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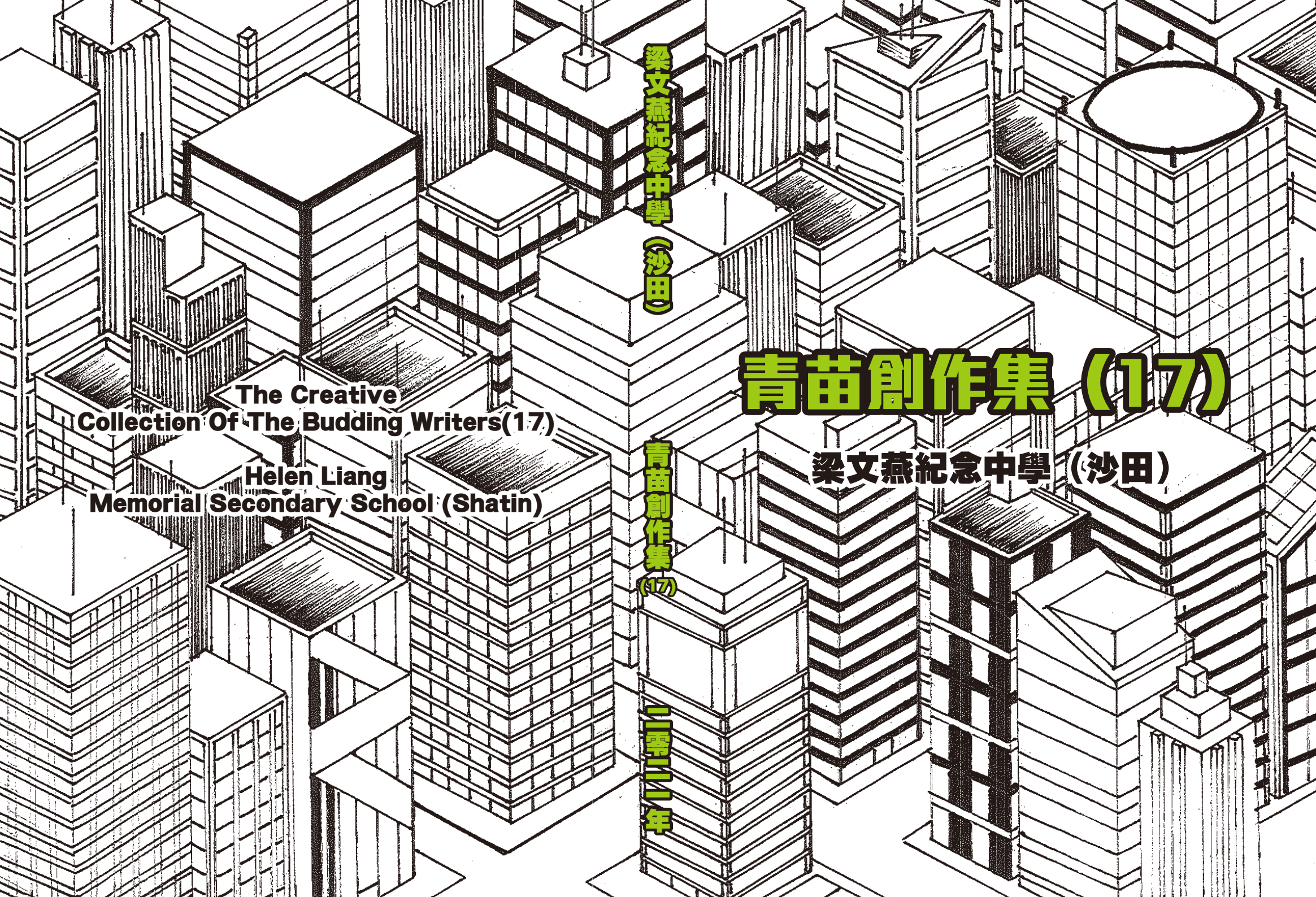
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梁文燕紀念中學 (沙田)

The Creative
Collection Of The Budding Writers(17)

Helen Liang
Memorial Secondary School (Shatin)

青苗創作集 (17)

梁文燕紀念中學 (沙田)

青苗創作集
(17)

二零二二年

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序言

《青苗創作集》是我校同學鍛煉文筆及藝術的好園地。文學與藝術是追求真善美的生活實踐，因此我校多年來一直致力開墾這個朝氣勃勃的園地，栽培一棵又一棵的青苗，令同學們的文藝創作得到扶持；他們의思想和感受，得以和大家分享。

在此，衷心感謝校方的全力支持，以及編輯委員會同寅的奮力協助。

《青苗創作集》編輯委員會

林重儀老師 袁婉荷老師

莫錦培老師 田雅芝老師

Foreword

Despite the many challenges our students have faced over the past year, they have continued to work hard and improve their English writing skills. This collection of creative student writing pieces is a testament to their perseverance and determination. The need for students to overcome the hurdles of online lessons and to adopt a self-directed approach to learning has not hindered their creativity and motivation to learn. There were many wonderful student works to choose from this year, however, our English teachers have had to settle with only selecting a handful of selected pieces for your reading enjoyment.

This year's entries cover a wide range of interesting topics and written styles, from exciting tales of adventure, horror, and overcoming insurmountable odds to beautiful rhyming poetry. These works were collected from across all our students, from Form 1 all the way to Form 6.

Please read on and enjoy the inspirational works of our students. We hope that you find inspiration from their innovative tales and examples of their hard work and dedication to learning.

Editors of

The Creative Collection of Budding Writers

Ms MOK Lai-fong, Marisze

Mr Edward Fillary

Mr TSANG Yu-sun, Ellis

Ms NG Wan-chi, Wendy



作文比賽

談自信

1B 萬凱揚

你是一個自信的人嗎？自信對我們來說非常重要！愛因斯坦總是說：「自信是向成功邁出的第一步。」我們一定要對自己有自信，這是成功的必要條件！

為甚麼說自信這麼重要呢？它讓我們在任何時候都積極樂觀，讓人們加深對我們的印象。另外，自信還可以讓我們交朋友——我們要主動與其他人交朋友。我們不能只讓人們走過來向你打招呼，應主動與他人接觸、微笑，給他人留下好印象。

相反，如果你欠缺自信，你會有甚麼負面影響呢？這會令我們容易失敗，情緒低落，終日垂頭喪氣，讓人留下了負面印象。另外，欠缺自信的人只會把希望寄託於成功者身上，自己甚麼也不做，對他人沒有任何付出。

舉一個例子，當你出席面試時，考官對你的第一印象便是你有沒有自信，如果你沒有的話，你回答考官問題的時候總是會緊張，說話吞吞吐吐的；相反，如果你充滿自信，炯炯有神地走進考場，答題時對答如流，考官一定會眼前一亮，對你印象深刻的。這就是有和沒有自信的明顯區別了！

那麼，我們該如何培養自信呢？首先，我們可以先看一看自己的優點。欠缺自信的人總是只看自己的缺點，從而忽略自己的優點，這些人自然會越來越沒有信心。其實我們可以善用自己的優勢，這會幫助我們增加自信！另外，一個培養自信的方法是多交有自信的朋友，與他們多聊天，這樣你也會慢慢成為一個自信的人！

總而言之，自信是我們必須要具備的，它是我們在溝通、交友、團結等方面的重要因素，令我們更具備完成任務和解決問題的能力。

幸福是必然嗎？

2D 黃卓嘅

幸福果真是必然的嗎？

某一天，我收到一封來自非洲的信，信裡是一些照片，照片中的主角是我在非洲助養的小男孩。他很健康，目光炯炯，像是在告訴我：「我很幸福！」這個他，和我最初認識的完全不一樣。

幾年前的一天，我透過國際慈善組織的義工，從相片中首次認識他。他體型瘦小，雙頰凹陷，是個典型的「皮包骨」小孩。義工告訴我：「他病入膏肓，家人沒有能力把他送往醫院就醫，所以丟下他就再也沒有回來……」

知道這個消息後，我立刻向義工尋求援助的方法，知道有助養兒童計劃後，我二話不說便決定擔任助養者。與他相比，我的確幸福得多。我有父母的關懷，他沒有；我可享用美味的食物，他沒有；我要甚麼都唾手可得，他甚麼都沒有。我要讓他幸福！讓他得到必然的幸福！

幸福果真是必然的嗎？誰說的？世上仍有千萬人活在貧苦之中，與幸福相去甚遠。他們出生在落後國家，沒有潔淨的水源，沒有足夠的糧食，甚至因父母沒有能力養育而遭到拋棄。我們的所謂幸福，不過是比別人運氣好一點而已。既然幸福不是必然，有餘力的話，不妨分一些幸福給有需要的人吧！

談自信

3D 傅柏豪

常言道：「自信是一種強大的力量，使失敗者勇敢地應付未來的挑戰，能夠使懦弱者強，使殘疾人士也坦然地面對生活。自信，人類不可缺少的力量。」

我曾問過我身邊的同學，甚麼是自信，他們回答道：「自信則巔峰。」，有的回答：「是一個人與生俱來的獨特氣質」，有的回答：「自信是成功路上必不可少的。一千個人心中，就有一千個哈姆雷特。」

我認為自信是人生路上不可估量的動力泉源。自信是「會當凌絕頂，一覽群山小」的氣魄；自信是「天生我材必有用，千金散盡還復來」的豪情。人生，短暫也罷，漫長也好，需要我們用心去感悟，用心去品味。途中，自信是不可或缺的。人世滄桑，幾多悲歡，一生一帆風順的能有幾人？恩恩怨怨，坎坎坷坷，沒有人能夠不應付。弱者在淚水之中沉淪，強者在磨難之中拼搏。強者不一定是勝利者，但勝利者必定都是自信的人。

自信的力量往往是驚人的，它能改變惡劣的現狀，造成令人難以相信的圓滿結局。因此凡事應該把眼光放長遠些，淡化痛苦，超然灑脫，就能意外地增添幾許笑容。

其實，只要不為過去而落淚，不為將來而害怕，這便是一個真真正正自信的人。日月星辰給每個人的光明都是平等，不要因為暫時的劣勢怨天尤人，更不要意志消沉。要相信，當你的汗水灑過你努力的種子後，總會有沉甸甸的果實掛在人生的枝頭。只要你昂起頭，就能夠尋覓到屬於自己的那一片天地；只要你肯彎下腰，總能摘到自己喜歡的花束。自己的命運不會屬於別人，只能握在你自己手中。

自信是生命的基石。你要知道雄鷹不為暴風折翼，狼群不因長夜畏懼。所以勇氣也必定是自信的因素之一。只有在暴風雨來臨時無所畏懼勇敢搏擊，才能在人生的征途上昂揚奮進，創造輝煌。當有一天，你驀然回首時，你將發現你的激情歲月被描繪為一幅幅難以忘懷的畫卷，一卷卷色彩斑斕的畫卷。

阿基米德、居禮夫人、伽利略、張衡、竺可楨等歷史上廣為人知的科學

家，他們所以能取得成功，主要是具有遠大的志向和非凡的自信。美國的發明家莫爾斯，原先是一位畫家，但他對電磁學十分感興趣，經過三年多的努力鑽研，他成功地製造了第一台電報機。雖然電報機做工很粗糙，遭到很多人的冷嘲熱諷，但莫爾斯沒有灰心，他堅信電報機對人類是有用的。又經過三年多的努力，完善的電報機出現在我們的眼前，為人類通訊歷史揭開了暫新的一頁。莫爾斯成功的經驗告訴我們，從立志都成功的路程，是用自信和堅毅鑄成的。人的自信就是喜馬拉雅山的支柱，一旦失去了自信，整個人生就會像喜馬拉雅山失去支柱一樣倒塌。所以說：「人如果沒有自信，就沒有了靈魂，沒有了前進的動力和行動的指南。」

自信不是孤芳自賞，也不是夜郎自大，更不是得意忘形，毫無根據的自以為是和盲目樂觀；而是激勵自己奮發進取的一種心理素質，以高昂的鬥志、充沛的幹勁，迎接生活挑戰的一種樂觀情緒；是戰勝自己，告別自卑，擺脫煩惱的靈丹妙藥。自信，並非意味着不費吹灰之力就能獲得成功，而是說戰略上要不畏困難，戰術上要重視困難，要從大處着眼，從小處動手，鍥而不捨地奮戰拼搏，扎扎实實地做好每一件事，從一次次的勝利和成功之中累積自信。

自信存心，柳暗花明。

謙卑如風，自信如陽。

成功路上必然坎坷，但我絕不放棄，因為我有一腔沸騰的自信支撐着我！

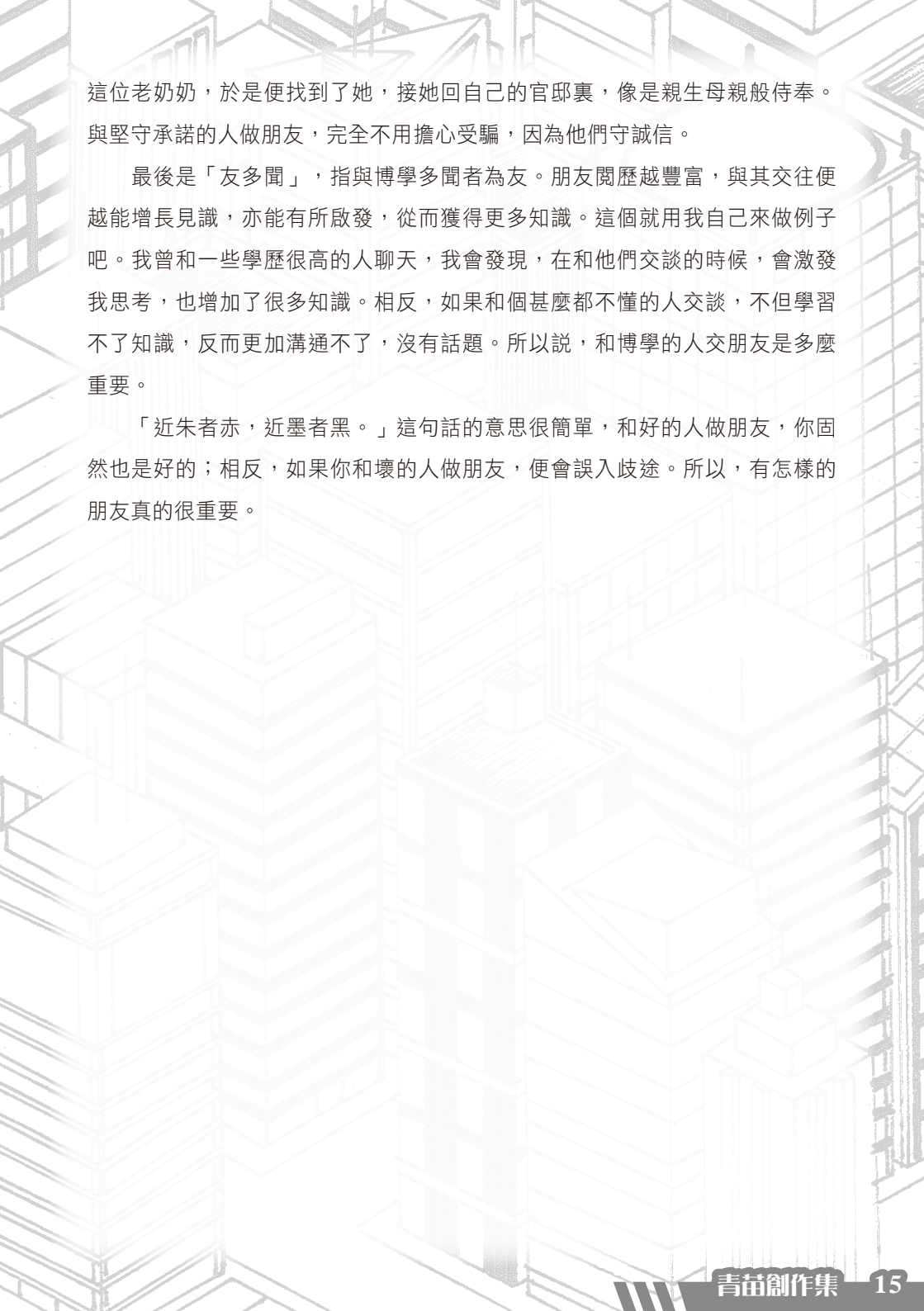
古人以「益者三友：友直、友諒、友多聞」為交友之道。 試談談你的看法。

4C 庄安琪

人生在世，不可以一日沒有朋友。過去社會如是，今日世界亦然。唯朋友有益、損之分別，與益友交友確能互助互勉，精進人生。孔子說過：「益友有三種：友直、友諒、友多聞。」

先來談談「友直」，指與言行正直的人為友。有一個大家一聽就紛紛讚口不絕同時也認識的人，他最能代表「友直」，就是大名鼎鼎的「包拯」——包青天。包拯為人十分正直，他處理過許多大大小小的案件，但是從來都沒有因為對方是否富有或別的因素影響審判準則。他的性格嚴厲正直，對官吏腐敗成風十分厭惡，致力於敦厚寬恕之道，不隨意附和別人，不裝模作樣地取悅別人。雖然官位很高，但是平時吃飯和日常用品都跟平民百姓一樣。他曾說過：「後世子孫做官，有犯貪污之罪的，不得踏進家門，死後不得葬入大墓。不遵從我的志向，就不是我的子孫。」他的這一番話，也讓後代很多人仰慕他。不畏強權，敢作敢為，堅持自己的信念，只有和這樣的人做朋友，才不會因為小小的榮華富貴而誤入歧途。

「友諒」，指與有誠信的人做朋友。有誠信的人敦厚忠誠，堅守承諾，不會為求滿足一己私利而作出欺詐、出賣朋友的事情，我們與其交往，必然有助誠信品德的培養。韓信這個歷史人物，大家都不會陌生了吧？他是漢朝的開國功臣，幼時家裏非常窮，常常衣食無着。他跟着哥哥嫂嫂住在一起，吃的都是剩菜剩飯，早上幫哥哥做事幹活，晚上讀書，但刻薄的嫂嫂非常討厭他讀書，覺得浪費燈油，最後更把韓信趕走，令他流落街頭。有一位老奶奶看見他，並且很同情他，便支持他讀書，每天給他吃飯。面對老奶奶的一片誠心，韓信說了句：「我長大了一定報答你。」老奶奶認為他開玩笑而已，並也開玩笑回他了。誰知道，後來韓信成為著名的將領，被劉邦封為楚王，但韓信依然惦記着



這位老奶奶，於是便找到了她，接她回自己的官邸裏，像是親生母親般侍奉。與堅守承諾的人做朋友，完全不用擔心受騙，因為他們守誠信。

最後是「友多聞」，指與博學多聞者為友。朋友閱歷越豐富，與其交往便能增長見識，亦能有所啟發，從而獲得更多知識。這個就用我自己來做例子吧。我曾和一些學歷很高的人聊天，我會發現，在和他們交談的時候，會激發我思考，也增加了很多知識。相反，如果和個甚麼都不懂的人交談，不但學習不了知識，反而更加溝通不了，沒有話題。所以說，和博學的人交朋友是多麼重要。

「近朱者赤，近墨者黑。」這句話的意思很簡單，和好的人做朋友，你固然也是好的；相反，如果你和壞的人做朋友，便會誤入歧途。所以，有怎樣的朋友真的很重要。

古人以「益者三友：友直、友諒、友多聞」為交友之道。 試談談你的看法。

5A 方偉華

古語有云：「見賢思齊焉」。結交益友可以提升自己至和他看齊。孔子曾說益友有三種：「友直」、「友諒」、「友多聞」。和正直、誠實、博學的人結交，能夠增值自己，成為一個更好的人，培養良好品德。

首先，結交正直的朋友能互相監督，盡其道義。「士不可以不弘毅，任重而道遠」。不論做任何事，我們都有遠大的志向，但即使我們有鴻鵠之志，在沉重責任下仍要走很遠的路。有一個正直的朋友從旁協助督促自己十分重要，他可以成為我們的燈塔或拐杖，使我們不會走上歪路，在我們失去鬥志的時候，他可以鼓勵我們。與其相交可以盡「道義相砥，過失相規」之道。另外，和正直之人結交，我們亦能從他身上學習，達明辨篤行之道，成為正直之士。正直之人行正直之道，自然事半功倍。

其次，和誠實安信的人為友，有助自身人格的修養。誠實安信的人敦厚忠誠，和這樣的人結交時，他們不會違背承諾，不會背棄朋友。和這樣的人結交成為朋友，能提升自己的誠信品德，能夠多行仁德之事。所謂仁者不懼。我們透過「友諒」者，提升自己，就像古人改過遷善一樣，對自己品德修養，以至待人處事，皆有莫大裨益。

最後，和博學之士為友可以突破自己，提高知識水平，從前有一蛙長居於井底，閒時在井下跳躍，便認為天空就只有井般大。一天一蛙經過井口，見井蛙，跟牠說天之闊，浩瀚無垠；地之闊，無邊無際。井蛙無動於衷，最終渴死了。一個人再努力，見識始終有限。不和有識之士結交，最終成為井底之蛙；跟博學多聞者為友，可以提升自我知識，增長見識而有所啟發，最終突破知識界限，提升自己的閱歷。

綜上所述，「友直、友諒、友多聞」能提升自身各方面，有進仁輔德之裨益，並能監督自己，提升人格，突破知識界限。

「讀萬卷書不如行萬里路， 這次見聞令我明白和諧共處的可貴。」


6A 馬燕琳

甚麼是和諧？和諧是個人高尚修養；和諧是社區良好氛圍；和諧是國家發展基石。每個人以禮相待，即使看法不同也互相包容，是一個健康社會不可或缺的要害。我一直對世界大戰產生濃厚的興趣，但無論書本的知識有多豐富，也不及親身見聞的震撼。正是在德國這萬里路途，讓我深深明白和諧共處的可貴。

