走的路或許比徒有軀殼的物質旅行來得更長更遠，卻能真真正正地洗淨我們的心靈。閱讀，能慰藉我的心靈，讓我思忖人生。

《擁有，其實是另一種失去》這是我的其中一個座右銘，亦是近期能令我自省的書籍。甫打開這本書，「當你擁有的時候，其實也是失去的開始」一句瞬間映入我眼簾。這是作者在訴說自己內心世界——序的標題，卻同時深深打動了我的內心深處。與此同時，這亦讓我聯想到現今在世界各地成為趨勢的「極簡主義」。極簡主義之所以能如此盛行，是因為它正正能讓人們對「活著的意義」進行反思。它讓我們在當下這個維度，思考自己與世界的關係，將不必要的冗餘減至最少，把時間和精力用到有意義的事情上，做到斷、捨、離。然而，隨着科技越發達、物質愈豐盛，在我們人生中排得滿滿的，總離不開玩樂、物質。我們甚至透過社交網絡，將自己與他人的虛幻生活作比較，繼而渴望擁有更多外在物質，迷失了自我。追求物質失去自由，追逐成就喪失健康，得來了虛榮，卻失去了純善品性。其實大部份人都並非因為缺乏了什麼而感到不快樂，而只是渴望擁有更多而造成了痛苦。因此，看過這本書後，令我更明白，其實什麼外物皆可以拋去，但千萬不能失去突破自我和勇敢活着的勇氣。我們生來本無一物，死去也帶不走一物。生命其實就是個一次又一次拋棄的過程，我們都應保留那些真正重要的部份而捨棄冗餘，才有真正的幸福。

然而，這種生活態度對某些人而言是天方夜譚，在石墨一雄的著作《長日將盡》裏的主角便是其中一個例子。史蒂文斯是個年近七旬，盡忠職守的老管家。在他心中至高無上的理想便是盡責去管理達林頓府邸。「管家」，被他視為生命中最重要承諾，即使沒有了其他一切事物，他都置若罔聞。我認為他的人生十分可悲，亦充滿遺憾。為了盡忠職守，即使在父親中風垂危之際，他選擇不守在即將瞑目的父親身邊，而是選擇站在晚宴桌旁，做個忠心的僕人。正是這種自虐式的情感壓抑和盲目的忠誠，使他不能顧及父子間的天倫之情，實在是枉度此生啊！英國的僕役文化扭曲了僕人的價值觀，而史蒂文斯的麻木就做了他逃避追求自身快樂的藉口。最終，他在回顧自己的職業生涯時，意識到自己多年來的生涯從不是自己選擇的生活道路，而是任人牽着走的錯誤人生，可惜一切已無法改變了。他的一生帶給我啟示，就如書名一樣，在漫漫白晝日落西山前，我們會為自己的人生留下什麼呢？是遺憾嗎？

一個人的閱讀之旅從不孤獨、沉浸在浩瀚書海裏從不苦悶。相反，它在我心的不同轉捩點陪伴着我、教我成長、拓闊我的視野。閱讀之旅，就是齋心滌慮之旅。

我日漸成長，你已步履蹣跚

F.4D 鄭敏樂 2018/19

指導老師：鍾麗明

我小時候住在是井字型公屋。我家就正是在轉角處的單位。獨力撫養我們四姐妹的母親往工廠上班時，最年幼的我甚少跟姐姐出去玩，倒是總愛坐在門口，看鄰居出入，聽他們閒話家常。最常見到的，是鄰家的梅姨。

那時梅姨大概四十多歲吧，慈眉善目的，蓄一頭簡樸的短髮，清瘦的身上總是穿著灰藍色格子襯衣，對我們家四姐妹很是友善，隔三差五往我們手裏塞幾顆糖果，邀我們到她家做客。母親也沒有多餘心思照顧我們，就梅姨對我們諸多關照很是感激。

天井下有幾隻流浪貓，梅姨每晚都會帶一點飯菜去喂貓，偶爾會帶上我。在天井的夏夜特別涼快，我們坐在那裏，梅姨給我講故事，我總沒聽進去多少，只顧逗着流浪貓，玩得不亦樂乎。累了，就靜靜地靠在梅姨懷中仰頭望天，天氣好的日子能看到星星。這時我總會想起井底之蛙。這就是小青蛙抬頭時看到的景象嗎？但我和小青蛙不同，我不是孤零零的，我有小貓、姐姐、母親，還有梅姨；圍繞我的四面牆也不是困住我的水井，而是很疼我的鄰居們……即使我是井底之蛙，也是最幸福的小青蛙。我說着童言童語，有時梅姨都被我逗笑了，說我總長不大。我們過了一個個這樣的晚上。

後來，我們住的公屋要拆卸重建，梅姨就此停留在我的回憶之中。多年以後，我們姐妹大學畢業，各自發展自己的事業。母親一生勞碌多時，見證女兒出人頭地，算是圓了多年的心願，沒多久就與我們告別了。

心血來潮地翻出發黃的電話簿，我在脫落了大半的一頁上找到了梅姨的名字。我本是抱着一試無妨的心態，沒想到還真的聯絡上了。

走過寂靜的走廊，踏進鐵閘後的單位，只見一個慈眉善目的長者坐在窗前，身體因年老顯得佝僂。察覺到我來了，眼裏噙著笑意，嘴角扯起溫暖的弧度，伸出有點皺巴巴的手拿起一小盒飯菜，略顯沙啞的嗓音響起：「喂貓去。」我怔了怔，點點頭，好像又變回小孩子。

喂完貓，我們沿小徑慢步，聊起了幾十年前。我發現，在我心目中強健可靠的人，也變得步履蹣跚了。在四周匆匆走過的人之中，她顯得格格不入。我的笑容僵了僵，最終只是淡淡地問了一句：「你懷念以往嗎？」梅姨笑道：「懷念，」我沉默了。她頓了頓，又繼續說：「但也享受現在。」我不解。「你長大了，我老了。」梅姨笑意更濃，「可無論我們怎樣改變，我們不還是能一起喂貓嗎？」她瞭望遠方，像是說給自己聽的似地，輕輕吐出一句「就此足矣」。

我環顧身處的新式屋邨，又把目光投向身邊恬然笑着的梅姨，眼前景象又和記憶中的天井重疊了。

我日漸成長，你已步履蹣跚。但或許，我們都沒有變過。

智慧城市

F.3A 林靜宜 2018/19

指導老師：黃慶龍

你心目中的理想家園是怎樣的？每個人答案都不一樣，但在現今這個急速發展的社會中，大多數人都和我一樣追求方便快捷，同時又講求安全。而這些都可靠高科技達成，因此我相信一個利用高科技幫助生活的香港會是我們的理想家園。

首先，每個人家中都有一套智能家居系統。智能家居可透過聲控、手控等方法控制，更可以用電子設備遠程控制，方便隨時控制家中的家具和電器，如電視機、燈、窗簾等。而牆壁、地板等會裝嵌微型感應器，住宅內沒有人時感應器能檢測到，把所有電器關閉，這樣便可節省電力，減少電費開支。智能家居集管家的功能於一身，它能做家務，也有鬧鐘的功能。除方便外，它也有防盜功能。住宅的門會改用防盜門，住戶可以透過指紋、面孔辨識等方法解鎖，防止陌生人進門。沒人在家時，住戶可透過手機視頻監控，看到自己家中的情況，確保住宅安全。

其次，智能化屋苑亦是我理想家園中不可或缺的一部份。在保安方面，屋苑應採用住戶信息電子化系統，要求住戶出入時打卡，避免讓可疑人物進入屋苑，威脅住戶安全。煙霧感應器會安裝在屋苑範圍內不同的地方，一旦感應器偵測到有火災發生，除了會自動報警，也會馬上向住戶發佈疏散訊息。屋苑還設立了一個社區信息網，發佈屋苑內的資訊，方便住戶隨時查詢，同時加強住戶間的溝通。自來水、電力、煤氣由電子系統控制，將每幢建築物的供水電及煤氣設施分開管理，方便定期維修，避免大範圍停水、停電和煤氣供應暫停。

從整個社會看，亦開始引入更多高科技的設施。在交通和消費方面，除八達通外，也有手機付款系統，使我們有多個方便快捷的付款渠道。現今已有一些可以檢視交通工具抵達時間的應用程式，我希望日後這些應用程式能發展得更加成熟，準確度亦能提升。在教育方面，大多學校都開始使用平板電腦等電子設備教學。網絡上有海量的資料和知識，學生可透過互聯網增進對某一學科的認識和興趣，培養專科人才。而最能以高科技協助發展的就是醫療方面了。香港醫療系統隨着時代發展，已較以往完善了不少，但始終不及一些發展更迅速的地區先進。香港可以考慮從那些地區引入高科技儀器，推進香港在醫學上的研究，醫護人員也可透過互聯網與其他地區的同行交流心得。

雖然現今的香港未及我的理想家園般先進舒適，但香港的科技發展一直進步，我相信只要我們繼續努力，香港在不久的將來，也會成為我想像中的智能城市及我們的理想家園。

最令我感動的一首歌： 《你是你本身的傳奇》

F.1B 溫嘉琪 2018/19

指導老師：司徒美嫻

有一首與櫻花盛開的歌和一個與梔子花一起播種的夢在我心頭發榮滋生。在追夢路上，我雖不能成為耀眼的月亮，但至少我能成為燃亮自己的星星，去鑄造屬於「自己的傳奇」。

我與它邂逅在黃梅時節，雨後的一絲晴朗打在馬路的小水窪上，透過櫥窗，再反射在它金燦燦的身體上。雖然它被放置在一個小角落，可身上卻有著不可言喻的光芒。它吸引了我，我愛上它——色士風。終於在一個晴天，它跟了我回家。

白駒過隙、弛驥過檣，梔子花也掉落在了人間幾回。可與色士風朝夕相對的夢想，從未凋謝。那是一個陰雨濛濛的星期天，我如常拿出斑駁著點點鏽跡的色士風，並打開聽歌軟件，尋找歌曲。忽然，八個大字捉住了我的眼球——「你是你本身的傳奇」。難道這是一首描寫某位傳奇人物的歌嗎？於是在好奇心的驅使下，我沉醉在方皓玟的歌曲中。

數秒後，一句「掙到幾多願放棄自由嗎？」流進耳畔。人們為了苟且生存，放棄了自由，甚至是夢想。細想下去，甚是可悲。須臾之間，淚水在眼眶裏打了個滾，一個，接一個……

淚水終於忍受不住煎熬，滴答般落在鏽跡上。那句「只要相信夢，定能飛。」猛然撞進我的心坎。在吹色士風的這條路上，我曾被許多人質疑。當別人都功成名就的時候，而我還是默默無聞的小卒。

我開始帶著它參加各種比賽，以賺取充斥著虛榮心的名利。可漸漸的，我丟失了夢想，我利用了我對它的愛……

我放下手機，腦中仔細回味歌曲旋律。這一次，我想為自己拿起色士風。我再也聽不到別人的質疑聲，心中剩下第一次與它一見鍾情的感覺……

有些事情，更甚是夢想，是不須讓外人左右想法的，只需相信夢和自身價值。因為……

「你是你本身的傳奇！」

最令我感動的一首歌： 《壯志驕陽》

F.1A 朱珀賢 2018/19

指導老師：陳麗文

很快便可以回香港過聖誕了！我躺在軟綿綿的白雪上，溫暖的陽光照耀着，聽着鳥兒在歌唱，腦海中的歌聲令我禁不住唱了起來：「天空海闊萬里，浮現我思海的你，再叮囑歲月風飛，仍要我等他鄉某天再會你。」

來到英國留學已有一年多了，由從前每晚憂慮着，含睞而睡，到現在與書本同眠，在這段日子中，為夢想而拼搏的日子中，我並沒有把你們忘記。

栩藍和家賢從小就是我的「死黨」。在我那天真無邪的回憶中，全是我和他們一起歡笑、搗蛋的片段：每天放學後，我們總愛在公園裏奔跑着，作弄班上的惡霸樂恒、在回家的路上嘻嘻哈哈地分享着零食、回到家後被媽媽們責備晚了回家，把校服弄骯髒……這些畫面經常在我腦海中浮現。

到升上中學後，我們成長了，思想成熟了，不再淘氣，但我們的友誼絲毫沒有動搖。我們一起為學業、夢想拼搏。遺憾的是，三人當中只有我能到外國升學。

大學宿舍附近有一個公園，旁晚時分經常傳來小孩的歡笑聲，這總是令我想起栩藍的口頭禪——休息是為了走更遠的路。這提醒我是時候休息，為明天的學習準備了。

栩藍個子跟我一樣矮。他很聰明，很重情義，但也很愛哭。他總是能想出新玩意來捉弄樂恒。家賢個子高大而且勇敢，在我和栩藍被樂恒欺負時，他總是挺身而出，保護我們。

在我離港的那天，他們到機場送別我。臨別前，他們送了我一首歌——《壯志驕陽》，叮囑我要珍惜時間學習，無論我遇到甚麼困難，在遠方的他們都會支持我。這一刻，我們都忍不住流下男兒淚。

在回港的航機上，我反覆地聆聽着《壯志驕陽》這首歌，細味着每句歌詞，腦海中再次浮現着我這兩位朋友。這首歌、這兩個朋友，協助我渡過重重難關，走到今天。

最令我感動的一首歌：《風箏》

二零一二年台灣十五所高中同學大合唱

F.1A 呂婉慧 2018/19

指導老師：陳麗文

我是一隻住在店鋪裏的風箏，一隻普普通通、沒有圖案的風箏。「你要飛上這美麗的天空。」朋友們這樣告訴我。可是，也許是我沒有顏色的關係吧，看着朋友一個個被人買走，我始終還是在等待我的主人。終於有一天，一個小女孩買走了我，我滿心期待，想像我在天空飛翔的情景。

那個星期天，小女孩帶着我和她的爸爸媽媽到了山上。她高興地拉着我跑，我正納悶她在做甚麼呢！這時候，小女孩卻放手了，我一點準備也沒有，狠狠地摔了下來。小女孩有點失望，把我撿起來。突然，我看到了一隻蝴蝶形的風箏，身上色彩繽紛的，漂亮極了。那正是我的好朋友——紅紅！她正在天空中快活的飛來飛去。她也瞧見了我，看到我失魂落魄、一臉痛苦的樣子，就知道我不懂得怎樣飛行。於是，她對我大喊着：「要飛起來的話，就得在那女孩放手時跳起來呢！加油啊！」我聽到後，便把這話牢記在心中，每次小女孩放手的時候，我都立即跳起，可惜每一次都掉了下來，還把自己弄得傷痕累累。漸漸的，我和小女孩也想放棄了。

小女孩她爸看見這情況，便鼓勵她說：「如果你放棄的話，不就白走一趟了嗎？這樣風箏也失去了飛上天空的機會了。」我聽到這句話，很是感動。我怎樣能辜負朋友和小女孩對我的期望呢？我和小女孩重拾起鬥志，在她放手時，我閉上眼睛，奮力一跳，這次，摔倒時的痛苦並沒有像我預期般來臨，相反，我感受到一種前所未有的感覺，風吹着我，令我感到無比舒服。我睜開雙眼，看到周圍的景色，

我愣了一愣，想：「我是在做夢嗎？」。在我的旁邊，如棉花糖的白雲正飄浮着，小鳥在我身邊飛過；在我的腳下，整座山的景色盡收眼底，沿着我的線向小女孩那望去，已看不見人影，只見到三顆小黑點跳來跳去，好像十分高興。我終於飛起來了！旁邊的紅紅恭喜着我，露出了大大的微笑，我開心得快要哭了，風把我愈吹愈高，愈吹愈高……

在這經歷中，我學會了鍥而不捨的精神。以後，無論遇到怎樣的困難，我也不會放棄，天空就是我唯一的方向。

理想家園

F.5E 方秀芝 2017/18

指導老師：陳麗文

家園，是一艘方舟，盛載着愛與包容；滿天的繁星，是黑暗中的天使，為那些無助的人帶來光明和慰藉。

夜幕降臨，本應被夜色籠罩的城市卻依然活躍着，彷彿在向眾人展現着它傲人的生命力。五光十色的霓虹燈照射着整條街道，燈光映落在每個人冷漠的面孔上；姿態優雅的模型被安放在嶄新的櫥窗內，冰冷地觀看着川流不息的車子；燈紅酒綠的生活使人們流連忘返，勾勒出城市人奢侈靡爛的輪廓。

而於燈火闌珊處，繁華落盡，換上的又是另一番景象：行乞者在街道上卑躬屈膝，卻無人願意施捨；露宿者於寒冬中瑟縮發抖，卻無處容身；劊房中的住戶為一日三餐而憂愁，最終卻不得不向命運屈服……然而，這真的是我理想中的家園嗎？

但回答我的，就只有黑夜無盡的靜謐。唉，不，不是的，我知道，在那漆黑的夜空中，總有一點點的星光耗盡自己微弱的光芒照耀着這片大地。

我知道，在那寒風刺骨的冬夜裏，會有熱心社工為路邊的流浪漢送上厚厚的被窩、溫暖的熱茶和果腹的麵包。流浪漢原本冰冷的身心被社工的溫暖融化，嘴角不禁泛起笑意。這個寒冬因社工的助人精神而逐漸變得溫暖。

我知道，在那飢寒交迫的日子裏，會有親切的老闆為窮困潦倒的人而擔憂，因而為他們送上愛心飯盒，讓飢餓的人暫解三餐不繼之苦。貧苦者因老闆的無私奉獻，而感到暖意窩心。這座城市也因老闆們的愛心而逐漸變得美麗。

我亦知道，在那環境拮据的日子裏，總會有善良的團體為窮困家庭的孩子提供無償的資助，讓他們買下書本和學習用品，好讓孩子擁有良好的學習環境。孩子被他們的愛所感染，這個社會也因這些愛而逐漸變得絢爛多彩。

想到這裏，我明白了，原來我一直嚮往的世界早就存在於我們身邊，而理想的家園早就植根在每一個人的心中——那就是愛的世界。愛，無關於人們的年齡、學業、職業、身分，它選擇靜靜地流淌在每個人的血液裏，悄然無聲地溫暖着無數的人。

因為愛，人們才會互相勉勵，支持彼此共渡難關；因為愛，人們才會懂得予人溫暖，包容和體恤；因為愛，人們才會無私奉獻自己，為社會貢獻。

家因愛而變得美滿，社會因愛而變得團結，世界因愛已變得處處生機。而我作為社會未來的棟樑，願意為我們的家園作出力能所及的貢獻。希望在不久的將來，我能化身成天空中其中一顆明亮的星星，照耀着那艘行於愛河的方舟。

這樣的家園，不正是你所想的嗎？

理想家園

F.4D 蔡安喬 2017/18

指導老師：陳麗文

究竟甚麼是理想家園呢？只要有金錢、生活富足便能締造理想家園嗎？我心目中的理想家園是個擁有企業社會責任的地方。負起企業社會責任的方法有很多，可從關顧弱勢社群、持有平等機會、保持公共衛生等途徑着手。無論是各企業，還是每一個市民，都應該負起責任參與社會活動，從社會、環境及管理等方面考慮，攜手締造理想家園。

首先，關顧弱勢社群是其中一個締造理想家園的途徑。在繁榮的社會裏，總有一群人被人忽視，甚至歧視，他們就是弱勢社群。所謂的弱勢社群就是指社會上一群生活遇到困難而需要得到幫助的弱勢人士，例如：獨居長者、露宿者、殘障人士等等。他們總是因競爭力不足或缺乏生活能力，而得到一些不公平的待遇，被社會標籤化，因社會地位低而得不到關懷。

在企業責任方面，大小企業所賺取的盈利可提供給弱勢社群作社會福利的基金，關顧弱勢社群而得以回饋社會。這些弱勢社群往往因為找不到工作，在經濟上遇到困難而影響生活素質。企業以賺取的利潤用於社會上的弱勢社群，可以確保其生活素質有所改善，給予他們可發展的機會，令他們得到關愛，自力更生，貢獻社會。因此要建立理想家園，可由各大小企業負起關顧弱勢社群的責任。

其次，在市民責任方面，市民可自組義工隊，以行動關顧弱勢社群。例如：探訪獨居老人、派發食物給露宿者、照顧殘疾人士……市民通過關懷弱勢社群，使弱勢社群得到關愛和照顧，以提供服務來貢獻社會。弱勢社群得到關懷，社會亦變得更加和諧，向着理想家園邁進一大步。

此外，在環保方面，管理能源也是締造理想家園的方法。在現今社會中，大多數企業都為了追求利益而不顧一切、不擇手段。有些企業更因利潤而不理能源的耗量，最終污染環境，罔顧環保，並沒負上管理能源的企業責任。這正正與理想家園的概念有所相悖。要締結一個理想家園，必定要有一個理想的環境。因此企業在經營過程中，不可只顧利益，亦要考慮能源耗量，以系統或計劃管理能源，如定時檢測能源。這能有效降低污染環境，負上社會責任，為締造理想家園出一分力。

總括而言，要締造一個理想家園，便要做到「取諸社會，用諸社會」。企業和市民皆負上責任貢獻社會，從而連繫着企業與社會之間互惠互利的關係，才能真正締造理想家園。

理想家園

F.4D 鄧善瀛 2017/18

指導老師：陳麗文

陣陣清涼的風柔和地拂過臉龐，我環視寬敞車廂內坐姿愜意的乘客，內心一片寧靜。不經意抬頭朝車窗外看去，我彷彿看見時間化為流星，從我身邊滑過，而車子卻紋風不動。百無聊賴地將視線投放到其他景象，我看見了發人深省的人和物。

某慈善機構的門外排着一條長龍，定睛一看，我發現了一張張蒼老刻苦的臉。他們在悶熱潮濕的夏日裏拄着柺杖、顫抖着雙腿，大汗淋漓的在烈日下苦候，卻只為得到那一小袋免費的大米。在隊伍對開的不遠處，一羣老人家圍在一起整理廢置一旁的瓦通紙箱，他們動作緩慢地將紙箱疊起拿去變賣。馬路上有數名推着輔助架的老人在蹣跚而行，而身旁的人卻視若無睹，沒有人願意伸出援手。

一縷縷從機器中排出的黑煙，映襯着滿佈在街道上的垃圾，不論是膠樽、膠袋、即棄餐具，還是嶄新的家具、日常用品、廢紙，都星羅棋佈，令人難以忍受。駐在街道一旁的大排檔亦以獨特的風格自成一派，店圓手裏滿佈灰塵的碗碟和暴露在熱風中的食物，無一不令人反省食物安全的問題。在茫茫人海中，依稀看到幾個地盤工人的身影，他們自顧自地在燒焊，火花四處飛彈，完全罔顧周遭行人的的人身安全。

車窗上的霧氣漸漸形成了水珠，阻擋了我的視線，也阻擋了我對如此場景的悲憤。我多想在伸手抹掉水珠後，能看見我心目中的理想家園。

在那裏，長者們將會受到更好的待遇。他們在年輕時對社會作出了莫大的貢獻，在年老時不應被唾棄，政府更應採取措施來照顧他們。他們之所以被稱為弱勢社群，是因為他們已經沒有足夠能力去工作和賺錢來養活自己。政府應該無條件提供護老服務，終生照顧他們。如此這般，我便不會再看見那些偃偻嶙峋的單薄身影，和那些刻苦滄桑的臉容。

在那裏，人人都安分守己。他們不會隨處拋垃圾，或隨便浪費資源，在做任何事之前也會先考慮事情是否對環境有害，或對市民人身安全有害。這不單要市民自發的合作，也要企業對資源利用的管制。所謂可持續發展，也是要每個人在用有限的資源內滿足自己的需要，同時要確保未來新一代有足夠的資源滿足自己的需求。如此一來，我們將會看到令人賞心悅目的美景，和纖塵不染的家園。

在那裏，食品品質和公共衛生會被極其嚴格地管制。政府會嚴懲製造出影響公眾健康的食品的人或企業，除此之外，企業也不會如此被動，他們會對光顧自己的市民負責，也為維持良好公共衛生出一分力。

看！這不就是每個人心目中的理想家園嗎？

如是想着，我伸手抹去水珠，把締造理想家園的希望寄托在我們每一個人身上。

我最喜愛的一首歌曲：《青春頌》

F.2A 林穎怡 2017/18

指導老師：黃栢賢

我，是一位剛大學畢業的年輕人。

對工作感到無助，對將來感到擔憂。在世界中感覺到自己的渺小。而夢想……只是遙不可及的幻象。

快要升讀大學時，我也曾士氣高昂，立志要修讀設計系，將來能成為一位時裝設計師，即使被旁人嘲諷我任性，也不會退縮。儘管父母也說前路會很難走，生活艱辛，我也絕對不會感到後悔。

誰亦會隨年變老，方懂得童年多好。那時候的我不顧一切，那團火，那顆心，那種情……實在很懷念那時候自己的悠然腳步。誰也不能顧慮過多，大好的青春正是這樣寶貴，這樣熱血。現在的我，沒有了衝勁，沒有了自己的想法，只能聽從母親的說法，完成了大學學位以後去當政府工，應該是文書的職位，枯燥，苦悶。

為何不堅持下去？為何不去追夢？為何當初青年熱血的心早已消失？我經常問自己。我就像一個懦弱的老夫，我看不起自己。起初明明是靠自己堅持治好自己的缺點，在學業上成功，得到成就，為何不繼續堅持完成我的夢想呢？

在工作中，我感到苦悶。最後，我決定繼續追夢。既是有志挺起胸膛，即管好好「作反」。我不管別人的勸告，去做自己想做的事。於是我在朋友的途徑結識了一位設計師，我在他的工作室裡一邊幫忙，並一邊學習。我無悔選擇了這樣做，大好青春就是應該盡耗。趁還有青春作本錢，我會繼續走我想走的路。

「人未老，還未晚，還未到盡頭記住來放心荒旦。」努力追夢的我，感到充實和滿足。我們無需定立時限，就如風一般往返才是人生。既然生命是看每個人的發揮，可以是無限，可以是空無一物，那麼，人又何必要自定界限呢？

最後，我獨力開了一間時裝店，裡面全是我自己設計的衣飾。這種滿足感只有我自己能夠給我。

我，是一位時裝設計師。

我最喜愛的一首歌曲：《光輝歲月》

F.2A 陳心悅 2017/18

指導老師：黃栢賢

人群呼叫我的名字，淚輕輕地從臉龐流下，沾濕了我的臉龐。我錯了……我成功了……

我是一名南非及香港的混血兒，父親是南非人，而母親則是一名香港人。我深褐色的膚色一直都是個笑點，自小便受盡同學的嫌棄及嘲笑，背後的閒言閒語我都習慣了，真的。每一次看到哥哥遺傳了媽媽的「正常」膚色，我不禁既羨慕又妒忌。我經常想：「為什麼我會遺傳了爸爸的膚色，而哥哥卻幸運地遺傳了媽媽的膚色？」因為此事，我跟哥哥的感情不太好，而且會經常怪責父母為何要把我生下來。看到他們心痛及自責的表情，不知為何我卻感到很痛快。

我從小便有歌星夢，喜歡把音樂分享給大家。經過老師的鼓勵，我曾鼓起勇氣去參加歌唱比賽，可是卻多次落敗。我以為是自己的實力不足，所以不斷努力去改善自己的不足，努力去做到最好。有一次，我誤打誤撞地進入了評判專用的洗手間，聽見了他們在討論我。他們說：「她的唱功十分完美，可是她的樣子，她的膚色絕對不適合成為一名歌手。」聽了這番傷人的話後，我決定放棄這個歌星夢。

有一次，我在街上看到了一張《一起出道吧！》的電視節目的海報。縱使心已經傷透了，可是心底里仍然不甘願放棄。於是，我便去參加了。那個節目是首先由1,000名練習生淘汰940名，然後剩下的60名練習生會經過三輪的對決，交由觀眾投票，選出8名練習生出道。經過多年來日以繼夜的訓練，我成功進入了60強。頭兩次對決的歌，我選擇了〈獅子山下〉及〈海闊天空〉。可能這些經典的歌曲我都無法駕馭，又或者因為我的膚色，觀眾的反應都很差。當我看見網上有些

評論說我長得像一隻黑色的怪獸，我崩潰了，那種想放棄所有的感覺第一次那麼強烈。

「黑色肌膚給他的意義，是一生奉獻膚色鬥爭中……」當時正是前南非總統曼德拉逝世的四週年紀念日。電視上不斷循環播放的〈光輝歲月〉吸引了我的注意。身為「黑」人的我對歌詞引生了共鳴。〈光輝歲月〉馬上就被我列進比賽歌曲裏。我了解這首歌後發現原來它是一首紀念非洲人民大會主席曼德拉的歌曲。我希望能夠投入全情去享受〈光輝歲月〉的舞台。

那天，我站在舞台上，音樂一響起，我腦海裏只剩下了歌詞：「可否不分膚色的界限，願這土地裏，不分你我高低……」我唱的不只是一首歌，而是一個故事。我的心聲。「繽紛色彩閃出的美麗，是因它沒有，分開每種色彩……」鼓聲停了，音樂停了，心跳聲也仿佛跟著停了。完了，歌唱完了，故事說完了。當時台下的觀眾完全沉默，我臉上掛起一副自嘲的笑容，正打算下台。突然台下掌聲及歡呼聲震耳欲聾，全場站立。那一刻，我腦袋裏一片空白，我看到台下的家人眼光泛淚，從他們的表情可見，他們是多麼高興。我不顧一切地衝下台擁抱他們，硬咽地說：「爸、媽、哥，對不起，我錯了。」他們雙眼含著淚水對我說：「寶貝，你成功了……」

書籍：《一次讀完史記故事》 劉曼麗

題目：太史公與香港

F.1B 梁正惟 2017/18

指導老師：陳麗文

內容撮要：

本書以白話文講述史學巨著《史記》裏較為著名的故事，例如藺相如完璧歸趙、齊桓公不計前嫌、商務丁舉說為相等，每一個都值得深思。本書主要著墨於《史記》中的本紀、世家和列傳，並突出主角的性格特徵，透過言行舉止、待人處事等方面描述。使讀者能夠更容易學習古人的智慧，也更能感受司馬遷的堅毅精神。

讀後感想：

本書以白話文講述《史記》裡的故事，使人感覺煥然一新。除了書中故事充滿樂趣和智慧外，我更欣賞司馬遷的堅毅精神。司馬遷因為支持投降匈奴的李陵，被處以殘酷的宮刑。然而，司馬遷不但沒有放棄，他堅毅不屈，不為屈辱所擊倒，反而努力奮鬥，不但為了父親的遺志，也為了未來的史學，撰寫出一部「史家之絕唱，無韻之離騷」的《史記》。這種不屈不撓的精神，難道不值得我們學習嗎？

其實香港人也是不屈不撓的。自從滿清政府割讓出當年的一個小漁村——香港的時候，香港就已經發生過多次動盪。慘痛的「三年零八個月」、「六七暴動」，乃至中國大陸改革開放，香港回歸祖國等。一片小土地，卻能容得下如此大的動盪而屹立不倒，我覺得這十分不容易，也更能顯示出香港人不屈不撓的精神。

這幾年，社會因為種種問題而產生矛盾，人與人之間時有出現不和諧的場面。特首林鄭月娥上任以後，提出過「迎難而上」，我認為香港在面對困難時，可以效法「太史公」司馬遷，迎難而上，以創造出更光輝的一頁。現在適逢香港回歸祖國二十周年，在慶祝之餘，我們也應該學習在面對逆境時不放棄，把挫折視為一種磨練，視為一塊試金石，視為一道使自己上進的階梯，努力向前，追求進步。我深信，只要大家共同努力，一定會使香港再度輝煌。

書籍：《我哋涼茶係正嘢》
胡秀英，關麗珊，徐振邦等著
題目：苦盡甘來

F.4F 陳穎欣 2017/18

指導老師：冼雪珍

內容撮要：

涼茶，是香港人生活中的一部分。你不要小看涼茶的魔力，集合多種中草藥的天然飲料，有清熱、解毒、養生等作用。隨著時代變遷，古色古香的碗裝涼茶已發展成能在大街小巷、港鐵站，甚至便利店裏能找到的支裝飲品。雖然經歷時間的洗禮，但不變的是涼茶仍佔香港人心中一席位。

讀後感想：

自小我便十分厭惡媽媽叫我喝涼茶，一碗樣貌既不討好，味道又苦澀不堪的啡黑色液體，實在難以入口。可是媽媽卻苦口良心地說：「對身體有好處的！你長大後就明白涼茶的益了。」涼茶的益？它的好處我百思不得其解，但自從閱過這本書後，我便明白了。

生活中常常聽到「吃得苦中苦，方為人上人」這句話是沒錯的。有細味品嚐過涼茶的人都知道，喝涼茶是先苦後甜的。我們做人也應該像喝涼茶一樣，努力於當下，儘管是難熬的、辛苦的，也要盡自己的能力完成責任，為創建一個美好的將來發奮。學者梁啟超說過：「人生最苦的事，莫苦於身上背著一種未了的責任。」喝涼茶，苦盡甘來；做人，也是苦盡甘來。

我感到非常惋惜，我們現在能喝到的涼茶已今非昔比。為迎合大眾及市場，傳統涼茶舖在產品和店舖上進行改革，加入了更多新元素。我發現現在的涼茶都較甜，容易入口，這意味減低了藥用性嗎？現代化涼茶成為了現代人的解渴飲料，令我感到慶幸的是，現代化涼茶的存在顯示了涼茶在香港人心裡仍佔一席位，也可以使這國家級非物質文化遺產得以承傳。

涼茶的益數之不盡，還帶有一份人情味。我們要繼續把這文化遺產承傳下去，不要消失於我們這一代。

「媽媽，我想喝一碗涼茶！」

大手牽小手

F.1A 鄭力樂 2017/18

指導老師：司徒美嫻

我眼前的是一張老邁的臉孔，但他的眼神卻猶如未老，眼中閃爍着的光輝把他年少時拼搏奮進之境盡現在我的目光中。我握起他——父親的手，那是多麼陳蒼的手，卻是那麼穩重的手。這雙手雖隨着歲月而衰老，但刻在手上的種種精神卻沒有跟隨年華衰去而有毫絲動搖。

還記得小時候，不諳世事的我在父親的懷抱下成長。當時的他憑着一雙手擔起一家之柱，憑着這雙手，去擔當一介港口運輸工作。

小時候家庭的居住環境欠佳，母親學識不高，只得做些低微的工作。父親常教導我要珍惜現在的一切，為未來的一切作準備。父親他正是因為當時生活的狀況而常教導我要努力向上，打破逆境。

我小時候好奇心重，常喜歡東逛西走。一次，我專門去父親工作的港口看看他的工作。港口走動着不同的人種特別多，我好不容易才找到他。只見他左右各擔着一袋看上去沉重不已的布袋，臉上流着豆子般大的汗珠。然而，他卻一聲不響，默不作聲地工作。看着他艱辛的樣子，我馬上衝上去幫他，可是，瘦弱的小雞無力地幫助只能幫倒忙。於是，父親他掛着和祥欣慰的笑容，用他溫暖的大手牽着我的小手，帶我回家。

父親工作雖辛苦，但仍然給予我溫馨的童年。每有難得的假期，他便和媽媽一起，牽着我的小手，帶我到處遊玩。但他那時手中的溫暖卻與工作時極為不同，但相同的是，它們都充滿着滿滿的父愛。

是父親他的大手牽着我的小手，帶給我親情的愛。

大手牽小手

F.1A 顏瑋霖 2017/18

指導老師：司徒美嫻

每當我出門時遇到我的鄰居雷慧時，我就會想起她偉大的媽媽和一班左鄰右里在二零零三年發生沙士期間，不介意被傳染沙士病，用力牽着我的手帶我到醫院看我患病的媽媽，以及照顧我的日常生活。

二零零三年，香港不幸因鼠疫而爆發沙士。最不幸的事是我的媽媽因感染沙士要留院醫治。因此剩下孤獨又不懂照顧自己的我在家中，我當時十分無助，也不知道要怎樣做。當時家裏只有的食物是——即食麵和三隻雞蛋，但是我又不懂煮麵給自己吃，不懂洗乾淨自己穿過的衣服，不懂自己扔垃圾。因此，我便致電向「百科全書」求助。

經過我的求助後，我的鄰居雷太太十分擔心我，因此她便戴着口罩過來幫助我。除此之外，雷太太還聯同一班左鄰右里編好時間表，輪流來照顧，他們是一班超級英雄，我對她們萬分感激。當我的即食麵和其他的糧食被我吃光之後，雷太太和一班左鄰右里還各自取了家中的糧食分享給我，我簡直感動得快要流淚了！

後來，我因生病在留醫的媽媽因為病情嚴重，因此院方通知我要見媽媽的最後一面，不過我年紀幼小，需要有大成人陪同才可以出去外面危險的世界。

於是，雷太太便主動提出帶我到醫院。這一種拼搏又偉大的精神，令我五體投地而且感動得熱淚盈眶。

臨出門前，雷太太伸出她皮膚敏感的手說：「牽着我，不要放手。出門後不要說話，以免感染細菌。」說完後，我隨即擁抱着她，並牽着她的手出門……

雖然媽媽因病去世，但經過這事後，雷太太拼搏的精神，令我感覺到母親的溫暖。

大手牽小手

F.3A 陳思力 2017/18

指導老師：鍾麗明

「媽媽，我可以牽著你的手嗎？」「傻女，來牽手吧！」沙灘上有對手牽手的母女，在沙上伸展的是兩排足印。每個小孩都會覺得那雙大手溫暖而安全吧！

童年時覺得，媽媽是世上最美麗的。她原是一名白領僱人，為了照顧我便辭去工作。之後，她便成為一名全職主婦，每天辛勤地做家务及煮各餐菜餚。那時，我總覺煮飯很刺激，整天嚷著要做菜，媽媽便會用那雙大手執著我那正拿著膠刀的小手，小心翼翼地切著蔬菜。媽媽做的菜特別可口，而我總以為我的小手，永遠被媽媽執著才可煮飯。

「一心，走吧！」升上中學後，我認識了一班朋友，經常跟他們遊玩，牽著手一起逛街，一行人在五光十色的街道上揮霍著青春。兒時可口的味道，中學時便覺得厭倦。母親的雙手，也因長期做家务而長滿了繭子。昔日我依賴的美人，青年的我眼中只是花殘粉腿的煩人。青年時，我以為那成長中的手，永遠不會再拖著那大手。

現在投身於社會，中學時的年少輕狂只是過眼雲煙。再次來到童年時的沙灘，看見那對牽著手的母子。我到底有多久沒有牽著那雙大手呢？我獨自在沙上留了一排孤單的足印。這排足印，不是本應有慈愛的足印伴著嗎？

我回到家後，滿佈皺紋的大手正拿著熱騰騰的飯菜。我再次緊握著母親的那雙大手。明明我的雙手已經長大了，但為何在媽媽的大手中仍顯得如此細小？

儘管我在中途曾鬆開了這大手，但慶幸的是，我還有機會再拖著它。溫暖而安全的感覺，從沒變遷。只是，不知道我還可以牽多久呢？

科技把兩代拉近還是拉遠？

F.3A 張璟園 2017/18

指導老師：鍾麗明

隨著科技的發展，人們對於日新月異的資訊瞭如指掌，只要「一機在手」，便能知天文、曉地理，隨時隨地使用手機、電腦等電子產品，如本來笨重的座立式風扇，亦發展成輕巧的便攜式風扇。可見科技為人類生活所帶來的方便。

然而，科技卻把兩代拉遠了。

科技減少了親子相處的時間，使兩代沉迷當中。香港大學醫學院兒童及青少年科學系的研究，指出了近百分之七十五的兒童每天花最少兩小時在電子產品上；父母又因工作和溝通而總是使用電腦及智能電話，以致忽視了子女，減少了親子活動和交流的時間。

科技正逐漸取代父母和子女的地位，從而形成了隔膜。古時科技尚未發展，百行以孝為先，父母與子女間的感情堅如磐石，因為血濃於水；現今科技發展迅速，兩代間的感情卻開始疏遠，手上總離不開科技產品。父母總想關心子女，但他們正忙著與科技溝通，無暇亦不想理會父母。久而久之，兩代之間便形成了隔膜。

有人說：「科技讓兩代拉近了，使彼此在何時何地，無論分隔多遠，也彷彿站在自己身旁。」可是，科技無法取代真正的家人，它所拉近距離的對象，不過是在一部部冰冷匣子上的信息和影象，它無法拉近彼此在心中的距離。

科技拉遠了兩代間的距離，它是帶來了方便和快樂的鴿子，它卻是在無形中吞噬和疏遠父母與子女間深厚感情的惡獸。古有黃香為父母扇涼、溫暖牀鋪，現今仍有誰能在這科技世界中堅守信念，關懷身邊至親？人們只是成為了科技的奴隸，在兩代的感情路上愈走愈遠。

科技把兩代拉近還是拉遠？

F.3A 蔡宛蓉 2017/18

指導老師：鍾麗明

有人說：「世界上最遙遠的距離不是生與死，而是我站在你面前，你卻在低頭玩手機。」隨著科技的日新月異，現代人的生活模式漸漸改變。誠然，科技的確帶給我們許多便利，但又有誰想過在這背後的沉重代價呢？

科技是兩代之間的一道厚牆。在餐廳裏用膳時，不難看到這樣的場面：年輕一代埋首使用電話，即使與家人身處同一個空間，也完全沒有溝通，甚至連眼神交流也缺乏。虛擬世界的溝通方式往往欠缺面部表情、肢體語言，以至聲線、神態等，令溝通內容流於表面。當溝通嚴重不足時，雙方心靈的距離便會漸漸拉遠，破壞了原有的親子關係。

科技更是兩代之間的一條導火線。香港青年協會親子衝突調解中心於2012年發佈的親子衝突調查顯示，百分之七十二的受訪家長承認曾因使用智能電子產品與子女發生衝突。父母責怪子女浪費時間在電子產品上，既影響學業又容易誤交損友；子女抱怨父母管束太緊，甚至是雙重標準，「嚴以待人，寬以律己」。當雙方長期處於不了解和誤解時，親子間的矛盾和衝突便會加劇，形成了一道無形的隔膜。

在今天的社會中，科技帶來了很多改變，使很多事情都變得簡單、容易。但另一方面，我們也不要只沉溺在科技的世界內，要多與身邊的家人溝通，才不會成為科技的奴隸。

我心目中的成功

F.5B 陳晉賢 2017/18

指導老師：鍾麗明

今時今日，每個人對成功有不同看法，在我看來，所謂的成功是要獲得滿足，對自己所做的過程滿足。

在差不多九十年前的今天，前英國海軍大臣溫斯頓邱吉爾曾界定過成功是從失敗到失敗或成功的過程中，不失去熱情，邱吉爾在1929 - 1923年期間左右，大約都未參加過政治，可謂在野時期，但這種不得意的時期並無對邱吉爾造成挫折，在後來的二戰時期終於被張伯倫賞識，並任命為海軍大臣，對抗希特勒的入侵，最終獲得二戰的勝利，後來更獲升任為英國首相，在邱吉爾的成功路途上，可以看到邱吉爾的成功過程艱辛，更是遇到挫折，但邱吉爾仍然愛國，為英國盡心盡力，所以總結來說，可以看到沒有從失敗中放棄，為了自己的愛國熱情，仍然奮鬥，最終登上大位這個成功寶座，滿足了自己愛國的熱情，更可以更好的發揮，所以，成功其實就是要滿足於自己的過程以及不失熱情的拼搏，九十年前的偉人已經有如此偉論。

拉回近代，美國一位傳奇的籃球教練——約翰伍登對成功的定義為滿足於對自己的競爭，他曾說過：「自我滿足，知道自己盡了全力去創造最佳，這種滿足的心態，就是成功。」從約翰的這句話，可以得出一個結論，其實只要對自己的所做的一切，感受到自己已經做到最好的，近日香港有一句話流傳：搏盡無悔，大概就是拼盡自己所能，就不會覺得後悔，與約翰的說好有異曲同工之妙，大約就是邁向終點的路途上，拼盡自己的能力，與自己競爭，與以往成績較高低，並非與他人比較，曾揮灑過努力的血汗，無論結果是什麼，只要本次表現比上次的個人表現有進步，其實已經足夠滿足，已經可以定義為

成功，所以約翰伍登說得好，印證了過程的滿足，其實已經是成功，這個結論在近年仍然存在。

成功不是講求結果，而是重視過程，但總有人說真正的成功應該是要獲得結果上的勝利，要獲得金錢、榮譽等，但這種態度無論是哪個年代都能被推翻。《赫芬頓郵報》的創辦人阿利亞納阿芬頓曾經說過成功不能僅用金錢與權力來衡量，還需要第三個尺度。那就是要過我們真正想要的生活和已經獲得想要滿足的事物，與上述的情況不約而同，成功不能夠以金錢和權力來衡量，因為一切都是虛名，加上人類是貪婪的，慾望無窮無盡，用金錢和權力來衡量，會變得無止境，成功就會渺不可及，所以要獲得真正的成功，滿足於過程所獲得的一切其實就已經很足夠了。

總結而言，兩個年代，無論是九十年前還是現今年代，對成功的看法都是要滿足於過程，結果其實並不重要，只有能夠滿足，就算得上是真正的成功，與我心目中的成功如出一轍。

我心目中的成功

F.5B 鄒梓謙 2017/18

指導老師：鍾麗明

每個人都會希望自己能夠成功，得到自己理想的結果。有些人認為成功就是可以賺取大量金錢，有些人認為成功就是得到名利，有些人更會因為要得到金錢及名利使用不正當途徑，不擇手段令自己達到目的。

每個人對成功都有不同標準，但真正的成功首先是需要透過正當方法而取得，不應依靠旁門左道。例如一個小偷，他透過在一戶富有人家裏偷取一千萬元，令他自己在一夜間富有起來，這根本不稱得上是成功。這如孔子所說：「富與貴，是人之所欲也；不以其道得之，不處也。」所以說，一個稍有仁德的人都不會用招搖撞騙的方法令自己富有，應要對得着天地良心，更何況我並不認為富有與名利是我心目中的成功。

說到怎樣才算成功，我覺得一個人能夠為社會作出貢獻、幫助有需要的人是非常成功的。人們總是喜歡獲取，有多少人會願意付出、犧牲自己的時間、金錢、心機來幫助別人呢？幫助人是一件非常偉大的事，能夠明白施比受更有福，這樣的成功感更高。例如深水埗明哥，他是經營一所小飯店，他本身不是一位富有的東主，每個月都幾乎是虧損，但他仍然願意派飯給住在天橋底的露宿者及貧窮的老人家。他是出於內心向這些貧窮人士送飯，當中帶着無限的溫暖及人情味。他沒有計較每個月要補貼多少錢送飯給他們，只是想幫助他們。又例如一些義工，他們自願離鄉別井到貧窮國家裏幫助他們。他們會在那裏興辦學校、教導當地人安全、衛生等知識。他們犧牲自己玩樂的時間、與親人朋友團聚的機會、不怕當地的傳染病、簡陋的居住環

境，也願意教導、幫助這些陌生人。他們這些無私奉獻、為別人雪中送炭的行為，令我覺得是我將來的目標，心目中的成功。

為社會作出貢獻並不是一件容易的事，人們可能覺得成功就是要完成自己的目標。但其實不能為社會作出貢獻、或者完成自己的目標，並不代表失敗。要看的是自己從走向成功道路所體驗、獲得的比起完成目標更重要。例如我們在學習中可學習到要勤奮向學，不怕艱辛及挫敗，學會堅持等，從而也可能提升自己的品德。正如去年參選行政長官的曾俊華先生。他在選舉中落敗，但這並不代表他是失敗。因為他取得民心，市民支持他，覺得親民；願意聆聽社會人士的訴求，真心為香港社會着想。這樣受市民愛戴比起做到行政長官成功得多。

所以說，要成功是要從正當途徑得到，最理想當然是能夠貢獻社會，但如果目標完成不到，也應享受走向目標的過程，當中所得到的經驗、回報可能會比完成目標的成功感更大。

我心目中的成功

F.5B 譚茜 2017/18

指導老師：鍾麗明

成功，是一個無比誘人的詞語，它象徵着名利、權利以及無限的光榮。古來，被人套上「成功」一詞的名人不在少數，中國有南宋民族英雄文天祥，外國有天文之父伽利略。也許有人會覺得成功必然是轟轟烈烈，可在我的心目中，淡然即是成功。

淡然是一種生活態度，也是生命最初的顏色。紅塵喧囂，最初的白絹早已渲染上各種色彩，生活早已成為了一團亂糟糟的毛線，怎樣都理不順，盲目的胡攪蠻纏只會圖添煩惱。遠離事端，置身事外，說來容易，其實極難。人類往往過於多事，要耳不聞人之非，目不視人之短，口不言人之過，其難度堪比登天。這其實也是一種淡然，而我把它視為成功，埋藏於心裏，督促自己恪守本分。

人生，簡簡單單，平平淡淡，是一種精神的超然，是生命的升華。在午後靜謐的時光，泡上一盞好茶，拿着一本好書，沐浴在溫熱的陽光下，遠離繁華鬧市、塵囂俗事，這何曾不是一種淡然？我不求轟轟烈烈地揚名於亂世、流轉於歷史，只求淡然地過自己所認為愜意的生活，珍惜上天所賜給我的平凡，着眼於眼前的每一寸光陰。

春暉、夏倦、秋乏、冬眠，四季如夢。既然人生如夢，又何必如此看重名利？人生只不過是須臾數十年，離開了，便甚麼都沒有了。「風華一指流砂，蒼老是一段年華」，歲月是會沉淀的，保持淡然的生活態度，遠離繁瑣雜碎，專注自己的事業、生活，才是人生的終極目標，是我心目中成功的定義。

有人會說，淡然面對生活等同於得過且過，其實不然。人生有時候就像坐過山車，起起落落，有高峯、有低谷。宋代佚名詩人曾書：「愁添絲幾縷，老怯鬢雙白。年華莫相逼，疏櫛已細縑。」若樂觀，世間之事皆是幸事。豁達、開朗、樂觀便是淡然，這和得過且過的消極想法有着天壤之別。

兩個年代的對話

F.5B 司徒喜兒 2017/18

指導老師：鍾麗明

「想當年讀書是一件難能可貴的事，因此班上的同學也很努力，亦不會有欺凌的事件發生……」媽媽在一個明媚的下午，跟我一邊悠閒地坐着，一邊聊了一些往事。學校、家庭成員、朋友無所不談，我們倆傾談得不知時日過。媽媽臉上流露出一絲絲懷念與惋惜，她也只能慨歎時移世易。然而，過去的事物難道就只限在回憶、夢中相見嗎？

在網絡上，有許多人教授人們如何令舊東西擁有「第二個生命」，好像是把衣裳變成一個個袋子；把紙張化作漂亮的擺設；把用剩的玻璃瓶變成盆栽的瓶子。「每一件物件的生命是不會耗盡的！」這是我的想法，因為我認為即使它們變舊、過時，它們總有另一方法「重生」，而且它們的存在印證了過去的時代足跡。

然而，現今人們的生活態度、方式也變了調，與往時不盡相同。就讀書而言，以往讀書機會很寶貴，所以人們奮力，冀望取得好成績，改變命運。相反，現今雖然有免費教育，讀書壓力卻是莫名的龐大。精英主義是人們所推崇，難道弱肉強食才是王道嗎？聽着媽媽描繪她的讀書：同學雖貧窮，但仍然努力不懈，同時互相關心，一起溫書。這令我在想，人們之間的愛心莫非只限於過往的日子嗎？

眼看着這個冷冰冰的社會，隨着科技進步、資訊流動更發達，人們好像更封閉自己，更顯得自私。不公的事、自殺事件頻繁，令到我不禁想起媽媽跟我唱的一句歌詞：「笑聲笑聲滿載溫馨。」何時社會的關愛會更多？人情味何時變得更濃厚？

身為學生，讀書猶如我們的天職，然而努力讀書真的能帶來美好的將來嗎？往昔的人憑藉一雙手而興家，那麼現今的我們又行不行呢？

無論如何，作為一個生活在這個世界的人，我想改變與保留是我們須做的事了吧。把一些美好事物保留下來，分享給朋友、下一代；又把冷酷、殘忍的想法一一改更，令人們快樂正面。「人生天地之間，若白駒過隙，忽然而已」所以，這樣的行動、想法還真的要快點做出來呢！

回憶的味道

F.2A 霍子欣 2017/18

指導老師：黃栢賢

今天我特別清閒，於是便來了一趟說走就走的美食遊。這次我的目標是平民小食。有別於慣常的作風，我決定在小巷中尋找美食。

由於現在是冬天，街上吹著寒風，行人寥寥可數。我隻身走在街上，其後上了一輛小巴。不知過了多久，我回到了兒時居所的附近。憑著腦中依稀的記憶，找到了兒時最愛去的小巷。大多小時的店舖受不起歲月的摧殘，都紛紛搬走，只留下冷清的店面。我看到這景象正想離開，突然「叮叮」的聲音傳入我的耳鼓。

愈往裡走，聲音愈清晰，「叮、叮……」此時我看見一對老夫婦，他們均年逾花甲、頭髮花白，但他們紅潤的雙頰卻滲透著健康的氣息。我走到他們面前，原來他們在做「叮叮糖」。他們放下手中的工作，看著我，給我一個溫暖的笑容。那一刻我的心暖了起來。那飽歷風霜的臉、歲月留下的皺紋、深褐色的眼眸，都在訴說他們的故事。那老婦忽然說：「是欣欣嗎？」我十分訝異，說：「你認識我？你是何阿姨！」她點了點頭，笑容依舊燦爛。

小時我最愛到他們的店買糖吃，如今我們能再相遇，一切皆是上天注定的。我和阿姨坐在一旁談天，得知「叮叮糖」是香港的傳統特色糖果，名字的由來是糖塊被鑿碎時發出的聲音。糖果是由麥芽糖做成，先把糖煮溶，加入芝麻等材料不斷攪拌。在糖未全凝固前，放在鐵枝拉成糖膠，再綁為盤狀，繼而逐一鑿碎。

臨走時，我向他們買了一包糖。我邊走邊吃，糖滋潤了我的喉嚨，但那不是普通的糖，而是人情味，在冬日溫暖了我的心窩。

留下了香港 本土文化的地方——廟街

F.2A 關正杰 2017/18

指導老師：黃栢賢

有人說，香港的本土風情、文化和特色正漸漸消失。幸好，其實香港還有一些地方留有本土特色的——廟街。

擁有百多年歷史的廟街，位於油麻地，被喻為「平民夜總會」。它還有一個別名——男人街。那麼廟街這個名字又是怎麼來的？

走進廟街，有一座天后廟，而那就是名稱的由來。廟旁有一個廣場，稱為榕樹頭，而那就是整條街的重點。從傍晚時分開始，這裡的攤檔便會陸續開始營業。攤檔的燈光把整條街照得通明。在這裡，你想到的東西，都應有盡有，從粵曲、戲曲到流行歌表演，從擺設、古董到現代飾品，從占卜、算命到電子產品，再到食物、海鮮、火鍋、麵食和街頭小吃，應有盡有，而且價錢一點也不貴，口碑亦很好。晚上來到這裡，愈夜愈多人，午夜時分最多人，從本地人到外國遊客也有，若坐在露天攤檔吃東西，感受昔日情懷，多好！

買完東西又填飽了肚子，就要看看著名的廟街牌坊。牌坊是香港的第一座地標，造價達三百萬。

再走近點看，可以看到牌樓對聯：「廟顯中華傳統文化，街現香港創新精神。」一副多有意義的對聯啊！

而最後我也隨著熱鬧聲走了，有機會你也來看看這個富有香港文化特色的地方吧！

香港景點大使推介

F.2A 林采穎 2017/18

指導老師：黃栢賢

香港的名勝多不勝數，但最為吸引絕對是香港的美景。無論你看過了多少其他都市的美景，也一定要去太平山頂遊覽一番！

太平山頂風景怡人，但要登上太平山頂前，要先乘搭山頂纜車。纜車車身呈紅色的，像一個小盒子。車廂隨纜車沿陡峭的斜坡向上爬，路旁的林木和高樓大廈彷彿往後倒退，山下的事物都變成了螞蟻。一邊享受涼風迎面吹來的快樂，一邊欣賞花花草草，別有一番滋味。但如果你想以較悠閒的方式遊山頂，沿著「山頂環迴步行徑」環繞太平山頂欣賞美景，沿途更可居高臨下飽覽維多利亞港兩岸的城市景觀，全程輕鬆愉快，絕對是一個不錯的選擇。

登上太平山頂後，凌霄閣馬上進入你的眼簾。凌霄閣外形呈半月形，外層佈滿了一層藍銀色的玻璃，就像一艘飛船，令人目不轉睛。在白天，當你站在海拔三百七十三公尺的山頂時，你就像乘著飛機橫越維港上空，維港兩岸的九龍半島、香港島北岸一一展現於你眼前，感覺伸手可及。

白天的景色已令人歎為觀止、賞心悅目，黑夜中的景色又會如何引人入勝呢？我極力建議在接近黃昏時觀賞風景，既能觀賞白天的景觀，又能靜待夜幕低垂時，整個城市在瞬間變幻的一刻，由白天的蔚藍漸變成了烈紅，最後成為了冷酷的深藍。在靜寂的黑夜中，站在山上最高處，看著山下無數大廈同時亮起燈來，海面、上空地被映照得發光，是多麼壯麗璀璨，令人心動。

太平山頂如此優美的景色，身在香港，怎能不來一睹山頂的風采呢？

香港飲食文化

F.2A 李好好 2017/18

指導老師：黃栢賢

香港的飲食文化是東方文化及西方文化的交匯所在。雖然曾受到西方文化的衝擊，但東方的飲食文化仍被保留下來，所以飲食便是中西文化交流的一種方法，而香港也被譽為「美食天堂」。

來到香港可以嚐到一些來自全國各地的美食，還有街頭小食，大家可以自行選擇，不但可以嚐到不同的美食，還可以促進文化交流，真是一舉兩得。而飲食在香港文化發展中佔有重要而有趣的一環，大牌檔、老字號的酒樓及各類地道醬油、餅食及特色食物，都成了香港的集體回憶。

大牌檔文化便是香港的街頭美食文化之一，食物種類繁多，中西兼備，例如：絲襪奶茶、魚蛋粉麵、多士等，加上價錢非常合理，所以成為了一種很受歡迎的街頭露天食肆。而大牌檔最大的特點就是沒有冷氣，部分上蓋只由綠色帆布搭建，而且傳統大牌檔甚少用紙張落單，在結帳時按照碗碟顏色等算錢，只要有人喊一聲：「老闆，幾多錢？」老闆便直接收錢。

隨著茶餐廳興起，咖啡也漸漸受歡迎。快餐廳售賣的即磨咖啡雖然價格高了點，但環境較衛生，而且如果想配搭豐富一點，可以配蛋撻或菠蘿油。除此之外，如太平洋咖啡也是漸漸出現的連鎖店。由於競爭劇烈，咖啡店為了生存，還提供一些充滿特色的咖啡。

香港飲食文化作為全球各地人們的匯聚點，人們可以品嚐世界各地的美食，同時還豐富了香港本地的飲食文化。

黃大仙之遊

F.2A 李嘉輝 2017/18

指導老師：黃栢賢

說起香港，很多人都不禁會想起黃大仙祠，而我也有一次到這裡的回憶。

當我一踏足黃大仙，便看到那莊嚴的黃大仙祠。我慢步走去，看到了兩隻氣勢如虹的守護者——麒麟獸。牠們都由附上「靈氣」的銅精鑄而成，用嚴肅的眼神，盯着門口，將妖魔鬼怪統統趕走。遊人紛紛走來撫摸牠們的角，以求庇佑，而我也跟著他們這樣做。

穿過拱門，沿梯級一步一步地往主殿走去，看見那些經歷多年時光的樓梯仍像新的一樣，心想：必定是黃大仙的仙氣啊！走到樓梯上，看見十二名天兵神將各持神器，擺出架勢，露出旗開必勝的樣子，讓我想起小時扮演英雄的回憶，真是回味無窮！之後經「通天大道」走到大仙面前。黃大仙的雕像龐大，佔了整座廟的三分之一，而雕像旁有兩個火爐，用作燒供品，以獻神明。

參拜完黃大仙後，便前往我期待已久的桃花閣。這裡真的是名副其實，充滿了人工種植的桃花。那些桃花，有的迎風初綻，嫣然含笑；有的含苞待放，半藏半露，更多的是白毛茸茸的，微吐紅點的小花苞。每位遊人都靜靜地欣賞，那一刻，我彷彿在「人間天堂」似的。