身處於廣闊壯觀的柏林，遊人絡繹不絕，難以想像這裡的一磚一瓦也曾被戰火無情蹂躪過——這是一段德國人不堪回首的歷史。我看到東邊畫廊的壁畫，不禁聯想起當年東德人民攀山越嶺般跨過圍牆，卻遭到蘇聯軍方殘暴地射殺的悲壯歷史，難道生命真的不比戰爭重要？不同民族要和諧共處真的是天方夜譚？

縱然歷史為有些民族帶來難以磨滅的創傷，但現今他們也努力學習互相尊重。我經過了「歐洲被害猶太人紀念碑」，不寒而慄。不久我竟發現一位猶太裔的青少年跟年老的德國女士交談，不知道他心裡是如何看待六百萬猶太人被希特拉屠殺的歷史？而老人帶着萬分愧疚的態度向他誠心道歉，令我由衷欣賞德國民眾的修養。書本記載的事已經成為一個塵封的盒子，人們並非把當中的事拋諸腦後，反而是牢牢緊記着，緊記着歷史給予我們的意義。學習和諧共處對一些曾受到苦難的民眾並非一件容易的事情，但只要曾傷害其他民族的國家願意認錯，不篡改歷史，指鹿為馬，便是促進彼此尊重互愛的開始。

互相尊重，互相包容，互相聯繫，是建設和平的磚瓦。太陽的光芒開始減退，我走到柏林最美的地方——御林廣場，手拿着白啤酒，看着它三棟建築閃閃生輝的樣子，彷彿盛載着世人對和平的祈求。我想起近年大大小小的戰爭，不一定明刀明槍，卻絕對兩敗俱傷，不論是中美貿易戰，抑或是阿富汗戰爭，還有遠方的南蘇丹暴亂等，好像一頭怪獸不斷攻擊名叫「和平」的建築。御林



廣場之所以享負盛譽，是因為它是一個大笨鐘，從廣場傳來的音樂猶如是激昂的敲打聲，警醒着人們必須領悟戰爭的啟示……

我站在廣場的中央，想起孟子「親親而仁民，仁民而愛物」，我們應從生活中實踐有容德乃大之道，實現永久的和平。我們自身也需要進步，讀萬卷書不如行萬里路，與其只是吸收書本上的知識，倒不如由自己親身體驗，一步一步，不疾不徐，這次在柏林的見聞，成為我人生中刻骨銘心的領悟。



文海探勝

忘不了的一件小事

1A 呂浩然

在我的記憶中，有很多往事都已被時光沖刷得模糊了，可是在我的內心深處，有一件小事，怎麼也不能被時光沖刷掉……

去年夏季的一天，太陽像發了瘋似的，火辣辣的，熱得途人在街上逗留多一秒都沒命似的。我站在小學露天操場上，就像置身火海。我被曬得全身冒汗，喉嚨也乾得快要冒煙。於是，我前往小賣部買了一根冰棒，急不及待地撕開包裝紙，隨手把包裝紙扔在地上，還若無其事的站在一旁，津津有味地吃着。正當我感受着清涼的感覺，突然，我看見一個好像是一年級的小男孩。他留着平頭，看到我的惡行，立即蹦蹦跳跳地走過來，站在我扔垃圾的位置，把它撿起來，扔進垃圾箱，唱着歌歡快地離開了。我看到了這一幕，心裏特別不是滋味。我把包裝紙隨手扔在地上，卻要由一個小朋友撿起。

我這個六年級的大姐姐還不如一個一年級的小朋友，我慚愧極了！

這件事已經過去很久了，但我一直不能把它忘記。小男孩的身影一直在我腦海浮現，雖然這是一件小事，但令我留下特別深刻的印象，令我反思，教我認錯，催我改進。

一個令我敬畏的人

1A 譚鈞瑜

她在我的小學生涯中，給予我無限的支持和鼓勵，我亦憑着這份力量，加上自己的努力，務求凡事做到最好。

她是一個年輕的女子，身形高挑，有一把長頭髮，和一雙烏溜溜的小眼睛。此外，她還架着一副眼鏡，臉上經常掛着親切的笑容。她上課的時候經常說笑話，全班同學笑得合不攏嘴，寓學習於娛樂，同學們都很享受上她的課堂。可是，她有時候又會展示嚴肅的一面，她經常說道：「譚鈞瑜，少說話多做事！」那時候我就會肅然起敬，立刻專心上課。我對阮老師真的又愛又恨，因為她嚴肅時，能夠督促我努力學習；風趣幽默時，令課堂生色不少，令我喜歡上學。

阮老師是一個有愛心的人。她經常在學校推廣一些義工活動，亦鼓勵同學跟她一起探訪老人院，跟老人家談天說地。還記得有一次，我跟她到了一間養老院探訪，那時候我看見她跟老人家在互動，她既會照顧長者的需要，亦會開解那些長者。活動完結後，她亦不忘教導我，要經常參加義工活動，因為這是對社會的一種回饋。

謝謝你，阮老師！感謝您的鼓勵，希望我長大後可以跟你一樣成為一位出色的老師。

升上中一了，我期待……

1B 陳可棻

轉眼間，我那多姿多彩的小學生活已消逝，迎來的是我期待已久的中學生活。

首先，我期待在學業上能夠取得進步。由於學校大部份的科目都以英語教學，而且中文考試又會讓我接觸更多更深的白話文和文言文，所以，我希望能在語文方面跟上進度，同時也能適應新的學習環境。

其次，我期待能認識更多新老師和同學，藉此建立更好的師生關係和友誼。當我進入了一個全新的學習環境，面對的都是新面孔和新事物，我希望可以主動認識新同學，也要對老師有禮貌。如果我能認識友善的同學和幽默的老師，這樣充滿活力的學習環境便能提高我學習的動力。

最後，我期望能參加更多課外活動，發展自己的潛能。我喜歡跳舞，所以我希望能夠加入舞蹈學會，認識更多志同道合的同學。

中學將會是我的平台，我希望能在這平台跳得更高，飛得更遠！

中秋有感

1B 呂旻軒

今年的中秋節有點特別，因為在今年疫情的影響下，政府實施了限聚令，只限四人外出吃飯，令我們減少了出門，但中秋節是個重要的節日，所以我們會跟祖母一起外出吃飯。

當天晚上，那間酒樓人多擠迫，幸好我們預訂了座位，所以我們不用排隊。我們開始吃飯，在席間談天說地，說說笑笑。

晚飯時，爸爸向我們提及我中學生涯和其他聯課活動，我們說得很高興。

然後，我們外出賞月。接着，我突然想起《燕詩》內容：「世人不要背棄父母，要實踐孝道。」我們應該不要離棄父母，要好好孝順父母。從另一個方面來看，「爾當反自思，思爾為雛日，高飛背母時。」。這句話道出小燕子為雛鳥時，已經離開家園和身邊的父母了。

從《燕詩》中，我學會了孝順父母和祖母，因為他們是我最愛的親人。

開學的第一天

1B 林清茵

今年的九月一日真是特別的一天呢！往年的九月一日都是可以回校上課，而今年就因疫情的緣故，只可以在網上與老師和同學見面和上課，真是令人又緊張又興奮呢！

在開學日前的晚上，我準備了很多東西，也預先檢查了所有的電子設備；還把房間收拾得整齊齊，想給老師和同學一個好的印象。到了睡覺的時候，我緊張到睡不着，真的非常期待明天啊！

到了明天早上，我大清早就起了床，梳洗得整齊乾淨。我還提前五分鐘進入網上課堂的「等候室」，但就在這一刻，我的登入帳戶突然退出「等候室」，於是我再嘗試進入，但結果都是一樣。到了最後，我用平板電腦代替了桌上電腦，終於沒有自動退出去，還成功進入「課室」。正當我鬆了一口氣的時候，我家的網絡斷線了，把我從「課室」退出來，我當時真的又害怕又無奈。最後，我弄了五分鐘才能再次進入，幸好老師沒有記我遲到。

這一年開學的第一天真是有驚無險啊！

開學的第一天

1B 歐陽佩禧

二零二零年九月一日，是我上中學的第一天，是一個全新的開始，卻因為一場疫症，教育局宣佈停課，我們只能在家中獨自上網課。

記得那天我很早便起來準備上課。我一直靜靜等待到九時半，我最期待的事情終於要揭曉了！這是我第一次看到我的兩位班主任，他們看上去都非常和藹可親。真想快點知道其他科任老師是不是也非常友善。

我們首先觀看一些影片，都是關於一些開學須知。可能是因為這是第一次我們獨自在家用網上課室的形式開學，我總是覺得十分孤單、寂寞和有點奇怪，我總是想快點知道我的同學是怎樣的人。到了十點五十分，我們便放學了，我還是不知道我的同學到底是怎樣的。真希望快點復課！這樣我就可以知道答案了。這是我第一次以這般特別的方式開學，這個不一樣的經歷，我會一直記得，不會忘記。

升上中一了，我期待……

1B 歐陽佩禧

到了九月一日，隨着清脆又悅耳的上課鈴聲響起，便會揭開校園生活的神秘面紗，開展我最期待的中一校園生活。

升上中一，我會認識怎樣的朋友？長頭髮？大眼睛？還是帶着一副眼鏡的學霸？我應該會結交到很多品學兼優的益友吧！他們應該和我有共同的喜好吧！真教人期待！這一切都會在九月知道答案。

升上中一，誰是我的班主任？會是個和藹可親的好老師，還是個嚴厲的老師呢？誰是科任老師？我能不能應付多達十三科的科目？我又可否實現在考試獲取第一名這個夢想呢？

升上中一，我希望參加很多課外活動，但是我能兼顧到學業嗎？不過，我有信心只要努力溫習，第一名這看似遙不可及的寶藏，終會被我拿下。我希望未來應付繁忙的學業之外，還可以參加管弦樂團和學習小提琴吧！

九月一日，我期待你的到來，我期待你能揭開這一塊神秘的面紗，解開所有我對未來的問號。希望我在這漫長的六年，呈上我自己最滿意的答卷。

升上中一了，我期待……

1B 萬凱揚

小學畢業了，我對小學校園生活一直陪伴着我的老師、同學都依依不捨，但是也對新的校園充滿了好奇和期待。

當我成為一名中學生時，我覺得有很大的壓力。在小學，我們只有寥寥數科，而且功課也很少，很簡單。可是，現在中學的科目有很多——科學、地理、歷史……而且數學和科學都是用英文教的。所以，我們不應放鬆，反而要更加努力，更加勤奮，積極向上，而且還要減少玩遊戲機的時間，這樣才能不斷進步。

雖然我們還沒有真正的參觀一下我們的新校園，但是我期待我們的新校園是煥然一新、一塵不染的；課室的桌子椅子也是整齊、井井有條；我們的新老師是和藹可親的。

學校是知識的殿堂，它充滿了無限的希望和光芒，我期待在往後的測驗考試中取得好成績，為社會作出貢獻。

開學的第一天

1C 蔡佳辰

今天陽光普照、風和日麗，也是回到學校上課的第一天。因為疫情的關係，沒有在暑假結束後立刻回到學校上課，而是在家上網課，直到今天才正式踏足校園。

我坐車到學校後，跟着老師的指示順利找到教室，甫入課室便看到一張張陌生的面孔。我按照老師編排的座位坐下，看到同學們有說有笑的，像是認識已久一樣，我一個人孤零零地坐在角落，無所事事地等待著老師的出現。

老師進入教室簡單自我介紹後，便讓我們在課室外的走廊排隊，然後老師就變成了嚮導，帶我們這些「遊客」參加校園一日遊。我們參觀了各式各樣的設施和特別室。參觀後回到課室，老師說：「要測試一下我們的基礎。」說完便冷酷無情地拿出了一大疊試卷分發給同學。因為六年級下學期在家上網課，所以知識掌握並不穩固，我閱讀試卷題目的那一刻整個人呆了，壓根兒不知從哪裡下筆！

漫長的考試結束後，老師便離開了。其實那時已經放學了，但我們還以為老師會像小學一樣來接我們，我們便傻傻地坐在座位等待老師，因等候的時間太久，便有人出去看，才發現原來別的班早早的走了，就剩我們！

開學的第一天，雖然很緊張，但也很高興來到一個新的環境上學，也希望自己能夠快點適應新的校園生活。

開學的第一天

1C 勞頌欣

今天是我第一天到中學上課，我感到喜悅和期待。在乘搭火車時，我看見以前就讀的小學校舍，很多回憶至今仍歷歷在目。學校像跟我說：「我捨不得你離開！」令我淚如泉湧。

終於到達學校了！雖然人人都戴著口罩，人與人的距離疏遠，但是我感到所有人都非常興奮。以前都是上網課與同學見面，覺得很無聊，沒有了實體上課和同學談天的樂趣。

原來已經要上科學課了！科學室竟然在五樓，嚇得我目瞪口呆。我覺得樓梯是萬里長城，令我爬行得氣喘如牛。不過辛苦是值得的，因為可以課堂中做有趣的實驗，令我樂而忘返。

小息時，我認識了蘇嘉妍這個好朋友，她跟我愉快地談天，原來她跟我一樣，都沒有小學朋友來到這間學校。對於自己這麼快便認識了新朋友，頓時放下心頭大石，之前我還擔心社交上的問題呢！每當小息時，她都會陪伴我，一起談天說地，令我感到不孤單！

轉眼間，便放學了！對我來說，今天的課堂完結得特別快。我的心情依然興高采烈。今天比我想像中順利，我覺得我每天都會懷着愉快的心情上學。

美麗的「玫瑰花」

1C 張滄然

「玫瑰花？你喜歡玫瑰花嗎？為甚麼你房間有那麼多玫瑰花？」「與其說我喜歡，不如說我習慣它的存在。」每次朋友都會問我這種問題，我都會回想起小時候……

小時候，我大約六、七歲，剛好升小二。有一天，我家樓下突然出現了一隻全白色的貓，牠的眼睛是藍色的，真的很漂亮和可愛，牠每天都會靠在一堆玫瑰花旁邊，很像一個老人在休息。之後，我每天上學放學也可以看到牠。直到有一天，牠突然走過來黏我，我就摸了牠幾下，之後牠每次都會黏我，我就幫牠改了一個名字，就是「玫瑰花」。因為牠很喜歡玫瑰花。

我每次不開心的時候，都會到公園冷靜，「玫瑰花」大多數都會陪着我，我就會向牠傾訴，雖然牠可能聽不懂我在說甚麼，不過傾訴後，我會感到舒適。有時牠會向我撒嬌呢，真的很可愛！每次我買糧食給牠的時候，牠也吃得津津有味，我忍不住拿出手提電話幫牠拍照呢！

雖然我在牠的陪伴之下成長，但後來我需要搬家，無論我如何哀求家人，他們總是不停拒絕我收養「玫瑰花」的哀求，我只能眼睜睜地看着家裡的東西一件件地清走，倒數着跟「玫瑰花」相處的時間。

之後，我也很少回到公園探望「玫瑰花」，直到有一次我回去，街坊們都說牠好像去世了，他們已經很久沒有看到牠了……我立即哭了出來，因為只有牠在我不開心的時候陪着我，有時候還會逗我開心，所以我為了紀念牠，只能在自己房間擺放玫瑰花的裝飾。

所以……大家要珍惜一切啊！

配戴口罩的日子

1D 李沛敏

這段日子以來，新冠肺炎在全球迅速蔓延，在不少國家爆發，更在我所居住的香港瘋狂肆虐。在這期間，人們最離不開的可算是口罩。

這一天，我早早出門打算行山。在這段苦悶的疫情中，行山似乎是最好的選擇。當我經過便利店買飲料時，我的目光放在便利店旁邊的藥房，藥房前排滿了人，這些人看似十分着急，像要搶東西一般。他們在做甚麼呢？我有點好奇，便湊近一看，原來他們是在買口罩。至於口罩的價錢，令我目瞪口呆，即使炒至四百五十元一盒，也居然有如此多人排隊購買，這令我十分驚訝！前一陣子，口罩更出現短缺的情況，買不到口罩的人都很徬徨，害怕自己和家人染疫，人心惶惶。

天氣十分炎熱，驕陽似火，我行了一會兒便汗流浹背了。戴上口罩更是又悶又熱，甚至有點喘不過氣，就像在蒸籠裏一樣，令我十分難受。完全沒有心情欣賞郊外如詩如畫的美景，我的腦海只有一個念頭——把口罩脫下來，然後撕碎它！我很想脫離這可惡的口罩，但同時我又不能失去它。

自從有了這新冠肺炎後，我好像看不見人們的笑容了，人和人的距離也疏遠了。停課後，很久不見的朋友也不能像往常一樣擁抱在一起，更不能互相分享食物，朋友之間少了面對面的溝通，少了互動。這種感受是難過的，但又無能為力。希望這個疫情可以早日受到控制！

我對中學生活的期望

1D 李尚頤

九月一日便是我升讀中一的日子了！升上中一，我對很多關於中一的事情都十分期待，例如老師、同學、學校環境……

我最期待自己將會在學校認識的朋友。由於疫情持續的關係，所以學校舉辦的中一迎新活動取消了，九月一日也不能面授上課，要改以網課形式上課。雖然上網課仍可以看見班上的同學，但是面授課可以與同學們有更多的交流，有更多談話的機會。

我也挺好奇學校的環境。由於我從來沒有參觀學校，所以對學校的環境不是太了解，畢竟我也是從一個熟悉的地方走到一個陌生的地方。

最後，我期待自己在梁文燕紀念中學好好學習，為自己的夢想而奮鬥。思想家蘇格拉底說過：「世界上最快樂的事，莫過於為理想而奮鬥。」所以我期待自己可以在梁文燕紀念中學實現自己的夢想。

我對中學生活的期望

1D 楊翹白

沒想到我的小六生活就這樣結束，雖然我很捨不得小學生活，但我要收拾好心情，準備迎接新的中學生活。雖然我對這間中學並不太熟悉，但我一定會盡力熟習新環境。

首先，我期待我有一個良好的學習環境。由於我的小學面積實在太小了，所以我想有一個寬敞的學習環境，使自己積極學習。

其次，我期待可以結交到很多朋友。當我遇到功課上的困難，可以請教同學；我還可以跟同學一起打球、做運動……。

第三，我希望自己可以參加更多的課外活動。除了學習課本內的知識，我還希望學到很多課外知識，增強我的「知識庫」，例如：我已打算參加電腦編程班和英文班。

第四，我希望加強自己的時間管理。因為上到中學之後會十分忙碌，時間會變得十分不足，所以我一定要有好的時間管理。

我希望升上中學後，可以擁有好的中學生活，留一個美好的回憶。

一件童年趣事

2A 蘇棋峯

有一次，家裡的鹽剛好用光了，媽媽叮囑我到超級市場買一包回家。我拿著媽媽給我的十元，往附近商場裡的超級市場跑。

在超級市場裡，走出來的時候，看見熟悉的道路，我頓時呆了兩三秒。一路走著，我想起小時候，那時候年紀不大也不小。同樣，媽媽叮囑我去買一包鹽，正好我要出去外面玩。

當我買完鹽後，在回家的路上，一不小心，把鹽掉在地上了。當我不知道如何是好的時候，突然腦袋靈機一動，我慌忙地把鹽裝進衣服上的口袋裡，然後，我問隔壁鄰居借了一個盆子，盆子裡再加上一些水，把鹽用媽媽平常在廚房裡洗米的方法都清洗一遍，想著想著，就越用力清洗著鹽。

一分鐘過去，我忽然發現盆子裡的鹽越洗越少，再過了幾分鐘，盆子裡的鹽居然全部消失了！我十分驚訝。我只好放棄「掙扎」，把盆子裡的鹽水倒掉了，把盆子還給別人，垂頭喪氣地走回家。到了家門口，我左右徘徊，終於有了勇氣踏入家門，然後把事情全部告訴家人，他們居然大笑起來，我被弄得一頭霧水。然後，媽媽再打發我多買一包回來，反正鹽也不貴，她還向我解釋鹽的奧秘。直到現在，這種尷尬的感覺我還記得，真是搞笑，哈哈！

童年的時候趣事多多，它們卻像泡沫一樣，壽命很短，但能給我們帶來萬分歡樂，我們真的要珍惜童年啊！

美麗的西貢三星灣泳灘

2A 伍君怡

三星灣是香港其中一個泳灘，它位於新界西貢區白沙灣之東南。

西貢的三星灣泳灘是我認為最美麗的泳灘，三星灣泳灘的水質十分好，水清見底，所以引來了不少本地居民或遊客前往。

早上的三星灣泳灘，人煙稀少，站在一望無際的海邊，靜下來細心地聆聽着海風為我們演奏的交響曲，感受海水流動時帶着細沙，輕輕在腳下流動的感覺，令人十分放鬆。

正午時，太陽猛烈，人流也開始多了起來，場面十分熱鬧，不論在海灘上或是海裏都是十分多的人。有的在堆沙子，有的在吃東西，有的在晒太陽，有的在聊天，還有的在游泳，人山人海的，真的十分熱鬧呢。

到了黃昏，太陽伯伯要下班了，人們也開始收拾東西準備回家了。太陽從天邊慢慢墜下來，渲染了整個天空，天空從藍色慢慢轉變成橙紅色的，日落映照在海面，海面頓時變得通紅，一閃一閃的，就像一顆顆鑽石在海面上似的。