之後，我便去了孔子亭。亭裡有我們「萬世師表」孔子的雕像及名言，在那裡我看見不少父母都帶著子女參拜，讓我不禁想起媽媽和我溫習的情形……

經過這次遊覽，不但讓我欣賞到美麗古蹟，還讓我明白到父母子女間深刻的親情，真是獲益良多。如有機會，我一定會再到此地。

報章投稿

一次難忘的親子活動

F.1C 李旨晴 2018/19

指導老師：程秀華

當我看見這幀合照時，便回想起五歲時和爸爸媽媽參加了幼稚園舉辦的難忘的親子活動。

「媽媽，我們到了嗎？」我問。

「嗯，那就是馬鞍山郊野公園。」媽媽指了指那個牌。爸爸媽媽牽着我冰冷的小手，真是溫暖極了！由於剛剛下過雨，翠綠的葉子上有一顆顆晶瑩的水珠，蝴蝶穿上了漂亮的舞裙，小鳥們正在開心地高歌，牠們熱烈地歡迎我們的到來。

過了一會兒，我們到了燒烤場。粗心的爸爸忘了帶備手套，因此我們只能用雙手來取炭。爸爸悉心教導我如何在爐上擺放炭，令我學會了新知識。

「哈哈，你瞧！旨晴變成了一隻大花貓了！」媽媽開玩笑地說，爸爸也忍俊不禁。爸爸和媽媽拿出紙巾，溫柔地替我抹去臉上的炭灰。我臉上掛着甜滋滋的笑容，心裏也十分感謝爸爸和媽媽對我無微不至的照顧。

終於可以燒烤了！桌上有許多令我垂涎三尺和豐富的美食，例如魚丸子、玉米、香腸等等。

「先吹一吹再吃！」「別吃得太快！」「小心嚥着！」這些都是爸爸和媽媽對我的關心，我真的不知道如何報答他們。

不久，行山的活動便開始了。山中種植了許多未曾香港的花草樹木，猶如天上的繁星。我們走到一半便筋疲力盡，於是停下來歇歇。我看見了一名青年艱苦地扶着老婆婆上山，原來他們素不相識，青年看見老婆婆走路一拐一拐的，便扶她到山頂，我們也趕忙去幫忙。到達山頂後，我們便坐下來欣賞風景。車輛變得十分細小，建築物就像一個個盒子。正當我陶醉在這風光旖旎的景色時，爸爸和媽媽便叫我回家。我們便拍了一幀合照紀念的美好時光，懷着依依不捨的心情離開。

在這次難忘的親子活動中，我體會到親情的重要，也明白到要樂於助人。「它山之石，可以攻玉」從別人身上學習他們的優點，取長補短，令自己獲益良多。「老吾老，以及人之老；幼吾幼，以及人之幼。」假如我們能多關顧年長的人，別人也會去幫助他們，這樣便能建立一個和諧的社會。要珍惜與家人相處的每一分每一秒，不要到真正失去時才後悔。

曲終人未散——人生知己

F.5C 江令瑤 2018/19

指導老師：黃慶龍

人生得一知己，死而無憾，這是句家傳戶曉的話。但，何謂知己呢？很多人會把紅顏、朋友等等與知己畫上等號，知己就真的是那麼一回事嗎？不，知己並不是一種可以言喻的東西，而是一種加諸別人的概念。別人？對，就是任何人，不論地位高低，不論敵我，不論能否交談。知己，可算是一對心靈相通的人的名字，連接兩地橋樑的名字，甚至是各萬千緣份的名字。

知己這名字，這概念，可不會被地位所規範。即使在古時，有種「木門對木門，竹門對竹門」的思想框架限制着他們的婚姻和交友等，都無阻知己一直在中國文化中流連，上至天子，下至平民百姓，無一受阻。就好像廉頗和藺相如，即使廉頗貴為趙國的大將軍，藺相如則為一介出身低微的下人，在一輪糾紛下，因為兩人對大家的才華和氣度的欣賞的湊合下，自此成為刎頸之交，互相信任的知己。知己，不在乎地位之高低，而是在乎於因欣賞和信任而得來的心靈相交，互相托付，金錢、權勢、地位，從來都不可以換取到信心，甚至是知己。試想想廉頗會因為藺相如贈予金銀財帛而從心底裏敬佩他，敬佩得為大將軍固有的囂張傲慢而赤裸上身，負荊請罪，向自己一向看不起藺相如認錯嗎？就是經過對其欣賞和信任，才能取得知己一名。地位，可能是一種尋找知己絆腳石，但絕對不能阻礙知己的相遇相識，欣賞和信任之心。

有人說，敵人和知己是大相逕庭，互相對立，因為敵人都互相懷疑、猜忌，種種的不信任，與知己形成巨大對比。是嗎？有人說，敵人知己知彼，就是因為信任對方的下一步為自己心中所想般，才會下

自己這一步棋。就好像周瑜和諸葛亮，他們都是大家的假想敵，然而他們卻是無比了解對方的心事之人。既是知己，他們明顯地不是兩齣插刀，難兄難弟的朋友、最佳拍檔，是敵人，卻亦諷刺地是不折不扣的知己。諸葛亮明白周瑜的好勝、年少氣盛和才智，而周瑜亦明白到諸葛亮的無比才華。他們信任和了解對方的各個決定，因此是敵人中的知己。誰說敵人便不能成為知己？就是必勝的決心促使他們去深入了解對方的一切，不論是心理、背景和弱項，都一一瞭如指掌，或許敵人便是知己的一種。即使充滿敵意，殺意等，只要是互相信任、了解，甚至是欣賞，都能與知己一名，帶上關係。知己產生的，不一定是正面的愛和情感，而是滿滿的了解和信任。

光光只靠充分的了解和信任便可？不需要言語作橋樑、支柱，甚至是基礎嗎？不。心靈上的溝通，一貫是知己的唯一語言。在古時，以鍾子期和伯牙的高山流水為一例子。高山流水正正便是他們的語言。琴音嗎？正是。伯牙在心中的所思所想的都一一灌注在琴音之中，在別人耳中就只是一段段美妙的旋律，但凡樂師都能彈出，但在鍾子期耳以中卻是一顆、一顆的文字、獨白、心聲。他們以曲會友，在大家的靈魂都浸淫在曲樂心聲之中，成為已寄托心靈的樂曲交流的知己。無語的知己，在曲終後，人散。鍾子期死後，伯牙自此便認為世上在沒有人聽懂他的琴音的人，因而狠狠地把琴都掉爛了，平生最愛的音樂，都不及一位懂其琴音的珍貴。知己，可令伯牙放棄一生的唯一寄托，證明了所謂知己般的了解、信任和欣賞並非常人的泛泛之交能及。試想想，你會因為朋友的離去而選擇放棄生命嗎？如果會的話，他並不是你的朋友，而是知己。他的離去所造成的是空虛、寂寞和失去寄托的痛苦，正如伯牙把他的「生命」如同一塊爛木般掉棄一樣。

回想過來古時值得贊頌的多不勝數，但現今世界值得讚美的又有幾許人？是不是我們都把自己一次忙得一乾二淨？不，我們都深深知道。但，我們不是在尋找知己，而是在深謀遠慮「知己」的用。清代紀曉嵐曾經記述一則「扶乩弈棋」的故事。從前有兩位旗手對弈，一為以往的宋代國手劉仲甫，一為當世的旗手。最初劉仲甫不願對弈，

並說「我必負」，而的確他落敗了，他被問到為何會知道自己會輸是說：「圍棋一事，所以今勝古，蓋因世風日下，人心日趨狡詐。」為何現今沒有自己的存在，正正便是因為「世風日下，人心日趨狡詐」。人類社會，當初由石器時代，到文明時期，有了帝制、社會階級觀念時，人心便日益複雜。「為何要打開心扉，赤裸地揭露自身的弱點給所謂的知己看？」這便是人類發展至今，內心的狡詐成長到如何的地步，連「知己」這本來通行無阻的概念，亦無了容身之所，難道我們不正在退化嗎？

知己，在現今社會，一位難求，有的可能真的會被社會的階級活活壓死，有的可能真的會在人心狡詐的黑心腸中胎死腹中，有的真的可能會因各種「困難」、「利害關係」阻礙。這便是所謂最有智慧的人類「進化」而成的結果嗎？知己難求，如果在萬分之一的機會中找到了他，請不要讓他隨着歲月溜走。

一處香港的美景


F.2B 梁正惟 2018/19

指導老師：冼雪珍

說起一處香港的美景，不少人都會想到維港兩岸的夜景，或是離島的風光，很多人都會忽視自己身邊，其實也有一些能與它們相媲美的美景，也相當值得人們稱道。

我家附近的馬鞍山，就是那些外表平凡、內蘊美景的地方。我曾經與父親一同在日出之前登上馬鞍山，當時天色晦暗，夜闌人靜，四周依然是鴉雀無聲。當時的寂靜，是一般煩囂所不能比的。但是，當天空開始微光，旭日漸漸初昇之時，四周的生物開始逐漸甦醒：小鳥吱吱喳喳地唱歌，知了聲隨後又加入小鳥的歌唱之中，別有一番夏日的風味。天空的顏色像被水調劑過一般，由深慢慢漸變成淺色，從黑暗走向光明，我和父親都不禁為大自然瞬間的變裝驚嘆不已。整個大自然，就在一眨眼的時間裡，完成了從黑暗到光明的蛻變，這是多麼了不起的事情啊！

走過山腰，我們慢慢走到了山腰。山腰的花草樹木，更令人對大自然的艷麗慨歎不已。青翠的樹木雜以顏色繽紛的花朵。百花齊放，紅綠交雜，更遠非城市裡的彩色世界可比。人們常說紅與綠是對比色，現在看來它們混在一起，更添和諧，更添艷麗。我想，要在城市裡看到這樣的美景，或許只能在網上垂涎她的美貌，這不過只是管中窺豹，大自然的美可不止一斑呢！我們一路走著，一路觀賞大自然的美景，一路聆聽大自然美妙的歌聲，一路欣賞一幅幅堪比傑作的風景畫，不知不覺間已經走到了山的頂端，這時的太陽也早已高掛空



中，我們看了看手錶，原來這一趟集視覺聽覺的旅程，已經花了我們四個小時的時間。聽著鳥語，嗅著花香，看著山下的「螞蟻」和「積木」，既滿足又不禁讚歎。

在城市裡，金光燦爛，確實是一處美景，也確實是外地遊客的勝地。然而，相比起煩囂的美景，郊外的寧靜也毫不遜色。我相信，大自然的魅力，比大城市的壓力更令人稱羨。只要我們多加觀察，也必定能發現：所謂的美景其實近在眼前，就在你我的身邊。

一位不受歡迎的同學

F.1C 吳嘉瑩 2018/19

指導老師：程秀華

班中同學的性格各有不同，有的樂觀，有的自私，有的幽默，有的調皮；無論如何，我們也要學會包容對方的優點和缺點，正如我這個故事一樣……

允行，在幾個月前，是我班「最不受歡迎」的代表。他是我班新來的插班生，由於他性格孤僻，說話亦比較率直而開罪了不少同學，因此他在學校中的朋友寥寥無幾，可說是孑然一身。上學對他來說是種折磨，他每天都被同學投以嫌棄的目光，而當他遇到困難，需要幫助時，同學不願對他伸出援手，甚至袖手旁觀，這一切都令他失落不已。從此之後，他的性格產生了翻天覆地的變化。

本來沉著穩重的他終於受不了同學給他的壓力，為了宣洩情緒，他開始在學校欺凌其他同學。雖然他在霸凌他人的行為上找到了樂趣，但這種快樂是建於別人的痛苦上，不是真正的快樂。他在學校逐漸成為同學眼中的「惡霸」，同學都對他望而生畏，他的朋友亦少之又少。

直至一次，善良樂觀的幼羚走路時不慎撞碰到了允行桌上堆積如山的課本。允行勃然大怒道：「你走路不帶眼睛嗎？怎麼會碰倒我桌上的書本！你馬上跟我道歉並拾起地上亂七八糟的書本！」幼羚有別於其他同學，她面對面紅耳赤、七竅生煙的允行，面上毫無一絲畏懼之色。「我相信人性本善。」她一邊一絲不苟地替允行收拾，一邊認真地說：「你本來剛就讀這所學校時，是一個成熟穩重的人，我相信你的轉變是有原因的。不論如何，我也希望你變回那個原來的自己。人生中總會遇到很多困難，不要因那微不足道的困難而迷失自我。」

一言驚醒夢中人，幼羚的話仿如一把利刃般，深深刺進允行的心中。「繼續收拾吧！別說那麼多不切實際的話！」話雖如此，允行卻下定決心要改變自己。

第二天回校時，允行不再是平常那個嬉皮笑臉的惡霸了，他變回原來的自己。不同的是，他增添了一絲開朗，亦跟每一位同學道歉；同學也一改前觀，逐漸樂意跟他做朋友。至今，他仍沒有忘記當天那位幫助他的「天使」——幼羚。儘管他們只是萍水相逢，他仍然心存感激。

每一班的同學性格也有不同，但我們要互相包容和幫助。再者，亦要感激每位在人生中遇過的人，因為他們的出現，才成就了現在的你。

車站

F.3A 陳穎琛 2018/19

指導老師：黃慶龍

我討厭車站。

自小我就與爸爸分隔兩地，車站就是連結著我和爸爸親情的一條線。但我從未喜愛過這條線，正如我從來厭惡著沈默寡言，只為弟弟著想的爸爸。

我與爸爸的見面不多，每次都只在車站裡匆匆一別。小時候，我其實並不討厭這個簡陋但不失溫暖的小車站，因為我珍惜著與爸爸為數不多的見面機會，貪慕著他溫暖寬厚的肩背，因而愛屋及烏地也喜歡這個車站。

但後來，一切都變了，弟弟的出生改變了一切。因著弟弟的出生，我與爸爸的見面機會更少了；因著弟弟的出生，不苟言笑的爸爸也會露出罕見的溫暖笑意。看著那個明媚得如陽春三月般的微笑，卻一點都捂不暖我的心。曾經讓我覺得如家般溫馨的車站如一個巨大的冰窖，我置身其中，寒冷刺骨。

是的，因那個笑容不屬於我。

我瑟瑟發抖著，感覺被父親拋棄了。不，應該說，他從來吝於對我施捨——哪怕是一點兒愛意。車站所連起的親情之線也斷了，我之前對它的喜愛就像個笑話一樣。

自此，我恨透了那個車站，對父親的態度亦越加疏離。直至一次，我與弟弟在車站裡碰面，兩個長年不見，至親亦至疏的陌生人相對無言，他給我帶來了父親臥於病榻的消息。我也是第一次從那車站乘上火車，第一次沿著那條名叫親情的線，主動駛進父親的內心。

剛下火車，我就看見坐在輪椅上，老態龍鍾的父親。我的心彷彿被什麼牽動了一般，隱隱作痛。原來在我不知道的地方，父親老了這麼多，憔悴了這麼多。我沒能在他身邊盡孝，又有什麼資格怨恨他？怨恨他的偏心，狠心的斬斷情緣，這樣滿腹怨妒的我，才是真正的笑話！弟弟在父親膝下承歡，讓父親享盡天倫之樂，而我沒付出過分毫，怎敢妄想得到父親的疼愛！爸爸靠近我，給了我一個擁抱。不是想象中的有力可靠，反而消瘦的身軀好似一捏就碎般，讓人心痛，但一縷溫暖竟從我心中湧現。長年寒冷的車站燃起了一團親情，如凜冬之火，雪中之炭，熾熱得讓人不敢觸摸，唯恐碰碎了它。車站所牽起的親情之線從未斷去，正如血脈之情，深埋骨血之中，剖不去，剝不斷，它一直都在，藏在我心裡，只是我從未發覺。

車站常常帶來痛苦和離別，但往往會伴隨著更美好的重聚。如果當真想念，不妨主動一點，登上車站，乘上列車，在車站月台上給愛的人一個擁抱。你會發現，原來愛，一直都在。車站最重要的存在意義，不就是為分離的人們帶來相聚嗎？

我不討厭車站。

鑰匙

F.5D 鄭雪瑩 2018/19

指導老師：陳麗文

猶記得我小時候擁有的第一把鑰匙，是媽媽送給我的帶鎖日記本所附設的。那時候我不論是偷吃了糖果，或是被老師稱讚，都會記在日記本上。每次寫完後，我也會小心翼翼地鎖好，更帶着鑰匙四處走，生怕別人偷看我的秘密。不久，我擔心會弄丟鑰匙，再也看不到日記的內容，便乾脆把鎖匙放在櫃子裡，但這一擱，就連寫日記的習慣也擱下，慢慢地連日記本也不知所終。

後來，我懂得鑰匙的用途不僅如此。家家戶戶都用鎖鎖着家門，只有持鑰匙的人才能進屋，保障了我們的安全。我也知道有叫「萬能匙」的發明，在酒店中，職員若懷疑房間裡有可疑，就會用「萬能匙」開門查看。

有型的鎖能用有型的鑰匙打開，那麼無形的心鎖呢？每個人的心靈都是獨一無二的，不同的背景和際遇造就了有所異同的心靈。兩個人再怎樣契合，開啟心鎖的鑰匙也必不一樣。更何況人們總說「防人之心不可無」，不習慣「掀起肚皮」把心底的不堪都呈現人前。你的鑰匙打不開我的心；我也不會隨便盡吐心中情感。就是這樣，人與人之間的關係變得疏離，朝夕相對的友伴卻充斥着不理解。

心靈的世界裡並沒有鎖匠。弄丟了家門的鑰匙能夠請鎖匠幫忙，然而一個人要打開另一個人的心，並不是付得起錢就能打開，並不是粗暴對待就可解決。百萬富翁用金錢不能買到真誠相待的妻子；政客不能用暴力使人心悅誠服。這些道理人人熟知，但宏觀社會，有多少

父母認定只要努力工作，給予子女溫飽，便能換來親密無間的親情？有多少情侶在吵架時一面大聲呼喝，一面期望對方發自內心地解釋？就是這樣，人與人之間的關係變得疏離，朝夕相對的親人卻充斥着不理解。

也許世人都忘記了，每個人與生俱來都有一把能夠打開所有人的心靈的「萬能匙」——無條件的傾聽。在香港的商業社會中，口才了得是了不起的優勢，但是傾聽卻需要合上嘴巴，打開耳朵。我們也許要適時放下那有如律師咄咄逼人、唇槍舌劍的說話方式，留給別人訴說心底話的空間，這樣人與人才能連結起來，減輕孤獨感。我曾聽說一位社工接到一個棘手個案，被轉介過來的中學生，不論怎麼問、怎麼引導，還是一言不發，神情呆滯地坐著。社工突然靈機一觸，上前輕輕擁抱男生。想不到看似心防嚴密的他，頃刻飲泣起來，毫無保留地傾訴心中困擾。那一個擁抱，象徵着不加批判的傾聽，像一把溫暖的鑰匙，浴解了他的心鎖。

日本作家水島廣子曾經說過：「沒有人會毫無理由地看起來不努力，只要耐心傾聽，一定會發現他無法努力的原因。」下一次當你看到萎靡不振的人，不妨先放下批判，傾聽他的苦衷；朋友冷漠對待，看似不願努力維繫關係時，不如先放下成見，傾聽他的理由。也許他們只是感受不到別人的接納，只要給予無條件的傾聽，他們就能振作，就會以誠相待。

小時候，我們都希望鎖住秘密，唯有自己才有開啟秘密的鑰匙；長大後，我們卻渴望別人的鑰匙能夠打開自己的心鎖。親愛的，請無時無刻地記著，你也擁有那把能夠解開任何人的心防的「萬能匙」——無條件的傾聽。

他沒有吸引的外表， 卻有一顆善良的心

F.1A 謝一心 2018/19

指導老師：陳麗文

看着小學時的照片，我想起了我小學三年級時發生的一件事。

小學三年級時，我們班來了一位插班生，第一次見到他時，我和同學都十分驚訝。這位插班生叫家寶，他全身長滿了疹子，頭上還有很多頭皮屑，很不討喜。

初時，同學們還會嘗試和他交朋友，但一走近他就會嗅到一陣藥膏味，令人不敢走近。他的一些言行舉止又很奇怪，再加上三年級流傳着一些「碰到他就會長疹子」、「跟他走得近會生病」等等的傳聞。慢慢地，大家便對他敬而遠之，甚至有點排擠他。小息時，倘若在操場上見到他，我們會走得遠遠的；在進行小組活動時，同學也不想跟他在同一組裏；玩遊戲時，大家也不願和他玩耍。

時間很快就過了兩個月，同學們一如既往的對家寶敬而遠之，他也繼續過着孤獨的校園生活。有一次，我留校進行課外活動，晚了離開。走出校門時，我看見了家寶，他正在幫一位拾荒老婆婆把紙皮推上斜坡。我記得那位老婆婆，她常常在我們學校附近撿紙皮，老師們、同學們都認得她。大家常常看見她把紙皮推上斜坡，卻從來沒有人主動幫助她。

我看着家寶用自己小小的身軀吃力地推着那一車紙皮上斜坡。我感到很羞愧，為甚麼我天天看着老婆婆那麼辛苦地勞動，卻從來沒想過幫助她？為甚麼，全校同學都不樂意做的事，他卻做到了？

第二天，我告訴了同學我的所見所聞，大家在放學後，也看見了他的所做所為。我們對他，也漸漸從抗拒變成欣賞了。自此之後，我們嘗試和他聊天，不再排擠他了。如果有時間，也會一起和他幫助拾荒老婆婆，一切變得更更好了。

經過這次的事件後，我學會了不能以貌取人這個道理，長得漂亮的人，不一定善良；長得醜的人，也不一定是壞人，最重要的是人的內心。

小草

F.3A 林靜宜 2018/19

指導老師：黃慶龍

上個月，我在路邊看見了一棵小草。它很矮小，應是剛破土而出的嫩芽，好像被風一吹就會折斷似的。令我留意的是，它被一塊石頭壓着了大半，只能在大石頭和水泥地間的微小夾縫勉強生長。我感到有些不忍，想將石頭搬開讓它有空間成長，沒想到石頭竟然重得搬不動，我只好作罷離開。

今天我又想起了這棵小草，感到有點納悶，打算再去看一看它。於是我又去了路邊蹲下看它。這一看，竟令我覺得很震驚——那棵孱弱的小草竟然穿過石頭，從石縫中長了出來。我愕然，以人力都無法搬開的石頭比小草重了不知多少倍，更是堅硬得難以鑿穿，而一棵在人類眼中渺小的、毫不起眼的小草卻做到了。它在我眼中的形象頓時變得巨大了起來，我對自己對它感到憐憫的行為突然覺得有些可笑。我太輕視這棵百折不撓的小草了。

我仔細打量小草，它幼小的枝幹從石縫中探頭出來。我其實還是有些不相信一棵幼苗能夠穿過石頭的，它所爆發出來的力量遠遠超乎我想像，令我十分震撼。

回家的路上，我依然在想着這棵小草。在我看到它被石頭壓着時，我想的是，它一定會被石頭阻礙而無法生長；搬不開石頭時，我對它感到惋惜，直覺它將會被沉重的石頭壓死。而我現在有些羞愧——小草在面對比自身重這麼多倍的石頭時，沒有放棄繼續生長，更沒有選擇避開石頭，而是正面突破了它。就如我們在日常生活中，每當遇到困難時，我們都不應去避開它，而應該去直接面對它，尋找解決的方法。小草雖然只是不能思考的植物，卻能做到我們所不能做到的事；我們能夠思考，但又有多少人能夠做到這一點呢？小草的堅毅和勇敢深深刻在我心中，這個畫面帶給我巨大的心靈震撼，使我的情久久不能平復。

後備

F.5C 陳心怡 2018/19

指導老師：黃慶龍

今天教練的一番說話，令我解開了五年來的糾纏。

羽毛球是我最喜愛的運動，我從小就接受羽毛球的訓練，並在五年前加入校隊，務求可以在這方面有所成就。甫加入球隊，我被編到後備的位置，沒想到五年後的現在，我仍身為後備，未曾當過正選……

在這五年來，我一直被後備這個身份所困擾，我感到十分可惜，為什麼我在球隊效力多年仍然沒有機會參與賽事呢？每次賽事都只在長椅上觀看別人打羽毛球，自己則在感受冷冰冰的空調冷氣。心中冒起一條又一條的問題，到底是自己能力不及，還是教練對我有偏見而不能當正選呢？日子漸漸的過去、流逝，但我依然對此感到十分困惑。即使每次怎樣努力、拼搏地去練習，回家後觀看羽毛球比賽的片段及書籍，仍然不能擺脫那給後備球員坐的席位。難道教練看不到我的努力及汗水嗎？為何每次友誼賽，甚至校際比賽都只是在場邊坐，是活生生裝飾物，存在與不存在也許沒有分別。我平日上課、跟朋友玩樂，亦不時想起自己身為五年後備的身份。我想：起初入隊一年當後備是人之常情，但一年復一年，日日如是，我愈想愈感到不滿、不甘心，心結好像愈解愈結實，將糾纏不清的一堆亂繩。

大約在半年前，有名比我年輕的少年加入校隊，他經過一個月的訓練後便當上正選，一個新球員居然能在那麼短時間便可參與比賽，而我偏偏……我的心情越來越複雜，我肯定教練針對我、不喜歡我，所以不升我為正選。突然間，我對教練有憎恨的感覺，並「認清」不能當正選的主因。那年輕新隊員使我明白到自己的能力沒有問題，以前的猜想、煩惱是錯誤的。不過，為何教練要這麼不公平，使我五年來都被這心結所纏繞？

我不知道，只感到很灰心，對我最感興趣的運動彷彿失去了熱誠，於是沒有出席校隊的練習。

一天放學後，我獨自由操場步向學校門口，一邊想着我的羽毛球教練編我為後備的原因，心中除了有疑惑，還有更大的糾結。此時，教練突然出現在我眼前，問到，「你為什麼不出席球隊的練習？你因何事愁眉苦臉？」

「我不願再當後備球員。」我帶着失落地回答。

「你知道嗎，我編你為後備是有原因的，你追求着比賽中的勝利，只求能得到觀眾的掌聲，而犧牲了和隊友的合作。將雙打項目中，平時訓練時你只顧及炫耀自己的球技，搶着打發給隊友的球，不能達致合作的要求。由五年前你剛入隊，直到今天，你的心態都沒有變，因而你的身份也沒有改變。你看看那當正選的新球員，他與隊友磨合得不錯，並沒有為名利而比賽的念頭。」教練平靜的說道。

聽過這番說話後，我恍然大悟，心結被教練的說話完完全全的解開了。原來我以往的思想是錯誤的。問題出在我的心態上，我的心態使我五年來處於後備的位置。

我如釋重負，並接受這個當後備的原因。教練的說話使我反省到自己越嚴重不對的思想，既然羽毛球是我喜歡的運動，那麼我不應為求一面獎牌、一個獎杯、甚至別人的稱讚而比賽，比賽的真正意義在於自己享受比賽的過程，和隊友之間的合作和所建立的情誼，而不在于其結果。無論是勝是負，亦只是一場比賽，機率各佔一半。比賽的最大收穫是過程中得到的快樂、緊張、刺激、興奮和滿足。現時學生階段校內校外有不同大小的比賽，很多家長催谷子女參加，為了充實他們的「履歷表」及「證書套」，他們為獎勵而比賽的想法實在不對，和比賽的真正意義截然不同。再者，「友誼第一，比賽第二」，團體比賽中講求的是和隊友合拍，互相配合，去發揮到最好，這才是比賽的最大得益。現在，我對比賽的意義有重新的定位，感到很舒適、自在，豁然開朗。

好的！我仍然當後備吧。

爸爸、我、結他

F.5D 陳嘉穎 2018/19

指導老師：陳麗文

「我恨死你了，爸爸！」爸爸擅自把我心愛的結他扔進垃圾桶那一刻，我即與他展開長達兩個月的「冷戰」。然而在今年冬天，「冷戰」終於結束了……

我熱愛音樂，只要有時間，便捧著用一年積蓄買來的結他，高奏一曲。放小息、吃午膳，甚至上洗手間，我的手也會不自覺地彈奏起來，腦海中想像著旋律，哼著小曲。放學回到家就更放肆，我抱起結他直衝進房間，關上房門，房間頓成了我的「小天地」。

「你在房間裏做什麼亂七八糟的？快出來吃飯！」爸爸突如其來的喊叫聲，破壞了我美好的時光。「知道了！」我不耐煩地回應。步出飯廳，看到爸爸一臉嚴肅，心知不妙，馬上端正地坐好。「你知道這次考試成績退步了多少嗎？」我支吾以對，想解釋，卻什麼也說不出來。「你一天到晚不務正業，不好好讀書，將來是要當乞丐嗎？」

「我想當音樂家！」我馬上答道。「音樂家？我想你就是想當乞丐！」爸爸不屑地回話。看到他如此瞧不起我珍而重之的夢想，我終於按捺不住情緒，衝口而出，「你懂什麼是音樂嗎？我在做自己喜愛的事，不用你管！我以後生了孩子，才不會像你一樣只注重錢，逼他做不喜歡的事！」他似乎被我激怒了，默不作聲地走進我的房間，拿起結他，不顧我如何喊叫、哀求，逕自往樓下的垃圾站走去，把結他扔進垃圾桶……

「你還不打算跟爸爸說話嗎？」前幾天才從美國公幹回來的媽媽輕撫著我的頭髮說。「都兩個月了！」她見我無動於中，皺了皺眉頭，我搖搖頭後若無其事地說：「過幾天就是學校一年一度的冬際歌

唱比賽了，我準備了幾個月的，你會來看嗎？」她也搖搖頭道：「我很快又要出差，抱歉寶貝。」當時我不知道，原來媽媽偷偷向爸爸提到比賽的事，爸爸更打算在比賽當日給我重大的驚喜。

「有請二號陳一心上台為我們演出！」我信心滿滿地上台表演，接近尾聲時，看到遠處有中年男子向我揮手——竟然是爸爸！他的眼神少了份嚴肅；卻多了份溫暖、憐愛，彷彿被我的表演所打動。表演結束，台下響起熱烈的掌聲，我不負數月來的努力，拿下了比賽冠軍。然而，我並非立即跑下台與同學慶祝，反而是奔向爸爸，給他熱烈的擁抱。

我和爸爸一起走在回家的路上，氣氛既融洽，又尷尬。我看到他拿著大袋子，決定打破沉默，問他：「這是什麼？」「哦……哦！這……這是送給你的！」我打開一看，袋內是把全新的結他！我疑惑地問：「你不是一直不支持我玩音樂的嗎？為什麼……」「哎呀，你自小已說要當音樂家，卻從沒為我表演過；我問你，又指摘我不懂這些東西，我怎樣知你是否認真的？但當我看到這場表演，才知道女兒是個名副其實的『音樂家』啊！」我恍然大悟，原來爸爸是如此在意我的感受。

我一直認為，爸爸不了解我的想法，阻止我追尋夢想，卻沒有給他機會了解自己，更誤會他是個注重金錢、利益的人。溝通，看似簡單，但我和爸爸正因為缺乏溝通，造成了這次的誤會。正處於青少年時期的我認為爸爸老套、不懂音樂，卻忽略他其實十分期待子女的演出，並為子女的成功感到欣慰。因為我的忽略和不理解，令他擔心我的前途……

歌唱比賽後，我和爸爸不但結束了「冷戰」，彼此的距離更進一步拉近了。

平凡是福？

F.6B 楊智榮 2018/19

指導老師：鍾麗明

人類自古以來的悠久歷史，到現今世上高達七十億人，相信當中絕大部份的都是以庸庸碌碌的平凡人居多。平凡，根本從出生起便植根在人們心裡面。

平凡是相對的，與少數的傑出精英分子、罕有的偉大領導相比，才顯出餘下大多數人的「普通」。很多人一生在拼盡，成就了一番事業，但自命不凡，非常驕傲，自認為英雄豪傑，與眾不同，但依我看來，這種與眾不同，卻是十分可笑，因任何人生來皆平凡。社會上的名流、成功人士，與普通老百姓相比，看似不平凡吧，但和愛因斯坦、林肯相比，又豈不是一堆庸才？即使像如斯般能撼動世界的偉人，難道就不用面對生老病死嗎？說到底，我們盡是「凡人」，再獨特、超脫的人，終究有化作黃土的一日，如宇宙中的浩瀚星河相比，都是一堆平凡得分不清究竟的塵埃。天下間無不是平凡之物。

平凡是一種態度。認清人生是非，在任何時候皆懷着一顆凡心，是難能可貴的，越是成功、看似不平凡的人，便越懂得這個道理。難道像李嘉誠、比爾蓋茨般的環球巨亨，便會持着自己的成功，財富不可一世嗎？正正相反。李嘉誠曾在訪問中提到，他年輕時也是從平凡中走來，由身負多項兼職，在工廠製膠花的技工，一步步走來到這刻的輝煌成就，靠的除了是他自身的才華，更是憑着一顆謙虛，踏實的心，自認為是一個平凡人，時刻提醒着自己免於心高氣傲，才攀上這令人望塵莫及的高峰。

相反，自命不凡的心態可謂致命。心有鵬鯤，眼角比天高的人，最容易被自己擊倒。比如歷史上聞名的西楚霸王項羽，在敗給對手劉邦後，選擇以劍自刎，自盡於江河。難道項羽便稱不上英雄豪傑嗎？那又不至於，但他失了凡心，無法正視、坦承自己的失敗，才鑄成了他的結局。倘若他甘心退讓，在敗了那役後忍辱負重，他朝或許有捲土重來的機會，卻因其一生的自負，斷了自己的後路。項羽不是敗在劉邦，而是敗在自己的心上。接受平凡，承擔失敗，正是通往成功的法則。

平凡是福。與其一生爭名逐利，焦頭爛額，何不緩下來享受樂於平凡的寧靜呢？莊子在《逍遙遊》中提及「無用之用」，沒有獨特的才幹和能力，卻能藉此得享天年，免於奔波和災禍暗算，正是身為平凡的福。縱使人生來便要面對死亡，大家都是凡人，但總會有人生來聰明，有人生來愚鈍，這只是彼此個體間的差異，而並非要區分好與壞。憑藉各自的能力各施其職，無論是國家元首還是清潔工人，活出淡然的一生，那便足夠了。若自認為平凡人，又何必執着於發出照亮世界的光呢？每個人都可以散發屬於自己的光輝，照亮身邊的人，在家庭、工作、社區中展現價值。這便是出於平凡的圓滿。

人與人之間本來就無須區分平凡與否，每個人可以是平凡的，都可以是獨一無二的。個體和一體相共存，相信自己便足矣。

都市中的一圈喘息

F.2A 胡臻緻 2018/19

指導老師：陳淑英

翻開幾天沒看的書，一朵略帶扁平的小野菊悄然跌落。

我彎腰撿起，低頭輕嗅，一絲清香繞縈於鼻尖，那天怡人的風景又再次在腦海中浮現。

還記得那天旅行日，大家背著鼓鼓的背包興致勃勃地登上了由學校開往清水灣郊野公園的旅遊巴。汽車從喧囂騰鬧、廢氣沖天的城市出發，經過秀茂坪往上一帶的山路，望出窗外，映入眼簾的不再是車水馬龍，眼前可見的綠樹越來越多，就像一個由綠樹組成的隧道，帶我們一行人由城市一隅穿梭至大自然。終於，經過一小時的車程，我們到達了目的地。

一下車，清新的空氣撲鼻而來，與市區的廢氣形成了強烈對比。郊野的空氣清新而不帶一顆塵埃，清風中混和了一點小草的味道。去的時候正是颱風剛剛離開的日子，被雨水沖刷過的羣山一片蒼翠，蒼翠的樹林煥然一新。雨後的雀鳥紛紛冒出頭來，不時就用清脆的聲音高歌一曲，吱吱喳喳的聲音為這般美景添上生氣。

沿著小徑一路走去效野公園的中心，沿著蒼樹林立，把剛露面的陽光擋住，微弱的光線在樹葉隙中灑到身上，叫人身心舒暢。要往中心的風箏臺走，需先下坡，經過熱鬧的燒烤場，再往上走，才抵達郊野公園的最高點。從風箏臺外望，清水灣在初升的太陽映照下份外美麗，一艘艘船停泊在碼頭，陽光把海水變得鱗光閃閃，波浪此起彼伏，美不勝收。

野餐後，在亭子裏放下行李，我和朋友便放起了風箏。憑藉當天頗大的風，我很快就把風箏放起了。紅色的風箏綴在湛藍的天空上份外顯眼，一兩朵浮雲偶爾飄過，紅色、藍色和白色共入眼簾，相映成趣。過了一會，風勢稍緩，風箏落下，我連忙跑去撿。彎腰低頭之際，卻發現風箏下，是一棵被風吹倒，被風箏壓斷的小野菊。原來，奪走一個生命真的是很容易的事。壓斷小野菊後，我再無心情放風箏，我撿起了那朵細小、軟弱的小野菊，捧在手心裏，仔細地觀察著。在風的摧殘下，原本六片的花瓣只剩下了五片，中間的空位尤其突兀，不禁讓人心生惋惜。

觀賞完小野菊後，我把它小心的放進了書本裏，作書籤之用。抬頭一看，此時已是下午一時多了。陽光雖猛烈但雲朵恰恰擋住了一部分，尚算不太刺眼。朋友們和我拍完照後就坐在風箏臺的圓座上倚著看風景。身邊的人或是在拍照，或是在野餐，耳邊響起了不遠處傳來的結他聲，在柔和的樂聲中，我們結束了今天的旅行。

是次旅行，我和朋友們都留連忘返。香港難得的一處郊外美景使人留戀。在繁重的學業中，我們何不多出來出走，稍微在狹縫中喘息一下，看看現實世界中的美？

繁星

F.3A 李好好 2018/19

指導老師：黃慶龍

在一個月前，我參加了普通話比賽的初賽，我完美地把許多的對手一個個地刷了下來，得到了入總決賽的機會。今天早上便是決賽的日子了，我自信滿滿地來到比賽場地，異常鎮定。當前面的選手完成了演說，我驕傲極了，心想：連這個水準都能入圍？那麼冠軍不就非我莫屬了！可是，在演講的中途，我突然忘了內容，這下完了！最後，我站了足足半分鐘，聽到了鈴聲才靜靜地回到了座位。

失敗，對我而言，是一種打擊，就像一把無情的利刀捅進我的心口。況且，它也使我感到如此丟臉，我怎樣和家人、朋友和老師解釋呢？我無法為自己爭光，更無法為學校奪得一份榮耀。每次的比賽，我都能榮獲前三的好成績，但這次呢？我相信自己也算是得到了「第一」吧！

到了晚上，我漸漸地冷靜下來，又回想起早上的比賽。在比賽前，每個同學都手持着一份講稿，認真地練習着，希望能把他們的光芒都展現出來，挑戰自己的極限。而我呢？當媽媽一次又一次地叫我準備時，我感到除了是厭煩，還是厭煩。我又想到考官最後給我的評論中還寫着：練習不夠，雖然發音標準，但表達情緒還有待改善。我突然明白自己過於輕敵，聲調如果一致，的確不能吸引到大家。過了一會兒，我不但沒有情緒低落，還感到開心呢！因為我能夠在失敗中學習，明白自己的錯誤，心情頓時豁然開朗。

於是，我把視線轉向星空，比喻成這次比賽，大家都像星星一樣閃爍著。但又有多少人能像皎潔的月亮呢？月光雖是柔和的，但卻能吸引大家的注意力。失敗乃成功之母，誰是失敗者，誰有能成為月亮，得看你有多努力，付出了多少。下次，我一定要準備充足，不能再小看他人。

今早發生的事，雖以失敗告終，我能夠得到一次深刻的教訓，是多開心！

細聽靜省，忠言逆耳又何妨？

F.5A 范曉兒 2018/19

指導老師：張樹英

「堂姐，你看，我在鋼琴考試中考獲了最優秀的等級啊！」天真爛漫的堂妹拿著考試成績單，欣喜若狂地告訴我這件「喜訊」。「一心，你好厲害啊！」我邊說邊給了她一個大擁抱。

「對了，允行，你又考成怎樣？聽舅母說，你的鋼琴老師說你琴藝高超了不少，彈的歌曲總是繞樑三日、游魚出聽的。想必你也考得很好吧！」我對坐在一旁黯然無語，看似滿臉疑惑的允行說。

「我……我也不知道。對呀，明明老師一直都對我讚不絕口，說我是音樂才子的，那為何我的鋼琴考試會不合格呢？」允行低聲吱吱唔唔地說著，豆大的淚珠隨即從他眼睛沿著面額滑下。

我既是他們的堂姐和表姐，亦是一位鋼琴老師，一心和允行都曾經是我的學生。他們2年前的程度明明相若，現在卻得出如此強差人意的結果，實在讓我百思不得其解。此時，腦中閃過了我的啟蒙老師教我的一句西方諺語：「恭維是蓋著鮮花的深淵，批評是防止跌倒的拐杖。」

還記得在上年度的一個音樂會綵排上，一心和允行分別演奏了一首歌曲。老實說，2人的演出仍有不少進步空間，但論彈奏技巧、感情演繹以及穩定性，一心都略勝一籌；而且以他們小小年紀就能在台上順利演出，已值得稱讚。正當大家在休息閒聊之際，一心的鋼琴老師匆匆忙忙地走過來，握著一心的手，一臉認真但溫柔地說：

「一心，在剛才的綵排中你犯了不少錯誤喔！第五小節那裡衝快了，第十小節不夠聲量，中間的位置太混亂、彈錯太多音了。這些問題都是盡量改掉，知道嗎？」眼見她拿著琴譜，耐心地指出了一心要改善的地方以及不足之處。雖然一心一臉不情願，但也乖乖聽了老師的批評，努力在一旁加緊練習。

另一邊廂，允行的老師也正與舅父舅母交談。然而，內容卻與一心那方大相逕庭：「允行彈得很好啊！你的兒子真是個天才，能彈到這個程度的沒幾個。全靠你們教導有方！」老師殷勤的奉承，讓對音樂毫不了解的舅父舅母以及允行都信以為真，逗得他們笑逐顏開。

當時的我心知事實並非如此，但為了不掃大家的興致，還是選擇了當一個沉默的旁觀者此，只是沒有想到處處恭維以及善意批評對人的影響原來有這麼大。

我回過神來，摸摸允行和一心的頭，語重心長地說：「鋼琴考試的成敗得失並不重要，最重要的是從過程中學習。允行這次考得不好，但不要緊的，我最希望你能從中學會聆聽的意義。」「表姐，我不太明白你的意思。」允行疑惑不解地說。

「你留意到你和一心的鋼琴老師的不同之處嗎？雖然一心的老師總是批評她，而你的老師卻對你處處讚許，但一心卻考得比你。這正正是因為一心一直都聽著批評然後有機會改進，而你卻一直以來都只聆聽到恭維的說話，沒有改進的空間。一個人要進步，需要的是聆聽別人的提點、建議，甚至是批評，而非那些為了討好及恭維自己的盲目稱讚。批評的說話固然使人不好受，但只要你樂意接納，認真思考每個批評後加以改進，往往是防止你的跌倒的拐杖，才是聆聽的真正意義。既然批評能使人進步，細聽靜省，忠言逆耳又何妨？」我微笑著說。

安於現狀未免短淺

F.5A 余慧敏 2018/19

指導老師：張樹英

有些人總因是眼前的一時成就而滿足。這種心態讓人習慣與沈迷於現狀，不再作出更好的改變而停滯不前，最終頹廢下來。這些失敗的例子在歷史洪流中司空見慣，是對我們的警示。所以與其安於現狀而失敗，何不進去求變而成功？這種精神從古至今都值得提倡。

在中國歷史上，我們若想知道一個朝代的興衰，從當朝掌權者的態度是積極進取或是甘心安於現狀便可知道。而在唐代，唐玄宗可是創下過盛世，也親手把唐代國勢由盛轉衰。在玄宗在位前期，他勵精圖治，積極在貞觀之治的基礎上進行政治經濟文教的改革，他的進取把唐朝國勢發展到巔峰，史稱開元之治。然而，玄宗開始滿足現狀。在天寶年間，他寵愛楊貴妃和荒廢政務，先後寵信李林甫，楊國忠和安祿山這些奸佞小人，使得促發安史之亂，唐代國勢由盛轉衰。由此可見，玄宗積極求變才創盛世，但因為安於現狀才把江山給敗了。

另外，在清朝，帝皇總以天朝上國自居，看低西方歐洲諸國，也滿意他們那時的國力。殊不知這些國家的科學和實力都在進步，結果更是被諸國打敗，這也說明人不能一直安於現狀，我們更應吸取歷史的教訓，把視野從現在放到未來，進取求變。

再者，俗語有云：富不過三代。此話正是諷刺富家纨绔子弟。他們自幼就生長在十分富裕的環境不愁生活，終日玩樂，不思進取，相反他們的祖父輩大多都是靠自己的努力才能起家，因此他們享受眼前的安逸，沒有想過將來，就敗了家族的基業。

從古至今，人們都愛安於現狀。但是其帶來的禍害不該被忘，尤其如今我們生處在競爭激烈的社會，人人都在求進步，自我充實。就連電話也生產了一代又一代，這不僅是提高生活質素，更是生產商想在世界穩定立足的願望。而且安於現狀只是短淺的想法，沒有人會一直安樂、一帆風順下去，我們更應放眼未來，讓自己進步和增值。



F.4C 賴仲賢2017/18
指導老師：黃慶龍

如果沒有發生今天的這件事，恐怕我仍然固執於不平則鳴的窠臼中。

今天是星期日，正好是一星期一次到教會崇拜的日子。我們幼兒組每次歌頌完主的榮恩後，都會分成小組進行競賽和遊戲。今天亦不例外，一陣歡騰過後，我們便進入了分組遊戲的環節。我身處的猶太組往往在環節中取得優秀的成績，奇怪的是組員卻總是十分頹唐，不開顏。

今天遊戲環節的題目是「創新都市」，內容是希望我們每一組分別在兩小時內運用紙皮和報紙等材料「搭建」出一個有一人高的微型城市出來。闡述完遊戲規則後，活動室內一瞬間炸開了鍋，大家彷彿都對遊戲起了莫名的興趣，紛紛磨拳擦掌，蠢蠢欲動。而我則已開始默默思考完美的勝利策略。

「好了，聽完遊戲規則後，大家有甚麼想法嗎？」帶領我們小組的社工思賢主動帶起了討論。「我認為我們要一人想一棟建築物，然後把這都市填滿吧」矮小衝動的家寶提議道。我嗤之以鼻，心想：拜託了，這樣魯莽的提議絕不可能是最優秀的。城市規劃可是需要思考很多細節，我們這麼細小的場地，能放得這麼多建築物嗎？何況一人做一個，資源是否足夠？搭出來的結構會穩固嗎？還有美觀問題呢？這個提議的漏洞實在是太大了，這樣可不能贏得比賽的勝利呢！果然幼稚的隊友們還是想得不周到，還是讓睿智的我出馬吧！

然而我在思考之際，不知哪裡卻突然來了熱烈的叫呼和回應。「我贊成，我要做公園！」「那我要做美容院！」「我要建火箭發射

站！」眼看贊同的聲音此起彼落，快要脫出我的控制，我慌忙想辦法要把計劃拉回正軌。但正當我要把腦海內已經籌備妥當的周全城市規劃分享給大家時，一隻厚實的手掌突然搭上了我的肩膀，把我的滿腔熱血中拉了回來。「喂喂，孤高不群的你，偶而也讓他們嘗試一下自己做吧。」

思賢的說話讓我的心慢慢地冷卻了下來。仔細一想，回望過去和組員的相處和點點滴滴，我突然發現原來似乎真的是每次的遊戲環節都是由我主導、控制，然後帶領全組一同邁向勝利的寶座呢！畢竟以往的我認為，組員們的想法都不夠周到，而且即使由我帶領，他們也不能完美地達到我所追求的目標。這樣的隊伍，沒有了我的意見，怎麼可能勝出。可是冷靜下來思索，的確沒有嘗試的機會，又怎麼能肯定其他人的意見不可行？即使機會微，或許他們的做法真的能成功呢！於是在眾人期待的目光和思賢厚實的手掌下，我最終還是壓下了心中一度的不服氣，選擇了沉默，不置喙。好吧，就讓你們試試自己動手。在一陣歡呼過後，我們開始了龐大的「工程」。

剛開始時遊戲的進程果然是一團糟的。公園變得凹凸不平，美容院建到一半就塌了下來，火箭發射站也找不到合適的原料興建……總之就是狀態百出、混亂非常。然而抬頭望去，組員們卻個個臉上都綻放着前所未見的笑容。汗水和歡笑羈雜了一起，不知不覺地感染到我，也一起投入了遊戲。

兩個小時轉眼就過去了。老實說，我們共建的城市仍然是一團糟，然而我卻感覺到了前所未有的樂趣。這一刻，遊戲是輸是贏已經不再重要了。突然直率的家寶第一次向我搭起了話：「我們做個朋友吧！」看着他純真的笑容，我也不禁喜孜孜地大笑了起來，交到了組裡的第一個朋友。突然一陣廣播聲傳來：「最後恭喜猶太組獲得最具創意設計獎！」原來因為我們火箭發射站設計，我們還是拿下了一個小獎項。

在回家的路上，再次回想起今天愉快難忘的經歷，我明白了原來有時候沉默真是必要的。首先，那一刻的沉默成功讓我的心靈能夠沉澱下來，仔細思索事情的其他可能性。原來往往事情不只有一個解決方法，選擇其他途徑可能會看到更全新更美麗的風景呢！相信即使那時我衝口而出，不選擇沉默，我也未必能清楚表達自己的意思，隊友們依然只能束手綁腳行事。而且更重要的是，沉默讓我能夠理解並接納到其他人的意見，最後更甚至讓我收獲到了一段新的友誼。這難道不就是中華文化中所講究的「和諧」、「溫柔敦厚」的體驗嗎？因為適當的沉默，我們能夠避開了彼此間矛盾爭鬥的鋒芒，而釋出了善意，讓他人感受到了包容和體諒；從而便可以達到了講「禮」、講「忠恕」的最高境界。

沉默卻要讓別人感到善意，更能令自己贏得尊重，贏得最大的自由。有時在現今的社會上，當我們常要「競爭」一事一物，乃至是話語權也要爭取，而忽略了適時沉默的必要性。當一個人習慣了不斷「力陳己見」，喋喋不休，口若懸河的時候，往往就會讓他人感到煩厭，甚至遠離自己，跟忘掉了如何保持沉默。這樣的人彷彿就像被囚禁在了話語的樊籠裡，失去了沉默，贏得尊重的機會。當一個人能夠放下自己的各種成見，適時選擇沉默，才能為自己贏得真正的尊重和解放，正如我贏得了真的尊重和諒解一樣。

「雄辯是銀，沉默是金。」我想我今天終於能明白這句話的真正意義了。

如果可以隨意增設一個科目， 你希望是什麼？

F.6E 張穎茵 2017/18

指導老師：黃美兒

自從中學由高考年代轉自334學制，學生的選修範圍相對變得較窄，視野觸覺不及昔日廣闊，必修科目的增加對部分學生而言亦令課堂沉悶。如今還有科目可以引起學生起勁，讓我們感受學習的樂趣嗎？何不開辦「香港歷史課」去遊歷香港，讓現今的莘莘學子、未來的社會棟樑了解我們土生土長的城市，了解這個匯聚中西文化的國際大都會。

「香港歷史課」除了讓學生從書本內吸收文字中的精粹外，更步出課室，遊覽富歷史意義的建築，感受香港獨有的本土文化，拾回我們對家園應有的歸屬感。時空荏苒，歲月總留下足跡。香港從小漁港轉型至工業發展城市，經歷文化革命及英殖時代的變遷，令香港的大街小巷充滿特色，如保佑漁民平安的林村天后廟、見證法治進步的終審法院大樓和體現宗教多元的回教清真禮拜堂等。這些耳熟能詳的建築卻甚少有機會讓學生深入接觸，去學習當中的歷史演變和意義，「香港歷史課」正撇除種種繁忙的習作和課堂，給予學生應有的身份認同。

「香港歷史課」令我們覓回對學習的熱忱，令我們懂得欣賞香港的一磚一瓦。可是，這如此花費時間精神而未能令學生在考試「大展身手」的一科，大概未有學校和家長同意去開辦了！

哪天，我們可以閉上雙眼？

F.4A 伍采妍 2017/18

指導老師：黃慶龍

今天真是個休閒的星期六！我和友人相約到旺角的街頭閒逛，在這個平凡的日子，我卻有些感悟——人的際遇真是時好時壞。

早上十一時正，我準時來到旺角街頭等待友人。有個中年男子迎面走來，看起來文質彬彬，身穿雪白而筆挺的恤衫。他拿著一張「尋狗」啟事，很緊張地問我可有看到啟事中的「金毛尋回犬」。我摘下耳機，搖搖頭說：「沒有。」那人就走開了。他還在繼續詢問其他途人，看見不少人都熱心幫忙，我打從心底想：香港人真有人情味呢！這時，友人終於來到，原來他迷路了，最後我們離開旺角街頭逛街去了。直至晚上獨自回家，又遇上了另一件事。

我家樓下一直住著個流浪漢，他養了一頭小狗。遠遠望過去，他好像正在和途人交談，但途人似乎不太理睬。我主動上前問他發生什麼事，原來小狗走失了，他正問途人知否小狗的下落。可是沒有人理會他，嫌他骯髒。我安慰他說：「你一定會找到小狗的，我也替你留意一下。」然後我就回家了。

回家後我一直在想今天發生的兩件事。兩人同樣走失了狗，為什麼一個有很多人幫忙，另一人則是無人理會，甚至被人厭惡？終於我想通了。

二人最不一樣的地方，就是衣著。人們眼見旺角街頭上尋狗的中年男人衣著整潔，就對他好；見流浪漢衣衫襤褸，就不屑一顧。為什麼社會會變成這樣？明明發生的事是一樣的，但就是因為衣著，態度竟能差那麼遠。雖說「人靠衣裝」，但流浪漢也是無可奈何，誰不

想外表文質彬彬，人們總不能靠外貌就判定對人的態度，這可是歧視呢。衣著光鮮的人有可能是惡魔，衣著破爛的人也有可能是天使。我們應該在別人需要幫助時伸出援手，不管是什麼人都應該幫忙，不應以貌取人。不少人正因為這樣被貼上「壞人」的標籤，好像有紋身的人就被認為是不良分子，其實紋身也可以是藝術。以貌取人的態度，只會令有需要者得不到幫助，太不公平了。

其實，到了哪天，我們才可以緊緊閉目，用心去看人？



標語創作

香港房屋委員會主辦

綠樂無窮在屋邨 (第十一期) 標語創作比賽

少年組亞軍

F.4C 曹穎妍 2018/19

指導老師：梁佩英

回收再造綠屋邨 減廢減碳惜資源

夫妻節2018大賽籌備委員會主辦

夫妻節2018創意口號比賽

高中組優異獎

F.5A 何穎彤 2018/19

指導老師：張樹英

萬般艱難渡百秋 長相廝守到白頭

指導老師：陳麗文

傑出表現獎

F.5D 趙家俊 2018/19

謹慎瀏覽網上資訊，
培養正當上網習慣；
堅決抗拒不雅內容，
妥善精明使用網絡。

優異獎

F.5D 鄭雪瑩 2018/19

網上瀏覽要警醒，
拒絕不雅確精明。

淫褻資訊不可窺，
不雅內容要堅拒；
做個精明IT人，
瀏覽網頁要醒神。

網上資訊未分類，
小心選擇慎考慮。
淫褻物品要管好，
不雅內容齊Say No。

上網搜尋隨處瀏，
淫褻不雅拒接收。

淫褻不雅何其多，
觀看前要想清楚。
堅拒觀看不要拖，
荼毒身心禍害多。

網上瀏覽要留神，
淫褻不雅勿點擊。
香港條例有規管，
做個守規好市民。

電影、報刊及物品管理辦事處主辦

《淫褻及不雅物品管制條例》口號創作比賽2017/18

優異獎

網上資訊何其多，
淫褻不良拒絕看，
正確選擇健康網，
有益身心樂趣多。

書 法 作 品



深林人不知
明月來相照

十二歲譚寧逸



作品（一）

王祥事後母朱夫人甚謹家有
一李樹結子殊好母恆使守之
時風雨忽至祥抱樹而泣祥嘗
別牀眠母自往聞斫之值祥私
起空斫得被

節錄自劉義慶世說新語
德行譚寧逸書



作品（二）

F.1C 譚寧逸 2018/19
指導老師：程秀華、冼雪珍

朝辭白帝彩雲間
千里江陵一日還
兩岸猿聲啼不住
輕舟已過萬重山

戊戌秋月譚寧逸書於名江

	讓	齡	為	何	嚴	教	鄰	教	人
	梨	能	人	為	師	五	處	性	之
	弟	溫	子	玉	之	子	子	乃	初
節	於	席	方	不	情	名	不	遷	性
錄	長	孝	少	琢	子	俱	學	教	本
三	宜	於	時	不	不	揚	斷	之	善
字	先	親	親	成	學	養	機	道	性
經	知	所	師	器	非	不	杼	貴	相
	首	當	友	人	所	教	寶	以	近
譚	孝	執	習	不	宜	父	燕	專	習
寧	悌	融	禮	學	幼	之	山	昔	相
逸	次	四	儀	不	不	過	有	孟	遠
書	見	歲	香	知	學	教	方	母	苟
	聞	能	九	義	老	不	義	擇	不

水調歌頭·紀念改革開放四十周年（新韻）

砥礪四十載，風雨閱滄桑。

脊梁挺立潮頭，大略奏華章。

道路堅持特色，使命初心不改，

自信創國強。

發展鑄奇跡，九域現康莊。

航母游，飛船起，戰機昂。

軍威烈烈，傲頃伏虎射天狼。

更有英才掌舵，又尚全民奮鬥，

國盛夢飛揚。

聚力金甌固，浩氣貫東方。

劉利君



F.1C 譚寧逸 2018/19

指導老師：程秀華、陳麗文、冼雪珍

城闕輔三秦
風煙望五津
與君離別意
同是宦遊人
海內存知己
天涯若比鄰
無為在岐路
兒女共沾巾

唐王勃送杜少府之任蜀州
己亥譚寧逸

2019 年度全港學生書法比賽 (硬筆組)

參賽學生姓名：譚寧逸 年齡：12 中學組：一 年級所屬學校名稱：保良局第一張永春中學 大會編號：

				奴	駕	康	路	長	怒	
				血	蘭	恥	雲	嘯	髮	
				侍	山	猶	紅	壯	銜	
				從	缺	未	月	懷	冠	
				頭	壯	雪	莫	激	憑	滿
			己	收	志	臣	寧	烈	欄	江
			亥	拾	饑	子	閒	三	處	紅
			春	舊	餐	暇	白	十	滿	
			日	山	胡	何	了	功	滿	岳
			諱	河	虜	時	少	名	雨	飛
			寧	朝	肉	滅	年	塵	歇	
			逸	天	笑	駕	頭	與	抬	
			書	關	談	長	空	土	望	
				賀	渴	卑	悲	八	眼	
					飲	踏	切	千	仰	
					勾	破	靖	里	天	

2019 年度全港學生書法比賽 (硬筆組)

參賽學生姓名：陳愷茵 年齡：17 中學組：五 年級所屬學校名稱：保良局第一張永慶中學 大會備用：_____

	為	將	會	十	莫	朝	不	君		
	我	進	須	金	使	如	復	不		
	傾	酒	一	散	金	青	回	見		
	耳	。	飲	盡	樽	絲	。	。		
	聽	杯	三	還	空	暮	君	黃		
	。	莫	百	複	對	成	不	河	將	
		停	杯	來	月	雲	見	之	進	
		。	。	。	。	。	。	水	酒	
		與	岑	烹	天	人	高	天		
		君	夫	羊	生	生	堂	上		
		歌	子	宰	我	得	明	來		
		一	。	牛	材	意	鏡	。		
		曲	丹	且	必	須	悲	奔	李	
		。	丘	為	有	盡	白	流	白	
		請	生	樂	用	歡	髮	到		
		君	。	。	。	。	。	海		

正視工作壓力・共創健康職場 原子筆書法比賽

促進坊方家人增加不及，乏力，動力卻給予。壓力本門身其動力是。一種中性的驅動力。這工作，大動力。方對件活健康，初期素能。影響・介・、・早壓制期望如低我們奮鬥的職管理壓力提供有關關係以感使會覺壓力本身能與工制過。法健康工其、日期素能。的作他與益如。

【學生組】



專題研習

保良局第一張永慶中學

本是平均數

何必要太
MEAN?