三星灣泳灘真的是十分美麗呢，希望大家好好保護香港的美麗景色。

美麗的紫禁城

2B 梁浩然

在中國北京中軸線的中心有一座城，它叫紫禁城，也被稱為故宮。紫禁城是中國古代明朝和清朝的皇帝居住的皇宮，是一座花了大約十四年時間營建完成的宮殿。

有一次，我和父母一起跟旅遊團去北京旅遊，並且在紫禁城參觀。這一次的參觀主要是三大殿——太和殿、中和殿和保和殿，但在參觀紫禁城前，我們要進行買票和檢票的過程，然後才進入紫禁城的大門——午門。午門的前面是太和門，在太和門前，有兩頭左右相稱的銅獅，它那鋒利的牙齒和那一雙眼睛向前方瞪得大大的，就像真真正正的獅子找到獵物一般。

經過太和門後，三大殿中最大的太和殿就在眼前，它也被稱為金鑾殿。金黃色琉璃瓦的頂部，顯得太和殿熠熠生輝，讓我們不禁拿起相機拍照留念。進入太和殿內，看見大殿正中央是皇帝時常坐的那張龍椅，威嚴雄偉、金碧輝煌，龍椅上的龍更是神情威武。導遊向我們介紹這裏是皇帝舉行大典或接受文武官員朝賀的重要場所。

中和殿在太和殿和保和殿的中間，是三大殿中最小的。中和殿和太和殿一樣，屋頂都是覆蓋金黃琉璃瓦。導遊說皇帝到太和殿參加各種大典前，會先在中和殿小憩。

中和殿後面的是保和殿，保和殿外觀和太和殿、中和殿幾乎一樣，進入內部後會看見正中央有一塊寫着「皇建有極」的匾額，導遊說「皇建有極」的意思是即任皇帝有權建立天下最高的準則。導遊也說了保和殿是舉辦古代制度中最高一級的考試——殿試的固定場所。

參觀故宮後，我覺得故宮非常威武壯觀和美麗動人，我會建議沒有去過故宮的朋友們，有機會的話，應該要去一次。

我的朋友

2B 李沛敏

富蘭克林曾經說過：「兄弟可能不是朋友，但朋友常如兄弟。」而我身邊就有這樣一位好「兄弟」伴着我左右。

我的好「兄弟」，她擁有一雙水汪汪的大眼睛，高高的鼻樑，紅潤的小嘴，她總會綁着萬年不變的馬尾，看上去十分的精神。在我的印象裡，她的校裙都燙得很筆直，沒有一點骯髒，她的校裙就像她的心靈一樣純白、乾淨。如果她的心靈是一片湖水的話，那一定是清澈見底的。

她是一個樂於助人的人。記得有一次，我因為遲了起牀便手忙腳亂地衝回學校，雖然沒有遲到，但是卻因為忙中出錯而忘記帶午飯回校，再加上早上來不及吃早餐，我早已餓得飢腸轆轆，看着同學們吃着我不喜歡吃的青椒時都覺得格外美味。而我，只好喝水了。這時，我的好朋友拿着她自己的午餐走過來說：「我們分着吃吧！」我看着她那精美的便當盒，感動地直流眼淚，在這一剎，我覺得她就是上天派來拯救我的仙女。

還有一次，我們一起坐巴士回學校的時候，途中有一位手提重物的爺爺上車了，我看看四周已經沒有位置可以坐了，我應該要讓坐，但因為我自己的書包實在太重了，所以我還是狠了心，先考慮了自己。我的好朋友也注意到了那位爺爺，可她毫不猶豫把自己的座位讓了給他。當時我的心有點慌，因為那天她的書包比我的書包重得多，但是她選擇了讓座，我愧疚地低下頭，心裡暗暗地下定決心要向我的好朋友學習。

我的好「兄弟」也是我的好榜樣，她的身上有很多值得學習的地方，值得欣賞的地方。我要向她學習，成為像她一樣的人。我很希望我們可以保持這段感情，互相扶持着成長，直到永遠。

幸福是必然嗎？

2C 蔡小汀

幸福，不是一種物質上的滿足，而是心靈上的一種滿足。正所謂「金錢買不了快樂」。幸福也是買不了的，但幸福和快樂是不是同一種感覺呢？是不是對個人來說幸福都是不能缺少呢？是不是必然的呢？

我認為如果要知道幸福是不是必然的，首先要知道幸福的定義是甚麼。那麼，幸福的定義是甚麼？有人認為是積金累玉的財富，有人認為是情同手足的友誼，有人認為是熙熙融融的親情。到底哪個才是正確的呢？以上都可以是幸福的定義，幸福沒有一個標準答案，因為每人對幸福的定義都是不同的。

那麼，幸福是必然的嗎？我認為幸福是必然的。就如剛剛所說的一樣，每個人對幸福的定義都是不同的。不一定需要完成一些很困難的事才有幸福感，例如考試滿分，或只需做一件小事也可以獲得幸福感，例如幫助別人啊！只要令你感到滿足的，都可以是幸福。

但是不是所有人都是幸福呢？我認為是。可能有人會說：「一些窮困的人很難得到幸福的，每天都痛苦地活着。」但我不這樣覺得。窮人的幸福也很容易，他們只想吃上一頓飯，有個容身之所。這樣他們也會覺得幸福。對啊！這麼平常的事，別人也會覺得幸福的。

幸福，每個人的定義都不同，只要感到滿足，也可以是幸福。

談自信

2C 黎沛橋

甚麼是自信心？自信心就是了解並肯定自己身上的優點，知道自己的理想和目標的一種心態。

現今社會有人認為自信就是自負，對自己的評價過高，覺得自己高人一等，所以覺得自信沒有一點兒好處。我並不認同這種想法。當一個人失去自信心，就像迷路的小羔羊，迷失人生的方向。沒有足夠的自我肯定，做事變得優柔寡斷，一直下不了定論，因而有了很多損失。

在人生的過程中，總會遇到許多困難，只有保持自信，才能向目標奮鬥。只有自信才能在艱難中保持必勝的決心，讓我們「更上一層樓」。

信心能使我們意志堅定。有兩個人在沙漠中迷路，一個人有信心覺得自己不會餓死在沙漠，不停去尋找維持生命的東西，而另一個人已經放棄了掙扎，留在原地，覺得自己肯定死在沙漠了。如果要二選一，你們說誰能在沙漠中存活？答案肯定是第一個人，因為他對自己有信心，心裏覺得自己一定能存活下來。

自信是成功的關鍵，敢於面對自己的不足，就是自信心強的表現。這麼距離你的目標又邁進了一步。

一個敬業樂業的侍應

2C 李珮

每逢禮拜天，我總會跟爸爸媽媽到茶樓吃東西，而每次到茶樓吃飯時，都會看見一位與眾不同，彬彬有禮的女侍應。

「先生，請問幾位？」一把熟悉而溫柔的聲音在我耳邊響起，原來是那位總是以笑臉迎人，有禮貌的侍應。她一直都戴著一副黑色的圓框眼鏡，眼鏡下藏了一雙大大的眼睛，穿著燙得筆挺的白襯衣和筆直的西裙，但左手隱約看見被熱水燙傷過的痕迹。「三位，謝謝。」爸爸簡單的回答後，她便禮貌地帶領我們往我們的座位走去，我們安坐後，她又馬上笑容可掬地去招呼其他客人，沒有因為星期天人多而不耐煩。

一會兒聲音又從耳邊響起，「先生，請問要吃些甚麼呢？」我的視線也從手提電話轉移至說話者身上，原來又是那位女侍應，爸爸說了幾道常吃的小菜，她在聆聽的同時又拿出了一本手帳本記錄著，並去下單了。在她下單的同時，耳後傳來巨大的呼喝聲，她聽聞後，便跑開了。我瞥了瞥呼喝者，是一個兇神惡煞的中年男士，心想她今次可麻煩了！

中年男士破口大罵：「你怎麼做事的！這麼久！」他戳著桌上的餐牌，深陷的虎眼閃爍著無法遏止的怒火，直勾勾盯著她，但她不但沒有膽怯，還笑容可掬地對中年男子說：「不好意思，因為今天人比較多，可能要稍微久一點，要麼，我替您到廚房檢查一下？」「嗯」，男士敷衍地回應後，她便往廚房走去。過了一會兒，她小心翼翼地端著飯菜輕輕地放在桌上，遞上筷子，男士一把搶過，看也不看一下，她也滿不在乎，繼續滿面笑容地招呼著其他客人。我會心一笑，對她產生的敬佩在心中一直徘徊，徘徊……

來來往往，男士挑剔了幾次，她依然面不改容，笑臉迎人，樂此不疲。她明知男士在故意刁難，反而不厭其煩，可能這就是在工作中找趣味吧！

中年男士眼看吃飽喝足，摸著大肚子，準備離去。她含笑予他一張彩色的卡紙，寫著「先生，謝謝您，期待您再次光臨。」男士抿嘴一笑，徐步而去。

就算她只是一個小小的侍應，也盡力做到最好，可能這就是敬業樂業吧！

你的話，讓我重新振作

2C 李珮

前天是中文考試。這次考試，我沒有怎樣溫習，畢竟，我在前幾次的中文考試中也能取得佳績呢！

今天，終於派發中文試卷了。老師稱讚我的聲音已經不停地在我的腦海中徘徊。「王一心，出來拿試卷了。」我趾高氣揚地離開座位，前去接着老師發給的卷子，想必自己能取得高分。「王一心！你這一次沒有溫習嗎？我不是千叮萬囑你要溫習嗎？」我疑惑地接過考卷，心裏想道：「難道這次只能剛好合格嗎？怎麼可能，我可能只是犯了一些粗心大意的錯罷了。」我再看一看分數，頓時感到晴天霹靂。「三十分？怎麼可能？不及格？」我既羞恥，又慚愧，拖着沉重的腳步回到座位，開啟自我封閉模式，斷絕與外界來往，不再接收任何信息，不知道老師罵了我多少次，不知道同桌叫了我多少次，也不知道老師呼喚了我多少次。腦海裏只是不停地想着：「三十分……三十分……」突然，我聽到下課的鐘聲響起，便馬上扔下所有東西，不想再留在這片地方，往學校花園走去。

我一屁股地坐在花園的椅子上，想起媽媽經常說的一句話，想起媽媽那溫柔的聲音，平和地跟我說：「驕傲使人退步，謙虛使人進步，所以你不能驕傲，要虛心學習才能更上一層樓。」我霎時想通了，我不應該驕傲，這次的考試，老師已經千叮萬囑我們一定要為這次考試而努力溫習，可是我充耳不聞，自恃天賦而不努力溫習，所以這次不及格也是罪有應得。這時，我的同桌突然向我走來「一心，你去哪了？跟我回教室吧！」。「好！」我答應她，並跟她手牽手走進教室了。我從此下定決心，要努力溫習。

你的話，讓我重新振作

2D 何海清


在我小學六年級的時候，發生了一件事，當中的一番話，讓我至今仍銘記在心……

我從小就十分喜歡音樂，五歲時第一次體驗過樂器的樂趣，從此就喜歡玩樂器了。可惜家境一般，沒有太多餘錢讓我學樂器，終於在六年級，我選了學費便宜、樂器價格也便宜的——陶笛。

剛開始上陶笛課時，技巧比較簡單，我學得很快，心裡不自覺就沾沾自喜了。之後的一段時間，我完全看輕了陶笛，老師要求的課後練習，我一次也沒有練過。後來，我終於發現自己跟不上同學的步伐，連簡單的歌曲也能吹錯，似乎這錯成了習慣。老師苦口婆心地糾正我，不過吹着吹着又錯了。老師停下來教我，其他同學只能在旁邊等，我當時就想：「我是不是拖慢其他同學的進度了？」回家後，我一直練習，慢慢吹音就對了，但跟不上原曲的速度，又吹錯了。英國一位小說家毛姆說過：「改變好習慣比改掉壞習慣容易得多，這就是人生一大悲劇。」由此可見，想改掉一個壞習慣有多困難。

過了幾天，又是陶笛堂了，因為全部人只有我不會吹，老師不可能因為我一人而不教新曲，所以又派了一張新曲譜，這曲比以前的都要快，對我來說更難，何況我上一首歌曲還未練好呢！回家後，我就在想：我是不是不適合學陶笛呢？我不甘心放棄這個興趣，可是不管怎樣練都練不好，令我十分沮喪。

我一直練習，就是吹不好。又上陶笛課了，怕被老師罵，很不想去，最後還是在媽媽「溫馨提示」下去了。上課時，當然又是一場糊塗。下課後，老師跟我說：「你回家後有練習嗎？」我說：「有啊，但我總是練不好。」老師說：「一分耕耘未必有一分收穫，但九分耕耘總會有一分收穫，口說努力是沒有收穫的，盡全力就一定有收穫，還有，你別一下子提升速度，要慢慢來。」我內心有些悸動，老師不僅沒有罵我，還教我練習的方法。老師還說：「你不是學不會，而是不夠努力，你開始時學得很快，其他同學學得很慢，但他們有回家練習，你肯定沒有吧，要是你肯付出百份百努力，一定會



比他們強得多，加油！」聽到這句話後，我便重拾自信，決定重新振作。回家後，我用了老師教我的方法練習，一遍又一遍，時間比平時長得多，慢慢地，我果然重上軌道了。

「一分耕耘未必有一分收穫，但九分耕耘總會有一分收穫。」老師這句話在我心裏留下了深刻的烙印。這句話也對我人生有了很大的啟發，我明白了做事不但要努力，還要全力以赴。只口裡說努力，馬虎了事的人，是不會成功的。

你的話，讓我重新振作

2D 梁智開

小時候，我一直沒有朋友，友情跟我毫不相干。因為我從來也不會主動結交朋友，所以我永遠坐在課室裏的一角，孤獨得像透明一樣，呆呆地看着身邊的同學玩樂。

升上四年級，是我人生的轉捩點，我從沒想過會有一番說話讓我決心振作。

起初，面對陌生的老師，陌生的同學，陌生的課室，我不知如何是好，每天眉頭深鎖，手心冒汗，老師問問題我也不敢回應。每次分組活動，我一定是被孤立的一個，其他同學也悄悄地說我的壞話。這令我既尷尬又孤單，我心想：為何我總是被孤立的一個？為何我永遠都是在孤獨的一角？

有一天放學後，我依舊懷着低落的心情回家。回家後，我滑着手機，看看視頻網站，突然出現了一段有關社交恐懼症的影片。我好奇點了看看，一看就看了很久，當中最深刻的，是精神科吳醫生說道：「孤獨是想發洩而又不想被矚目，就算多努力融入，也會感覺自己格格不入，但為何你不願意踏出一小步，嘗試去改變自己呢？」我頓時茅塞頓開，是的，一切皆由自己造成，當然可以由我自己去改變。感謝你，吳醫生，我決定重新振作，主動結交朋友。

第二天，我開始和旁邊的同學打招呼：「你……你……好嗎？」我終於踏出第一步了，同學也很熱情地跟我打招呼，和我談天說地。我漸漸遠離了孤獨感，融入了新圈子。吳醫生，你的話我都牢牢記住了，只要有信心，成功融入圈子並不難，勇敢踏出第一步，就能成就更好的自己。

久違了的校園

3A 陳思正

「唉，這種感覺真是懷念！」因為疫情關係，對上一次回校已是數個月前了。但在昨天，我帶着對老師、同學們的思念，再次回到我的第二個家。

懷着激動而又忐忑不安的心情踏進了校園。首先，映入眼簾的是老師們熱情的招待。他們臉帶笑容地向我打招呼，我終於放下心頭大石。接着，我回到教室，與我的知己見面，可說是久別重逢。同學們有的在談天，有的在你追我趕，有的在閉目養神，我亦沉醉在這充滿歡聲笑語的課室裏。

小息時，我正想走到小食部購買食物，突然有一件事讓我震驚。昔日的操場車水馬龍，如今的操場，同學寥若晨星。難道疫情下你們都不餓嗎？我能看到的同學屈指可數，我看着這片「廢墟」，多少感到失落。然後，我特意走到禮堂參觀，這裏還是一如既往的壯麗。禮堂上方美如圖畫的以篆文刻寫的校訓「博學慎思」，更是時刻提醒我待人處事應有的原則。放學後，我因為好奇和掛念，就到地下到處看，也和數位老師一起聊天，分享這個月的趣聞軼事。隨着時間一分一秒流逝，太陽快要下山了，我仰視窗外的「鹹蛋黃」。我以前放學補課，奮發圖強讀書的畫面，瞬間浮現在腦海中。我亦已經放了數個月的假期，該放鬆、該玩的也夠了，是時候好好回來學習了。

我這一天回到久違的校園，看到老師和同學們，再次回到課室，圖書館、電腦室這些熟悉的地方，我又重拾起求學的熱情！

一個我難以忘記的人

3A 黃焯熙

我有一位很久沒有聯絡的朋友，但即使如此，我也不曾忘記她。

還記得兩年前，機緣巧合下，認識了她。由於我們趣味相投，所以每天都會致電聊天或在線上一起打遊戲，有時候甚至會通宵達旦聊天。

雖然彼此未在現實生活中碰面，但我們都會互相分享心事和秘密。我曾在失落的時候，受到她多次鼓勵。對我來說，她是我心靈上的支柱，那時候我一天不跟她聊天就覺得渾身不對勁。

可惜在一年前，我們的聊天群組因為她和朋友長期的不和導致發生幾天的爭拗，最後群組解散了，雙方也因此減少了對話，久而久之就一年多沒有聯絡了。起初我感到很孤獨，因為沒有人能夠陪伴我一起開開心心的聊天和打遊戲，沒有人能夠在我失落的時候開解我，於是我開始裝作堅強，害怕別人看到我的另一面。但是我越裝作堅強，內心就越痛苦。雖然我很想找她陪伴我，可惜我沒有這份勇氣，只能夠回想她跟我說過的話以得到安慰。

直至現在，即使我已經沒有像以前一樣依賴她，但是到現在我仍然未能忘記她所說過的任何一句話。真希望我能夠有勇氣去找她，並再一起開開心心地聊一整天。

久違了的校園

3A 羅嘉晞

我知道自己不能再以暑假時慵懶的態度繼續生活，因為這天是開學日，我在暑假完結和疫情漸漸好轉的時機下，回到那久違了的校園。

港鐵的屯馬線開通後，我不用再等待巴士的到來，因此方便了不少。沿着前往學校的小路步行，走着走着便開始有一種似曾相識的感覺。

翠綠的葉子從樹枝上慢慢地飄下，就像秋天來臨前的暗示一樣。緩緩落下的樹葉為校門的景色作了一些點綴，雀鳥的叫聲像是歡迎學生的鈴聲，也代表學生準備踏進校門前的心情。

踏進校門，只見太陽的光線照射着校園的外牆，由純白色變成粉藍色的牆壁，使校園的外觀變得獨特，也令我開始忘記暑假時的懶散感覺。

走完短短的樓梯後，我立刻注視着有蓋操場，可怕的疫情令本應十分熱鬧的有蓋操場變得死氣沉沉，帶給我滿滿的違和感。突然，一聲充滿活力的「早晨」傳到我的耳邊，老師炯炯有神的目光打破了原來僵硬的氣氛。

走到新的課室，給我一種親切感，卻也有一種莫名其妙的違和感。桌椅的位置因疫情關係，要隔開一段距離，窗外的景色也隨着樓層改變。班上有大量陌生的同學，當我看見認識的人，他的面孔就像我在暗淡無光的環境中找到的一絲光芒。後面空無一物的壁報，仿佛提醒我已經回到了新的起點，回到了久違的校園。

幸福是必然嗎？

3A 羅嘉晞

幸福是必然嗎？我相信每個人都有不同的答案，因為每人對幸福的定義都不一，而對我來說，幸福並不是必然的。

對一些十分窮困的人來說，幸福可能只是一頓溫飽的飯；對一些患上重病或患上不治之症的人來說，幸福可能就是他們和人相處的時光。我認為幸福是努力後的回報，因為假如幸福是唾手可得的，那幸福有它的價值嗎？例如一場遊戲中，如果起點到終點只有一條平平無奇的路，那麼到達終點時會得到喜悅嗎？

相對地，我認為真正的幸福需要經過努力才能獲得，因為只有經過努力的過程，人們才會懂得珍惜這個得來不易的幸福。例如學生都會因為希望未來能擁有適合自己的工作而努力地學習，為考試作準備。最終獲得幸福的往往都是願付出最大努力的人。

有些人有先天缺陷，要得到幸福便必須加倍努力，克服身體的殘疾，改變自己的心態。所以對他們來說，幸福絕對不會是必然的。

幸福是必然嗎？假如真是必然，人們又是否會懂得感恩和珍惜這些幸福呢？

久違了的校園

3A 葉維維

又是這熟悉的路、熟悉的小巴、熟悉的山坡！經過整整四個月的與世隔絕後，我終於能回到學校。久違了，校園！

數個月以來，我可謂足不出戶，外面世界很精彩，我也想去看看。但我秉承着能待在家中就絕對不出門的宗旨，在過去數個月內，除了外出買飯，我都閉門不出，可把我悶壞了！總想着：「快復課吧！快復課吧！」心中也不禁好奇，同學們都變得怎樣了呢？胖了？瘦了？長高了？