隊員名單

3A 鄺崇哲

3A 張恩耀

1B 鄺崇政

3A 陳寶添

3B 李嘉輝

負責老師：馮碧珊老師

序

在學校的又一次考試後，各班同學在某科的成績皆被羅列出來，各有上下，令人看得眼花繚亂；不同產品，在不同的網站上各自有了自己的分數，有高有低，五花八門，令人分不清「誰好誰壞」……以上種種日常生活中的例子，你我也許都曾經經歷過。在眾多的數據面前，若要快速地，準確地比較不同數據組，我們又該怎樣做？為解決這個疑難，平均數因此誕生了。

什麼是平均數？就是一個從數據組裏計算出來，最能反映那組的平均趨勢的數字。在日常生活中，最常遇到的平均數就是算術平均數。簡單易明，方便計算的特點，使它廣泛地應用在日常生活中，我們在學習統計學時最開始時學到的就是它。

可是，有其利必有其弊。在學習和計算當中，我們開始慢慢發現到它的特性和缺陷。「那麼，有其他替代方案嗎？」帶着這麼一個疑問，我們便開始了這次的專題報告的研究。隨着慢慢地深入研究，我們找到了其他的替代方案，如中位數，幾何平均數，調和平均數等。在眾多選擇中，誰比起其他「平均」更「平均」便成為了這次專題研習的重點。

在這次的專題報告中，我們不但以故事的方式，仔細討論在日常生活中不同「平均」的用處和限制，並作出比較，最後再從「平均」而言推論出決定使用不同「平均」的規律。在这一切背後，我們只是想證明一點：數學不是平平無奇的數字，各式各類的數據，而是一項在生活中隨處可見，並能大幅度便利生活的工具。



一年一度的家長日到了，弘鈞和他的媽媽一起到學校領取成績表。

媽媽：弘鈞，這次考試表現如何？

弘鈞：還好吧，肯定比上次好！

其實弘鈞十分緊張，不太確定，只好裝作自信坐在椅子上，不讓媽媽擔心。

（老師進入課室，把一疊成績表放在桌子上。）

老師：各位家長，同學們早安！這麼快就來到了一年一度的家長日啊！這次全班同學的分數差距比較大。最高分的有100分，最低的可只有55分，大家下次可要用功啊！以下我將會把大家成績的算術平均分顯示出來，以便大家看看自己在班裏的排名，認清自己的實力。不過為了保障大家的個人私隱，我不會把名字顯示出來，現在出來拿成績表吧！

成績如下：

55	58	59	60	60	62	62	63	63	63
65	65	66	66	66	68	72	73	75	79
86	91	93	95	96	97	98	98	99	100

（弘鈞打探了班裡的成績，在心裏算了算。）

全班分數總和

$$\begin{aligned} &= 55 + 58 + 59 + 60 + 60 + 62 + 62 + 63 + 63 + 63 + 65 + 65 + 66 + 66 + 66 \\ &+ 68 + 72 + 73 + 75 + 79 + 86 + 91 + 93 + 95 + 96 + 97 + 98 + 98 + 99 + 100 \\ &= 2253 \end{aligned}$$

全班分數的算術平均分

$$\begin{aligned} &= \frac{2253}{30} \\ &= 75.1 \end{aligned}$$

弘鈞發現自己的分數只有72分，比算術平均分可低了3.1分，心想着如何是好。弘鈞的姐姐，淑平，看到了弘鈞的分數，露出奸笑。

淑平：媽媽，你看！弘鈞的成績可比算術平均分低了3.1分，考得這麼差，你可要好好懲罰他。

（弘鈞聽到後，動了動腦筋，靈光一閃，突然想到了一個妙計，記起老師在數學課所提出算術平均分的不足之處。於是使用中位數以找出最能代表全班整體表現的數據，從而希望能「騙過」媽媽，免得受到懲罰。）

弘鈞：其實那算術平均分根本就不能完全反映真實情況，你看，我們班的極端分數太多了，算術平均數也許未能有效地反映出整體表現。算術平均數(arithmetic mean)雖然包含了所有的數據，可總會因極端數據而影響了數值。很多人因為算術平均分容易計算，所以往往都不太在意誤差。在這種情況來看，用算術平均分可對我不公平了。相對，用中位數可更為妥當。中位數雖然沒有包含了所有的數據，正因如此，它才不會被極端數據影響，準確地道出了整體真正的表現。

（弘鈞摸摸腦袋，露出了認真的樣子，在腦子裏算了算。）

全班成績的中位數

$$\begin{aligned} &= \frac{66 + 68}{2} \\ &= 67 \end{aligned}$$

（眼看着自己的分數比中位數高，弘鈞便露出得意洋洋的樣子，興高采烈地把這好消息告訴媽媽。）



弘鈞：媽媽，你看！其實我也考得不錯啊，不要罵我吧！

媽媽：好，好，好，不罵你便是了。考試也辛苦了，之前你不是很想要一隻智能手錶嗎？待你放學後，我們便去買禮物。

弘鈞：謝謝媽媽，我下一次一定會繼續努力的！

媽媽：你要買什麼當作慶祝你這次考試高分的禮物？想好了沒有？

弘鈞：我是想買一個智能手錶讓我在跑步的時候用，現在看到了兩個不錯的，還在選擇。

媽媽：哪兩個？你有在網上看別人的評價嗎？

弘鈞：當然有，我有上兩個專門為智能手錶評分的網站看看，他們的評分如下：

網站A
評分大比拼



網站B
比較評分



Somesang Gear 2950	炒米手環X	Somesang Gear 2950	炒米手環X
4.4 / 5	4.1 / 5	82 / 100	87 / 100

淑平：要比較的話，或許要在兩個網站的評分中計算出平均數來比較和選擇。但兩個網站的評分滿分並不一樣，所以不能夠直接加在一起拿來比較啊，必須把兩者的評分滿分變成一樣才行。

弘鈞：Ok！如果把網站A的評分乘以20使兩個網站的滿分都是100分的話……

$$\text{Somesang Gear 2950的評分平均數} = \frac{(4.4 \times 20 + 82)}{2} = 85$$

$$\text{炒米手環X的評分平均數} = \frac{(4.1 \times 20 + 87) \div 2}{2} = 84.5$$

那麼，實質上是Somesang Gear 2950略勝一籌啊！

淑平：這樣才對啊！但是你知道其實還有其他方法去算也可以得出相同結果嗎？

弘鈞：除了使兩組的評分滿分一樣，還可以再怎麼算？

淑平：我們可以用幾何平均數(geometric mean)去計算。它的定義是把數據裏有的N個數字乘在一起再開N方根。如果用你剛剛的評分來算的話，

Somesang Gear 2950的評分幾何平均數：

$$= \sqrt[3]{82 \cdot 4.4}$$

= 18.994 (取小數點後三個位)

炒米手環X的評分平均數

$$= \sqrt[3]{87 \cdot 4.1}$$

= 18.887 (取小數點後三個位)

你看！是不是也是Somesang Gear 2950的評分比較高？

弘鈞：對啊！為什麼呢？

淑平：你一開始所用的是算術平均數(arithmetic mean)。由於算術平均數是以加法來計算平均，因此它並不能用來計算不同比例的數字。舉個例子，剛才你直接用兩個網站的評分來計算，由於有一個數字是有大一點的比例尺，因此計算完的結果就被其影響導致不能顯示一個準確的「平均」。因此我們需要把兩個同時計算到相同的比例再作計算，以標準化兩個數字，而其實所用的方法正正就是加權算術平均數(weighted arithmetic mean)。而幾何平均數則用了乘法來作計算，因此即使一堆數據裏有不同的數據用了不同的比例尺，它也可以計算出一個適合的平均數以拿來比較。

	Sum	Product
Arithmetic Mean	✓	✗
Geometric Mean	✗	✓

弘鈞：原來如此。但是這樣計算之後，計算出來的答案是以5分還是100分為滿分啊？

淑平：果然聰明。在計算後，所得的答案既不是以5分為滿分，又不是以100分為滿分，計算後的答案其實是轉換了另一個的比例尺，因此就能拿來直接進行比較而不需要再進行任何換算。不過這也引伸到了它的其中一個缺點：答案將會失去了其本來所擁有的單位或是比例尺。那你想好了嗎？

弘鈞：當然是Somesang Gear 2950。

媽媽：好，那哪裏買比較便宜啊？我帶你去買。

弘鈞：讓我看看……在商店X和商店Y都可以買得到，在商店X用永恆信用卡便宜10%，在店員面前在社交網站為其按讚再扣5%，商店Y的售價貴5%，但用你有的重信支付付款便宜20%。

淑平：你現在能計算出哪個比較便宜嗎？試試用平均數計算看看吧！

弘鈞：如果我用算術平均數的話……

設Somesang Gear 2950的原價為 $\$x$

$$\text{商店X的售價} = \$\left(\frac{(-10\%)x + (-5\%)x}{2} + x\right) = \$x \times 92.5\%$$

$$\text{商店Y的售價} = \$\left(\frac{(+5\%)x + (-20\%)x}{2} + x\right) = \$x \times 92.5\%$$

兩個商店賣的售價一樣啊！

淑平：你試試真的算一次兩間商店賣的售價看看是不是一樣？

弘鈞：好啊。

依然設Somesang Gear 2950的原價為 $\$x$

$$\text{商店X的實質售價} = \$\frac{(1-10\%)(1-5\%)x}{2} = \$x \times 85.5\%$$

$$\text{商店Y的實質售價} = \$\frac{(1+5\%)(1-20\%)x}{2} = \$x \times 84\%$$

是商店Y便宜一點啊！

弘鈞：好。以幾何平均數來算的話……

設Somesang Gear 2950的原價為\$ x

$$\text{商店X的售價} = \$(\sqrt{(-10\%)x \cdot (-5\%)x + x}) = \$ (x \times \sqrt{0.5\%} + x)$$

$$\text{商店Y的售價} = \$(\sqrt{(+5\%)x \cdot (-20\%)x + x}) = \$ (x \times \sqrt{-1\%} + x) = \dots\dots$$

等等計算不了啊！

淑平：沒錯，如果你直接把價錢的變化百分比直接拿去計算，就有可能出現負數，而負數是沒可能開方出實數的。這也算是幾何平均數受其在計算過程中需要開方的其中一個缺點：數據裏不能出現零或負數，不然沒法計算。

你試試用（1+影響價格的百分比）來計算！

弘鈞：如果是這樣的話……

$$\text{商店X的售價} = \sqrt{(1 - 10\%)x \cdot (1 - 5\%)x} = \$x \times 92.46621\%$$

$$\text{商店Y的售價} = \sqrt{(1 + 5\%)x \cdot (1 - 20\%)x} = \$x \times 91.6515139 \dots \%$$

這樣計算的話也是商店Y的售價比較便宜，與實際答案相符啊！

淑平：對啊，由此可見幾何平均數在要找出要標準化的數據或連續的百分比變化的平均從而做出比較時，能計算出一個較為準確的數字，於是我們能更準確地做出比較。可是，你剛才在計算的過程中也不難發現，這樣計算的確不夠快捷而十分麻煩，沒有計算機的幫助就很難計算出要開方的答案，而且也因為要開方而無法計算有零或負數的數據。不說那麼多了！走吧！我們去買手錶吧！

次日早上，弘鈞和淑平很早便起了床，準備外出。

弘鈞：姐姐，下星期就是學校的陸運會，不如我們一起練習跑步，好嗎？

淑平：好啊，我們還可以順道測試一下智能手錶的性能吧！

他們戴起手錶，一起到附近的緩跑徑跑步，相約半小時後在終點附近的亭子等候對方。

半小時過去，他們倆都到達亭子，剛好遇上淑平的朋友翠素。

翠素：從前的你不是很抗拒做運動的嗎？我倒想像不到你也會跑步呢！

淑平：我只是陪他來練習而已，可算不上做運動！

翠素：看你們手上都戴着新款的智能手錶，應該是用作記錄跑步速率吧！

淑平：是啊！弘鈞，先讓我看看你手錶上的記錄，比較一下吧！



弘鈞



淑平

各路段的距離：800米	速率
路段一	6米／秒
路段二	4.8米／秒
路段三	2.4米／秒
路段一	5米／秒
路段二	4米／秒
路段三	3米／秒

弘鈞：你看！我們在每段相同距離的路段中跑步的速率都不相同，代表着我們在每段路所用的時間都不同，不能直接以跑步速度的算術平均求出平均速度呢！

淑平：弘鈞，你真聰明了！簡單來說，因為你在路段一跑步的時間比較少，而在路段三所用的時間卻相對地多。在計算跑步的平均速度時，我們亦應該考慮在該路段所用的時間，可見平均速度的數值應該趨向較小的一面。

弘鈞：那麼我們應該怎樣計算這類的平均速度呢？

淑平：我們可以運用另一類型的算術平均——加權算術平均數(weighted arithmetic mean)，透過考慮個別數據對數據集的貢獻，從而得出一個能符合真實情況的平均。就以此為例子：

你的平均速度：

在路段一所用的時間： $\frac{800}{6} = \frac{400}{3}$ 秒

在路段二所用的時間： $\frac{800}{4.8} = \frac{500}{3}$ 秒

在路段三所用的時間： $\frac{800}{2.4} = \frac{1000}{3}$ 秒

在路段一所用時間佔總時間的百分比： $\frac{\frac{400}{3}}{\frac{400}{3} + \frac{500}{3} + \frac{1000}{3}} \times 100\% = \frac{400}{19}\%$

在路段二所用時間佔總時間的百分比： $\frac{\frac{500}{3}}{\frac{400}{3} + \frac{500}{3} + \frac{1000}{3}} \times 100\% = \frac{500}{19}\%$

在路段三所用時間佔總時間的百分比： $\frac{\frac{1000}{3}}{\frac{400}{3} + \frac{500}{3} + \frac{1000}{3}} \times 100\% = \frac{1000}{19}\%$

加權算術平均數： $6 \times \frac{400}{19}\% + 4.8 \times \frac{500}{19}\% + 2.4 \times \frac{1000}{19}\% = \frac{72}{19}$

\therefore 你的平均速度 $= \frac{72}{19} \approx 3.79$ 米/秒

我的平均速度：

在路段一所用的時間： $\frac{800}{5} = 160$ 秒

在路段二所用的時間： $\frac{800}{4} = 200$ 秒

在路段三所用的時間： $\frac{800}{3} = \frac{800}{3}$ 秒

在路段一所用時間佔總時間的百分比： $\frac{160}{160 + 200 + \frac{800}{3}} \times 100 = \frac{1200}{47}\%$

在路段二所用時間佔總時間的百分比：
$$\frac{200}{160+200+\frac{800}{3}} \times 100 = \frac{1500}{47}\%$$

在路段三所用時間佔總時間的百分比：
$$\frac{\frac{800}{3}}{160+200+\frac{800}{3}} \times 100 = \frac{2000}{47}\%$$

加權算術平均數：
$$5 \times \frac{1200}{47}\% + 4 \times \frac{1500}{47}\% + 3 \times \frac{2000}{47}\% = \frac{180}{47} \text{ 米/秒}$$

\therefore 我的平均速度 $= \frac{180}{47} \approx 3.83$ 米/秒

$\therefore 3.83 > 3.79$

\therefore 我的平均速度比較快。

翠素：厲害！這種方法以各項數據相對的重要性，為他們安排各自的比重，的確能夠計算出正確答案，但是……

淑平：難道你還想起了另外的方法？

翠素：猜得沒錯，只要你們先把每段路跑步的速度的倒數相加，然後再把結果的倒數與路段的數量相乘，便能計算出各自的平均速度。

弘鈞：
$$\frac{3}{\frac{1}{6} + \frac{1}{4.8} + \frac{1}{2.4}} = \frac{72}{19}$$
，這不就是我剛才跑步的平均速度嗎？

淑平：
$$\frac{3}{\frac{1}{5} + \frac{1}{4} + \frac{1}{3}} = \frac{180}{47}$$
，這和我剛才所計算的不就是一樣的嗎？

弘鈞：為什麼只用一道算式就能算出平均速度呢？太神奇了！

淑平

翠素：你們不要焦急，讓我慢慢解釋，其實這一點也不神奇。剛才所介紹的方法，其實就是鮮為人知的調和平均(harmonic mean)。數據集 $\{a_1, a_2, \dots, a_n\}$ 中的調和平均定義上是指以 $\frac{1}{\frac{1}{a_1} + \frac{1}{a_2} + \dots + \frac{1}{a_n}}$ 表達的數值，多用於計算平均速率和比率。調和平均的計算涉及兩次倒數轉換，消除速率中所含有的時間比例之後，再把原本的數據還原，繼而得出理想的答案。反觀算術平均以加法的性質為主導，如果沒有通過加權的處理，便無法表達出速率中的時間比例，相比之下，調和平均的倒數性質更適合速率的計算。

弘鈞：可以作更進一步的解釋嗎？

翠素：就一般情況而言，設數據集 $\{a_1, a_2, \dots, a_n\}$ ，其調和平均為 $\frac{n}{\frac{1}{a_1} + \frac{1}{a_2} + \dots + \frac{1}{a_n}}$ ，經過通分母處理後，可得

$$\begin{aligned} \frac{n}{\frac{1}{a_1} + \frac{1}{a_2} + \dots + \frac{1}{a_n}} &= \frac{n}{\frac{a_2 a_3 \dots a_n + a_1 a_3 \dots a_n + \dots + a_1 a_2 \dots a_{n-1}}{a_1 a_2 \dots a_n}} \\ &= \frac{n(a_1 a_2 \dots a_n)}{a_2 a_3 \dots a_n + a_1 a_3 \dots a_n + \dots + a_1 a_2 \dots a_{n-1}} \\ &= \frac{n(a_1 a_2 \dots a_n)}{a_2 a_3 \dots a_n + a_1 a_3 \dots a_n + \dots + a_1 a_2 \dots a_{n-1}} \\ &\quad + \frac{a_1 a_2 \dots a_n}{a_2 a_3 \dots a_n + a_1 a_3 \dots a_n + \dots + a_1 a_2 \dots a_{n-1}} + \dots \\ &\quad + \frac{a_1 a_2 \dots a_n}{a_2 a_3 \dots a_n + a_1 a_3 \dots a_n + \dots + a_1 a_2 \dots a_{n-1}} \\ &= \sum_{i=1}^n a_i \times \left(\frac{a_1 a_2 \dots a_n}{a_i} \times \frac{1}{a_2 a_3 \dots a_n + a_1 a_3 \dots a_n + \dots + a_1 a_2 \dots a_{n-1}} \right) \end{aligned}$$

而 $\left(\frac{a_1 a_2 \dots a_n}{a_i} \times \frac{1}{a_2 a_3 \dots a_n + a_1 a_3 \dots a_n + \dots + a_1 a_2 \dots a_{n-1}} \right)$ 即代表着加權算術平均數中每項數據的權重，可見數據集的調和平均數其實就是以 $\left(\frac{a_1 a_2 \dots a_n}{a_i} \times \frac{1}{a_2 a_3 \dots a_n + a_1 a_3 \dots a_n + \dots + a_1 a_2 \dots a_{n-1}} \right)$ 為權重的加權算術平均數。

淑平：原來如此！但沒有計算機的幫助下，處理一系列的異分母分數的和可是十分困難啊！

翠素：沒錯，對於調和平均來說，要挑剔的地方，就是計算程序相對繁複，不像計算一般的算術平均一樣方便。

弘鈞：此外，從調和平均的定義來看，它與幾何平均有着同樣的限制：計算調和平均所涉及的數據必定要是正數。當我們把一些負數的數據代入算式，便會影響了其他數據的倒數之和，忽略了其他數據的同時，更不能得出一個有意義的答案。如果當中包含了數值為0的數據，計算時更會出現 $\frac{1}{0}$ 的情況，無法得出答案！

淑平：經過兩天的討論和比較後，你對各種平均的認識似乎有所加深呢！

弘鈞：沒錯啊！姐姐你可記住跑步時不要停下來啊——否則便計算不了你跑步的平均速率呢！

他們在一片歡笑聲中邊走邊談，沿路回家去。



總結

在完成是次的專題研習的過程中，我們從親自研究一個自選的題目中來研究數學的學習方法，無疑與平日在課堂中學習的形式分別很大。算術平均是我們從小便接觸，並是最廣泛地用作計算「平均值」的工具，但經過一系列的比較和討論後，我們認識到不同得出「平均值」的方法，包括中位數、幾何平均和調和平均。雖然這些方法不像算術平均一樣膾炙人口，但是這次研習讓我們發現到原來在日常生活中被廣泛應用的算術平均數，並不適用於任何情況，有時算術平均更不能代表一個準確的平均值，生活中亦有其他的方法可以與此相輔相成。

從「平均值」的用途來說，如果在比較不同比例的平均的情況下，我們應該選用幾何平均，透過乘法運算，消除不同單位對平均值的影響，藉此進行比較，但這樣會失去了一些有意義的比例和單位；幾何平均亦適用於比較同一時段中比例的變化。而調和平均則常用於計算不同時段內的比率的平均。但兩者的計算都只限於正數的數據：當資料集中包含着非正數的數據，兩者的計算都會出現錯誤，甚至無法得出有意義的答案。

儘管幾何平均和調和平均的使用限制較大，但他們在特定的情況下還有自身的優勝之處。在大部分情況下，如果算術平均失去了其參考價值，這大多是因為極端數據的存在，導致算術平均的值被誇大或縮小。面對這些情況，幾何平均和調和平均就可以「派上用場」，透過它們分別的乘法和倒數運算，以減少極端數據對整體「平均值」的影響。但在絕大部分包含極端數據的情況下，中位數才是被廣泛使用的，因為中位數的計算只考慮當資料從小至大排列時位於數列中央的數據，最能消除極端數據對「平均值」的影響，但中位數的運算則只涉及少量的資料，可能會忽略了其餘大部分的數據；而且在處理大量的資料時，中位數的計算亦隨之變得更複雜，可見不同種類的平均亦有其優勢和適用的情況。

藉着這次學習經驗，從中汲取知識、得出結論固然重要，但我們認為在此學習到研究數學的態度更為重要。通過自主學習，令本來熱忱於數學的我們更加欣賞歷代數學家終日埋首探討謎題，甚至從零開始推導各項證明和理論，所付出鍥而不捨的努力和時間，同時勉勵我們不要只滿足於直接學習前人的研究成果，反而應學習他們的思考和推論方式，自己推導出成果，而這才是學習數學的真諦。是次專題研習亦為我們日後以類似的方式繼續學習數學打下了一支強心針，鼓勵我們一直抱持着積極的態度探索數學中的規律和形式，揭開數學的奧秘。

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《明報》校園記者兩岸三地創科遊學團 衝出香港拓展眼界 創科發展先睹為快

高雄軟體園區—— 智崙科技與創業咖啡園

校園記者計劃得獎者 F.6E張穎茵2017/18

指導老師：黃美兒

高雄軟體科技園區（下稱高軟）位於高雄多功能經濟區，鄰近亞洲新灣區，附近有展覽館及捷運站，交通方便。據高雄軟體園區服務中心主任梁麗琴介紹，高軟的地利優勢及治安良好等因素，吸引了不少公司在園區設廠。梁麗琴說：「這裏（高軟）有不少廠商租地設廠，已經有大約292家廠商和4000多名職員在這上班。」高軟由經濟部加工出口區管理處負責開發及管理，為知識型產業園區，主要支持發展科技和技術的園區，並促進軟體科技產業的發展。未來高軟有望成為台灣軟體產業創意金三角，以激發高雄地區資訊及新興產業發展，平衡南、中、北部之經濟發展。



智崙科技i-Ride飛行體驗中心

智崙科技是其中一所總部設於高軟的科技公司，因高軟匯聚不同高精密度零件製作廠家，形成一個環環相扣的生產鏈，有助公司打造不同新媒體體感遊樂設施。智崙科技資深企劃楊欣怡說：「飛行戲院的95%零件都是源於台灣公司。」足見高軟有助扮演中間人角色，促進台灣科創產業發展。智崙科技的目標是希望透過3D體感模擬技術，讓乘客體驗翱翔天際的樂趣，所製作的遊樂設施用影片以鳥類的角

度，附以戲劇化的路線，將想像成真。楊欣怡指：「拍攝影片受規例及天氣等限制，大大增加了拍攝的難度。」創科企業的成功除了需要創新破格的點子外，亦有賴政府提供完善的配套。未來，創新產業有望成為台灣的支柱產業，協助台灣經濟持續發展。



創客咖啡園是設在高雄軟體園區的創業空間，由資策會南區產業服務處與鴻海科技集團共同合作經營，於2017年成立。咖啡園為有意創業的人士而設，園內固定座位的租金只需台幣約1600至3000元，比起一般的辦公租金較便宜及易負擔。咖啡園提供無限量的咖啡和茶水，亦設有交流沙發區讓一眾創業人士討論，激發思考。負責人洪先生表示，至今已有六成多的座位租出，尤其受大學畢業生歡迎，「咖啡園除了獨立的座位外，亦會為他們相約不同範疇的專業人士，解決他們在創業時遇到的疑難。」

文：校記 張穎茵（保良局第一張永慶中學）、林春穎、傳媒teen使：陳昕琪



左三：張穎茵



左三：張穎茵



視藝作品

指導老師：馬思慧（*除外）

香港保良局主辦
2018國際珊瑚礁年美術設計創作比賽

世界賽二等獎

香港賽二等獎

2B 陳潤勳

2B 黃頌軒

2018/19



世界賽三等獎
香港賽二等獎

2A 鄭力樂

2A 范錦濤

2A 方上誌

2018/19



香港賽二等獎

4D 陳鈺婷

4D 鄭敏樂

2018/19



香港賽三等獎

2B 古倩崙

2B 劉懷碧

2018/19

香港賽三等獎

4A 賴奕楓

4A 潘鍵恒

2018/19



香港賽三等獎

4D 張璟園

4D 郭靜欣

2018/19

基督教信生會信生中英文幼稚園主辦
50周年校慶徽號設計比賽



冠軍

4A 賴奕楓

2018/19

Australia International Youth Talent Competition Committee主辦
第九屆澳洲國際青少年才藝大賽

繪畫及書法決賽金獎

1D 黃健樂

2018/19



艾斯爾國際文化交流（香港）主辦
 第十屆 ICEHK2019「夢想·家」國際繪畫比賽（亞太區賽事）



一等獎

2A 鄭力樂

2018/19

二等獎

2A 劉雅賢

2018/19



2018/19



2018/19

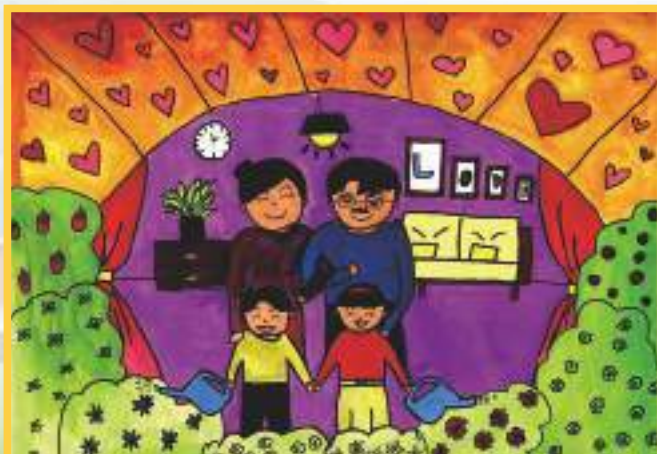




優異獎
2A 胡臻緻
2018/19



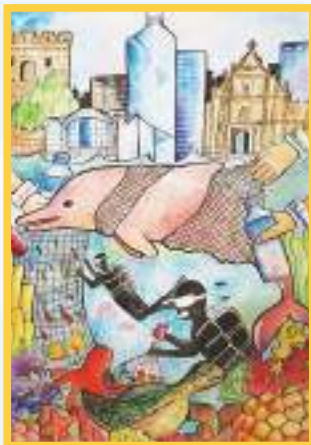
優異獎
2A 李依澄
2018/19



優異獎
2E 許之瀠
2018/19

香港青年協會主辦

2019徐悲鴻盃國際青少年兒童美術比賽——西方畫系



高中組二等獎

5E 李東惺

2018/19

高中組優異獎

5E 梁卓琦

2018/19



初中組優異獎

2E 賴華揚

2018/19

亞洲動物基金（香港）主辦
2018亞洲動物基金20周年明信片設計比賽

季軍

4C 林珈影

2018/19



優異獎

1A 方培穎

2018/19



優異獎

2B 陳綺琳
2018/19



優異獎

2B 劉懷碧
2018/19



優異獎

2B 鄧懿君

2018/19



優異獎

2B 余雅文

2018/19



優異獎

3C 劉哲欣
2018/19



優異獎

4C 何尚欣
2018/19



優異獎

4C 曹穎妍
2018/19



優異獎

4C 王曉萍
2018/19



保良局及黎炳昭藝術發展基金主辦
2019「美好明天」繪畫比賽

中學低年級組季軍

2C 黃凱昕

2018/19



中學低年級組優異獎

2C 胡卓雯

2018/19

中學低年級組優異獎

2D 吳靖怡

2018/19



中學低年級組優異獎

2D 歐陽凱儀

2018/19





中學低年級組優異獎

2D 施晶晶

2018/19

中學低年級組優異獎

2D 葉可晴

2018/19



漁農自然護理署海洋護理科 (東區) 主辦
「海洋的新衣」T恤圖案設計比賽2018



初中組優異獎

2D 歐陽凱儀

2018/19

土木工程拓展署士力工程處主辦
斜坡維修保養標語及海報設計比賽

初中組優異獎

2D 洪靜涓

2018/19



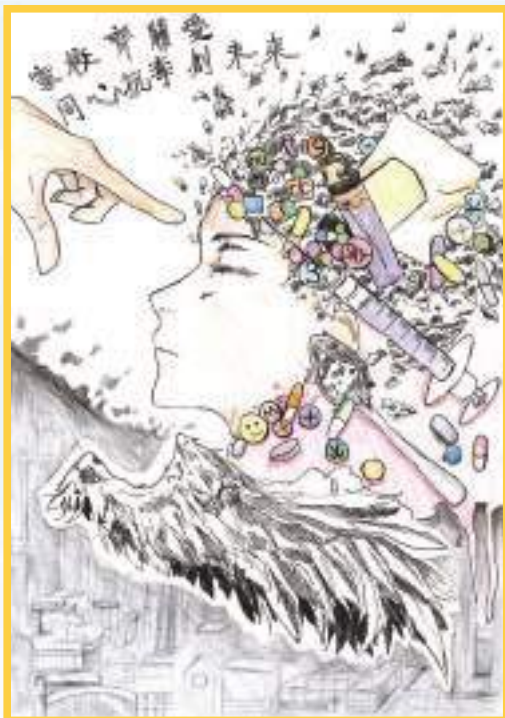
社區藥物教育輔導會主辦

「藝術眾樂樂」全港繪畫比賽2018

初中組優異獎

2A 鄭力樂

2018/19



高中組優異獎

4F 黃靖淇

2018/19



香港培道中學主辦

培道 × Barbie旗袍Barbie連場景設計《全港中學》邀請賽



優異獎

4D 張璟園

4D 張婉琳

4D 郭靜欣

4D 連凱迎

2018/19

中港新世代協進會主辦

good morning CLASS及教育局商校合作計劃協辦

全港中學生時裝設計比賽2018



優秀獎

2D 洪靜涓

2018/19



優秀獎

4D 陳鈺婷

2018/19



香港保良局主辦

教育統籌局、香港教育學院、香港美術教育協會、香港教育城協辦
國際可持續旅遊發展年美術設計創作比賽



世界賽一等獎
香港賽三等獎

2A 郭綺嵐

2A 盧嘉穎

2017/18

世界賽三等獎
香港賽一等獎

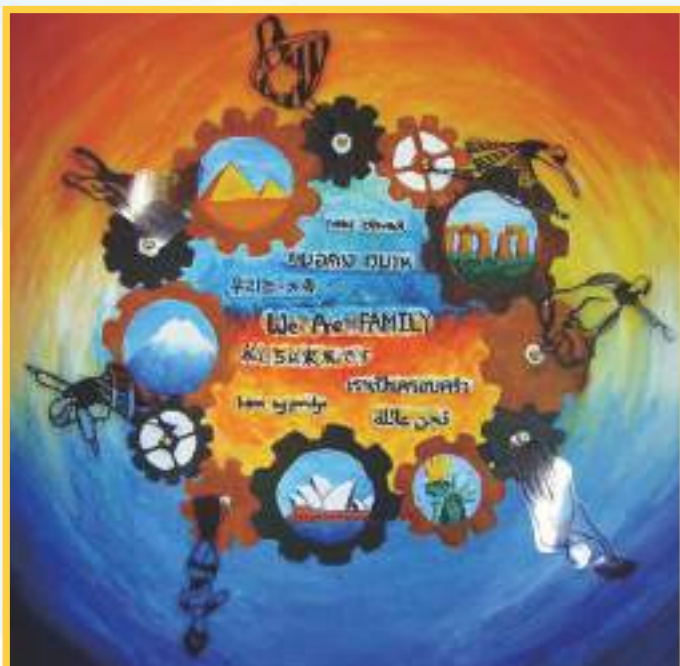
2B 陳穎琛

2B 林靜宜

2B 司徒家敏

2017/18





世界賽三等獎
香港賽一等獎

4C 陳卓思
4C 姜慧妍
2017/18

世界賽三等獎
香港賽二等獎

2B 周俞靜
2B 林倩宇
2017/18





世界賽三等獎
香港賽三等獎

4E 李東惺

4E 邱靖茵

2017/18

香港賽二等獎

2A 黃凱彤

2A 郭可淇

2017/18





香港賽三等獎

2C 莊穎琳

2C 官雅莉

2017/18

香港賽三等獎

4C 陳心怡

4C 林加怡

2017/18





香港賽三等獎

4E 許穎心

4E 梁卓琦

2017/18

香港賽三等獎

4A 郭善汶

4A 王凱加

2017/18



美差會潮浸服務聯會主辦
PEACE和平計劃四格漫畫比賽2017



中學組冠軍

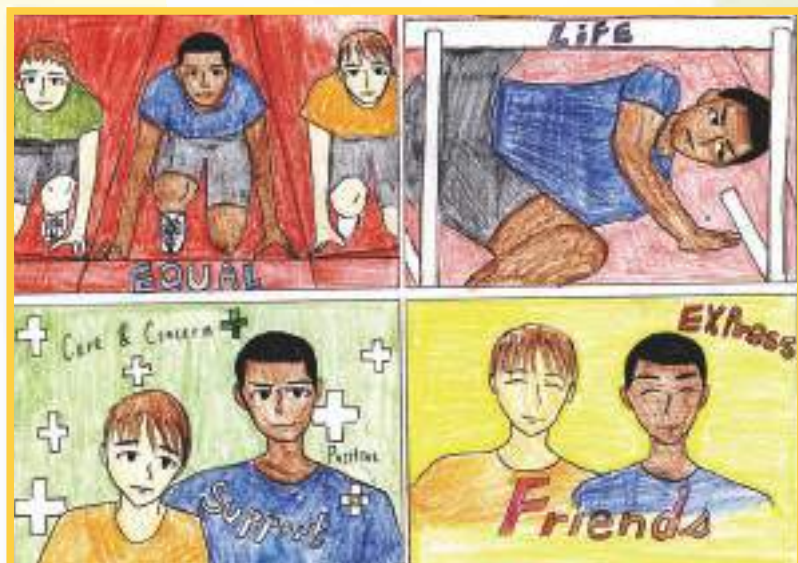
4D 蔡安喬

2017/18

中學組亞軍

4D 張欣華

2017/18



美差會潮浸服務聯會主辦
PEACE和平計劃T恤標誌設計比賽2017

中學組冠軍

1B 李依澄
2017/18



中學組亞軍

4B 胡芷其
2017/18

中學組季軍

1A 周嘉欣
2017/18



中學組優異獎

1B 孫可宜

2017/18



中學組優異獎

1B 丘諾霖

2017/18



香港明愛主辦
明愛65週年徽號設計比賽

青少年組冠軍

1D 劉學輅
2017/18



青少年組亞軍

2A 盧嘉穎
2017/18

青少年組季軍

2A 鄭崇哲
2017/18



東華三院平和坊主辦
反賭塗鴉宣傳橫額設計比賽

中學組冠軍

4F 陳家泳

4F 蔡俊彥

4F 梁雋浩

4F 盧 鋒

2017/18



香港醫藥援助會主辦
「愛牙潔齒」海報設計比賽

中學組季軍

4E 梁卓琦

2017/18



中學組優秀表現獎

4E 李東妮

2017/18

網上支援協會主辦

2018「童畫安全互聯網」繪畫比賽

中學組季軍

2A 盧嘉穎

2017/18



中學組優異獎

2A 林穎怡

2017/18



中學組優異獎

2A 廖佩珊

2017/18



中學組優異獎

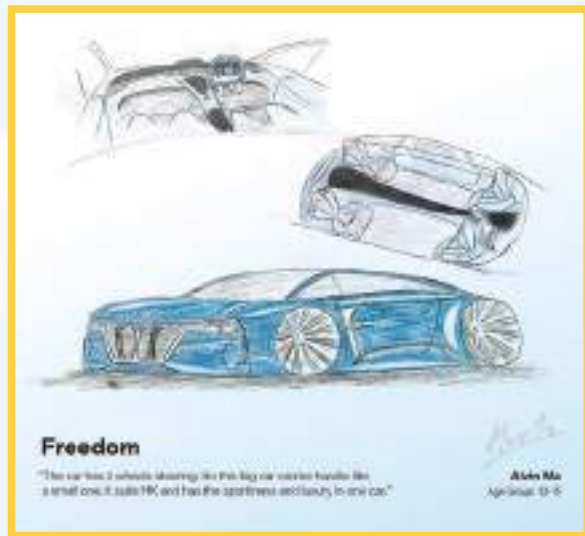
2B 周俞靜

2017/18



BMW Hong Kong主辦

* 「The Next BMW Designer 2017」汽車設計比賽



13-15歲組別 殿軍

4F 馬朗日

2017/18

防止虐待兒童會主辦

「同心·童聲」封面設計創作比賽

優異獎

2A 盧嘉穎

2017/18



樂群社會服務處主辦
關愛繪畫比賽

優異獎

2A 林采穎

2017/18



優異獎

2A 林穎怡

2017/18



中國旗袍協會香港總會及香港中華禮儀振興會主辦
旗袍“禮”遇·香港風情 全港旗袍設計比賽2017



初中組優異獎

2A 郭綺嵐

2017/18



其他補充資料

黃大仙少年警訊主辦

家在黃大仙、齊心共「創」2017

中學組：「海報製作比賽」

亞軍 3D 謝耀樺 2017/18

優異 2C 麥安盈 2017/18

屋宇署主辦

*「識安全・惜樓宇」漫畫創作比賽

優異獎 6A 王禧兒 2017/18



English Writing

A Day I Will Always Remember

F.6A Chow Hing Yuet 2018/19
Writing coach: Ms. Lai Yuk Fan

Stepping into this familiar location, the fragrance of the delicious treats comes to the fore and the atmosphere is mixed with a touch of scent from tubs of Chinese ointment. The antediluvian TV set is silently whispering with the radio's accompany. There are just a couple of customers in the cha chaan teng, and Uncle Chiu is selflessly brewing his beloved milk tea as usual. This is his daily routine, as well as the daily routine of this cha chaan teng.

Every summer, I would come to this cha chaan teng near my home as a part-time waiter. I could take this opportunity to have little chats with Uncle Chiu in the meantime. This place has been in business for more than 20 years, witnessing the changes in the ever-changing society. It was a childhood companion of mine as well. His milk tea, filled with his unmatched passionate local flavor, was a magnet to a host of tourists and customers when I was young. That was the glorious moment of this cha chaan teng when everyone would flock to here, trying to get a taste of this legend. I was enchanted by the secret of brewing such enticing milk tea and I always liked to ask Uncle Chiu to reveal it. He often just smiled and said, 'The tea leaves for brewing milk tea can only be used once. The taste of the tea will fade away by repeatedly soaking them.' I understood not even a word that he said. I was just a naive kid who ran around in the cha chaan teng relentlessly. Little did I know I also relentlessly ran through my childhood there.

As I grew up, because of all the hustle and bustle, rarely would I have all the time in the world to spend my days in the cha chaan teng. However, I would always snatch a moment of leisure to find Uncle Chiu. He would teach me how to cook well, and how he had run this lifetime business of his, as well as the sweet and sour of life. In the past, he could only talk to me after dinner, but then there were fewer and fewer customers, and the time for him to talk to me was becoming more and more. Sometimes we were there, accompanied by the broadcast of the ancient radio, and we felt nothing but loneliness and desertedness. During the last summer vacation, he finally received a notice from the government to inform him that the area needed to be rebuilt, which essentially meant that the last bastion of cha chaan teng culture in the area would stand no longer.

The news abruptly went viral on the Internet. Once again, scads of customers flooded the store at warp speed. They came here to reminisce their past, so did I. Today was the last operating day of the cha chaan teng. It was revived by the tons of people in the store. Everyone couldn't wait any longer to wake their fraction of collective memories deep down in their hearts and drink a cup of milk tea that could take them back to their carefree childhood. All the guests chanted ungrudgingly. Uncle Chiu was also engrossed in the kitchen. Everyone kept taking pictures, trying to capture this wondrous last moments of this place. Staring at the scenery in front of me, all I could experience was nothing but surprise. I was surprised that I had spent so much time here. At long last there comes the moment of parting. From the age of viridity to now, what a long way that we have been through! The feeling in my heart is a mixed bag. There was some kind of sorrow, but there was also a nameless touch.

Discreetly, I sat at the corner, watching the crowd come and go, the curtain fell, the tea traces on the tables were looming, the superannuated ceiling fan was spinning slowly and slowly stirring recollections over the years. I believe that my dejection will gradually ferment over time, but a tiny bit of rejoice flashes through my brain. Fortunately, so many people remember this place, our collective memories still live upon us. Uncle Chiu pulls down the gate of the cha chaan teng. His face doesn't seem to have any bit of unwillingness. There is a satisfied and delightful smile instead. His hands are full of thick calluses because of the perennial and tough working. His face is already wrinkled by the baleful years. I wonder how he was willing to leave this place where he dedicated half of his life on. I look around the good old empty venue, recalling the tribulation and hardship of the restaurant over the past few years, but also remember the lively and contented picture of today. He is old, but all he has left is just the strong feelings towards the cha chaan teng. I once thought that I would be so distressed because of the closure of the restaurant. However, I honestly feel relieved that Uncle Chiu has brought us this restaurant, the memory that I will cherish for the rest of my life. Uncle Chiu may not have been rich, but he single-handedly operated the restaurant and created the memories of countless people. That is the thing that has enriched our hearts.

Even the greatest of stories have its ending. On the last day, freezing the precious moments in our hearts could be the best way to salvage something from the ruthless time. If the same story is repeatedly shown to the audience, they would simply just get tired and leave. In other words, we may just see the cha chaan teng go downhill day by day. Saying goodbye at the right time is what makes goodbyes so beautiful. Tea leaves can't be repeatedly soaked, or

else its unique taste would fade away. Everyone's life has different stages. When appropriate, we have to learn to start a new chapter in life. Otherwise we would only get tired of the recurring plot. Leaving in time before the story becomes boring, however, can print the ravishing moments in our hearts permanently as well as making us relieved that our memory lives on in our hearts. These years of love never die. They will keep lingering in my mind.

Uncle Chiu holds my hand and a familiar moment flashes through my mind - it is him using his proficient hand alternately brewing his beloved milk tea selflessly. The tea, the strength, the spirit, always live in the depth of my heart. This is a day I will always remember.

A Day I Will Always Remember

F.5C Lai Chung Yin 2018/19

Writing coach: Ms. Wu Man

Dilapidated furniture was packed and piled chaotically within four shabby and cracking walls. Intense heat was trapped and enclosed in the cramped room. Dim light was filtered by one narrow and shuttered window. In the gloomy and crowded room stood me, a young lady and a haggard middle-aged women, carrying a feeble little boy.

The 120-square-feet room was not an abandoned ruin or a forbidden jail, but the home of Mrs. Yeung, her husband and their two children in the previous four years. Standing in the miniature house with another social worker, I was in fact attending a volunteering scheme. Students in the scheme were provided a chance to visit an impoverished household and experience the daily life of the grassroots in Hong Kong. It was a brand experience for someone who has been living in Tai Koo like me. Now, reflecting on the day, I have to admit that it has left me with great inspiration.

Firstly, we started with giving out our prepared lunchbox to Mrs. Yeung and having a brief conversation with her. We learnt that her husband was a security guard who worked for 14 hours in six days a week, in an attempt to make up for the exceptionally high rent of their flat and put bread on the table. They had a young daughter studying in Primary 6, who was still in school when we paid our visit. Holding her two-year-old son in her arms, Mrs. Yeung explained that

they had applied for the public housing, but still hadn't got a positive reply. "It is the ray of hope for our family," Mrs. Yeung declared, "we must be able to get better after suffering for few more years."

After the conversation, we went to buy some ingredients for making a dinner with Mrs. Yeung and her little son. This is another eye-opening experience for me. Seldom did I go to street markets as the domestic helper in my home often helped us do the grocery shopping. While walking around the street markets, I was astonished by the strength and willpower of Mrs. Yeung, who was bargaining prices whilst carrying her little son. I also found that she bought mostly vegetables instead of meat. Unlike me, who couldn't stand a day without having meat, Mrs. Yeung and her family had little in order to save more money.

We then returned to Mrs. Yeung's subdivided flat, starting to prepare dinner in the "kitchen" beside the bed. The sizzling steam from the pot and made the crowded environment even hotter. Failing to endure the elevating heat, I decided to go to take care of little Yeung instead. I wondered how this family could survive the scorching humid summer of Hong Kong.

In the meantime, Mrs. Yeung's daughter came back from school. Unlike me, who escaped from the tremendous heat in the kitchen, no sooner had she got back home than she went to help her mother with the dinner. Later after the dinner, she swiftly started to work on her homework on the bed which was also her study table while taking care of her little brother. I asked her whether she felt exhausted or indignant juggling between sisterhood and school work in such a poor situation. "I understand that it is inevitable to have fewer resources," she cheered, "but I would definitely work very hard

to strive for a better living standard for my family.” Such positively provoking words etched in my mind. Even in such a poor condition, the girl could still be so determined and optimistic to fight an uphill battle. On what ground do I have the excuse of not working hard in my gifted and resourceful life?

Time passed in a blink of an eye. It was 9 p.m., time for us to leave. In this hard-to-come-by experience, the perseverance of Mrs. Yeung and her family have impressed me a lot and taught me to be more grateful and treasure the resources I have. It also dawned on me that there are still very poor citizens in Hong Kong, an international financial hub, living in an extreme destitution that we can hardly imagine. After this day, a day I will always remember, I decided whenever I have the ability, I will definitely take up the social responsibility to help our compatriots and pay our efforts to alleviate the social problems in Hong Kong.

The day visiting Mrs. Yeung would definitely be a day I will always remember and it would undoubtedly become a significant lesson in my life.

A Day I Will Always Remember

F.5C Lo Lap Lun 2018/19
Writing coach: Ms. Wu Man

I remember one night when I was sleeping, I had a nightmare. Suddenly, I woke up to escape from the horror, qualms manifested on my face, as if I could forecast the fire was spreading all around like a lion, trying to take away all of our lives. No sooner had I woken up than the fire alarm started to ring. This marked the start of the day I will always remember.

We were in England, my parents and I. We were having our journey happily during the summer vacation, and to celebrate my 15th birthday. That was an abnormally quiet night, uncomfortably quiet. The deafening silence was broken by a fire alarm. The alarm rang so loudly, causing me to stand rooted to the ground, doing nothing but confused. Quickly, my parents brought me a wet towel, asking me to leave with them as fast as we could. Soon after we had left our room, we understood that the situation was not as optimistic as we thought. The fire came from a lower department, all those black smoke was rushing upstairs, trying to engulf all the living creatures it saw, like a beast which was out of control. We could not leave the building, smoke was coming upstairs and the heat was spreading from the lower floor to us slowly and silently. Terror lingered in the air.

‘We can’t go downstairs, our only chance and hope is to go up and reach the rooftop. Then, let’s pray to gods that the firemen find

us before we are engulfed by the fire!” My mum said desperately, thinking that we would all die in this merciless blaze. We ran, we jumped, we rushed upstairs, having a competition with fire. At that time, none of us knew if we could survive. We couldn’t see any neighbours coming out of other rooms, perhaps the smoke was too heavy, or we were the last one leaving the room.....

Hundreds of thoughts wandered in my brain, thousands of possibilities echoed in my mind. However, the fire alarm had interrupted me from thinking. I sincerely understood I should put a lid on it but I couldn’t. A shiver was sent down my spine when I was running away from death with my dearest parents. The only thing I could do was to run, to run for my life, and my parents’ lives.

Soon, we saw the door of the rooftop, we saw hope. However, our hope faded immediately. The concrete and metal were falling off the ceiling, blocking our access to the door. No sooner had I seen the drop of the building materials than I felt a force pushing me towards the light of hope. The sun rose. Yes, my parents pushed me towards the rooftop, saving my life, but both of them were left behind. I breathed in the sunlight while they were separated by building materials, the fire was coming quickly and they could hardly leave..... My imagination stroke fear into my heart. Tears were streaming down face, as if they would miss my parents so much..... My parents saved me with their lives. But there wouldn’t have been any since.

Suddenly, the door was open. Two familiar figures were coming out of the door. ‘My boy, we struggled just to see you again.’ My dad and mum came and hugged me hard. It was like a dream, it was only a few seconds after I had arrived at the rooftop. But all these had

popped out from my brain. I was so scared that my parents would leave me forever. It was family bond that saved us, that's why I am now recounting this experience.

Admittedly, no matter you believe it or not, the family bond is always the strongest thing in the world. It provides us faith and power. We would give the best to our family, against all odds. Yes, we may always quarrel with our family, but we cannot deny that every time when we are defeated, family, will always be our haven.

How can I forget this unforgettable day – a day on which I lost and retrieved my parents?

A Day I Will Always Remember

F.4A Chan Po Yi 2018/19

Writing coach: Ms. Ng Miu Shan

Throughout our lives, people go through many hurdles and these hardships shape you. Time flies, now I am already a f4 student. When I looked back at the road that lies behind me, I can never forget this day- the day that I entered the graduation hall and tears of joy darted down my cheeks.

‘Boys and girls, now you are about to embark on a new chapter of life: becoming a secondary school student and gearing yourself up for more challenges ahead...’ these words keep looping in my mind and they always remind me of the day which I graduated from primary school. With a pair of insensible shoulders, I chambered and went onto the stage. Upon receiving my diploma, I could hear an exhilarating round of applause. That moment was just like writing a full stop at the end of a sentence and turning a new leaf of my book. When I saw many jovial faces downstairs, I felt blissful. This moment was just as precious as sapphire.

After receiving the certificate, we had a graduation party. I was the student representative to give a thank you speech to all teachers and parents. When I was reading out my script, scenes of past events and memories surged up in my mind. I could not stop thinking of how teachers spared no effort in inculcating and imparting different good values to us. I kept thinking of how wonderful our parents were and when I thought of my parents, I stopped. I was

flabbergasted when seeing my mum sitting in front of me. She was busy with her work and a big project was waiting for her in Canada. A wave of sentiment surged up from the depth of my heart and tears washed my face. Soon my mum come on stage and hugged me. At last, I finished my speech with a great compliment.

The presence of my mum deeply touched my heart. I didn't expect her to show up. During the party, there was a video clip displaying different past activities. While watching it, I thought about the old good days when my teachers encouraged me to surmount the obstacles and my parents egged me on when I was in the blue. All these memorable memories were recalled on that day. The whole ambience of the party was delightful and relaxing. There were a lot of students queuing to take photos with the teachers and all of them smiled with a glee.

What's behind the painted veil? A graduation party seems normal yet it means a lot to me. It's a great opportunity to say thankful words to teachers for their nurturance and a wonderful chance to prove that you're mature. This graduation party is the occasion that I'll never forget as it posed a great impact on my life. It reminds me of the effort that teachers put into teaching us and the devotion from parents to us. My mum even gave up her work and came back to Hong Kong to attend my graduation ceremony, which was the most significant scene during the whole day.

The vicissitudes of life always make me frustrated. When I recall this memory that i I had four years ago, it can surely cheer myself up. Graduating from primary school is a stepping stone in my life. It turned over a new leaf for me and it will definitely be a moment that I treasure the most in my life. I wish I could reverse the time and enjoy all the sweet yet sorrowful moments again and again.

A Day I Will Always Remember

F.4A Fong Chi Nga 2018/19
Writing coach: Ms. Ng Miu Shan

Although months has elapsed, what happened on that day is still clear in mind. As soon as I met that person, I realized how a little kind action can change one's life.

April is a month that is critical for all F.6 students, for they need to take the DSE. In a society casting more and more emphasis on students' academic results, the DSE means the world to all students and I was no exception. 'If you get high scores in DSE, you can land on your ideal job and succeed in life. If you fail, you will become a loser in life,' these words keep rebounding in my mind, just like someone telling me repeatedly to study all the time. Therefore, I buried my head in piles after piles of exercises and notes from dawn to dusk and put entertainment on the back burner every day.

If memory serves, that was a rainy Monday and I had to attend the Chemistry examination. Chemistry is the subject that I had the most confidence in since I had devoted much time and effort to it. I went to the venue of examination in the early morning, ensuring that I will not be late for the examination. Upon arriving at that school, I went to sign up. However, when it's my turn, the worker said that my name was not on the list. Immediately, I checked my admission form. When I saw the venue stated on the form, fear struck me to stand stiff. I mixed up the two schools. The one stated on the form was in Sha tin but I'd gone to the one in Causeway Bay! At that

moment, angst, despair and resignation surged from the depth of my heart, making me shiver a lot. I mused to myself, 'I've broken my back to prepare for the Chemistry examination but now all my effort evaporates into the thin air because of my carelessness. I am going to throw my prospect into a black hole and let all the people down because I go to the wrong examination venue!' In complete loss, I was on the verge of tears but I strove to fight my tears back as I realized I was a secondary six student but not a girl who stepped into her secondary school for the first time. I then stood rooted to the ground, not knowing what to do.

In despair, an unfamiliar but comfortable voice met my ears. I raised my head and a tall man with a smile on his face came to my sight. He asked me in a gentle tone, 'Is there anything that I can help you?' Firstly, I thought that it was none of his business and simply said, 'No. I'm fine.' But obviously, I was not fine and my facial expression betrayed me. That man further said worriedly, 'Feel free to say if you have any problems. Maybe I can help you!' I couldn't help telling him the situation I was facing. The man then picked up his phone and called someone. As for his conversation, I couldn't listen clearly. After he had finished the call, he said, 'There is still half an hour before the examination. If you take a taxi now, you may be able to arrive there on time. Do you have enough money?' Before he had finished his sentence, he took \$500 from his wallet and put it into my hand. I, of course, refused to accept it. But he insisted, 'Take it and go, or you will be late.' In the urgent situation, I could only accept it. Then, he ran to the gate of the school and helped me catch a taxi. 'Goodbye and good luck, teenager!' Then, the car drove away and the man disappeared from my sight. And fortunately, I attended the Chemistry examination only 3 minutes after it started.

What an unforgettable day!

I later went back to that school again and I realized that he was the principal of that school. I then paid him a visit and expressed my gratefulness towards him. I asked him why he was willing to help me even before knowing my name. He replied with a grin, '500 dollars means very little to me but the DSE is of paramount importance to you. And I've never thought you will return the money to me. What a nice girl you are!'

I am now studying Pharmacy at the University of Hong Kong. Without his help, I'm sure I couldn't even get into university. I will always bear in mind the incidents happening on the that day. And I will always bear in mind how a light action can help others. Even in the face of a stranger, you can still influence his life by reaching out a helping hand just like how the principal has saved me from the plight. Therefore, from now on, please light up the candle in your heart and use it to warm the world. Maybe your good deed can totally change one's life.

A Day I Will Always Remember

F.4C Wong Chi Kit 2018/19
Writing coach: Ms. Ko Pui Ling

From that day onwards, I keep my old-fashioned camera very well. I always clean it in my spare time to preserve it through time. All that is because I love the camera, a memento of my beloved grandma.

My grandma is a generous person. When I was very small, I visited my grandma every week. In those days, my grandma was much younger and her face was not yet wrinkled. I often played with her and had joyful times. I vaguely remember my young days were full of 'click, click,click' sounds. I couldn't find where those came from until I reached the age of three. On my third birthday, my grandma gave me her camera as my birthday present. She said this small camera was undoubtedly meaningful to me and asked me to keep as well as I could. At that moment, I didn't know why but was only curious about its function. It was nice. 'Click!' A photo of my smiling grandma and me was taken.

The camera stayed closely with me for a long time until I was in primary four. The burden of schoolwork on me suddenly became heavier. My camera and I drifted apart and I locked it in a drawer of my desk. I even visited my grandma's home less and less frequently because of my hectic schedule.

Then misfortune stroke. One afternoon when I was in form four, I was called by my mother to the hospital. When I arrived, I saw a fragile woman lying on a white hospital bed. I couldn't believe it was my grandma as wrinkles had grown on her originally young face and it was hard for me, a long-time-no-see grandson to recognize her. My mother told me grandma had suffered from asthma and her health had worsened those few days. My grandma was then called to the hospital after she was found fainted on a street. I felt worried about my grandma and in a sudden, she held my hand. 'Tom... Tom,' Grandma said softly, seemingly as loudly as she could, 'the ... camera... I gave you...' 'Yes, it's safe with me.' I answered softly. She murmured, 'To me...it is... import...'

Her voice suddenly dropped.

It all happened all in a sudden. My mother cried. Tears rolled down my cheeks.

Not until she could finish the whole word of 'importance', she had already left.

My mind went completely blank.

I felt down throughout the day. After I went home, I sat on the sofa feeling numb. In a second my grandma's words came into my mind. I searched the drawer of my desk.

Is the camera really so important?

Compared with modern cameras, this camera was outdated. It can't even be used to take a good-quality photo but only grainy ones.

When I clicked into the memory, I saw a myriad of old photos and videos which were taken in days before my third birthday. I watched ones of the videos. I could hear a child and my grandma laughing joyfully. When I was browsing through gallery, I found the image taken on my third birthday. There was a sweet smile on grandma's face. I subconsciously held up the camera to take a photo. 'Click!' This clear sound brought me back to the happy old days with my grandma. But no more images of grandma and I could ever be recorded in reality and I burst into tears.

Time is the most horrible thief. It can steal anything precious from us. Everything we value will come to an end. We should treasure everyone and everything in our lives so that we can have less regret.

I held up the obsolete camera. Inside there is no pain but love and memories.

I will never forget the day when my grandma passed away.

A Day I Will Always Remember

F.5A Tse Yuen Lam 2018/19
Writing coach: Ms. Ng Miu Shan

31st August, 2018, the last day of the summer vacation is a day I will always remember. On that day, Callas left.

On a normal school day, my friend Callas received a call from a school in England about granting her a place when we were returning to school. She screamed excitedly and told us she was lucky enough to get a scholarship! She could study in England! At the moment, I really felt pleased to hear that as I knew that it was her dream. Meanwhile, I started to fear the day of her leaving.

To celebrate with her, my friends and I decided to stay overnight at her home the day before she left. We played a lot of board games, saw her packing the luggage, kept chatting everything about her. We joked that she could finally have a boyfriend in England and be a Chinese expert there (she is weak in Chinese), etc. At around 2:00am, some of us started to feel tired. Then, Callas's Mum placed lots of yoga mats on the floor. All of us slept on that crowded area, stuck with each other closely. It's interesting to have such a memory. We'll definitely laugh in the future when we chat about this. After half an hour, Sammi, Bella, and me found it hard to fall asleep. We even ate ice cream and cooked noodles with Callas. But it was already 3:00 am! Now, when I recall these moments, I think they are the craziest memories I have ever had!

Time passed quickly. It was time for Callas to turn a new page of her life. Unlike the previous night, everyone was silent on the way to the airport. I finally realised that my 8-year best friend was really going to leave us. The day finally came. To make a cheerful impression of the last moment in Hong Kong for Callas, I pretended to be fine.

However, things didn't go on as expected. Some other friends went to the airport to see her off. Everyone took photos with her and said a few words to her. It was touching and warm. And for us, the closest friends of her, we gave her a hand-made photobook, which contained all the unforgettable memories we had and our words to her. She joked that she wouldn't open it until she arrived in England since she didn't like it. But all of us knew we were pretending to be happy. None of us wanted to cry in front of each other and sadden the atmosphere. After that, it was time for her to leave Hong Kong. She smiled and said goodbye to us. Many memories with her pepped up in my mind. We used to go to school together, visit different places of Hong Kong for photo-taking, go shopping and playing, arguing sometimes, etc. Nevertheless, she always took good care of me. It's strange and unrealistic to imagine my daily life without. I tried hard to control my depression by putting on a smile. However, I lost control and kept crying. We hugged each other and we wished her all the best.

Now, I still miss her a lot and I am still not used to it. But I am proud of her as she is brave and independent to study alone in a new environment. It's hard to adapt to life without the care of family and friends. And I am looking forwards to meeting her at the coming Christmas.

That's the day I'll never forget.

I'm Happy when...