可算是復課了，我等到花兒也凋謝了。抗疫期間為保護所有人，上課室前，當然要先檢測體溫，這也是和平常的一大不同之處。另外，和以前最大不同的，當然是課室了。我們的課室位置從二樓變成了三樓，走上課室時，我不禁想：「現在要比以前多走一層，是否意味着我們每年都進步，步步高升？」我的壓力也更上一層樓了。即將面臨選科，說真的，我感到很迷茫，不知該何去何從，擔心自己做不到、跟不上。

放假時總擔心：「這麼久不見，我會和昔日的小伙伴變得陌生嗎？」現在發現，是我杞人憂天了！和朋友久別重逢後，我們的話題依舊是一堆冷笑話，仍為一些雞毛蒜皮的事笑到直不起腰，真是令人哭笑不得。

回到久違的校園，這種陌生又熟悉的感覺也挺奇妙的。雖然回校時間較短，但能看到可愛的老師和同學，令人感到心中暖暖的。希望今年的事都「船到橋頭自然直」，各種大小的困難都能迎刃而解，每天都充滿希望，繼續逆流而上！

幸福是必然嗎？

3A 鍾昕彤

幸福是必然嗎？相信很多人聽到這個問題，也會陷入一段沉思。幸福其實很簡單，幸福是一種自然的感覺。不同的人對幸福也有不同的標準，因此我覺得幸福不是必然的。

剛剛提到，不同的人對幸福有不同的標準，例如有些富裕的人，他們可能居住在華麗的豪宅，有着數輛名車、出入有專人接送，每天吃着豐盛的晚餐。這些人看似過着令人羨慕的生活，他們一定十分幸福。但是過着這些「幸福」生活的人，並不一定覺得很幸福。他們可能有更多物質上的需求，也可能有着一般人不知道的煩惱，因此覺得不幸福。相反，有些人可能比別人清貧，住在簡陋的房屋，過着清茶淡飯的日子，甚至有些人為了生活而勞累不停地工作。在別人眼中，他們生活過得十分辛苦，一點也不幸福。可是，有些人認為，只要一家人能相聚在一起，談天說地，彼此關心，就覺得十分幸福。

以上提及的例子，幸福和知足是相連的。如果不知足的話，就會永無止境地追求着所謂的幸福。幸福更不是必然的，很多人給幸福下了定義，「有房子車子，生活過得奢華的就稱上幸福。」我不同意這種看法，我反而覺得我們要珍惜現在擁有的事物，做個知足常樂的人。

有人說：「幸福就是，生活中不必時時恐懼；幸福就是，尋常的人兒依舊；幸福就是，早上揮手說『再見』的人，晚上又平平安安地回來了。」我們要珍惜現在的一切，因為我們所遇到的人和事物都不是必然的。幸福，更不是必然的。

一個我敬佩的人

3B 林曉詩

在我們的生活中，有許多值得我們敬佩的人。這些人就像夜空中閃爍著耀眼奪目的光芒的星星，他們有的是大名鼎鼎的明星，也有的是夜空中不起眼的小星星，但就是這些不起眼的小星星，構成了美麗的星空，而我所敬佩的人，就是這樣的一顆不起眼的小星星。

我所敬佩的人，她有著像電線桿一樣的身材，又高又瘦，經常戴著一副黑色圓框眼鏡，看外表的話，平平無奇，沒有什麼特別出眾的地方，但她待人永遠都很友善，且有耐心。

有一次我到她家玩，碰巧遇上了她的表弟來探親。眾所周知，年紀小的男孩子往往都會過於活潑，她的表弟樂樂一來就盯上了她新買的模型。我剛想攔住他，她就阻止了我：「樂樂他很喜歡模型，給他玩玩也沒關係。」她在給樂樂輔導功課時，可以說是很有耐心了。樂樂一向都很貪玩，她在輔導功課時會耐心地勸解想離開的樂樂。在樂樂不懂如何解題時，她總是不厭其煩地把一道題來回講解，直至樂樂聽懂為止。

她對學習的態度也很令人佩服，她上課摘錄筆記已經是最基本的事了。她對自己一向非常嚴格，不僅會額外買教材學習，還每個周末都把我拉到圖書館陪她一起看書。她在各種興趣班來回穿梭的同時，還能穩坐全級前三名的位置。可想而知她付出了多大的努力！

這就是我所敬佩的人，一個平凡卻又充滿閃光點的人。

久違了的校園

3B 林曉詩

因為疫情關係，學校遲遲未能開學。等待的過程漫長又無趣。雖然有網上授課，但效果肯定沒有面對面上課好。經過一段漫長的等待，我終於等到了學校開學的好消息！

前往學校的途中，我的心情既緊張又期待。緊張的地方在於有沒有什麼功課忘了寫，第一次見這學年的老師，不知道能否給他們留下好印象；而期待的地方在於終能見到許久未見的朋友們。

終於到達了！我看着學校的校門不禁感慨：「真是久違了！」一個假期過去，就連學校裏的樹木、花草都已經變了許多，我也順利地從中二升上了中三。踏入教學樓，首先見到的是訓導主任，我連忙檢查自己的校服，並將耳邊的碎髮撥到了耳後。上樓梯時，也得多上一層樓了啊！我依依不捨地望了幾眼之前的中二課室，便轉身踏上三樓的樓梯。

終於到達課室了！我看著課室裏同學們的身影，熟悉的感覺回來了！看著課室裏的同學們興致勃勃地與身邊人分享着假期裏的奇聞異事，一個個都聊得熱火朝天，隔着口罩我都能想像他們的臉上溢着滿足的愉悅和上揚着美麗的弧度的嘴角，因為我自己在和其他同學聊天時就是這樣地高興。

上課了！在學校內上課的感覺和上網課時的感覺真的很不同，上網課時只能隔著屏幕看着老師上課，而在學校上課投入度就會更高，會更加專心上課。

現在的校園，一個我既熟悉又陌生的校園，同學們依然像往常一樣上學。同學和老師還是老樣子，整個校園也和之前大同小異。這就是久違了的校園！

一個我最敬佩的人

3C 陳泳希

我敬佩着老師的言傳身教，也敬佩着白領的地位顯赫，更敬佩着科學家的聰明絕頂，但我認為，誰都比不上在炎熱的太陽下，為家庭、社區賣力工作的他們——清潔工人。

清潔工人，一個微不足道的職業；撿垃圾，一件可能讓你覺得很骯髒、很不堪的小事。但就是有他們，社區和街道才會變得乾淨，垃圾不再堆積，減少不必要的障礙和風險。

還記得有一天中午，我遇到一個令我難忘的清潔工人。那天，我在街上閒逛，迎面走來的是一名看起來很疲累的清潔工人。我平常十分討厭身上有一股味道的人，那位清潔工人本身夾雜着垃圾房及汗水的臭味向我走來，走路一拐一拐的，似乎雙腿不太靈活。他突然用手向我一揮，像是要我走開，但我沒有太在意。他支持不住，跌倒在我肩膀上，他的味道讓我受不了，但出於同情心，我把他扶到旁邊的公園長椅歇息。

清潔工人醒來以後，我知道他姓陳，也了解到是他的血糖犯了讓他暈倒。一陣微風吹過，吹來微微的花香，好像把他身上的臭味都一掃而空。我坐在他的旁邊，他像許久沒與人傾訴般，跟我訴說身世，還有他的家人，有時候夾雜着幾句：「老了，老了，頭腦不靈活，腿腳也不俐落。」老了，為甚麼不在家安心養老？陳伯說，這份工作很有意義，可以為社會出一分力，保持社區整潔，而且他靠自己的積蓄也能勉強過活，不想對兒女造成負擔。我才驚覺，眼前的這位清潔工伯伯，其實也是一位令人敬佩的偉大父親。

在我們這個冷漠的城市裏，還有多少像他熱愛社會，敬業樂業的小人物呢？每天忍受着臭味，為自己，為家庭，為社會拼搏的清潔工人——陳伯，你是我最敬佩的人。

彩虹

3C 黃爾澄

紅色的，黃色的，橙色的，藍色的……眼前這道色彩絢爛的彩虹，猶如傾國傾城的女生，顛倒眾生，而我，居然對着它落淚了。「你」現在生活得如何？

轉眼間，已經是兩年前的事了……。

「喂，是一心嗎？一起去公園玩吧！」一心二話不說便答應了。今天認真悶熱，熱得整個公園都要溶化了。我們到了公園，可能因為天氣悶熱，太陽猛烈，居然一個人也沒有！我們獨佔了整個公園，一起玩滑梯，一起玩鞦韆，一起玩搖搖板，一起玩捉迷藏……玩個不亦樂乎。

「哇！是彩虹！」突然間，小女孩的叫聲把我拉回現實。「我還是第一次看見彩虹呢，真的十分美麗。」看着這兩個小孩的身形，眼淚又再次不爭氣地落下來。我閉上雙眼，任由思緒重回兩年前……

玩得興高采烈之際，天空突然像一張被潑上墨水的畫紙一樣，天昏地暗，下起滂沱大雨。我們匆忙地走到樹下避雨。不一會兒，雨停了，一道閃着光輝的彩虹忽然出現，不知為何，我們看着眼前的彩虹，莫名其妙地有種感動。那一刻，異口同聲地說：「我們就以彩虹為約定，彼此當一輩子的朋友。」

這段友誼因彩虹而起，卻忘了彩虹的特性——一瞬即逝。彩虹終歸是短暫的，兩個月後，一心突然跟我說：「我過幾天要移民，恐怕要好久也不能見面了，希望你能來送我最後一程。」我頓時氣得七竅生煙，不是說好要當一輩子朋友嗎？為什麼要突然離開我？同時間，我也有點傷心落寞，還以為可以成為一生知己的朋友，居然這麼快就要跟我分道揚鑣。

一心離開的那天，我送他一份由多個彩虹造型拼成的小飾物，「這禮物象徵我們的友情，要好好記着在彩虹下的承諾。」

眼前的彩虹快要消失，我一邊走一邊回憶着與一心的點點滴滴。我捨不得彩虹，捨不得一心。唉！眼淚再一次不爭氣地落下了。

久違了的校園

3C 林君妍

我懷着期待的心情坐上小巴，和最親近的朋友聊着今天會發生甚麼有趣的事。為甚麼上學會感到興奮呢？因為這是疫情加劇以來復課的第一天，我終於回到了久違了的校園。

想起來已經半年沒有回到校園，邊想着聊着，我踏進了學校門口，往前走，是校工、領袖生和訓導老師。雖然跟往常一樣，但我卻有瞬間的陌生感。「早安啊同學！」校工的一聲問候，讓我重拾久違的那份親切感。往右轉進兩天操場，走上幾級樓梯，是拍卡機，因為疫情關係，兩旁還添置了體溫儀。量過體溫，拍過卡，還要用消毒洗手液洗洗手。這是理所當然的，因為疫情仍未完結。

我持續觀察着學校的裝飾，也好奇着哪些地方會變得不同。上樓了，各層的樓梯轉角處，古文已變成鼓勵人心的金句。走到三樓，是我班課室的所在地，我戰戰兢兢的從窗外窺探課室內的動靜，果然，出現了不少陌生的臉孔。他們會以甚麼眼光看我呢？他們會很難相處嗎？不一會兒，這些問題已一掃而空，我們打成一片，同學比想像中親切多了。

上課了，沒有人像往日般打鬧，課室異常寧靜，那些曾經頑劣得讓人困擾的同學，現在竟變得如此平靜，令人驚訝。下課後，我和朋友到小食部去，排隊的人寥寥無幾，四人座位也因要保持社交距離而封成二人座了。這令我懷念昔日的光景……

「不要插隊！那邊的同學不要奔跑！」老師在喝止不守規矩的同學，排隊隊伍很長，不少同學索性不排隊，「委託」正在排隊的朋友幫忙。我買好食物，往用餐區走去，很多「團體」早已聚集，有讀書組、七嘴八舌組、打打鬧鬧組等，有如墟市般人聲鼎沸。

「叮噠叮噠——」上課的鐘聲打斷了我的回憶，要回課室上課了。可我腦海裡不斷地想，我們的生活，要到甚麼時候才能重回正軌呢？原來，「習以為常」也是一件可貴的事。盼望疫情早日結束，要不然，我們可能要一次又一次的跟校園久違了。

久違了的校園

3D 陳穎淳

不論是誰，應該都期待着吧——我們久違了的校園。

但此時的我，竟是慌張又期待！慌張我未完成的暑期作業，期待着久違了的小伙伴，許久未見的師長們，還有那綠草如茵的山坡、寬敞的球場、嚴肅的禮堂。

但當我真的如願回到校園，才發現它沒有我想像中變化多端，依舊以熟悉的面貌闖入我的視線。但也同時感到眼前的景象有些陌生，使我沒有太多真實感，直到身邊的同學拍拍我的肩膀，笑着對我說：「好久不見。」我才如夢初醒地與他打招呼，也對面前的校園感到有真實感。

這一切似是沒有變化，多達數月的網上教學使我差點忘記已是一名中三學生。我不禁期待新的學期，自己變得更加成熟，也要更加努力。

以往的自己總是嘻嘻哈哈，幼稚如兒時，如今面對着久違了的校園，我暗自立誓。但其實在新的學期裏，我與往常並沒有太大區別，該遊玩時遊玩，該學習時便學習。

不論如何，願在這學期裏，大家都在久違了的校園發光發熱，前程似錦，翱翔萬里。

久違了的校園

3D 程永豪

經過了悠長的疫情假期後，我終於回到了校園，見到了許久不見的同學。我正想跑過去搭話，可是我一時間卻想不到任何話題，場面顯得有點尷尬，這時候，響起的鐘聲打破了僵硬的場面。

與以前不同的，拍卡點名時要測量體溫，並且要用消毒水消毒雙手。今年對中一的新生而言，也是較為有挑戰性的一年。

我回到課室時，氣氛十分熱鬧，畢竟大家都因為疫情關係，很久沒有見面，所以應該有很多話想說吧。上第一節課時，有一種熟悉的感覺，可能實在太久沒有上實體課了，一直都在家中上網課，因此能再次回到學校上課，我的心情很興奮。

小息時，我們到了小賣部買東西吃。由於疫情關係，只能分開坐下。雖然我們坐的位置不一樣，但是我們的話題無限，彷彿沒有發生任何疫情。我們就好像天天都有見面一樣，關係依舊不變。

不過，由於困在家中差不多大半年，所以在上體育課時真的很累。手手腳腳的筋都很痛，但是總算做了真正的運動。但是不得不說，相比起以前，我的體力下降得太多了。

還有很多不同的趣事，總之我回到久違了的校園，有着很多很多不同的心情。我回到這個既熟悉，亦陌生的第二個家，我的心情難以用文字形容，百感交集。希望以後不要再發生如此可怕的疫情了。

久違了的校園

3D 林嘉穎

因疫情關係，學生只能在家中上網課，不能回到學校上課。事隔數月，疫情緩和，我們終於可以回到學校上課了。又回到了要在清晨時分醒來的日子。但這天我卻十分精神和興奮，起床洗漱一番後，我穿上熨得筆直整齊的校服出門了。再次踏上通往校園那條熟悉又彷彿有些陌生的路途。

下了巴士，走上那條無論走過多少次還是會感到疲累的斜坡。終於到了校門，校門前站著的校工阿姨，一如既往地和我們打招呼。一踏進校園，便能看到排列整齊的風紀隊伍站在兩旁迎接我們。在讀卡器的兩側，擺放著兩部體溫探測器，探測我們的體溫有沒有異常，然後我們需要用學校為我們提供的酒精搓手液消毒雙手。完成後便可以回到教室了。

回到教室後，見到了好久不見的同學，也見到了一些新面孔。經過了數個月，同學們都產生了一些變化，有些長高了、有些變瘦了、有些變得健談、還有一些變得幽默了。即使我們都戴著口罩，但仍然能感受到同學們重回校園的喜悅。學校也加入了一些新老師，我們也對新來的老師感到好奇。

在這一天，我們再次踏進了久違的校園。整間學校都充滿能與老師和同學重新見面的興奮和愉悅。希望這個學年能一直與同學和老師天天見面。

久違了的校園

3D 吳潔晴

自從疫情爆發後，教育局就安排了停課，停了許久，終於在上星期開學了！我真的非常興奮，雖然還要戴著口罩，但終於有機會看見很久沒有見面的老師和同學了，我真的激動得前一晚難以入睡。

當我早上回到學校時，發現學校的外牆裝修了，由本來平平無奇的白色變成藍色了，令我有一點驚訝。學校也放置了一些消毒用品，十分之貼心。我走上樓梯時，突然回想起我已經是中三的學生了，再也不是在二樓的中二學生了，其實還有些懷念和可惜，因為中二只在校園上課了半年左右。

回到課室後，我看見許久沒有見面的同學和朋友，我看見她們樣子也有一些變化。雖然疫情令我們很久沒有見面了，但是我們也沒有生疏，並且更熱情。今年我們的兩個班主任也有變化了，雖然其中一位女班主任曾擔任我上學年的班主任，但也有一位是從未任教我的老師。中三也新增了很多不曾接觸的科目，例如科學分開了三科，分別是生物、化學及物理。看來要更加努力了。

雖然疫情到現在還未算平復，可能又有機會再爆發，但這樣令我更加珍惜上學的時間了！原來校園是一個這麼溫暖和熱情的地方。

假設你最要好的同學往外地升學，你到機場送行。試寫出你因送別而觸發的感受。

4A 許芷琳

彈指之間，時間如清風般從你我的指間滑過，回憶起這兩年多的點點滴滴，沉醉於過去的美好中，不願醒來。「搭乘CX880往洛杉磯的乘客請注意，請各位乘客儘快到登機門登機。」隨着廣播員這一句話，眼淚潮濕地劃過我的臉頰，在乾燥的皮膚下留下一道道曲折的淚痕，我不願擦乾，也不願停止哭泣。

這一天終究還是來了，我最要好的同學曉晴要飛往洛杉磯升學。當我一開始聽到這個消息時，猶如晴天霹靂般，整個世界頃刻分崩離析，我一時間不知該如何接受這個突如其來的消息，可是也沒有任何辦法，只能被逼接受現實。

在乘車往機場的途中，沒有嘈雜的說話聲，也沒有喧鬧的汽車聲，的士裏的空氣像凝結了一樣，誰也沒有作聲。曉晴望着窗邊的風景，那時的她應該在想哪時才能再次看到她故鄉的風景，她那雙深邃的眼睛透露着她依依不捨的心情。我則只顧着看的士的咪錶，每當它跳一下，我的心跳便也揪了一下，因為我知道這代表我們離機場更接近了。

十多分鐘後，的士停下來了，回頭一看，我們已經到達香港機場了。下了車後，我每走一步就覺得步伐越加沉重。我們先去了櫃檯辦理登機手續，由於我們提早到了四十五分鐘，所以我們找了一個能看到飛機起飛的地方，瘋狂合照，務求可以把這些「最後的美好」記錄下來。在曉晴留意其他地方的時候，我從書包裏拿出我花了兩天時間準備的紀念冊，裏面有很多我們過往的合照和以前從來不敢說的肺腑之言。期間我和曉晴聊了許多過往的趣事，我們都樂得捧腹大笑，彷彿忘記了過多一會兒便要道別。在曉晴笑的時候，她的眼眶裏好像有淚水在打轉一樣，不過她卻只說是因為打了哈欠才會這樣。看着窗外的飛機一架又一架地起飛，多麼不希望下一架要起飛的飛機是曉晴所乘搭的CX880。怎料，話音未落，機場的廣播便響起「請CX880的旅客到登機門準備

登機」，廣播雖只重複了兩次，卻在我的腦中不斷迴響。曉晴看着手中的紀念冊，眼淚爭先恐後地湧出了她的眼眶，淚珠止不住地往下淌，一滴又一滴豆大的眼淚掉在紀念冊上，她把紀念冊緊抱入懷，在旁邊看着一切的我也默默流下兩行淚。在前往登機口的途中，我不斷叮囑她自己一個一定要小心，到了後要報平安，千萬不能忘記我……

在登機口前，我們用雙手緊緊地握別，共享這最後的溫暖。一番道別後，曉晴獨自邁入登機口，我在背後看着她的背影，在她拐彎的位置大叫：「陳曉晴，一切小心！要記得我！再見。」只見她向我做了個收到的手勢，便繼續向前走。我站在原地良久，始終不敢相信曉晴已經即將要飛往洛杉磯，直至看到曉晴所乘搭的飛機起飛，我才轉身離去。

回到家後，媽媽看見我失落的樣子，和我說：「真正的友誼絕不會因離別而隔斷，你的朋友將會因離別而倍加珍惜你們之間的友情。」聽了媽媽的話後，心情的確好了不少，更想起蘇軾的「人有悲歡離合，月有陰晴圓缺。」天下無不散之筵席，人與人之間總要面臨許多離別，可是總會有重逢的那一天，所以我深信，在不久以後，肯定可以和曉晴再次見面。