F.3A Cheung Chi Yi 2018/19

Writing coach: Mr. Ng Chun Wah

When was your last time of laughing loudly? In this day and age, it seems hard to make Hong Kong residents laugh. Worrying about their academic results, students could never easily make a smile. Feeling frustrated about their living environment, adults work hard every day in order to have shelters, making them difficult to smile. Being anxious about their lives after getting retired, senior citizens can barely relaxed and feel cheerful. However, I feel pleased very easily because my wants can be satisfied by trivia.

Firstly, I'm happy when I have good books to read. As the proverb goes, 'a good book is a light to the soul', books are my life tutor. No wonder how blue I am in the real life or when I want to escape from the confusing world, a nice reader can slip away the problem in my mind and enjoy peacefully in the world of literature. It is just like there is something magical when opening a book and leaving the actual world behind. The sense of satisfaction can be gained from book comfortably.

Moreover, I'm happy when family members and friends are healthy. After getting into the hospital for a few days, I realized how important health is in my life. The stuffy corridor, the cold metal bed rails, and the lost of freedom, all remind me health is the most precious thing ever. Nothing can be completed without being in good physical condition. Therefore, health is the true treasure of life and I hope people near me stay strong and hearty.

Furthermore, I'm happy when citizens living in Hong Kong can get along with one another. Affected by its current politics and social situation, Hongkongers cannot agree to differ, and this worsens the social conflicts. If stakeholders of different parties can settle the countless disputes through peaceful measures, such as holding conferences, Hong Kong will be much more attractive.

Last but not least, I'm happy when the world is bloodless, with no wars and fighting. As time goes by, wars seem to be rare in Hong Kong. However, warfare is still common in Middle East region. Escaping from hails of bullets, perplexing about whether they would be caught by horrible terrorists, watching their houses being destroyed. These are all what the residents living in these turbulent region have experienced. Wars are terrible, aren't them? Thus, I wish one day all people all living in harmony.

Happiness can really be attained easily, can't it? I hope Hong Kong people and global citizens could feel relaxed and cheerful more frequently.

I' m Happy when...

F.3A Ng Tsz Hin 2018/19

Writing coach: Mr. Ng Chun Wah

Do you know what happiness is? It sounds easy. Literally, it simply means the state of being happy. Everyone knows about it. However, in Hong Kong, a really busy urban city, most of us seem to have forgotten what genuinely happiness is, because of the unreasonably high workload. Every day, we can only see tall, concrete buildings and skyscrapers all over the city. Living in the 'concrete jungle', it's very normal to have stress. If we can get rid of this 'jungle', we may be able to find out what happiness truly is.

In a metropolis like Hong Kong, dark, ugly concrete skyscrapers must flourish. When we are living under those dark buildings every day, they will make our mood as dark as them. Fortunately, I live in Yuen Long, where the environment is much greener than the urban areas.

Every day when I get back home, I'm really delighted, not only because I love my home, but also for the green surrounding around me. Looking at the colossal mountains, the trees and the thin yet indomitable grasses, I feel serene and carefree. When I focus on the green things, I can temporarily obliterate my bitter memories and sit back.

When I have spare time, I usually like to lie on the grass in my garden and look at the sky, thinking about nothing in the mind. For me, doing nothing can help relieve my 'urban pressure'.

Sometimes, I would play with my dogs in the garden too. For instance, I love running around with my dogs. When I am running, I feel like a child, needless to worry about anything else. When I am playing with the dogs, we are actually communicating and I can share my feelings with them. When I am happy, I share my happiness with them and they feel joyous too. Likewise, when I feel mournful, I share my sadness and thoughts with them, and they can also cheer me up, making me feel less pessimistic.

Green is an amazing and magical colour. It is not merely a colour, but the composition of the nature. Sometimes, we don't need a lot of materials, but by simply going back to the nature, we can still be very happy and contented.

I' m Happy when investing time in what I enjoy

F.3B Chan Sum Yuet 2018/19
Writing coach: Ms. Lai Yuk Fan

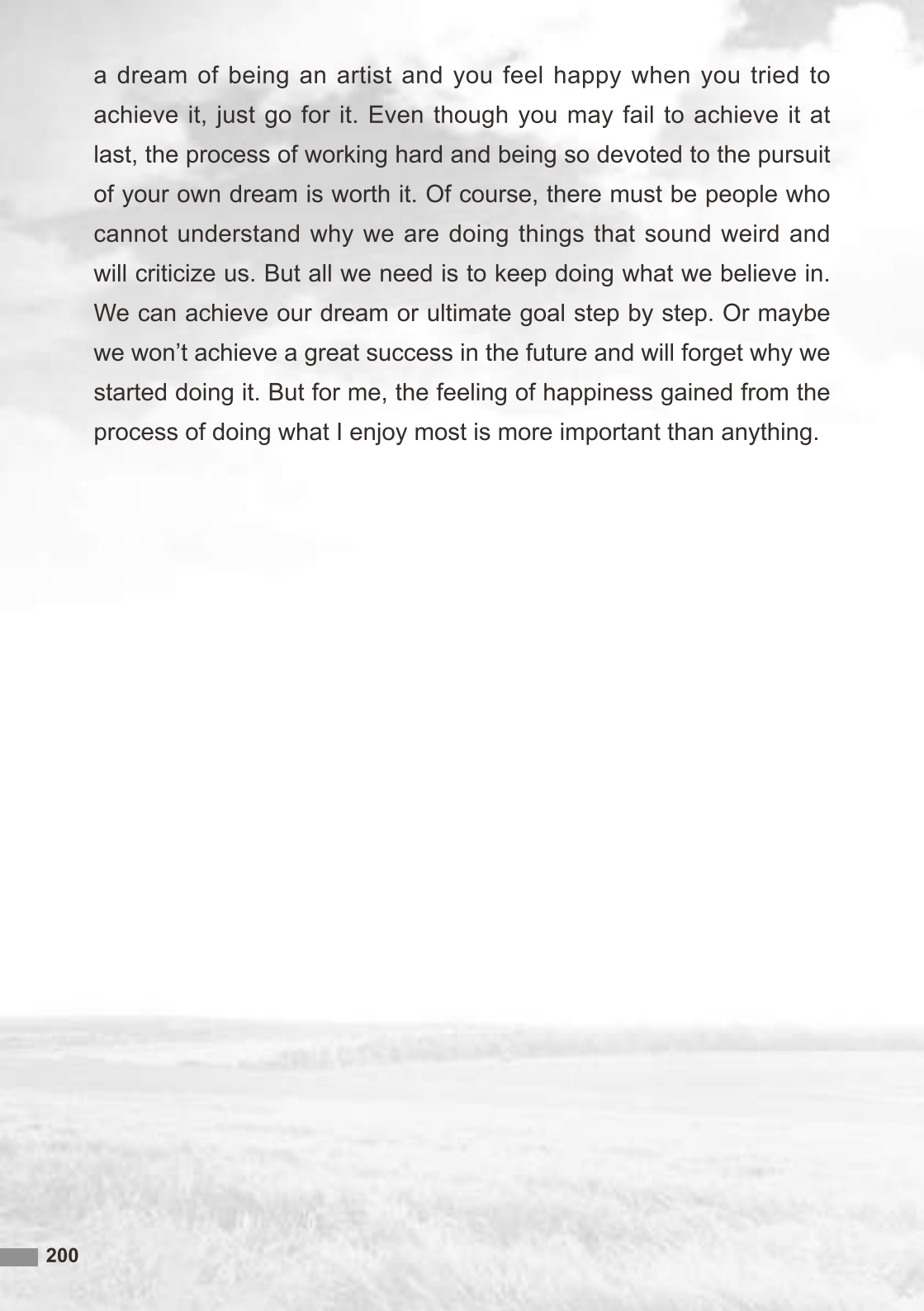
Happiness can mean being wealthy and healthy, being with your loving friends and family, eating your favorite food, running into your old friends on the street or being praised by your favourite teacher. There are lots of happiness in our life and there isn't any exact answer of what happiness is. All little things in life can make us feel happy. For me, I'm happy when I invest time in things that I love.

When I was in kindergarten, playing was the most enjoyable thing for me. I was particularly fond of playing at the beach which was one of my favourite places at that time. Being surrounded by the majestic deep blue ocean and sand which sparkled like a thousand pieces of jewellery under the dazzling sunlight, I was embraced by nature feeling content and warm. Listening to waves crashing against the shore, sound of wind blowing lightly and people's laughter are like a power station giving me lots of positive energy. Feeling the humid sea air and gritty sand, I felt peaceful and relaxed. Another favourite place for me is a park. Just like other kids, swinging, sliding, playing on the seesaw and running around the park were my favourite activities. Parks and beaches are a paradise for me. Every time after staying there with friends and family, the happiness was inexpressible.

When I was in primary school, I fell in love with drawing, reading and watching cartoons. A pencil, a brush pen, some paints could keep me in a room for the whole day. A book could make me forget hunger and sleepiness. A television could make me sit on the sofa without saying a word for the entire day. I immersed myself in the virtual world of television. Monsters, dinosaurs, aliens, all those imaginary items made me fall in love with cartoons. Seeing things that we could never experience in reality is amazing! Although my parents kept reminding me to stop doing them day and night as they said that a normal kid should play with their toys, I still insisted on doing things that I enjoyed because I could find happiness in them.

When I am in secondary school, which means now, I know the importance of studying, so I tried to make studying as my interest. Although I sometimes fail to do so, I have learnt to gain satisfaction and happiness after achieving some tasks like understanding some complicated concepts or theories, solving a difficult mathematics question or finishing the revision of the examination's scope. I also feel satisfied when writing journals about my daily life. Owning a personal journal with habits tracker, mood tracker and gratitude journal are really cool! Trackers can make sure we are on the track and gratitude journal can make us feel grateful. Looking at my journal can always make me happy in some moody days, and the process of drawing and writing it is totally awesome.

Frank Tyger has once said, 'liking what you do is happiness.' It is really important to do things that we enjoy. If we enjoy what we are doing, we can learn to enjoy life. Finding happiness in a stressful world is essential. No one can clearly define what happiness is, so we all need to explore it by ourselves. We don't have to stop doing things that others may disagree with. For example, if you have



a dream of being an artist and you feel happy when you tried to achieve it, just go for it. Even though you may fail to achieve it at last, the process of working hard and being so devoted to the pursuit of your own dream is worth it. Of course, there must be people who cannot understand why we are doing things that sound weird and will criticize us. But all we need is to keep doing what we believe in. We can achieve our dream or ultimate goal step by step. Or maybe we won't achieve a great success in the future and will forget why we started doing it. But for me, the feeling of happiness gained from the process of doing what I enjoy most is more important than anything.

I' m Happy when...

F.3B Lu Ka Wing 2018/19

Writing coach: Ms. Lai Yuk Fan

What is happiness? For me, happiness can be anything enjoyable, filled with love and laughter. I'm always happy when staying with friends.

Friends are your good listeners. When you are experiencing something unpleasant, you can feel free to talk to them. After giving vent to those negative feelings, you will let go of the big stone in your heart, and then you feel happy again!

Friends are your strong backup. They are the ones you trust the most apart from your family. When staying with them, you need to worry nothing because they will always stand by you. All the matters can be put aside now and you can enjoy the happy moments with them. If there is trouble, you still have a great partner accompanying you to deal with it. A friend in need is a friend indeed!

Whenever you are happy, sad, or angry, staying with them can probably get you a good mood again. You can share your happiness, worry, sadness with them. They can definitely cheer you up and be patient to you. So, there is no reason to be sad again! You just have to laugh out loud.

When I am staying with friends, I feel happy. They know me so well that just a simple eye contact can express everything instead of words. Because of it, I can be my own self and take off that fake smile from my face. It's relaxing and enjoyable when staying with them. Sometimes we say nothing but still won't feel embarrassed.

Even just sitting quietly is already very comfortable.

I like to share my hobbies, interests and even secrets with them. Gradually and amazingly, our interests become similar and tacit agreement is therefore developed. Take my best friend as an example. I like eating spicy food but my best friend didn't at first. However, when we always eat out, she starts to try it and it grows on her! Now, we always find good spicy food restaurants to try and enjoy the food. That's nothing better than you have a fellow friend to do your favourite things together!

Sometimes you will behave much sillier in front of your friends. That is not because you or they are silly, but your true self of being natural and innocent will come out as you are in a relaxing mode. You can laugh for a minute just because your friends did silly things! You may be like returning to your childhood that little things can already cheer you up. Therefore, I always feel good and joyful in front of them. For me, being happy is like a walk in the park.

Going on a trip with friends is the most challenging but exciting activity. Some said that travelling together can test the relationships among friends as there may be quarrels if you are not familiar with each other enough. Then, your relationship may be seriously affected. On the other hand, if you are so familiar with each other, travelling together definitely will become one of your precious memories in your life. What's happier than you can share every spectacular view with your dear friends? What's happier than you can share all the amazing moments with them at once? That's why you are happy when going travel with them. You must be looking forward to your next fantastic trip together when just coming back!

Friends are fascinating. They don't have superpower or magic. Yet, they are always able to make you feel happy. So, I'm happy when staying with friends!

I'm Happy when I was at primary

F.3B Yeung Tsz Yiu 2018/19
Writing coach: Ms. Lai Yuk Fan

"When do you feel happy?" The interviewer asked me when I was stopped to do an questionnaire.

Surprised by this unexpected question, I paused. Meanwhile, the memories surge into my mind. It's a long story happened several years ago, when I was at primary...

"Keep quiet! 6A!" With an annoyed frown on her face, Miss Cheung, who was our class teacher and English teacher, was shouting in the nosiest classroom.

"..." We stopped for a while, but the silence didn't last long -

"What smell is it? Jason! I saw your snacks!"

"Do you know the answer of it?"

"It's hot. Anyone opens the air-con please?"

"Be quiet! Or else all of you just stands till after school!" No longer to maintain her patience, Miss Cheung pounded the teacher desk hardly. It seemed to work a deterrent effect on us, we stopped talking.

"Phew!" sighed Miss Cheung, continued, "I have never taught a class as noisy as a market!".

This was what happened in my primary five and six life, every day.

Of course, we didn't stand till after school. However we were punished to stand on the playground for the whole recess. Standing straight under the scorching sun and receiving the gossip from other schoolmates, I didn't feel embarrassed at all. As there were 29 people being punished together with me.

Nevertheless, what vibrated my heart the most, was the sports day in primary six.

In a class, there must be someone else who was especially good at sports. Undoubtedly, they were the elite and heroes of our class during the athletic meet. Being as the third one to run the class replay race, I didn't want to leave any regret on my last sports day - I wanted to win for my class.

The scenario was still clear in my mind. I could never forget when we were going to get ready in our own position right before the competition on that day, Miss Cheung came and patted our shoulder, said, "Try your best."

We nodded and smiled. Who could imagine a teacher who always pounded the table furiously, was patting our shoulder as gentle as marshmallow?

All the participants got ready. My hands were sweating and shaking, and it couldn't cover my nervousness. I looked upwards, noticing that my classmates on the stand were cheering for us. I breathed deeply to calm down myself.

The relay started when the gun was fired. We were a bit slow at the beginning and we were at the second place.

"Hand!" My teammate called me. I immediately lent my hand backward to hold the baton tightly. Then I dashed as fast as I could.

"Run! Faster! Faster!" I could hear my classmates were screaming loudly. There is nothing left in my brain. The only thing I knew was just run.

"Hands!" I passed the baton to my teammate smoothly, and she started off like what I did. And finally, she reached the terminal.

The competition ended. I lurched to ask for the result. Surprisingly, we got the champion!

"We did it!" Elated by the good news, we cheered and cuddled each other.

"The champion of the inter-class girls relay race competition is - 6A!"

Receiving the golden medal, we smiled brightly. It was the honor of 6A!

After the prize-giving ceremony, the whole class rushed to the ground and congratulated us. Some suggested to take a class photo for this unforgettable moment.

"Um...but turning on the phone isn't allowed at school..."

"Miss Cheung, it's our last sports day, please!" we begged her.

"Okay," sighed Miss Cheung, smiling like a mother, "do it if you will be happy."

"Hurray!"

I could see that, what in her eyes was just like mild mother satisfying her children's desire. I could hear that, the laughter and teasing from each of us. I could feel that, their support and happiness with one another.

When did it happen? Maybe just right now, or maybe it had been since long time ago. It was no longer a class studying for higher results in exam, but it was a complete family, with camaraderie and love.

One class, 30 students, and one class teacher.

Smile, anger, misery.

Joking, quarreling, cooperating.

The camera flickered when everyone was smiling genuinely...

"...Are you okay, Miss? The interviewer asked me.

"I'm fine. Sorry for daydreaming." I apologized.

"Never mind, let's continue our question. When do you feel happy?"

Without a slightest hint of hesitation, I answered, "I'm happy when I was at primary."

Finishing the interview, I went to buy a drink. When I opened the wallet, a photo sharply entered my sight -

Yes, I'm happy when I was at primary. It doesn't mean that I don't like my life now. However, for everyone, there must be something valuable, and memorable deep in your heart. It was a treasure, but also an irreversible days for you. There were delightful moments which you wanted to keep and last forever. However, we must meet parting one day. There must be pain and gain as we were grown up. What we could do is just wish all of us to have a bright future. So that when we were getting old, we could still gather again and talked about our silly, innocent childhood.

Therefore, I'm happy when going to school.

"6"

I'm happy when chatting with my friends.

"5"

I'm happy when the whole class was being scolded and punished by teachers.

"4"

I'm happy when Miss Cheung was patting my shoulder.

"3"

I'm happy when I got the medals.

"2"

I'm happy when we were taking the class photo.

"1"

I'm happy when I was at primary.

"Cheers!"

I'm happy, to meet the best ones in my life.

I'm Happy when...

F.3B Zhang Ip Heung 2018/19
Writing coach: Ms. Lai Yuk Fan

Lives are full of happiness which also goes hand in hand with difficulties and distress. However, I seldom care about those bad memories since I think that it is too tired for me living in the past. I shouldn't waste my time and memories to remember them, but just let them go and get out of my mind. I only remember all those joyful moments. And therefore, most of the time, I have a cheerful smile and I want to share my happiness with all of you.

I am a food buddy, and I love snacks, sweets as well as desserts. When I am eating, I really enjoy that feeling. When the food melts in my mouth, a bellyful of food makes me feel comfortable and joyful. At that moment, I usually exclaimed, "Yum! Yum!" Once I eat any of them, all my unhappiness will disappear immediately. I always believe that I have two stomachs: one is for staple food, another is for desserts. Maybe, you will think that I can easily be cheered up and defeated by it, but it is true. If you do something bad on me, I won't accept your apology but the sweets you give me. Simply to say, I am happy when my belly is full of delicious food.

Same as other teenagers, I love shopping very much. For example, during my leisure time and before some major festivals, I usually go to the shopping center and buy new clothes. I always want to buy things that I desire. Even though they cost me an arm and a leg, I must buy them if I have enough money. Therefore, I

can't save much money, but I really enjoy shopping and the feeling of satisfying all my wants. I don't care about any others. In order to balance the money in my pockets and things I like, I will buy some of them through Taobao where the goods are usually sold at cheaper prices. I will try all the ways make myself being pleased.

Don't think that I seek happiness from being materialistic. I'm glad when I'm being with my family and friends. One of my friends often said she was a joke. This might be the reason why every time I meet my friends, my smile appears at once. I really agree with her. We will laugh at each other even if those are some boring and silly things. There is always something interesting when they are in my lives. About my parents and my sister, they are my dearest as they have stayed with me since I was born. I love them so much, so I extremely treasure and enjoy the time being with them.

Something strange, I quite enjoy the process that I'm paying attention to something. And I like the persistence and conscientiousness of myself. I'm glad when I'm concentrating on something like study. Since I believe that there will be returns on my efforts. I love the feeling of waiting success come to me, too.

I'm happy even though they're only some minute things.

I enjoy the time playing with my cat Wang.

When someone tells me a joke, I laugh loudly and cheerfully.

After the examinations, I'm free and I can go out to play, so I feel relieved.

When I receive gifts at different festivals, especially the Chinese New Year, I'm rejoiced by them.

When I get prizes from lucky draws, I'm excited and pleased.

After the examinations, I'm free and I can go out to play, so I feel relieved.

When I help someone, gladness comes to my heart. 'Pleasure from helping others' is true.

Last but not least, I'm happy at every moment as I'm still alive.

I always believe that God of Luck will take care of me, so I won't be too worried if I meet something bad. Misfortune will be followed by luck. It's the same if you live happily or sadly, and I prefer the one which is more relaxing and enjoyable. Therefore, I'm happy most of the time.

I' m Happy when...

F.3B Lee Ka Fai 2018/19

Writing coach: Ms. Lai Yuk Fan

Nowadays, most of the secondary students, including me, are facing different pressures from different aspects, most likely they are due to the studies. Parents and teachers are keep adding pressure to us which makes us can't really feel the existence of the happiness, to be honest, for me, I don't really feel happy when I have grown up. Therefore, in my opinion, I think that I am happy when I was small.

My childhood was happy; my childhood was golden; my childhood was a memorable one, and my childhood was like a photo album, recording bits and pieces, documenting the joys of childhood. When I was a little child, I lived in a village in mainland China. During this period, I always wanted to grow up quickly and went to the urban cities to study in a school. However, now I finally realize how wonderful my life was. Happiness appears in every day.

In my memory, when I got up every morning, I could hear the sweet sound of the birds. It sounded liked they were saying good morning to me. While listening their lovely sound, I was enjoying a delicious breakfast cooked by my grandma. The life was so amazing at that time. I really miss it now. Fishing is a recreational sport that I've been in love with since I was a kid. When Grandpa went fishing by the creek, I would also move a stool, carry a fishing rod and a bucket to find him. My patience was very very small so if a day

had passed without any gain, it would make me heartbroken and I would probably cry. Every time I get to the season of Bean harvest, I always scramble to peel beans, and compete with my grandpa, each person took a basket, a plastic bag, back to face to start the game and my childhood slipped away in laughter.

Childhood is like a fairy-tale book, recording an interesting story: childhood like a philosophical book, contains a philosophy of life, childhood more like a camera, makes a beautiful moment into a frame, become forever memory, forever joy. If I had a superpower, I would like to take a chance to go back to my childhood and enjoyed my life again and felt the happiness every day.

Good People, Good Deeds

F.3B Chan Hoi Tung 2018/19
Writing coach: Ms. Lai Yuk Fan

Living in such a city of hustle and bustle, we all live our lives at a fast tempo. How long haven't you stopped to look around and appreciate the love and kindness around you? I didn't believe in 'Good People, Good Deeds' too until I met him.

I learned ballet for a long time. Despite the fact that I don't have talent for it, I still enjoyed my ballet lessons on Fridays back then and it was my favorite hobby. However, since I have been promoted to secondary school, there is more school workload and I had no choice but to give up ballet.

Last summer holiday, I had my last ballet examination. The night before, I already started having butterflies in my stomach. I tossed and turned all night, worrying about the exam. Afraid of being late, I left home much earlier than I needed to because the exam venue was in Fo Tan. While waiting at the bus stop, I put on my earphones to listen to the dance music and watched the videos intently, trying to memorize all the steps. I concentrated on my phone and didn't pay attention to the bus number. On the way, I fell asleep because I didn't get enough rest the previous night. Not until the driver tried to wake me up did I know that the bus had reached the terminus. When I looked around and realized that I was the only one left on the bus, my face burnt furiously with a mixture of embarrassment and shame. I hung my head low and immediately rushed off the bus.

Once I got off the bus, I stood like a log on the spot - I had no idea where I was! I finally noticed that I had got on the wrong bus but it was already too late. The first solution that popped up was to

call my parents for help. I was like a cat on a hot tin roof, waiting for them to answer but they didn't. Anxiety started to swell through my whole body. I looked at the watch and I got only 30 minutes left! My mind was racing through all the disastrous consequences that were waiting for me. Not only was I going to miss the exam, but also my groupmates, who had prepared for so long. My carelessness would lead to all their efforts going down the drain. Why was I so stupid? This was my last ballet exam before giving up dancing. Originally I wanted to make it a splendid memory but now everything was ruined because of my careless mistake! I was at a complete loss. I didn't know where to go. I felt like I was having the most terrible day. The more I dwelled on it, the more helpless I felt and I was on the edge of tears.

Suddenly, a taxi driver moved towards me and asked me why I had been so panicky. I was shocked at first and then explained briefly to him. Without even a slightest hint of hesitation, he opened the taxi door and gestured to me to get into his taxi. It seemed that he could read my mind that he added, 'Don't worry! You can give me the fare later.'

Fortunately, Fo Tan was not far away from where I was and I arrived there 10 minutes before the exam started. I was so grateful that I didn't know what to do but kept saying 'thank you' to the driver. I dashed off to the exam venue. Suddenly I remembered I didn't ask for a way to return the money. However, when I looked back again, he had driven away already, waving his hand in the air, as if to say 'fighting' to me.

It was the moment when I realized that there are still many people who are willing to give a helping hand and ask for nothing in return. Their little kindness may brighten up our days and make a better world. If everyone is willing to show their care, the world will be full of love. So what are you waiting for?

Our roles

F.3A Leung Nga Wing 2017/18

Writing coach: Ms. Chow Oi Wing

“Tap...tap...tap.”

The old lady clutched clumsily at her walking-stick as she wobbled down the pedestrian walk. Her son and grandson walking next to her, phubbing. Pathetic? Certainly.

Sadly but truly, this scene is not uncommon to see in Hong Kong. To date, we have seen a large number of elderly strolling along the street alone, just because their dear sons have to work hard, having no time to take care of them. Some may even become scavengers because of lack of financial support. Others may live in solitude or in an elderly home where staff are too busy to take good care of their occupants. This is certainly heart-wrenching and thought-provoking. They once had a family. They gave birth to their sons or daughters and raised them up. They gave their children their heart and soul. However, they are abandoned and neglected once they started to age. As cruel as it may seem, this is the same old sob-story of many old people in this city. What has become of our society? Do young people pay no respect to the older generation?

As the saying goes, ‘Filial piety is one of the virtues to be held above all else’. Filial piety has long been the core value of Chinese culture, but tragedies and a rising trend of elderly living alone, later-life depression and abuse of the elderly raise concerns about whether filial obligations for the care of ageing parents are in decline. The impact of intergenerational relationships on the quality of life of

older people is undeniable. The emotional connection and dynamics between the two generations in the local context has occasionally been disregarded.

There is de facto something wrong with the attitude of the younger generation. We are used to turning a blind eye to the care and love from our parents because of the stress brought by work. In the long run, this would greatly affect the quality of their lives. The elderly people who suffer from abuse or neglect exhibit greater instances and higher levels of depression and psychological distress than their non-abused counterpart. It is believed that this is caused by the neglect of their children.

In the past, the Chinese respected and highly promoted the virtue of filial piety. In the Han Dynasty, the nine-year-old boy Huang Xiang was the perfect embodiment of the ancient virtue. While his father read by the light of a candle, Huang, in the sticky heat of the summer's evening would fan the pillows, so that they would be cool when his father went to sleep. In winter, when the freezing wind and snow turned the world to ice, the little boy would first hop into his father's bed to warm up the blankets. Then he would call his father in to come sleep in the cozy nest he had made. This renowned Fan Mattress and Warm Quilt story had been included in modern textbooks, showing and solidifying the importance of filial piety.

Traditionally, it is believed that having an old person in the family is a wise thing, but many old people are now living without the accompaniment of their children or grandchildren. Old people may not bring in income to the household. However, they contribute their time and share their experiences. They are our advisors, offering us solutions to problems. In return, what they desire is not monetary or materialistic, but our love and care. As the saying goes, 'hosing an

elder, hoarding a treasure'. It is certainly a sheer bliss to live with our old parents and take care of them.

However, how many of us have mistaken the love and care from our parents as annoyance and an intrusion of privacy? How many a time have we regarded them as a burden? "What you do not wish for yourself, do not do to others." All of us age gradually. The young will become the old one day. Therefore, it is of paramount importance for all of us to show humanity and parental respect if we desire the same thing from the next generation.

As the proverb has it, 'Blood is always thicker than water'. We are related by blood to the more senior members of the family. Being old, living in solitude and feeling useless are the most terrible situations that a human being can be put under. Statistically, elderly people have a higher tendency for pessimistic thoughts and greater desire to end their lives because there is not a shelter for them, not even their dearest child's home. Compared to younger people who attempted suicide, they are four times more likely to perform the deed.

As members of the younger generation of society, we should learn to show more respect and tolerance towards the older generation. If words of compliment are bottled up in your throats, a kiss, or a hug, or even mere companionship will do. Sometimes taking your parents or grandparents out for tea, giving them a simple call or paying them a surprise visit can turn the tide. Stop using the excuse of being too busy with life and start showing the older members of family and society some respect and care.

Filial piety is central to Confucian role ethics. We should be the one - and the only one - who spend more time on taking care of our parents so that this virtue can pass on to many generations to come.

A proposal to the constitutional and mainland affair

F.2B Cheung Chi Yi 2017/18
Writing coach: Ms. Shum Wai Man

1 Introduction

For adolescents nowadays, going online and interacting with others seem to be a daily routine. Creating social media accounts, buying products, and even searching information online are all very common for teenagers. Due to the over usage of the Internet, more problems, like the abuse of personal information, are created. The promotions on privacy protection among teens will be explained in the following proposal.

2 Purpose

In order to heighten the awareness of adolescents in Hong Kong on privacy protection and prevent their personal information from falling into the wrong hands, more solutions should be implemented. These plans would obviously enrich the knowledge of teenagers when surfing the Net, as well as prevent cyber bullying.

3 Promotions educating the youths in Hong Kong on privacy promotion

3.1 Online Privacy Protection Student Ambassador Programme

Appointing students to be the ambassadors on online privacy protection can enhance the importance of protecting personal

data privacy on teenagers in Hong Kong. As teens are often quite rebellious and can be affected by their peers easily, it would be much better for them to learn from their classmates instead of attending a unidirectional talk.

3.2 Animations Promoting Online Privacy Protection

Young people are encouraged to create a short animation about protecting their personal data when using social networking websites. Prizes will be given to the winner of the competition and the animation will be broadcast on television for the promotion on privacy protection. Since adolescents participate in the promotion, they will become aware of the consequences of leaking personal information online.

3.3 A Carnival on Online Privacy Protection

Educating the youth about privacy protection online through a fun way would be useful as teenagers do not want a dull exhibition. Some stalls can be set up in a carnival to promote online privacy protection. Also, gifts will be given away when teenagers play games. Such an initiative will attract young people to come and join the activities. As adolescents are more likely to enjoy and learn in a joyful atmosphere, more knowledge on online privacy protection will be spread.