古人以「益者三友：友直、友諒、友多聞」為交友之道。 試談談你的看法。

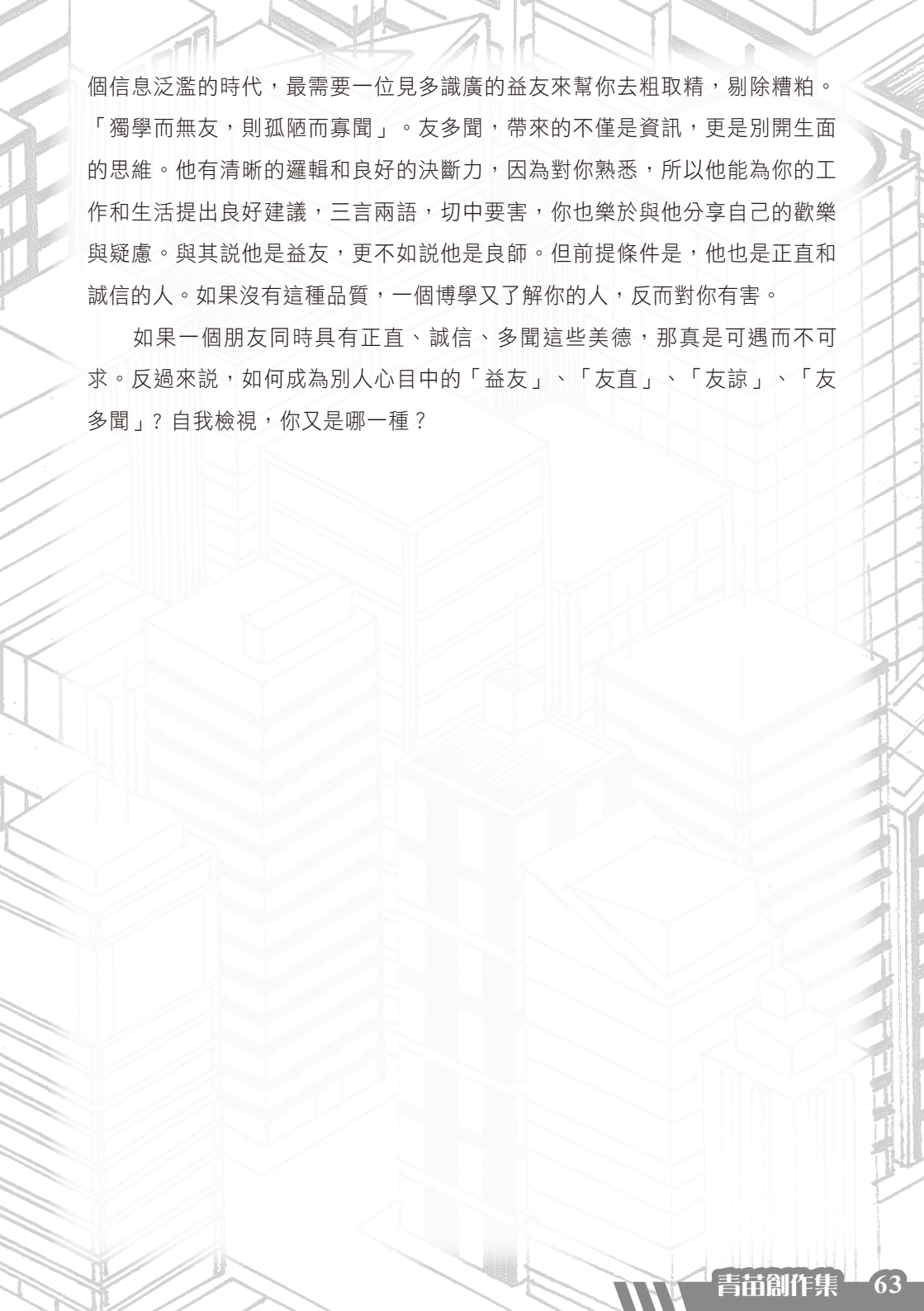
4A 朱俊傑

孔子曰：「益者三友：友直、友諒、友多聞，益矣。」「友直」是結交正直的朋友，「友諒」是認識誠信的朋友，而「友多聞」是要把博學多聞的人拉進我們的朋友名單。如果與消沉的人廝混，你不可能進取；如果經常與浮誇的人為伴，你不會踏實；如果你的朋友是積極向上的人，你就成為積極向上的人。

友直，能修身。正直的朋友是一面鏡子，即唐太宗所謂「以人為鏡，可以明得失。」朋友作為旁觀者，會看到你的失誤，但只有正直的朋友才會不避繁瑣、不厭其煩地給你指出來。漢武帝時，有個叫何武的人，為人正直，當他發現官員戴聖不按法律辦事時，便向朝廷舉報了戴聖為官的過失和不法行為。戴聖因此懷恨在心，一有機會就和別人說何武的壞話。一天，戴聖的兒子犯了罪，戴聖認定何武定會將他兒子置於死地，結果何武公正判決。戴聖深深敬佩何武的為人，二人從此成了好朋友。所以說，為君要有諍臣，為人要有直友，他們能將你打磨得更完美。

友諒，是原則。「友諒」指結交誠實的朋友。很多古人對此推崇備至。比如元末和朱元璋爭天下的陳友諒，他的名字即來源於此。可惜他名不副實，詭詐性格甚至超過曹操和朱溫，手下的謀臣猛將都忌憚他，所以落得離心離德，兵敗鄱陽湖……。很多人並不在乎身邊朋友的信用，只在乎意氣相投。即使好友有不誠信的行為，總會自我安慰：「他又沒有騙過我」、「他肯定不會騙我」。殊不知，他今天可以失信於人，明天也可以騙你。他不騙你只是他衡量之後的利益抉擇，而以誠信為本的人，菜單裏根本沒有失信這個選項。選擇朋友，誠信是一條基本紅線。

友多聞，是眼界。在資訊爆炸的資訊時代，恆河沙數的信息充斥我們的電視、電腦和手機，有人認為再也不需要見識淵博的朋友了。恰恰相反，現在這



個信息泛濫的時代，最需要一位見多識廣的益友來幫你去粗取精，剔除糟粕。「獨學而無友，則孤陋而寡聞」。友多聞，帶來的不僅是資訊，更是別開生面的思維。他有清晰的邏輯和良好的決斷力，因為對你熟悉，所以他能為你的工作和生活提出良好建議，三言兩語，切中要害，你也樂於與他分享自己的歡樂與疑慮。與其說他是益友，更不如說他是良師。但前提條件是，他也是正直和誠信的人。如果沒有這種品質，一個博學又了解你的人，反而對你有害。

如果一個朋友同時具有正直、誠信、多聞這些美德，那真是可遇而不可求。反過來說，如何成為別人心目中的「益友」、「友直」、「友諒」、「友多聞」？自我檢視，你又是哪一種？

得到鼓勵，面對難關有感

4B 梁佩芝

四月十五日（星期四）晴

幾天後我將要面對一道難關，心情患得患失，想不到今天得到鼓勵，使我對即將來臨的難關有新的體會。

下星期六要去沙田大會堂參加獨唱比賽，我喜歡唱歌，所以我一時衝動就報名參加。之後腦袋慢慢開始清醒，才發覺自己做了那麼荒唐的事。今天中午，我和朋友說了這件事。他問我：「那你現在準備好了嗎？」「準備是準備了，但我很緊張，還有很怕到比賽那天我的腦袋一片空白或是唱不成。」然後，他告訴我：「其實我每次比賽也會緊張、害怕和擔憂。」「你也會嗎？每次我看你都好像和我平常的一樣，沒什麼差別啊！」「對啊！我是因為想起和父母、和你一起的快樂時光呀！一想起這些，我就充滿了能量，可以克服一道又一道的困難。你可以嘗試一下，或者可以用別的方式也是一樣。」「好吧！我試試。」

跟她說了之後，我立刻嘗試想，想着想着，我果然沒有再覺得害怕。我不禁振作起來，沒錯！面對這些難關，我更應該勇於克服，要堅強，那些回憶雖然看起來很渺小，但它給我的能量卻十分強大，包圍着我，令我不再徬徨。

我明白人生無論在哪一個階段，都需要付出自己的辛勤汗水，都需要自己認真真地思考；成長的路上，確實會經歷無數的坎坷挫折，會與荊棘相伴。要從不斷的成長經驗中總結自己的經驗，才能夠不斷向前，邁向成功。

得到鼓勵，面對難關有感

4B 劉詠賢

四月十五日（星期四）晴

幾天後，我將面對一道難關，心情患得患失，想不到今天得到鼓勵，使我對即將來臨的難關有新的體會。

大雨滂沱，今天窗外的天氣，就像我那時那刻的心情一樣。

在下午二時，我背着結他，邁着沉重的步伐，前往馬鞍山的柏斯琴行。走在一成不變的路上，與從前不一樣的卻是我。我再沒了從前朝氣勃勃的步伐，現在的我意志消沉。

回到琴行的結他房，老師叫我拿出結他，先練習比賽曲目。不是普通的結他獨奏，而是自彈自唱。自彈自唱，很考驗結他手。除了要練熟伴奏、拍子、指法等，還要練好音準、咬字、情感等。待你把彈結他和唱歌練好，又需要把兩者結合。一邊要記得指法，一邊要記得歌詞。對於一個初學者實屬不易。

由於太緊張的關係，我不斷掉拍子，完全失水準，一遍又一遍，每一次都彈得不好。老師叫我放鬆，然後語重心長的跟我說：「詠賢，你不用那麼緊張，發揮你平常的水平就可以了。這只是你人生裏一個小小比賽。我明白你很希望在台上發光發熱，不過你要放鬆心態，用最好的狀態去比賽，這樣你才對得起你一直以來的努力！」

這番說話，簡直是一言驚醒夢中人。我深呼吸，想像只有自己一個，結果還是很緊張呢。對我而言，放鬆真的很困難。

回到家後，我繼續練習，果然好多了。不過，仍有些擔心。

媽媽回來，看到我心事重重的樣子，就猜到我是擔心之後的比賽了。她溫柔地說：「不用那麼擔心了，你的努力，我們大家都看得出來。不要想那麼多，享受屬於的你舞台吧。」

受到媽媽和老師的鼓勵，我的信心提升了不少。他們都說得很對，這只是個小小的比賽，人生還有很多大大小小的挑戰。不妨享受每一個挑戰吧！

得到鼓勵，面對難關有感

4B 龐嘉健

昨天上午在上網課時，中史老師說幾天後就要小測，原本這並不是什麼天大的事情，但是因為我經過了漫長的網上上課，所以顯得比較不適應。另外，本次考核的內容是西周，而西周歷史所需背誦的內容很多，成為了我在這次考核中難以跨越的難處，卻想不到會在今天得到鼓勵，使我對即將來臨的難關有新的體會。

就在今天下午，我們學校有幾個舊生回來探望老師和重遊校園，而其中更有一名師兄來找我聊天，找回往日快樂的校園記憶，以及和我分享一些個人心得。

我還記得他曾提及，在他應考文憑試的前幾個月，在亞洲全面爆發了新型冠狀病毒，這件事打亂了他上大學的全盤計劃。師兄本身自控能力較差，因疫情關係，他只能在家中上課，可是他卻不能適應網上課程，吸收重點，而且因取消模擬考試，他就更不能知道自己的短處，從而作出改進。聽到這裏，我十分佩服他。若這種事情發生在我的身上，定會不知所措。而那位師兄今日神奇地通過了難關，憑着在幾個月內不停地做卷子，成功考上了他心儀的大學，還改掉了難以自控的壞習慣。

那時，我的心中湧現一種感受，就是為什麼我不能像那位師兄一樣主動跨越各種的難關，披荊斬棘？更何況他當時有很多因素阻擋他的去路，而我只是一個小測就把我攔在路上。一想到這裏，我便下定決心，努力準備，面對小測。

得到鼓勵，面對難關有感

4B 溫曙輝

幾天後將會是班際的棋藝比賽，我所參與的是象棋的部分，加上聽說各班都有「神人」出戰，我在剛剛收到消息時感到絕無獲勝的可能，心情愈發低落，患得患失。

但就在今天，當我拖着我那如「行屍走肉」般的身軀回到學校上課，準備以消極及放棄的態度度過比賽前夕的日子時，一句話傳入我耳中。

「你打算這樣虛度就算了嗎？一場比賽而已，你至於消極地像失去了人生意義嗎？你就只有這樣嗎？」我氣憤地抬起頭，想跟這位不知「天高地厚」，「在別人的傷口上撒鹽」的人理論時，目光一頓，是前天把我拉去參加比賽的班主任，因此我只能以幽怨的眼神凝視他，以表達我的情緒。

他再說：「眼神不錯，比賽的時候就這樣瞪着對手，令他覺得你非常強大和自信，在氣勢上力壓對手，讓他們在緊張中落敗。不錯的想法，不是嗎？」這如玩笑般的話語，瞬間點醒了我，不過是象棋比賽，未戰先怯，那不應該是我現在要做的。比賽而已，輸贏並不太重要，重要的是比賽時與對手各方面的拼搏。自信、樂觀地面對將會發生的事情，才是現在我應該做的。

因此，恍然大悟的我也極其自信回應他：「區區幾場比賽，揮揮手便過了，有何難？冠軍的獎杯在當日就會出現在班中的老師桌上，信不信？」我們兩人也相視一笑，似乎無形中已取得優勝一般，一切盡在不言中。

得到鼓勵，面對難關有感

4C 李嘉怡

看着新聞上的失業人數在不斷增加，我嘆了口氣，沒想到我也成了失業人士的其中一員。

我的工資並不高，作為酒店管理的一員，每天要早到遲退，身心日漸疲累，面顏憔悴，再加上疫情的影響，生活中的各種壓力接踵而來，壓得我喘不過氣。原本還以為疫情會很快散去，沒想到它來勢洶洶，不停地反覆，一連好幾個月都受到影響。身邊很多同事都被迫放無薪假，再後來，酒店因受疫情影響，不得不裁員，很不幸的，我進入了被裁員的名單中。

由於放了多次的無薪假，再加上這裡的物價高昂，導致我所剩的積蓄已經不多了，我如今的財政狀況令我無限擔憂和害怕。被辭後的日子中，我一直在不停地找工作，雖然幸運地找到了一份還好的工作，但工資卻比之前的低。我很無奈，只好硬着頭皮上班。

經過一個月的打工時間，還是有些不太適應。有的時候，可以早點下班，對於我來說，便有了發泄的時間。夜裡總是昏暗暗的一個人，對着四堵牆，冰冷冷的，無助感迎面而來，又想起現在自身的狀況，忍不住哭出來。

在我身邊，除了同事，就只有父母在一直關心着我。聽到我失業後，我的父母第一時間給我打電話，耐心地安慰我、鼓勵我，讓我不要灰心。給我打完電話之後的幾天，他們到我屋裡，給我煮了一桌子的飯菜，全是最愛吃的。父母對我的愛像太陽一般，溫暖着我的心頭，忍不住熱淚盈眶。吃完飯後，我們一家坐在電視機前的沙發上，靜靜看着電視台的節目。過了不久，他們回家了。送走了他們後，我便繼續坐在沙發上看電視。

差不多十時多，我拿起桌子上的電視遙控器想要關掉電視，突然瞥到桌上放了一個信封。我好奇地打開信封，裡面全是紙幣，信封的背後寫着，「雖然錢不多，拿好就是了。」我頓了頓，眼淚終於忍不住湧下來。我沒有坦白跟父母說我其實過的並不好，但是他們總是能看透我，默默地幫助我，守護我。我



真的好內疚，沒能賺大錢，讓他們過上好日子，反要父母擔心我。

生活還要繼續下去，有了父母的鼓勵，我充滿了前進的動力。慢慢的，隨着工作的時間久了，儲蓄也在慢慢恢復，快到原來的數目。我所面對的經濟困難也在慢慢改善。唉，終於渡過了難關。

在我最困難的時期，是父母默默地幫助我，給了我巨大的鼓勵，讓我在黑暗的生活中，找到了光明。面對困難，一定不要放棄，因為上天一定會派天使來拯救你，讓你看見生活的希望。

得到鼓勵，面對難關有感

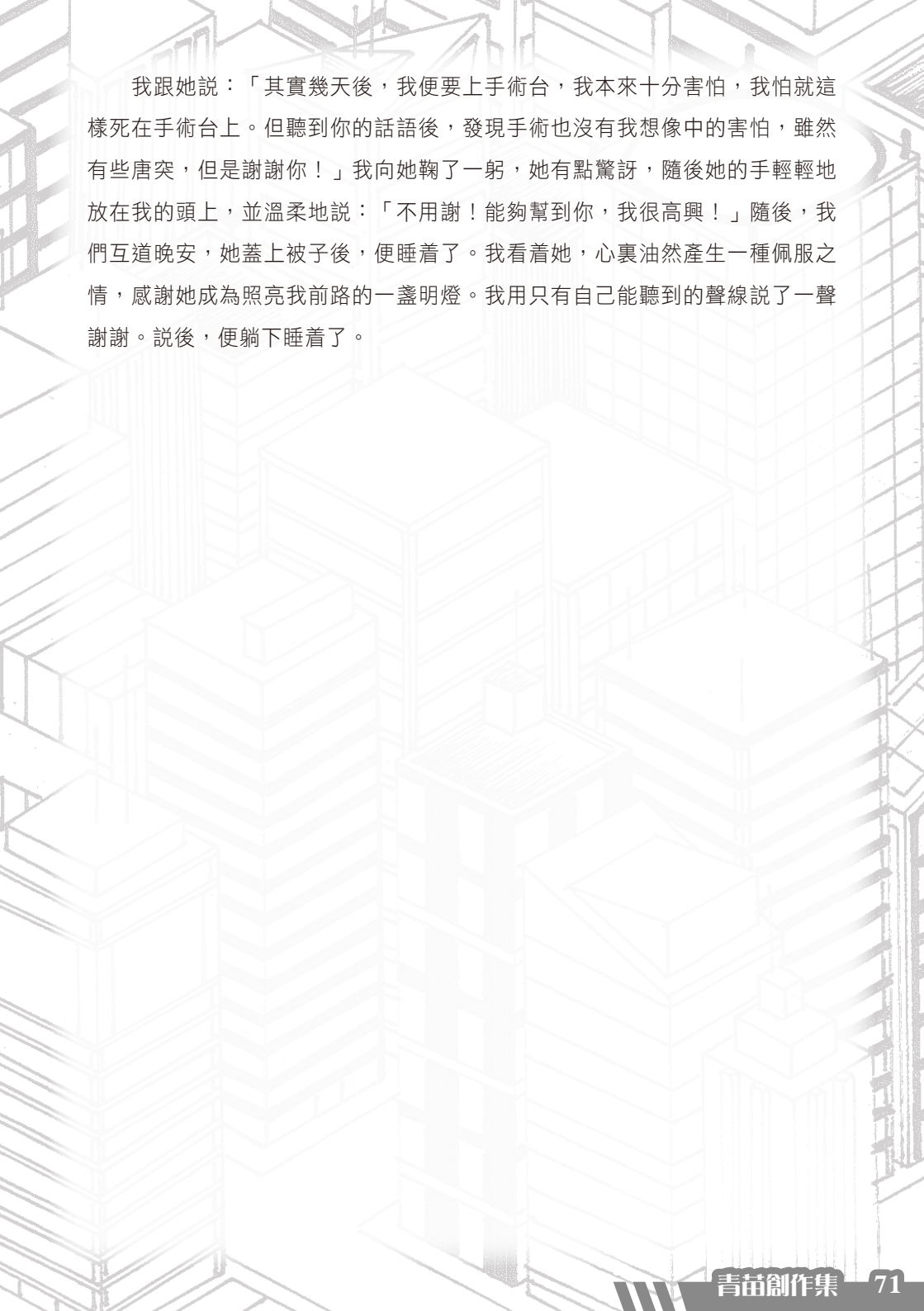
4C 梁穎探

我小時候生過一次大病，雖然治好了，但遺憾的是留下了後遺症，所以一直都要保持治療，不過最近醫生跟我說：「只要做一次手術，你這個病就能痊癒了。」起初我十分抗拒做手術，因為電視劇集裏做手術的人通常都會死，但是看到窗外那鳥語花香的景色，而且不想再做一個病人，所以我同意了。然後醫生建議我進院觀察，我看到醫院裏的房間猶如死神的房間，毫無生氣，我怕了，我心想我不會就這樣死了吧？我的眼眸開始被眼淚覆蓋，在我差點被嚇哭之時，我看到了我旁邊的女孩。

她身穿一件慘白的病人服，在我眼中，死神就站在她的旁邊，等待着她的死亡。她滿頭大汗，眼眸失去光采，並靜靜地看着窗外那春和日麗的風景。她身邊有很多慰問品，有新鮮的水果、有艷麗的花朵、也有美麗的心意卡，這些看着都十分美好和完美，但她卻沒有特別開心，反而流露出有點失落的神情。在我因為擔心她，而準備向她詢問時，醫生突然氣喘喘地走了進來，並走到她的身邊，醫生冷靜後，露出遺憾傷痛之情，說：「你還有甚麼是想去完成的嗎？」她沉默了，想了一會，她笑着跟醫生說：「沒有喔！謝謝你，醫生！」醫生有些哽咽地回答：「不用謝！」然後就蹣跚地走了出去。在醫生走了出去後，她突然向着我微笑，並說：「你是不是想問我一些問題？」

我心想被拆穿了啊！我便帶着擔心的神情，問她：「你沒事嗎？」她苦笑道：「說沒事是假的，我的確有事。」在我想問她剛才為甚麼要說謊時，她說：「我猜你是想問我剛才為甚麼向醫生說謊說自己沒事吧，因為我真的不想讓他為了我而傷心，他是一位好醫生。」聽後，我問她：「那你放棄了嗎？」本以為她會消極地說放棄了，結果卻不然，她說：「不啊！你看，那些充滿營養的水果，那枝堅毅不屈的梅花，那張充滿暖意的心意卡，都好像在跟我說不要放棄，你也要快點痊癒一樣，只是被告知自己的死期將至，有點失落罷了。」最後那幾個字，她說得特別失落。

她的話語讓我看到她的堅強和不放棄，令我十分佩服，可能是見到她那般堅強，令我覺得原來手術台也不像想像中的恐怖。



我跟她說：「其實幾天後，我便要上手術台，我本來十分害怕，我怕就這樣死在手術台上。但聽到你的話語後，發現手術也沒有我想像中的害怕，雖然有些唐突，但是謝謝你！」我向她鞠了一躬，她有點驚訝，隨後她的手輕輕地放在我的頭上，並溫柔地說：「不用謝！能夠幫到你，我很高興！」隨後，我們互道晚安，她蓋上被子後，便睡着了。我看着她，心裏油然產生一種佩服之情，感謝她成為照亮我前路的一盞明燈。我用只有自己能聽到的聲線說了一聲謝謝。說後，便躺下睡着了。

送別同學有感

4D 陳新宇

「我們歡笑哭泣為挫敗暗自傷感，陪伴彼此在蛻變中綻放。趁青春氣勢如虹，並肩向未來進攻。……」今天是個綠樹成蔭，秋高氣爽的日子，但是整個人都死氣沉沉，特別失落。今天終究還是到來了，我初中三年的好朋友——馮穎兒，她為了實現自己的夢想，抓住了對她人生很重要的機會到外地升學。

今天送行的只有我，她只希望安靜地離開，步入機場，三年間的回憶便歷歷在目。記得中一剛入學時，我們是同班同學，那時都很膽小的我們都不敢和對方說第一句話。到慢慢熟悉，再到成為形影不離的好朋友，從一個膽小鬼變成兩個膽小鬼，兩個人都對醫學方面有興趣，因為一個比賽，她抓住了這次的機會，而我卻有了遺憾，錯失了機會。她也鼓勵我說：「長江後浪推前浪，你一定會成為最大的那個後浪。」想起這一切，又是心酸，又是孤獨。

手機響起，看見了手機壁紙，那是我們一起學習休息拍的一張照片。是的，只有我們見證了彼此的努力，把重要的知識一遍又一遍地重溫，為這個比賽付出多時。那個升學的機會只有兩位，而那所學校更有頂級的醫療設備以供學習，這個機會很難得，看她一晚又一晚地重溫知識，最後在這個比賽勝出，她說她是幸運的。幸運其實就是機會，如果你可以抓住機會，那你就是幸運的。

走到一半，我不爭氣的眼淚流了下來，回憶太多，很不捨得，她看到我哭了也沒忍住，這種感覺真的只有離別時才感受到。時光飛逝，三年來一起過的日子就在這裏停了，兩個人臨行前想說的話哽咽的說不出口。希望她可以在那裏交新朋友，過得好，而我也代表會原地踏步。那些需要我們去等、去忍耐、去花時間的東西，都是最有價值的，我一直這樣堅信著。

飛機起飛前她發了一條信息：「我們歡笑哭泣為挫敗暗自傷感，陪伴彼此在蛻變中綻放。趁青春氣勢如虹，並肩向未來進攻。」

一場沒有失敗者的比賽

4D 盧浩鈞

人一生中會有很多不同形式的比賽，它們都充滿競爭性。如果贏了比賽，就會為自己增添一點榮耀；如果輸了比賽，可能會變得一蹶不振。不過究竟每場比賽是否都一定會分出勝負？答案是否定的，是一場沒有勝負之分，卻充滿著榮譽的比賽。

在這次陸運會舉辦前，我與朋友約定了要進入一千五百米跑步比賽的決賽，並且分出高下。在第一天的陸運會中，我為了完成與朋友之間的約定，我十分努力，不停地衝刺著。終於，我獲得了進入決賽的資格，而且也得知我的朋友也獲得了進入決賽資格。我對他說：「明天，就是一決勝負的日子啊！」他回答：「是啊，來分出勝負吧！就在我們之間。」在一系列的比賽結束後，第一天的陸運會也圓滿地結束，每個人都隨著解散而回家休息，充分地準備著翌日的比賽。

第二天的陸運會開始了，我期待已久的日子終於來臨。我興致勃勃地開始拉筋，準備著稍後的跑步決賽。過了一段時間，一千五百米的跑步決賽開始召集。到達召集處後，我看到了我的朋友，我們雙方都注視著對方，並同時說出一句話：「來分出勝負吧！」

過了一段時間，我們都在起跑線上，隨時準備著。槍聲一響，我們都同時起跑，開始了這場比賽。我們都不徐不疾地跑著，當我們都完成了一千二百米時，我們開始加快腳步。在我們面前有其他參賽者正在領先，我內心對勝利的渴望越來越強烈。我盡全力地跑著，正當我將追上前面的參賽者時，我一個不慎，向前跌倒了，傷口正在流血。我以為此時此刻的我要敗北的時候，看到一隻手，我的朋友對我伸出了一隻手，我問他：「你不跑嗎？為了分出勝負。」他不回答我，只是問我：「能站起來嗎？」我伸出手，他立刻把我扶起，並且一邊扶著我完成賽事。此時我們已經完全落後了，觀眾靜靜地看著我們，突然他們都站起來拍手，對我們說加油。直到我們完成賽事後，歡呼聲反而越來越大聲。

這場比賽雖然輸了，但我們卻贏得了大家的歡呼聲，就像得到冠軍一樣，我們贏得了體育精神的榮譽，這就是一場沒有失敗者的比賽。人生雖然會遇到大大小小挫折，但如果一直堅持不懈的話，或許會得到意想不到的收穫。

一場沒有失敗者的比賽

4D 黎婉妮

在我們的人生裡一定有過或大或小的比賽，而比賽有勝利者就自然會有失敗者，曾經我也認為比賽就只有這兩者，直到我參加了一場籃球比賽，才改變了我的想法。

這場籃球比賽是代表學校出外參賽，我們球隊也很重視，但是我們的球隊剛剛建立不久，沒有太多的默契，技術也沒有很精湛。可偏偏這場比賽我們遇到的是一支被公認為最強的球隊，當然我們也很害怕，害怕輸掉比賽，害怕不能為學校爭光。但慶幸的是我們球隊沒有消極地對待這場比賽，也知道自己有不足的地方需要改進，所以我們很快就投入訓練，爭取把球隊的默契加強，把自己的技術加強，準備迎戰一個星期後被別人稱為「必輸」的比賽。

一個星期後，比賽如期而至，我們帶齊裝備到比賽場地，看到了我們的對手，他們的年齡和我們一樣，但是身材卻比我們高大且強壯，我不禁膽怯起來。我們穿好裝備、熱身，教練佈置好戰術，一切準備就緒，上場準備「開戰」。哨聲一響，比賽正式開始。比賽一共分為四節，第一、二節我的隊友有的受傷，有的身體不適，有的犯規離場。對手表現得很出色，幾乎沒有失誤，他們一點一點地把我們的自信心打垮了，就這樣場內的觀眾開始斷定這場比賽的輸贏。第三節開始，我們靠著對手的失誤和拼盡全力的身體才能扳平比分。第四節開始，我們的體力漸漸被消耗，因為第一、二節的隊友犯規離場和意外受傷，我們沒有人能替換。我們靠著頑強的意志力和一次次的拼搏，拿下艱難的分數。在這充滿汗水的場地，我們擁有了一個可以打加時賽的機會，而這個機會給了我。在最後的幾秒時間內，投籃，讓全場矚目的一顆球……但是，最終還是聽不到進球的聲音，哨響，比賽結束，我們輸了。

在這個空曠的比賽場地裡充滿了遺憾、不甘和難過，但是我覺得我們雖敗猶榮，因為我們拼盡全力，也拿出了我們應有的態度和體育精神，即使我們可能技不如人，身體也不如別人強壯，但我們也勇敢地去對抗。我相信在我們的人生中也會有這樣的事情發生，沒有說失敗的就一定是不好的，也沒有說被淘汰的就一定是失敗者，只要拿出態度和敢於拼搏的精神，你就是勝利者。莫以成敗論英雄，這是一場沒有「失敗者」的籃球比賽，因為我們都敢於拼搏。

發黃的舊故事書

5A 陳禧雯

「啪！」一本殘舊又帶點歲月痕跡的兒童故事書在大掃除中從書櫃的深處掉出來。事隔多年，再次拿起小時候最愛不釋手的書，心中五味雜陳。

五歲的時候，爺爺嫻嫻送了一本破舊的故事書給我，我對之十分著迷。後來才知道這是他們兒時最愛的書本。當時的我不懂得書中所有內容，只能略懂一二，而我對書本的封面、插畫更為著迷。小時候，每當放假到爺爺家，他們都會仔細、耐心地一遍又一遍講給我聽，而我也會靜下心來，細心聆聽他們蒼老的嘴唇慢慢說出的每一句、每一個字。他們告訴我書中住了一個仙女，所以每當我有不愉快、傷心的事，可以寫或告訴仙女。

多年後，爺爺重病入院時，我帶著這本故事書到病房探訪他。冷冰冰的病房沒有任何感情和生機。自從上了小學後，就沒有機會和爺爺見面，自我懂事後，我也沒有再把故事書放在床邊。爺爺緊閉的雙眼令我感到極為害怕，害怕他永遠都緊閉雙眼。我耐心、仔細地一遍一遍地講故事給他聽，像從前一樣，同時心中亦盼望他能張開雙眼。我一直深信爺爺會再次甦醒過來，我亦能再次聆聽他講的故事。直至那天，醫院傳來噩耗。從那天起，故事書便是我和爺爺間唯一的聯繫，那個仙女亦變為了爺爺。

「把它丟棄吧！」媽媽的說話打破了我的思緒。我拒絕了。多年後再看小時候的墨水已快消失，所謂的煩惱、傷心，只不過是一個一個令我成長的階級，亦是推動我成長的動力。

這本發黃的舊故事書，不單是我和爺爺的連繫、回憶，更是一本記載童年，逐漸成長的痕跡，每當回想這本書，就記起所有崎嶇，家人的陪伴、支持。書中的所有不快、困難亦會隨著墨水的消失，爺爺的離開，時間的流逝而隨之消失。

發黃的桌球棍

5A 何善歡

數天前，大家準備搬家，因此把家裏翻了個底朝天。除了無數的灰塵被清理，更發現家裏一些不為人知的小物品，其中包括了爸爸塵封已久的桌球棍。

桌球棍在沙發下被發現，用一個看起來價值不菲的皮套收藏，可是皮套上的塵和缺乏保養，令皮套本身的光澤消失。因為有皮套的保護，桌球棍的模樣尚算完好，只有一點點的發黃。可是，爸爸是沒有任何嗜好的，為何會出現一支屬於他的桌球棍呢？

爸爸是一個平凡的都市人，每天的生活只圍繞著家庭和公司，假日也沒有閒情逸致外出，總是喜歡留在家中休息，原來這樣的他也有一顆熱愛桌球的心。

「年輕時，在桌球室內便可以泡上一整日，當時沒有甚麼顧慮，生活好不快活！」沒有想過爸爸曾經也有一段放肆的青春，我以為他現在的穩重是與生俱來的，但他對桌球的熱愛卻是超出了我的想像，從以前的桌球狂熱份子到現在消失衝勁，是嗜好改變了嗎？我知道他在夜闌人靜時，會收看直播的桌球比賽，可見他心中對桌球的火焰從未熄滅。

桌球對爸爸一定是個特別的存在物，可是他的熱情消退，令我倍感可惜！

我對桌球棍感到惋惜。曾經的它可以在桌球檯上大放異彩，把球子一個又一個地「入袋」，享受勝利的掌聲，如今卻被隨意地放在一角，無人問津。

我更對爸爸感到遺憾。成年後被賦予各種的身份，他是某人的丈夫、也是某人的父親，彷彿失去了作為熱愛桌球的人的身份。他失去了自我，為現實作出妥協，尤其讓人可憐嘆息。

爸爸和桌球棍的關係像牽牛花和籬笆牆，互相纏繞，誰也離不開誰，捨棄桌球的爸爸永遠會懷有一點愧疚。伴隨著爸爸的一聲嘆息，經仔細擦拭的桌球棍再次放回皮套內。

搬家後的某天，爸爸整裝出發對我說：「你今天走運了，可以看見我打桌球的英姿。」看到爸爸在桌球上的全情投入，我便知道這桌球棍再也不會被塵封了。

發黃的舊跑鞋

5A 黃穎賢

提起那雙發黃的跑鞋，曾經亮麗的桃紅色如今已枯萎成一片灰紅，曾經優美的流線型亦因長年受壓而變形，就如如今的我一蹶不振。

跑步是一個過程，跑手如離弦之箭一樣享受着清風的快感，一輪又一輪的日光照耀於身，感受着汗水於背部流淌，聆聽着自己急促而自由的呼吸聲，有如進入無人之境。晨曦中，在跑道上向着目標拼命奮鬥；暮色中，為了追逐皎月與微風前行。然而，此情此境卻如泡沫般於一夕之間破裂。在一次練習中，我為了穩定失平衡的自行車而失足倒地。疼痛的感覺由左腳湧上心頭，風由我的腳邊掠過，但此刻我已是折翼的雛鳥，無法在跑道上再踏風飛翔。不出所料，醫生帶着遺憾的神情告訴我此為二級外側副韌帶損傷，雖然經過物理治療後能正常行走，但受傷後，間中仍會有韌帶無力等後遺症，全面康復的機率可謂少之又少。當刻的我以為自己會大放悲聲，哭得死去活來，然而真實的我只是「嗯」了一聲。

在療養期間，隨着時間流逝，日曆一頁頁被撕下，留下鋸齒的殘頁。然而我內心的日曆卻停留在那一個隨風奔馳的倒影前，原地踏步、黯淡無光。家人也漸漸習慣那一個面如土色的我，靜靜坐在窗邊閱讀報紙——一份不完整的報章。縱使我沒有明言，但我知道父母為了不讓我倍感失望而抽走了體育新聞。我明白他們是出於好意，但此舉卻如一支又一支針扎在心上，訴說着我的無能。不單如此，家人甚至將家中所有與跑步連繫的物件藏起、丟棄，我一直裝作視若無睹，將自己對跑步的熱情藏於心底。但今天，當我由垃圾袋中發現那雙已經發黃的跑鞋時，卻按捺不住自己的雙手，將它帶走。

這雙跑鞋陪伴我走遍世界各地，見證我那一滴又一滴的汗水。我仍清晰記得當年教練將跑鞋交至我手時曾說過：「沒有比腳走更長的路，沒有比人更高的山」。此話在我耳邊不斷徘徊。當年的我能奔馳於耀日之下，然而為何今天的我卻因一道腳傷而放棄呢？我反復詢問自己。

如當時的我不自怨自艾，如今的我又會如何呢？我再次將跑鞋放下，因為我知道時間不能重來，而且人生亦沒有如果，此刻我知道自己真正的淡了。

談進步

5A 彭俊達

人的進步，往往源於兩個重要因素——壓力和失敗。他們總是孜孜不倦地纏繞着別人，使人的心裡不斷感受着源源不絕的壓迫感和恐懼，但這些感覺無疑是在不知不覺間推動着人進步，突破極限和超越自我，可謂是進步的良藥，進步的母親。

以我自己為例，我對此有着無比深刻的體驗——兩年前，我代表學校參加了「全港學界精英籃球比賽」。那時為了準備比賽，我和隊友們每天至少進行八小時的籃球訓練，下定決心誓要奪得冠軍為學校爭光。到了比賽當天，我們自然是胸有成竹。怎料，世事無常，當比賽到了最後的關鍵時刻，我們本以為勝利唾手可得，卻竟因為一時疏忽而犯下了不可挽救的失誤，使我們徹底落敗！

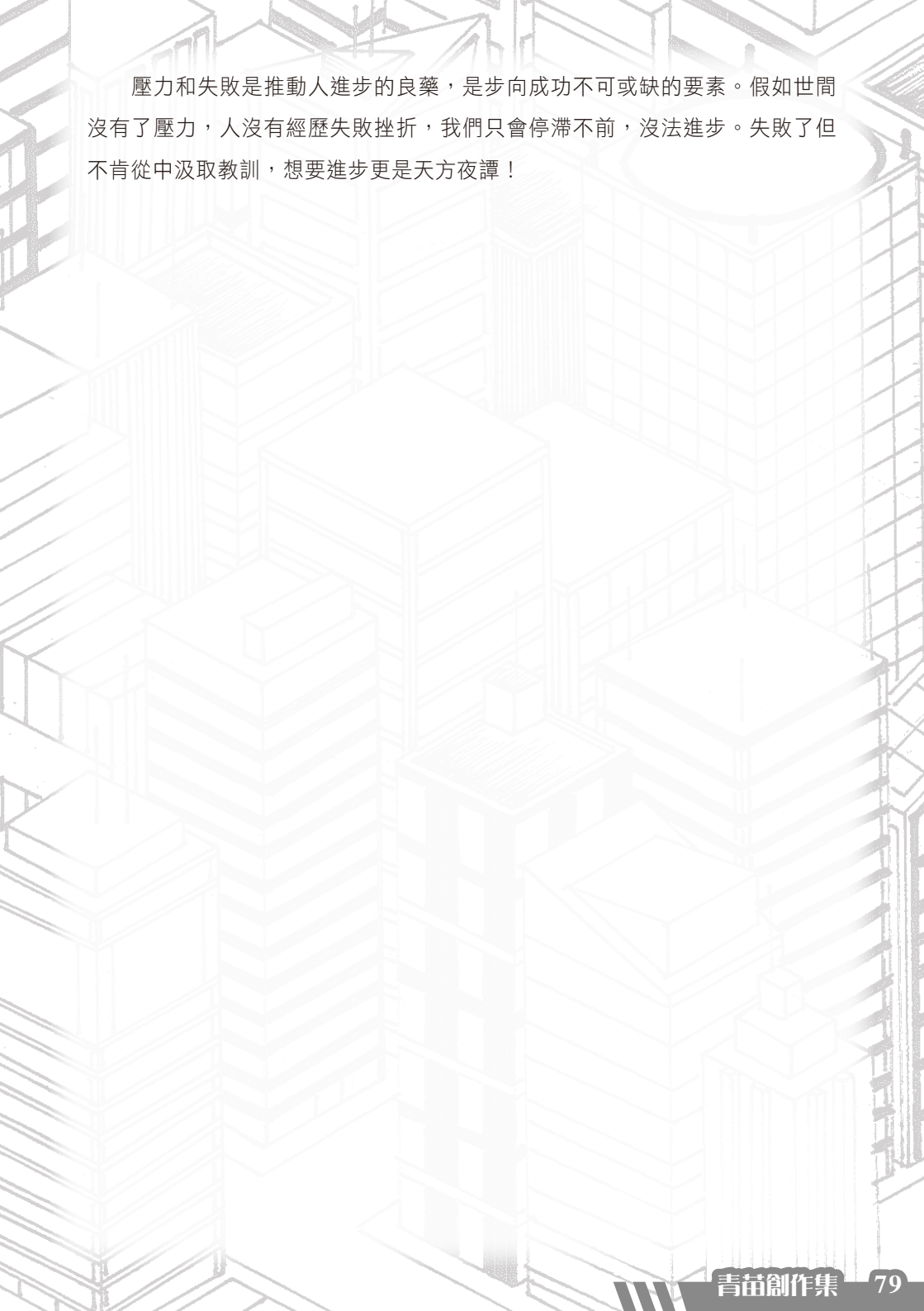
那次比賽落敗後，我們並沒有因此灰心氣餒，而是懂得從失敗中汲取教訓和經驗，將失敗和壓力化為推動我們進步的動力泉源。我們發奮圖強，堅持每天夜以繼日地進行艱苦的訓練。「皇天不負有心人」，我們終於在第二年的比賽勇奪冠軍，得償所願。

由此可見，失敗和壓力時刻督促我們，使我們充滿鬥志，使我們的球技進步，乃至成功地突破界限，超越了自我，失敗確實是進步的母親！

此外，壓力可使人意志堅定。還記得「項羽滅秦」這一典故嗎？項羽在一次伐秦的戰爭中，他的軍隊明顯少於殘暴的秦軍，但這樣的壓力沒有使項羽投降，反而激勵了項羽軍隊的士氣，使他們有破釜沉舟的決心，最終項羽的軍隊以投鞭斷流之勢以少勝多，戰勝了秦軍，成就了項羽傳誦千古「西楚霸王」的美譽。可見，壓力可使我們堅定意志，使自己進步。

壓力可使人進步，乃至邁向成功，力克·胡哲便是典型例子。

力克·胡哲天生便不幸地喪失了四肢，這樣的缺陷使他的生命在每分每秒都充滿沉重的壓力。儘管身體殘缺，但這樣的壓力反而推動着他繼續活下去，使他積極樂觀，自立自強。這樣的精神使力克·胡哲成為了偉大的勵志演說家。他堅毅不屈，勇於克服逆境的精神更無時無刻鼓舞着世人。



壓力和失敗是推動人進步的良藥，是步向成功不可或缺的要素。假如世間沒有了壓力，人沒有經歷失敗挫折，我們只會停滯不前，沒法進步。失敗了但不肯從中汲取教訓，想要進步更是天方夜譚！

「不做第一，也不做最後。」

5A 唐熙怡

第一與最後，彷彿就被人標籤為最好與最差。無疑地做第一和最後的人承受巨大壓力，在這些人之間的人好像不上不下，平平庸庸，但我認為這絕對是最好的處境。

做第一，固然是件好事。但做第一，吸引了大家的目光，所有人都會以你為目標，為了追求你的腳步，所有人都會竭盡所能，令你認為自己不容有錯失的機會，只能一直做到最好。但人生必然會有「失手」的時刻，在那一個時刻，你是否會認為自己就是失敗了呢？一直要做到最好，不但是件難事，更對自己造成壓力。「欲戴皇冠，必承其重」，不論各方面，做第一就是大家的榜樣，你必須負上責任。當然，所有人都必須為自己做的事負上責任，但做第一會引來大家的目光，當你有錯失的時候，大家都會批評你，因為你根本不配有這樣的身份。你做錯或失敗了一次，就已經要承受這樣的抨擊，這種壓力並不是所有人能承受得起的。