4 Conclusion

An online privacy protection student ambassador programme, a programme of animation promoting online privacy protection and a carnival on online privacy protection can absolutely enhance the youngsters' awareness on privacy protection. I sincerely hope that these measures and promotions will be considered. Thank you.

A proposal on educating the youth of Hong Kong on privacy protection

F.3A Yeung Ho Ching 2017/18

Writing coach: Ms. Chow Oi Wing

Introduction

Recently, teenagers in Hong Kong are facing different kinds of risks online. For example, personal details being stolen online, and getting infected by computer viruses on unknown websites. To help teenagers better protect themselves online, the Constitutional and Mainland Affairs Bureau could carry out a few measures to raise the teenagers' awareness on privacy protection in the virtual world.

Suggested Measures

(I) Talks and Publications

Conducting talks is the most direct and effective to teach students tips on how they should safeguard their privacy online. Victims and survivors of cyber-crimes, former hackers, computer experts from the police, I.T. security companies and officials from the Constitutional and Mainland Affairs Bureau could be invited to share their experience and knowledge of cyber-crimes. Topics such as how to set up more secure passwords, choosing what and what not to disclose should be covered, and common types and real cases of cyber-crimes should be introduced. The speakers should use interactive methods to engage the students

as much as possible so they will remember how to protect themselves while they are surfing online and avoid their personal details from falling into wrong hands. Pamphlets and booklets containing key information should be published and distributed to the students to consolidate the knowledge they have learnt from the talks.

(II) Advertising and Competitions

Meanwhile, advertising is another method to urge teenagers to protect their privacy. There are several ways to advertise the methods to protect themselves. For example, large posters with catchy slogans and pictures should be posted at schools, and on billboards at bus stops and MTR stations. Advertisements and commercials should be shown on television and radio. Short dramas about cyber-crime prevention could also be produced and shown between programmes during prime time to reach a larger number of audience. Celebrities such as popular TV artists or singers can be invited to star in those productions to appeal to their younger fan base. To further involve the young people, slogan-writing and script-writing competitions can be held and the winning ideas will get the chance to be produced or broadcast.

Conclusion

All of the above are informative and interesting ways that the Constitutional and Mainland Affairs Bureau can employ to urge teenagers to take the initiative to protect themselves from businessmen with ill intentions, swindlers and criminals in the virtual world. I hope you will find the suggestions useful.

A proposal about teens' privacy protection online

F.3A Leung Nga Wing 2017/18
Writing coach: Ms. Chow Oi Wing

Introduction

Thanks to the advent of the Internet, with just a few clicks, the digital natives could get all-rounded information, amusing entertainments and keep abreast of their favourite pop stars. While enjoying the free flow of information, the callow youth might not be vigilant enough when it comes to the traps and highly-biased messages online, which can subject them to privacy leakage and even cyberbullying. This proposal aims to give two feasible suggestions to raise the awareness of teenagers.

Raising awareness

Firstly, the lack of awareness is the essential factor for teens to fall victim to the leakage of their private information. In order to overcome these hurdles, the government can give subsidies to companies to create innovative advertisements to appeal to teen's attraction. Not only do they inform teens of the importance of surfing the net with precautions but they also come in an entertaining way. Secondly, the government should also provide help for the community centres to hold campaigns and play games with the teenagers so that they can learn to protect their personal information in an interactive and innovative way. They would be taught not to set the same password

for multiple accounts, not to browse unsafe websites, and the grave consequences that could ensue. They can therefore understand the importance to handle their personal information in a proper way.

Talks

Moving forward, it is suggested that talks are to be held in school because of the severity of cybercrime, in order that the students can understand the significance of surfing online properly. As we are so addicted to the web these days, it is crucial for users to behave themselves online and refrain from unrestrained uploading of offensive photos and videos, or posting foul language and obnoxious comments on YouTube, Facebook, Twitter and vice versa. These materials containing indecent and defamatory messages are not only disrespectful, but they can have potentially dire legal consequences, including prison time and fines. What's more, spoofing culture is commonplace - sometimes may be a joke, but sometimes can be sarcastic and even develop into cyberbully. Talks are hence necessary to educate them to be more familiar with and aware of this issue.

Conclusion

In conclusion, these promotions will educate the youth of Hong Kong on privacy protection and cyberbullying. Through them, the teens would become conscious of the phenomenon and create a brighter Hong Kong.

A brighter Hong Kong

F.4C So Chi Ching 2017/18

Writing coach: Ms. Lin Ting Ting

In this day and age, it seems crucial for Hong Kong people to have their own properties. The sense of security guaranteed by the possession of properties makes it a 'norm' for people to survive in society. Acknowledged by the folks, this social ideology helps the younger generation figure out what a successful path should be. However, is the so-called 'successful path' in the future really the same as now? Or can it be a little bit different?

Clichéd as it might seem, despite the skyrocketing housing prices, it is still worthy to purchase a flat. Why would people be so dumb that they purchase a flat at their earliest convenience when the housing prices are still soaring incessantly? It is because it is rarely possible for the housing prices to drop in Hong Kong. Under such circumstances, it seems inevitable for the graduates to purchase a flat once they can afford it. As opportunity never locks twice at any man's door, you will never know if the price offered now will appear again in the future. Therefore, to some extent, people may regard purchasing a flat as the only way to reach the destination of success.

However, while adults put an equal sign between a safe future and a bright one, teenagers cherish the personal experience and self-actualization in their life journey. They will not view the possession of a flat as the sole and supreme goal in their lives. Why would there be such a big difference? Here is the reason.

As time goes by, the definition of a smashing future between the young generation and the old one has been a far cry. Why? It is because teenagers nowadays have the opportunities to chase for our dreams. Back in the old days, when our parents were teenagers, they might have a hand-to-mouth existence, forcing them to try as they might to strive for a safe future. However, teenagers nowadays do not face this problem. We do not have to be fear of starving. Being well-protected by the safety net sewed by the government, why should we allow ourselves to be 'brick slaves' instead of pursuing our dreams as we are still young and energetic? Marilyn Monroe once said, 'We should all start to live before we get too old. Fear is stupid. So are regrets.' If you rush to purchase a flat before pursuing your dream, you are just twisting your arms and killing your dream in the cradle.

Buying a flat may guarantee you a safe future, but definitely not a smashing one. Therefore, don't let the limited living spaces limit your imagination and ambition. The glistening future will only come if our dreams glisten.

A contented mind is a perpetual feast

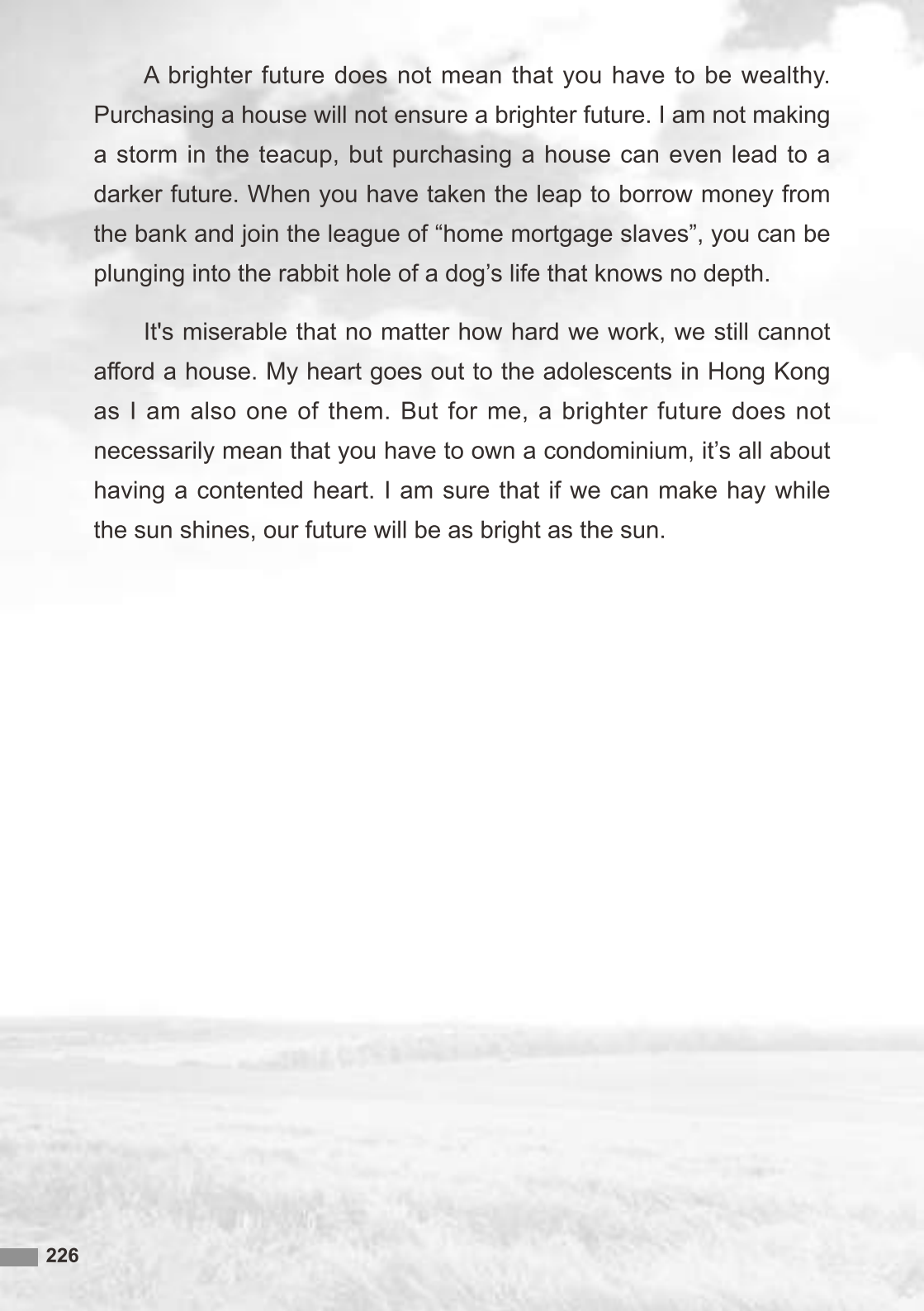
F.5F Chan Tak Lung 2017/18

Writing coach: Ms. Lin Ting Ting

With housing prices soaring, many citizens in Hong Kong work their fingers to the bone just to buy a tiny, cramped flat. A recent survey reveals that the average home in Hong Kong costs a staggering 17.6 times the city's average yearly household income. It is no wonder that adolescents feel apprehensive about their future. Yet, does owning a property promise a brighter future?

I don't mean to distress you - but it would take decades of toil and drudgery in exchange for merely a one-room "shoebox" cubicle or even a smaller "cage home". Unless you are born with a glossy silver spoon, you can hardly escape the rat race in Hong Kong which has made the adolescents' future as dark as ink.

Sometimes, having your own house means that you are standing head and shoulders above the others. When you have owned a house, it proves that your affluence has reached a certain level. Many believe that owning a house is a testament to your success, the key to a lifetime of security and the ultimate symbol of status. We often assume that owning a house leads to a higher level of prestige. Admittedly, having a property can lead to a higher level of self-esteem and sense of security. Yet, does it mean that you are guaranteed a brighter future or better life? Are you willing to sacrifice your entire life for those bricks?



A brighter future does not mean that you have to be wealthy. Purchasing a house will not ensure a brighter future. I am not making a storm in the teacup, but purchasing a house can even lead to a darker future. When you have taken the leap to borrow money from the bank and join the league of “home mortgage slaves”, you can be plunging into the rabbit hole of a dog’s life that knows no depth.

It's miserable that no matter how hard we work, we still cannot afford a house. My heart goes out to the adolescents in Hong Kong as I am also one of them. But for me, a brighter future does not necessarily mean that you have to own a condominium, it's all about having a contented heart. I am sure that if we can make hay while the sun shines, our future will be as bright as the sun.

How does the logistics and transport technology in gearing up Hong Kong as a smart city?

F.3B Fong Chi Nga, Kwan Cho Him, Wong Tsz Hon 2017/18
Writing coach: Ms. Lin Ting Ting

Being an important financial centre in the world, Hong Kong has been well-known for its high competitiveness and free economy. To go further, Hong Kong will need to develop itself into a smart city by adopting the latest and most innovative technologies, such as Radio-frequency Identification (RFID), Robot application and Transportation Management System (TMS).

First and foremost, RFID has been widely adopted in various industries as well as our daily lives in recent years. For instance, RFID can provide the same features rendered by bar codes on goods or magnetic strips on the back of credit cards. Basically, three components are required to operate RFID which include an RFID reader, an RFID tag and the supporting software. In simple terms, the reader can generate a radio-frequency signal with the tag. For the passive type of tag, the signal can be converted to energy which enables the tag to transmit its stored information back to the reader without the need of batteries. Besides, the technology enables the entire process to be carried out under a contactless situation.

The RFID technology first appears for cars entering the car park without any checking or waste of time by scanning the RFID tags attached to them. It is being widely used now to replace the use of

the codes, e.g. bar codes, QR codes etc. It is then used in logistics to identify and locate goods. More information can be stored in RFID tags while geographical positioning system is also available by using RFID tags. These functions can help prevent the loss of goods and increase the efficiency and pace of identifying or classifying goods. With the deployment of RFID technology, Hong Kong can achieve a big step on the road of becoming a smart city.

For the shipping industry, RFID could be used in many perspectives such as putting on oil tankers, freighters and cargo ships to track for their current locations. In case the ships are trapped in the middle of a sea, threatened by natural disasters, running out of supplies or even being attacked by pirates, RFID will definitely come in handy and save the ship and sailors from danger. The rescuers can make use of the RFID detector and check their locations without the need of electricity on the endangered ship. On the other hand, the goods' safety can also be protected and guaranteed by the RFID technology. After the safety check in the ship's departure point, an RFID chip can be put onto the goods. When the goods arrived at a port, say in Hong Kong, the customs can know the information of the goods immediately and react if the goods have something wrong or are damaged. Smuggling can also be controlled by the RFID. If the weight or content of the goods has changed, it can be checked instantly. Moreover, the RFID can also be put on government-permitted-import contrabands (e.g. tax-charged goods or restricted goods like ivory and animal fur/skin), in order to ensure the goods are safely imported without being interrupted by the government, and also no more than the permitted amount of goods is being brought into the country/region.

For car drivers, innovative technology can also be used. Identification chips can be installed onto vehicles, recording their license plate numbers, models and also their owners' information. When the vehicles go through tunnels or highways, charges will be laid and recorded immediately by the system. Moreover, speeding and car crashes can also be reported immediately. This can make the road transportation smoother and safer, lowering the traffic congestion and accident rate. On the other hand, drivers can also make use of real-time mobile phone applications to have a better driving experience. The mobile phone application will provide real-time road information, the availability of parking slots, the travelling time needed for any particular road trips, etc. Smoother roads mean that goods can be transferred more efficiently, ending up boosting transportation and logistics industry.

RFID can also benefit our lives in immigration on land or via flights. RFID have been adopted in personal identification chips recently. Before the end of this year, all Hong Kong residents need to replace their original identity cards with new ones which have been installed with a new type of identification chips. When we go through immigration on the Hongkongese-Chinese border, we can easily go through the customs using our identity cards, and conserve our travel time. Moreover, the customs can know a person's nationality, current occupation, family situation and record of crime from a simple scan. The customs will then be able to avoid crime and stop some dangerous or wanted criminals from entering the country. In the airport, moreover, people can check in their flights in advance and get on their flights easily by a simple scan on their identity cards.

Apart from transportation and logistics, RFID can be used for daily lives. For instance, imagine you are buying a carton of milk,

you have to find the nutrition label, the expiry date, the volume of milk contained. However, if all this information is stored in the RFID tag and attached to the carton, all you have to do is to scan this RFID tag using an app in your phone. Then you can get the information you want easily. You can get every detail you want by yourself quickly. Salesmen need not introduce the products to you and you get a more convenient shopping experience. Besides, we can make good use of the geographical positioning system in the RFID tags. Forgetting where the things have been placed always annoys us. In case you lose things, you can find the position of it as long as a RFID tag is attached to it. As a result, quality of lives can be improved.

While RFID has been developed lately for the transportation and logistics industry, robots have come to application for a few decades. Thanks to the advancement of technology, robot application has made great leaps in various industries recently.

With advanced technology, people have created many robots for logistic use to help their supply and delivery of goods, such as in South China's Guangdong Province, more than 100 robots are delivering goods at a giant 'smart warehouse' right now. The robots, automatic guided vehicles, deliver their goods based on AI Algorithm. Each of them can carry 2.2m tall goods at once. This is a significant improvement in human history. This helps the company to have a better organization and a smaller waste of labor resources. It can also increase the efficiency which is the main element of a smart city.

This kind of technology or robots can be widely used in daily life. For example, the automatic cleaning machine which appeared just a few years ago became a heat. It can automatically clean the

floor at a fixed route at the time you set. It is just the beginning on the way of becoming a smart city. It is replacing the need of a broom and it is far more convenient than using a broom. Science replaces the tradition, which is what a smart city means.

The technology can be used in the future too, a computer has no emotion and it seldom goes wrong. Therefore, it is more reliable than humans. In recent years, some restaurants tried to use robots as their waiters or cooks, no matter in countries with advanced technology such as Japan or undeveloped countries like China. Without a doubt, they get more benefits after using the robots. It has shown the world that the advantages of robots and symbolized the step of becoming a smart city.

In the future, robots may become more common. We may hardly see humans running in a restaurant, shops, driving etc. All of them would be done by the robots or machines. Humans may just be the manager or the boss of the robots or machines monitoring them through a camera. Everything will become automatic and convenient, and everyone will live more peacefully. It is what a smart city should be - convenient, peaceful and having a better life.

The last innovative technology that deserves a mention is the TMS, which is a kind of supply chain management concerning transportation operations. Among the transportation providers available for procurement and shipping of goods, the one capable of providing the best mode and least cost will be selected.

In recent years, TMS has been widely adopted in smart cities. As a highly automatic transportation system, it is rather modern and has been proven to be very effective in alleviating various transportation problems, especially in those densely populated

places and underdeveloped areas. Because of its advantages, many large enterprises have taken the initiatives to implement TMS with a view to strengthening their competitiveness and effectiveness, as well as lowering the operation cost.

Besides, when the society tends to be more advanced, distribution networks become increasingly complicated and overloaded. It is also easier to make mistakes or errors through human activities. Yet, TMS brings about logistics automation features such as integration of commodities via Enterprise Resource Planning system and automatic storage. Problems of inputting wrong information can be minimized.

Apart from reducing costly errors, TMS also increases efficiency in business operation since companies no longer need to spend time on freight management. It can also shorten the time devoted on data entry or correcting mistakes caused by inputting errors.

Before the implementation of TMS, companies usually have difficulty obtaining updated information on their shipments and thus they are not sure about the actual delivery time. With logistics automation features, TMS provides real-time freight tracking as well as auto pick-up. We are empowered to know exactly when the freight would arrive at its destination through automatic notifications.

Moreover, companies would schedule shipments for each order rather than consolidating orders into a single shipment. Since the fuel price is rising continuously, the transportation cost is high. However, the robust TMS facilitates the delivery process and optimizes the total number of shipments required. As a result, the increase of overall efficiency and cost savings can be achieved.

Given the above advantages, TMS as an advanced technology effectively lowers the operation cost, reduces errors, improves efficiency and provides accurate information of the freights. There is no doubt that TMS is getting more prevalent nowadays. Hong Kong ought to seize the opportunity to drive itself into a smart city and strengthen its competitiveness in the business world. In this respect, the administration needs to formulate supporting policies and cultivate suitable talents. At present, there are already a few local successful enterprises such as Kerry Logistics Network Limited. It is foreseeable that many more successful stories will come, provided that there are continuously improved policies and environments that facilitate the development of TMS.

Nowadays, striving to become smart cities tends to be the common goal of developed countries and there is no exception for Hong Kong. Hong Kong ought to make good use of the advanced transportation and logistics technology to keep itself competitive.

Loving buses - the uniqueness of myself

F.4D Lam Lok Hin 2017/18

Writing coach: Ms. Lee Shu Mei

Having an interest in buses appears to be unpopular in society. Some people may even see bus lovers as fools. Nevertheless, it makes me become unique and extraordinary.

When I was young, my dad picked me up to go on various bus trips every day after school. Every time I went on the bus, I ran up to the upper deck at the speed of a souped-up car and found a seat near the window promptly in order to look at the great views of the roads. I also imitated the sounds of the engines as I found that the engine sounds of bus models were different and amazing. I even simulated the driving scenes of bus drivers by imagining there was a steering wheel in front of me. I always dreamt of driving a bus in the future since I believed that bus drivers had the most important mission - picking up passengers and carrying them to their destinations to make sure they have a pleasant journey. It was my childhood dream to be a bus driver.

From then on, I kept looking up the information of buses in Hong Kong such as the model types purchased by bus companies, the history of Hong Kong buses and schedules of bus routes. I even memorized the terminuses of most of the bus routes and I was addicted to it. At weekends, I brought my camera to have photo shoot on the greatest moments of the special models of buses. Moreover, I spent my pocket money buying the latest bus models released every month. Through these activities, my zeal for buses has become stronger and stronger and my mind has completely submerged in buses. I was preoccupied with buses.

Nevertheless, due to the heavy workload at school, I chose to let studying take precedence over those activities about buses. I started not to attach massive attention to buses and focus on my studies. Since I had put my future career into consideration, I decided to give up on being a bus driver.

The fire of my enthusiasm for buses has not been quenched by the cold water of academic pressure. In fact, I have used another way to share my fondness for buses to others - teaching people to take the most appropriate bus routes to their destinations. Once people ask me about the routes they should take, I am willing and delighted to answer them as I want to utilize my bus knowledge and guide them to get on the precise bus route. I gain a sense of superiority because I can make good use of my bus knowledge to help others.

Although bus is a common and accessible means of transport in Hong Kong, people may not know how to reach their destination by bus. To know which bus they should take, they have to rely on different mobile apps or search online. But for me, I know which bus routes I ought to take to places I want to go by either direct routes or routes through interchange. As a result, I feel that I am distinctive and outstanding. My acquaintances always applaud for my extensive bus knowledge. Equipped with this knowledge is definitely an achievement I can take pride in. It makes me feel like I am extraordinary and remarkable.

Having a deep cognition on buses may seem useless and trivial in people's lives. However, a good understanding of buses has developed the uniqueness of myself. This convinces me that I am more disparate than others. I truly believe that I am extraordinary and unique.

I am unique, I am extraordinary

F.5A Chow Hing Yuet 2017/18
Writing coach: Ms. Lai Yuk Fan

Sitting in front of the cold-blooded pianoforte, my hands were called a halt by my heart. I was drawing a blank. The magnifying lights created an obscure fear and it was roaming in my veins recklessly. So much have I wanted to leave the scene. At that time, I aimlessly bowed to the crowd and the frozen atmosphere was finally broken by a small round of applause. Flushed with shame, my face was turning red and I left the stage in thunderbolt speed.

The schoolmates' discussion pulled me back from this diabolical moment to reality. The voluntary group's annual appointment was going to an end. The chairman announced that this year's most anticipated activity was the Music Experience Workshop. It aimed at a group of grass-root students. All eyes were on me, and I was the chosen one to perform a few classical music pieces in front of them. Recalling my on-stage experience in the previous year, it was nothing more than a shame. I tried to hide myself like an ostrich with its head buried into the sand. The fear in my heart was asking me to avoid the gaze of the schoolmates. However, under the nameless pressure, I had to nod my head and agreed to this atrocious idea.

The majority of the grass-root students barely even heard of classical music. It is foreseeable that the reaction would be nothing short of desolation. Regardless of the atmosphere of the performance, I still had to beat my mental obstacles. If I couldn't play

the piano decently, both the volunteers and the children would be so disappointed. The overflowing anxiety added bulk to my challenge. All these years I have loved the piano so enthusiastically, all that's left was pure emptiness in my brain.

The balloons were set up and the venue was good to go. I sat next to the beloved piano under the stage, getting a glimpse of this familiar place. The indescribable dread was still tilting my head. The students slowly entered the venue, way sooner than I expected. I was afraid of failure and the doubts of the students. Before I had enough time to clear my mind, the event ruthlessly began.

Beneath the laughter and applause of the students, I started playing a relaxing dance music. My cold arms were slowly regaining their temperatures. The audience started clapping their hands by following the rhythm as well. This has really cheered me up. I turned around and took a quick glance of them. Their eyes were filled with nothing but anticipation. This woke a fragment of my memory: it was when I was six, I was preparing my first ever performance. I was exceedingly happy despite the fact that the crowd was just my piano teacher. Sharing my loved music with others has always been my motivation to continue playing the piano. After all these years of learning, however, shamefully that I have gradually changed my original intentions just because of the eyes of others. If a person avoids all the challenges in life, there would just be more and more stumbling blocks on the way to success. Instead of pointlessly worrying about the fallacious situation that might not happen, it is better to solely focus on the music that I am playing. Trying to blend in my emotions with every note and enable the audience to sense all the joys and sorrows in the piece.

Regardless of the performance on stage, it is actually more essential to focus on the performance in the process. When the curtain call comes, the only hope is to thank the audience for their support without regret. To write a beautiful piece of music, you may need a brilliant composer, but to express the soul of the song, what you really need is a full-fledged performer. The notes of the music are never the focus. The essence is actually how the performer interprets the music. The key point is whether we can overcome the mysterious fears of our heart. Playing the style that uniquely belongs to you.

I am grateful that I accepted this challenge and overcame the failures in the past. It is never the time that is needed to overcome fear. It is the moment when you can believe yourself is unique and extraordinary. You don't have to be the greatest composer across the globe, just face yourself calmly and bow to the curtains. What appears in front of me is no longer the scene that made me feel flustered, but the students' sincere and jovial eyes. I firmly locked this moment in the depth of my heart and it gave me the courage to face the numerous difficulties of the future. What an extraordinary journey this has been!

Hong Kong-style Milk Tea

F.5D Tsang Shue Yiu 2017/18

Writing coach: Ms. Chan Pui Man

Hong Kong-style milk tea is also called the 'Stockings Milk Tea'. I felt strange when I heard the name at first. However, things just went totally opposite after I tried it. It has become my favourite drink since then.

I used to be a maniac of coffee. I love it not only because it helps refresh myself, but also the bitter taste of it.

I was sitting in an old-fashioned cha chaan teng in Central. It was my first time visiting a cha chaan teng having a long history. Not knowing what to order, I asked for recommendation. Finally I ordered a cup of hot milk tea.

The smell of the milk tea is nice. I could feel the appealing smell of the Ceylon tea. Unlike coffee, the milk tea is extremely smooth. I can always feel some tiny coffee powder when I drink coffee but I can rarely feel anything in the milk tea. Also, the sweet taste of the evaporated milk comes right after the bitter. The Ceylon tea and the evaporated milk give a unique taste to the milk tea.

Since then, I have become a super fan of milk tea because of the unforgettable taste of it.

Wisdom of Hong Kong Food Culture

F.5D Tsang Shue Yiu 2017/18

Writing coach: Ms. Chan Pui Man

Everywhere has a history and everywhere has a heritage. We can see heritage everywhere, architecture, art, agriculture, etc. As food is one of the basic needs of human beings, heritage food always catches people's attention most.

A group of junior reporters went to Tai O – a small island with huge heritage treasure – to explore more about the heritage food of Hong Kong. The interview with Raymond Ting, Executive Sous Chef of the Tai O Heritage Hotel, and Karl Law, Hotel Manager of the Tai O Heritage Hotel, has inspired the junior reporters a lot.

'Hong Kong is a small place, but it has everything you need,' says Raymond Ting.

Hong Kong is indeed just a small place that can be seen as a tiny spot on the world map. However, the unique heritage food culture of Hong Kong gives a huge influence to the visitors of Hong Kong.

'Many foreigners ask for wonton noodles when they are living in western hotels,' Karl Law says. Wonton noodle is one of the famous heritage food in Hong Kong. In the past, people loved to eat wonton noodles in dai pai dongs, a traditional type of open-air food stall in Hong Kong, sitting in an area with no air-conditioner, and enjoyed their meal. Until now, there are still some traditional restaurants that serve wonton noodles will have an open kitchen flanking the

entrance. We can hardly see dai pai dongs anymore. Nevertheless, for wonton noodles, it is still a popular late night eats in Hong Kong.

Foreigners are always interested in Hong Kong food culture. Not only are they interested in the food that they can only try in Hong Kong, but also the style of Hong Kong food culture.

‘Hong Kong should be proud of its own culture,’ Raymond Ting says, ‘Hong Kong is able to absorb the western culture and turn it into its own.’ As the Executive Sous Chef of the hotel, Raymond has put lots of effort in the hotel’s menu. ‘I try to put local ingredients in the menu’ says Raymond Ting. ‘You can see from the Crispy Bun with Tai O shrimp paste marinated pork chop in the menu,’ he adds.

Shrimp paste is made from finely pasted shrimp mixed with salt, and then fermented for a few weeks. It is a local specialty of Tai O. Raymond Ting combined this with pork chop bun – a local cuisine in Macau – and finally found the dish. The Crispy Bun with Tai O shrimp paste marinated pork chop has become one of the signature food of the hotel.

When Raymond Ting was asked whether he was worried about Hong Kong food culture being replaced by other countries, he answered, ‘No, Hong Kong food culture has its own enchantment. It will never been replaced by the others.’



Letter to the editor

What is something you would like to learn how to do, and why?

Become a K-pro

F.1A Tsang Tsz Chun 2018/19

Writing coach: Mr. Michael George Mears

I want to learn Korean because I love listening to Korean songs, and it would be very useful to me as my family often travels to Korea. If I knew how to speak Korean, it would make travelling around the country more convenient and would also allow me to learn more about their culture. Not only that; I would also be able to make new friends there and chat with them.

Fast-food craze

F.1B Yeung Man Ching 2017/18
Writing coach: Ms. Ng Miu Shan

I am writing in response to the article, “Not so fast, people” (SCMP, April 23). People in Hong Kong are eating more fast food these days than ever before. This is because fast food is very convenient and cheap. But, unfortunately, it’s also very unhealthy.

Therefore, it would be better if more people started buying healthier foods and packing their own lunches. This would help them to save money and be healthy at the same time.

There are good foods in supermarkets, including salmon - which contains Omega 3 fatty acids that can prevent heart attacks - avocados, which lower cholesterol levels, and spinach, which is a cheap vegetable full of vitamins and minerals.

Buying and cooking these foods can also help save time as well as money.

Fast food may be cheap and delicious, but it isn’t worth sacrificing your health.