做最後，被標籤為失敗者，令人有挫敗感。有時候，就是因為大眾的標籤，令你覺得做最後是很丟臉的事，每個方面都會慢慢失去信心，認為自己不能做好。有人會說：「不用太過在意別人的眼光，做自己便好。」事實上有多少人能夠真正不理會別人的眼光做自己呢？做最後會受到大家批評、嘲笑。失去了信心，對所有事情都不抱希望。慢慢地，便會放棄自己，覺得生活沒趣。這種人生態度又是否會令生活美好呢？

做第一與最後之間，看起來平平無奇，沒有特別突出。但在此位置，有着進步的空間。人生都是為了追求進步，突破最好的自己，當這個過程不斷重複，一次又一次突破最好的自己，便會有成功感，也因為在中間位置，不用承受着做第一的壓力，也不用承受做最後的挫敗，能夠在中游之中尋找最好的自己。雖看似不上不下，沒有特色，但在這平平庸庸中突破最好的自己，也不是平庸了吧！

沒有手提電話的一天


5B 郭懷恩

自手提電話問世後，科技產品愈發先進，潮流資訊愈發迅速，各種質疑聲音應運而生；一時說現代人機不離手，按機成癮，惡化成缺乏個人安全感的心理毛病；一時又說只靠短訊溝通，漸漸失去基本的口頭表達能力。彷彿，使用手提電話，就負上以上種種罪名。今天，我沒帶手提電話，不為什麼，只為賭氣——我偏要證明，即使手提電話不在身邊，我也能正常生活。

本來，只是一次普通的朋友飯聚，反正時間地點早已約定，直接前往，飯後再直接歸家，易如反掌，即使賭氣沒帶電話，理應問題不大。沒想到，來到目的地，才發現約定的地點沒人，下意識地伸手進口袋，才想起根本沒帶手提電話，無法向朋友詢問。好不容易找到街邊豎立的街道地圖，但不是平日用慣、在屏幕擦擦掃掃的網上地圖，又無自動定位，街道圖於我也得物無所用。我一下子慌張失措，像木頭一樣佇立在原地。不如四周徘徊看看？來回看看的話，假若待會兒朋友到達後，見不了我，該怎樣會合？可是，就算呆立當場，朋友又會知道我身在這裏嗎？決定沒帶手提電話，還只是半小時前的事，如今聯絡不上別人，真的心急如焚，這已叫三十分鐘後的我後悔莫及。

總要找個辦法。於是，我來到便利店，以為店內會有投擲一元的電話機，可惜，也許投幣電話機已經絕跡市面，最終遍尋不獲。良久，街角那平日不會勾起我注意的電話亭，竟叫我興奮莫名地衝了進去。可是，拿起話筒，又能怎樣？我渾然忘記了朋友的電話號碼，嚴格來說，不是忘記，是從沒記住。手提電話裏的通訊錄，裝載的只是朋友的名字，那幾個數字，毫不起眼，彷彿本來就沒有存在過。

到了最後，我無可奈何，只好坐車回家。急忙拿起手機，數百個信息，數十次來電，再一次叫我後悔這個沒帶手提電話的賭氣決定。原來，朋友臨時改約另一地方，大概沒注意我會沒帶電話，收不到信息，才誤以為大家都會知道吧。我把沒帶手提電話的事告訴他們，已預想會遭到大家的冷嘲熱諷，因為連我自己也忍俊不禁，取笑自己的傻。



不認不認還須認，原來沒了手提電話，真的會死。不是沉迷，不是上癮，只是，時代變遷，科技日新月異，現代人的步伐變得急速，要趕上都市變幻莫測的節奏，使用手提電話其實自然不過。當手提電話已成必需品，人們的生活模式和習慣，隨即根據手提電話的普及而改變，便利店不再提供電話機，人們記不住電話號碼，同樣自然不過。

然而，愈是普及的事，受到的爭議也會愈多。就如手提電話，受盡大眾熱烈捧場的同時，反對的聲音也會順應而生。這個世界，是有種人，為了突出自己是一堆草中最高最粗的，愛標奇立異地持與大眾背道而馳的意見，揚出一副不隨波逐流的嘴臉，批評用手提電話的人就是缺乏日常溝通，就是上癮成疾。其實，想回來，我又何須因為旁人的說三道四，賭氣地沒帶手提電話以證明自己些甚麼呢？每個人都有自己的生活節奏，只要自覺適合，揚聲說句「我不能沒有手提電話」，我也心安理得。

珍惜眼前人

5B 叶子堃

我穿着一件單薄的外衣，坐在自己的書桌前。風扇刷刷地轉，將我臉頰上垂著的髮絲微微吹動，如欲吹散我心中的怒火，我合上並放下手中的書本，神色間拂過一絲黯然。淡黃色的陽光經過窗簾淡淡地照到桌上的書上，依稀看到印著「和諧相處」的字樣。

「碰！」那是我奪門而出的聲音。

越發冷冽的秋風，讓樹林蕭瑟了不少。我抽了抽有些發紅的鼻子，雙手抓緊身上有些單薄的衣服，坐在郊野公園的長椅上，看着一個個走過的路人，一對對走過的朋友，一群群走過的家人。我遍體生寒，秋風不只帶來寒意，還帶來了愁思。今天又吵架了，和父母，和同學，和朋友……

平常的一天，我說服着自己，他們沒有惡意，只是平常的開玩笑。反思着父母的話，他們只是關心你，你的心卻如火一般燒着，甚至出手，真是……不該啊！

我的眼神放空，呆看着前方，金色的落葉隨着清涼的秋風飛過，沙沙的葉子如天空的淚水般滑落。「沙……」，我的靈魂很難以置信地回到身上，身上堆積着葉子，我呆了一下，頭上的落葉告訴着我不是幻覺。我拿下頭上的葉子，站起來轉頭一看，是一個老頭子，臉上的笑容如一個剛惡作劇成功的小孩，很意外我沒有生氣，可能是心中的情緒未轉變過來，也可能是他那眼神中告訴着我他沒有惡意。說來也是神奇，對陌生人我們總是抱着善意，對熟人卻相反。

「有心事？」老頭子像熟人一樣坐在我身邊。好奇之心可見一斑。

因為一些雞毛蒜皮的小事而出手打人這事令我一時間羞紅了臉。老人看見後若有所思地點了點頭問：「女朋友被搶了？」「才不是！」我迅速地回道。也不知是否只有一面之緣，不會再見面可以放心地說，還是被他調笑得受不了，我就吞吞吐吐說：「吵架了，和朋友，和父母……因為一些小事。」本以為他要取笑我一番，但他聽完後卻顯得有些落寞。「這樣啊。」他說。場面靜

了下來，但不久他又道：「要聽老人家發牢騷嗎？」我點了點頭，於是隨著秋風的輕語進入了故事。

枯葉緩緩落下，枝頭蘊含着新生。聽着他從年少時的輕狂，和父母鬧翻，獨自離家多年，父母搬離後下落不明。到中年和朋友吵架，孑然一身，再到老年，才驚覺自己把生命中的要角——朋友、家人，一一親手推遠了。說完老人感嘆道：「人往往在了解甚麼是生命前，已將自己的生命消磨了一半。勸君莫惜少狂時，勸君惜取朋席兩……」「你背錯了。」我說，他卻嘿嘿一笑，拿起我手中的葉片寫下這句後就走了。只剩下我和手中的一片樹葉，在暖陽下細細咀嚼。

回到家中，看到頭髮中帶着一縷縷華髮的母親三分怒氣、七分無奈地向我說道：「洗手吃飯。」也不知是否老伯給我的勇氣，我前去抱住了我的母親，而不是冷眼相待。

回到學校我也鄭重地和同學道歉，我做好被譏笑的準備，但我知道這是我與過去的訣別，和過往的自己訣別，和暴躁的自己訣別。

回到家坐在書桌前，是一本《如何與人和諧相處》的書，我笑了笑把書放回書架上，我不需要這本書了，因為我有老頭子的那片葉子。

沒有手機的一天

5C 羅健允

一陣陣和暖的春風從窗口中傳進了房間，輕輕地撫過我的臉。我懶洋洋地撐起身子，往日的疲倦感在昨天的「長眠」中消失得無影無蹤，似乎今日比往日還睡得踏實。我正想如平日般檢查手機，才發現手機如同死寂一般，安靜無比，我這才恍然大悟，回想起昨天我正要把手機帶入浴室的時候，手拿不穩便把手機掉入放滿水的水盤中，我的手機就如此陷入了無盡的睡眠當中，結果失去人生樂趣的我一早便進入夢鄉中。

平常在假日，手機已經可以把我大部分的時間消耗掉，但如今失去手機的我，彷彿失去人生目標，無所事事。太陽才升起，剛醒來的我呆呆地坐在大廳中，媽媽看見我便說道：「哎喲！太陽是打西邊出來了嗎？小可愛那麼早就起來了。」以往的我不玩手機直到凌晨，絕不罷休，今天應該是最早起的一天。媽媽知道我手機壞了之後，便建議我到街上四周走走。我想雖然出門消磨不了多少時間，現在還是六、七點而已，街上應該還沒有甚麼人。當我還沒有走近公園的時候，已經可聽到一聲聲數數目的聲音，一、二、三、四！走近的時候，我看見有幾群老人在做晨操，他們努力做晨操，絲毫不見他們有老態。一個帶頭的老人面容慈祥，帶著笑意地問我：「年輕人，要不要跟着我們一起做早操？試試看？」百無聊賴的我便跟着做晨操。片刻後，我已經氣喘如牛，沒想過我的體力連老伯伯也比不過，看着他們揮灑自如，我打從心底佩服。每天我不是上學，便是窩在家中看手機，體能漸漸就一去不復返了，手機似乎也沒那麼寶貴了。

一番感歎後，我便打算到附近逛逛，手裏沒有手機我顯得格外不入流，街上的人全都各自各低頭把弄着手機，就像每個人都總應看着手機似的，而我就像一個「異類」般。曾經我也是「低頭族」的一員，放下手機後才發覺這些場景如此怪異。走着走着，便看見一位老婆婆正推着一輛手推車上斜坡，老婆婆力不從心，看見她竭力推着，手推車仍絲毫不動，但路人就像着了迷般看着手機，對於老婆婆的困境宛若不知不覺。我走上前幫助老婆婆推她的手推車上

斜坡，老婆婆一路訴說着：「路人並不是不想幫忙，只是沒看見而已，現今有多少人不是捧着手機？手機的確十分便利，但人與人之間的聯繫也似乎被疏遠。」老婆婆的一言一語就像雷電般擊中了我的心，久久不得揮去。送了老婆婆上斜坡後，我便回到了家中。

直到晚飯的時候我才回過神來。飯桌上是家人的家常閒話，說着：「明天的飯菜想吃甚麼，我總拿不定主意，還有最近功課還應付得了吧，要幫你找補習嗎？」平時只顧着看手機的我根本沒有聽清楚媽媽在說甚麼，敷衍應付便是了，而現在心裡全是愧疚感，我所認為的煩言閒語原來全是關心我的問候。每天的一家人圍在一起得時候也只有晚飯的時候，而我也沒有好好珍惜。瞬間眼中的淚水像開了開關般止不住，媽媽立即就上來抱緊了我，被抱緊的我看見媽媽的黑髮中已經生出了幾條銀絲，原來媽媽在不經意間已經慢慢老去，而我現在才發現這件事，最後哭着哭着，我便在媽媽的懷裏度過這發人深省的一天。經過這天後，我決定要放下手機，珍惜身邊的人事物。

時間總是偷偷地溜走，一不經意，時間便會轉瞬消逝，我們把時間耗在了手機上，回過頭便會發現甚麼都捉不着。而且，人與人之間，手機就像一座隱形的牆，把一個個的群體分為獨立的個體，令到大家就像互不相干般，正如老婆婆說的那樣，手機似乎會令人與人之間的距離疏遠。我們應該要學會的，便是放下無意義的手機，珍惜眼前的人事物。

沒有手提電話的一天

5D 馬香灃

今天我沒有帶手提電話外出，因而有不一樣的經歷和體會。

啊——該死的台階，害我摔了一跤。我心愛的手機也順勢飛了出去，狠狠地掉在了地上。我還來不及感受身上的疼痛，心理上的疼痛卻已經搶先出現。我緩緩從地上爬了起來，朝手機的方向移動。我小心翼翼地俯身把它拾起，同時心裡再為它祈禱。當我看見手機的正面容貌時，我頓時心如死灰。它粉碎的小身軀就靜靜地躺在我的手心裡，失去了它原本的溫度。我開始渾身不自在。直到媽媽吩咐我到早餐店買早餐的時候，我的世界徹底變成了灰色。

我心裡是萬分的不情願，我迫不得已要經歷這段孤獨且漫長的路程，當時我對我親愛的小手機懷着萬分的想念。踏出家門的第一步，涼風颼颼地吹過我嫩滑的臉頰，彷彿世界無旁人。再走幾步，到了大門口，我實在不能忍受失去手提電話的生活，這是多麼的苦澀啊！當時我心想：「之後的十幾分鐘我到底要怎樣度過呢？」我不禁嘆息。我只好無奈地繼續向早餐店前進。

走着走着，到了大街。我的耳朵裡傳來了各式各樣鳥兒鳴叫的聲音，如此清脆又悅耳的聲音令我的心情逐漸變得平緩。緊接着，又一陣陣清香的在空中瀰漫，我嗅到好幾種花的芳香，其中又帶有一絲絲青草的清爽。這個生氣勃勃和乾淨的環境起了淨化心靈和促使我內心舒暢的神奇功效，這些體會是我在這裡十年從未感受到的。我開始慢慢適應沒有手提電話在身邊的感覺了。

突然，我被一個奇怪的東西絆倒了，抬頭一看，是一個賣早點的攤檔。它看上去有些簡陋，看着好像是用一些木頭簡單搭建而成的。經營這個攤檔的老闆是一個老婆婆，她是一個我從來沒見過的陌生面孔。她臉上帶著許多皺紋，頭髮也已經變的花白，但是她看上去很慈祥，笑容就像千萬朵綻放的桃花。

狼狽的我連忙從地上爬起來，想要假裝若無其事地逃走，不想影響她的生意，但是在下一秒鐘，老婆婆就把我叫住了。她首先向我打招呼，然後我從她的口中得知，原來她認識我，我當場表示十分驚訝，心中出現了無數個疑問。我對老婆婆說：「婆婆，你是怎麼認識我的？我之前沒有見過你啊。」她笑着告訴我說：「我在這裡擺攤都已經好幾年了，經常都看見你在這裡經過去上

學。我的攤位小，你沒有看到我也很正常。」她說完這番話後，慚愧的心情突然湧上心頭。我開始反省自己，一經回想，才得知其中真相。原來我一直以來都是手機不離手，無論何時、何地，簡直就是名副其實的「低頭族」。我將我的全部注意力都投入到了網絡和社交媒體的世界裡，根本無暇理會身邊的事務。如果你隨意問我家門前有幾棵樹這類簡單的問題，也能問得我啞口無言。我這才意識到自己沈迷使用手提電話的壞毛病。

為了安撫我這顆愧疚的心，我決定今天要嚐嚐老婆婆的手藝。我點了許多美食。這可把她高興壞了，她連忙開始準備了起來。從她的手忙腳亂中可以看出她的異常興奮。在她烹調的過程中，釋放了大量聞着就可以令人垂涎三尺的氣味，這着實令人煎熬。經過一輪精心製作，婆婆輕輕的把食物遞到我的手中，袋子裡的香氣依然飄逸四方。這時，我原打算從口袋裡拿出手機準備付款時，卻發現自己的手機已經被摔的粉身碎骨了。隨後，我又摸了摸其他口袋，又發現自己竟然沒有帶現金。當時我內心抓狂不已，真想馬上把自己這個冒失鬼腦袋埋到土裡。

就在這時，老婆婆察覺到了並對我說了一句很暖心的話，她說：「你不用付錢給我，這是你第一次在我這裡買東西，就當是送給你的見面禮吧！覺得味道好以後再來光顧就是了。」我心裡明白，其實婆婆是想給我一個下台階，這確實令我感受到無盡的溫暖。婆婆的溫柔與體貼更令我感受到世間的人情味。

回到家後，我迫不及待地想要品嚐老婆婆的手藝，打開後才知道，原來婆婆還另外送了我兩杯暖暖的豆漿。當時我的內心複雜的程度簡直無法用文字來表達。

經過今天早上的這番經歷，我發現手提電話真的局限了我很多。因為它，我錯失了很多了解身邊事物的機會，而且它令我無法真實體會到人世間的情感。就像今天，我因為它而感到沮喪，但是沒有了它，卻讓我有了一些意想不到的收穫。今天，我認識了這位老婆婆，並且我從她的身上真真實實地感受到了世間的溫暖以及人情味。另外，走出網絡的框架，我自身的敏銳度也得到了提升，從感官上所得到的體會變多了，在情緒上也得到了淨化。

所以，放眼望去，到底是手提電話帶給你的更多，還是身邊的人情世故帶給你的更多呢？

古人以「益者三友：友直、友諒、友多聞」為交友之道。 試談談你的看法。

5D 馬香澄

在人生中，交友其實是非常重要的，何以見得？中國人常言道：「在家靠父母，外出靠朋友。」可見，朋友這個角色是何等的重要。孔子曾曰：「益者三友：友直、友諒、友多聞」，而我亦十分贊同他所提出的這個交友之道。

家中的長輩常常告誡我，交友須謹慎並與品行良好的人結伴同行。而我認為孔子所說正直、誠實和見多識廣的人就十分值得深交。

首先，正直的人很注重道德原則。他們不會做出不正當的行為，時時刻刻都保持著一身正氣，剛正不阿和出淤泥而不染的形象。在他們身上所散發的氣質會很大程度的影響他們身邊的人。他們待人真誠，假如你犯了一些錯誤，他們也會毫不猶豫的直接糾正你。所以與正直的人交朋友會在很大的程度上提升自身的品格，在社會上也能受到更多的青睞。

另外，誠實也是人與人之間十分重要的因素。假如你有一個經常說謊的朋友，那麼代表他並不重視你，彼此在溝通上也會產生隔閡，相處起來自然就會很不自在。有人說：「誠信是溝通心靈的橋梁，善於欺騙的人，永遠到不了橋的另一端。」誠實是良好溝通的第一步，如果一個人滿口謊言，信口雌黃，那麼你就很難把真心交給他。所以，誠實的人能夠令你感到安心，令你減少猜忌帶來的壓力。

最後，見多識廣的人，他們大多是飽讀詩書，被孕育在墨水之中，富有內涵。他們懂得很多各個方面的學問，所以在詢問他們的意見時，他們的回答都是最有遠見和深度的。他們能夠成為為你出謀劃策的軍師。而且，由於他們飽讀詩書，造就了他們在看待事物，價值觀和各種態度上有更加深層與獨特的見解。所以，從他們身上不但可以增廣見聞，還可以得到一冊成熟而有力量的人生嚮導書。

總括而言，與正直、誠實和見識廣闊的人交朋友能使自己獲益良多。你能得到一段穩定的友誼之餘，還可以在他人身上學習，從而提升自己，無論是在品德還是學識方面。俗語說：「近朱者赤，近墨者黑」，與怎麼樣的人交往，就會變成怎麼樣的人。

益者三友

6A 劉婷

孔子曰：「益者三友，損者三友。友直，友諒，友多聞，益矣。」讀到這句話，我的腦海中便浮現出陳一心的身影，用這句話來形容他是再適合不過了！他就是我心目中益者三友的最佳人選！他就是我的知己——陳一心也！

記得高中開學不久，我便得罪人了。其實事情的緣由只是因為顧着跟陳一心聊天，沒看清楚，被一個迎面而來的胖子撞到在地。那一刻，我本想衝上去罵那個胖子，沒想到我手還沒舉起，就被前面的人嚇着了，此人正是區內臭名昭著的惡霸。惡霸無理取鬧，帶着他的小弟們一起數落我，還作勢要打我。本以為只能捱這一巴掌了，沒想到陳一心突然抓住了惡霸的手，還趁他沒反應過來的時候打了他一巴掌。惡霸徹底怒了，叫上他的小弟們準備報復陳一心。那些惡霸向我們緩緩走來，一心還把我擋在身後，避免我受到傷害，對此，我真的是無比感激。就在我緊張萬分之際，突然傳來一聲大吼：「怎麼回事？」這聲音就如同天籟之音，我立馬衝到了訓導主任面前，控訴惡霸的所作所為，重點是，我把自己包裝成一個手無縛雞之力的受害者。

沒想到的是，最先說出實情的，卻是陳一心。他主動向主任承認動手，我整個人石化了，打人在我們學校是非常嚴重的事情，是要被記過處分的。雖然我知道這是他的性格使然，但因為他從小便被灌輸要做一個像君子一般品德高尚的人，所以我能理解他的誠實，更是佩服他，卻也擔憂他會被記過處分。一心承認錯誤後，向主任解釋了整件事情的來龍去脈，希望得到主任的諒解，語氣不卑不亢，態度誠誠懇懇，並承諾以後不會再犯，只希望老師能給他一次改過自新的機會。最後老師給了他一個懲罰——打掃課室半年。

半年說長不長，說短不短的，但是對於打掃衛生來說真是好累哦！為了表示我對他出手相助的感激之情，我決定天天去幫他打掃，可是才過去了半個月，我就已經厭倦了，靜靜地坐在那看他打掃教室。還有，剛開始打掃教室的那幾天，天天都來視察的教導主任，現在連個影子都看不見了。看到這樣的場景，我也覺得沒甚麼必要打掃了，於是我便衝過去對陳一心說：「我們別打掃

了！反正主任也不來了！我們溜了也沒有人知道。」但是他說了一句我根本沒有聽過的一句話，他說：「內不欺己，外不欺人。主任因為相信我而不處分我，我不該辜負他的信任。我更不該辜負我自己，只有做人守信，身有所正，言有所規，行有所止，才能善作善成。」聽完這番話，我似懂非懂，但從此之後，我便再沒有提過逃避懲罰的事，默默地陪他打掃教室。半年過去了，我不禁佩服他堅持遵守承諾的決心，也佩服他那守信的心帶來的感染力，讓我也堅持下來，更是從他身上學到了誠信是何其重要的。

不久後的寒假，我和陳一心一起去了文化古都——西安考察。我們兩個都是第一次去，到達之後便四處遊覽，對所有景點都非常期待。我們最先去的是博物館，他為我介紹西安的歷史，從秦漢時期講到明清時期，又從絲綢之路講到了兵馬俑，都讓我懷疑他是不是西安本地人了。之後我們去了西安最著名的景點——西安鐘鼓樓，我們站在鐘鼓樓上，他講起了鐘鼓樓的結構、建築特色、歷史等。聽得我津津有味，還引起了身旁遊客的好奇心，紛紛當起了聽眾。看到此情此景，讓我好不驕傲，有這樣一個博學多才的知己，我是何等的榮幸呢！

「友直」，「友諒」，「友多聞」，我果真獲「益」甚多呢！陳一心不僅是我心中「益者三友」的代名詞，更是我的知己、良師。

爸爸笑了，我卻不爭氣地哭了

6A 廖顯達

世上有一種職業，每天工作二十四小時全年無休，沒有花紅，沒有薪資，但仍要面對着難以服侍的「老板」，想必沒有人會想去做這種職業吧？然而，這一種人，想盡辦法讓老板「笑」，卻不知在背後「哭」了多少遍。這般偉大的人名為父親。而我正是黑心老板的代表，一直以來都自以為是，只是到了將要分別的時候，才懂得珍惜。

爸爸是個嚴厲又傳統的人，何謂嚴厲又傳統？對我一切事情都猶如病態般的着緊，像是要我公開所有行蹤似的。每次回家，排山倒海的問題接踵而來，而我也是個很不「服從」的孩子，每一次他要求我回答問題時，我都只是擺着個臭臉，回他個「關你甚麼事」，最後演變成吵架收場。

他就是個囉嗦的父親，我們彼此間持續着這戰爭般的關係。

直至我長大，徐徐地，我們爭執的次數變少了，從幾乎要仇視的狀態，變得沉默，少說話。這並不是因為我們的關係變好了，而是因為他不再理會我。某次我又如常夜歸，但當我回到家時，居然聽不見他那責罵的聲音，只見桌子上放了一碗熱湯，那時才驚覺，我到底有多久沒跟他聊過天？

當他嘮叨的時候，我覺得煩擾；但當他突然沉默，我卻不能習慣。自那時起，他不再跟我計較，對我漠不關心，我逐漸意識到，失去他的聲音後，我的世界是多麼的空虛。

以前喜歡與朋友在街頭流浪，故意把成績弄得不堪入目，晚歸這些東西驀然間變得沒有意義，說到底，我做盡「壞孩子」的事情都是因為我「孩子氣」，我變本加厲是要跟他賭氣，只是不想跟從於他，但到頭來，得到的卻只有後悔。

如今，年邁的父親經已再無力氣跟我爭論，前些天聽見他沙啞的聲線後，我不禁心酸。「爸，公司派我去外國工作，說是升遷的大好機會，業績理想的話，我就可能長住那邊了。」爸起初不發一言，眼神落寞，注視着我，一會，他氣若柔絲的說：

「允行，那邊天氣特別冷……多帶點衣服過去。還有，我知道你嫌我囉嗦，但……別忘記跟我報報平安啊……」

我怔怔的看向他，一副哀頹的模樣，與往日罵我時的眼神有天壤之別。報平安？一個父親要跟兒子聯絡，需要像跪求般卑微嗎？是誰把關係弄至如斯不堪的田地？

我想起父親節，想起生日，我有多少次沒有跟他說聲簡單的「父親節快樂」、「生日快樂」，陪他一起慶祝、一起度過呢？我一直以來都認為父親對我的期望早已消失，但事實上，父親只是以另一種形式跟自以為是的我減少衝突，和諧共處……一碗湯，一份默默的支持與關懷。我真自以為是！父親對我的愛從來沒有變過。

父親就是這麼偉大而無私！天下間真的會有人為了這份不公平的「工作」而付出自己的一切，我真是無知呢！當他把愛灌注在我身上，讓我茁壯成長時，我卻沒有注意過，對於他的愛，我一直丟在腦後，我驚覺自己有多麼的不是。

儘管他心中有說不出的苦，卻仍一如既往，堅守「讓老板笑」的宗旨，勉強自己微微一笑，這一笑，我心領神會，這一刻，我應該擁着父親，趁此機會去表達愛與謝意，但我卻手腳僵硬，動不了，也開不了口，不知怎的就哽咽起來……

爸爸笑了，我卻不爭氣地哭了。

重遊舊地所見所感

6A 蕭卓然

烈日當空，陣陣微風。和煦的陽光、徐徐的微風從窗戶透進來，喚醒了「冬眠的大蛇」。「不是說好要早點出門去探公公婆婆嗎？大懶蛇！」伸個懶腰，眺望窗外維園的景況——人聲鼎沸，遊人如鯽——是一年一度的大型展銷會。年年如是的貨品，一成不變的形式，是誰的追求？

自從搬到香港島，已經有十多年沒進新界。老一輩啊，總是喜歡在近郊的位置生活，除了比較寧靜，更重要的是他們可以重回昔日的生活，返老還童。爸媽跟公公婆婆關係一直不好，才希望搬到香港島作躲避。但是，畢竟還是最親密的人，十年的時間已沖淡一切吧。坐着私家車，開進這個更暑熱的地方，近郊總是有一種味道——一種市區沒有的人情味。

舟車勞頓兩小時，滿心歡喜踏進充滿回憶的舊商場——我們約好了公公婆婆在這裡吃飯。商場的名字變得更時髦了，只有英文的名字是代表更高級的指標嗎？一個大大的霓虹燈牌映入眼簾，有時用英文寫的「歡迎」，是有西方的特色，卻討不了我的「歡」心。橫跨兩層的巨型扶手電梯依舊存在，周圍的擺設、人物面貌，卻物是人非。無論從東面至西面看，也只能看到一系列的化妝品店。即使售賣的貨品都是化妝品，總有一大批人在門外排隊，意想不到的，他們更會在另一位置售賣買回來的化妝品，使用不同的語言吸引眾人回首，依然得不到我的歡心。食肆也只看見大型連鎖快餐店，食客與服務員皆冷漠地互相對待。商場的正中央，正舉行一個展覽，貨品和形式跟我家對出的展覽一模一樣。在喧鬧聲縈繞不去之際，我卻驀然冷笑。

十數年前，公公婆婆逢星期日都帶我到這個商場嬉戲，商場的正中央有一個噴水池，小孩子每次看到音樂噴泉都笑逐顏開，雙頰有如鮮艷的紅雞蛋。唉！沒想到噴泉早就拆掉，換成倒模般隨處可見的展銷會（又是展銷會！）。從前商場人流適中，商戶間有講有笑，不只不會爭奪生意，更會互相推介，務求令每一位顧客都在各商店逛逛。從前商場的食肆五花八門，食客與服務生有說有笑，現在，連鎖餐廳帶給你預設的、倒模的體驗。



是誰在追求這些倒模、一成不變、預設的生活？

發展商追求的是收入，藉着商場翻新吸引人流消費。居民追求的是甚麼？一個城市除了經濟發展得好外，照顧居民需要、保育歷史無疑更重要。何不平衡經濟發展與社會需要呢？

「一心，我的乖孫。好久不見了！」

公公婆婆步履蹣跚的來到了，只見他們臉上似乎多了溝壑縱橫的皺紋。歲月的巨人肆意踐踏他們的臉，亦狠狠搶走我的童年回憶。即使身處同一個商場，卻難以尋回昔日的味道。

「公公婆婆，喝杯茶。」

有人追求金錢利益，不斷倒模複製；而我們小市民，不過是想尋回昔日的回憶和人情味而已。

足印

6B 陳詠欣

我以往很喜歡和家人在沙灘散步，看著父母的足印總有種安心感。我會踏著父母的足印前進，交織著一條深淺不一的道路，遠看仿似只有一條道，只有一個人孤寂地走著，但細看會發現，這條足印編織成的道路中有我，有我倚賴的母親，還有我敬愛的父親。我喜歡這種簡單而溫馨的親子活動。

我享受聽著海浪沖刷的浪聲，不知名鳥類的叫聲，踏著柔軟的細沙，一切都顯得十分美好。然而我討厭浪花越過我的腳掌，捲走屬於我和家人堆積起來的路。以往幼稚的我還會糾結應該站遠些避免浪花刷走我的足印，還是站近些海邊，享受海水溫柔撫摸著我的觸感，可真是「魚與熊掌不可得兼」啊！母親每看見我糾結的樣子，總笑着說下次再來便可。

殊不知，這灘上的足印正是我的寫照。

往昔總能無憂無慮地活着，我能倚賴我的家人，雖有時會埋怨父母太嚴厲，但大多時候他們都包容我，因此我從不擔心我的未來，我有着家人照顧我的底氣。確實，我的家人已為我規劃好未來，他們用自身經歷開拓了一條路，我一步步跟着前進便可，但這也是我的缺點，過於倚賴他人，令我缺乏獨立思考能力。我不介意，反正家人一直都在，而我亦自傲於能完美完成家人給我的任務，有着不俗的成績，亦有學小提琴及游泳。

然而，未來被稱之為「未來」便是因為其不確定性，當我了解這事實時，才發現當時的我天真的有點可笑。

我的父母決定離婚！截至今天，我仍不解如此溫馨的家庭為何要分開。面對母親突然離去一事，我不知所措，仿似前方的路出現分叉，父母朝相反方向前進。站在交叉點的我，不知應朝哪裡前進。看着眼前的路，如被海水沖刷般，足印變得模糊不清，一瞬間，以往的安全感不翼而飛。一開始我總是回頭渴望母親出現，然而奇蹟沒有出現。

對於一直跟隨家人規劃行動的我，感到異常迷茫，父親雖疼愛我，但屬「放養」狀態，沒有家人的指令，我甚至連時間規劃亦做不好。對於十六年來

基本上不用作決定的我，那段時間我近乎崩潰！那時我才發現自己似乎沒有想像的好。

母親離開一年後，我終於習慣獨立，漸漸能作決定，自力更生，即使未能當機立斷，但已慢慢進步着。有一次父親與我促膝詳談，他提到放任我做決定是因為發現我過於倚賴他人，若不狠心迫我，我日後將更難糾正這陋習。雖然我的心裡埋怨父親的做法令我在這年受了不少的苦，但我亦明白他的用心良苦。

就這樣，在我學習獨立時，步出了大學校門，終於加入大人的行列。雖然母親的離開及父親的「放養」令我至今未能釋懷，但我也慶幸自己因此成為獨當一面的大人。不知這是喜是憂？

現在的我已經不會像以往般天真，做事會瞻前顧後。在一次漫步沙灘時，回頭一看，眼前的足印由小小一枚變成大大一個。再向前看，已經沒有人為我開拓道路，不由感嘆：這便是成長吧！路要自己走，將來也許會是我為他人開拓道路。對家人的思念、對未來的憂愁、對世俗的煩惱，隨著海浪的波紋而有所減輕，正如我步過的足印般，若隱若現，因為海浪一進一退而仿似消失，但細看還是有跡可尋。

我想這便是人生吧。開拓者總會離去，對於突然出現的狀況，我們總會迷茫，踏出第一步時總會遲疑，但經過努力便會發現，我們的足印會從猶豫不決變成堅定，當能堅定行走時便會驚覺——或許我們真的長大了。

益者三友

6B 何依妮

孔子說過益者三友，分別是友直、友諒和友多聞。意思是朋友正直信實和見識廣博。陳一心是我的知己，她為人沉默寡言，從平日與她的接觸當中，我方知道所謂「益者三友」的真諦。

記得有一次臨近考試的日子，小息時同學們都留在課室溫習，我和陳一心前往教員室請教老師途中，在梯級上發現一個文件夾，裏面裝著一份考試答案！此時我起了一個念頭並告訴陳一心：「一心，不如我們影印一份，背熟答案，考試不用費勁之餘，還能取得好成績！」陳一心聽了，卻一口拒絕了我的建議，還勸勉我不要做不正直、對人不公的行為，更鼓勵我努力溫習，靠自己的實力取得好成績。我從陳一心身上學習到正直。

我和一心是學會主席，有次我們答應了老師代表學校出席學生聯校會議，到了那日我卻不想出席，並懇求一心與我一同缺席，陪伴我去逛街。一心卻告訴我：「我們答應了老師，不能出爾反爾，違背承諾，讓老師失望，更會讓人覺得我們不信實。」聽了這番話，我感到十分慚愧，更明白到信實的重要性。

有一次，老師要求我們完成一份小組功課，內容為搜集三個國家獨有文化的資料，一心竟能鉅細無遺地說出各國的文化、語言等，更為我們提供一疊疊有關的小冊子！原來一心曾到不少國家遊學，參觀當地文化特色景點，增廣見聞。

從她身上，我學習到「益者三友」的真諦，更學習到做人要堅守自己的原則。

益者三友

6B 余奕峻

古人云：「益者三友：友直、友諒、友多聞」。對此，我很大程度上認同。

在交友方面，友人的品格非常重要，因為大部份人在與友人相處的過程中，多多少少都會受到友人的影響——朋友互相影響是必然的事。這也不一定是壞事，亦可以是好事。我們可以學習友人身上的優點，並從中改善自己的缺點，就如同《論語》「三人行，必有我師焉，擇其善者而從之，其不善者而改之。」

但事情都有兩面，若果友人身上有重大的缺點、品行不佳，那麼就有可能會受其影響，特別是青少年。因此友人的品格特別重要，與品德高尚的人交往必定能獲益良多；但若誤交損友，為爭取友人的認同，而與其一同吸煙、喝酒甚至濫用藥物，最終更有可能犯罪，影響一生。可見對於青少年而言，友人的品格何其重要。

與朋友相處，必須做到互相諒解，如若不能，則必定多起衝突，友情難以長久。此外，交友亦需要誠實，只有誠實才可換得信任。假如一人常說謊，從不以真誠待人，誰還會給予其信任？

與人交往，經常會聊天。如果有人學識淵博，從日常的交談中就能獲得知識，多切磋、多交流，定必能得益。相反，大家見識不多，交談空洞乏味，友誼定必難以維持。

「益者三友：友直、友諒、友多聞」，這原則放諸別人及自己身上皆適用。各位切記謹慎交友！

重遊舊地所見所感

6C 何善潼

這個地方依舊沒有改變，這裡記錄着我與外婆的生活點滴，縱使現在我已長大成人，但我仍很懷念這裏——我的成長之地——大埔村屋。

回到我家的舊居，兒時的回憶不斷湧現，縱使眼前的房屋與舊時不同，但仍滿載我成長的痕跡。正視而望，舊時的純白外牆已變成灰白色，但兒時留下的花紋仍然保留着。

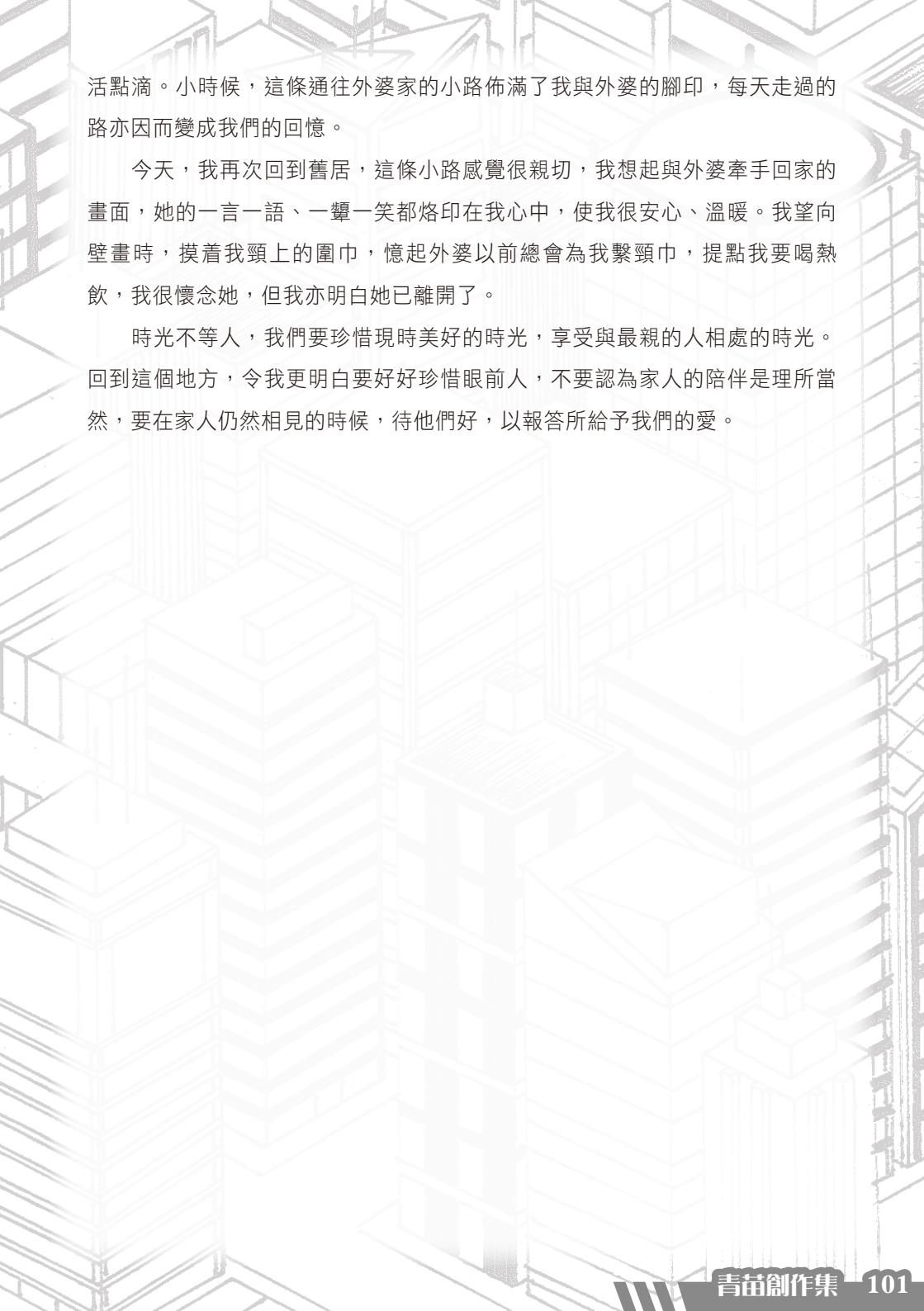
小時候，我總愛在家大門旁的外牆繪畫，外婆每次看到就會阻止我。她總會把我所畫的擦掉，而且會一邊抱怨一邊辛勞地擦。當時我很不懂事，總會頂撞外婆，討厭她阻止我塗鴉，但現在回想起亦令我很懷念。

在我小學二年級那年，外婆的身體開始變差，經常病痛。我開始害怕外婆的離開，她是我最重要的家人，父母長期都因工作而忽略我，只有外婆一直在我身邊陪伴我，她給予我一個美好的童年。我向外婆提出了一個要求，就是希望她批准我在牆上，創作一幅為她而畫的畫作。在那時候，我花盡心力、日夜不斷游說她，最後她終於答應了。於是，我每天放學都急着回家，希望早日完成那幅畫作，就連繪畫草稿，我也花了數天呢！

在我想放棄的時候，外婆慈祥的笑容就會成為我堅持的動力，畫作隨時日逐漸完成，但外婆的身體亦隨之逐漸變差，她卻陪伴我一起完成壁畫。每次壁畫有新進展時，她都會慈祥地對我笑並說道：「真好呢，我的乖孫為我繪壁畫呢！我很期待。」這句話深深烙印在我的腦海。

壁畫用了三個月時間才完成，我繪畫了我與外婆的容貌，畫中的我們都身穿冬裝，在家悠閒享受熱飲，這就是我與外婆的日常。每逢冬天，她總會要求我穿多點、快來喝熱飲，兒時的我會覺得外婆很囉嗦，但現在再看這幅壁畫，我仍很想念她。壁畫完成後的一個月，外婆因年事已晚離開了我，由於外婆的離去，所以我亦離開了這間舊居，與父母搬去了另一個新房子。

外婆的離開對我打擊很大，那時候我總會到村屋附近的小路望着天空呆坐，那條小路佈滿石板，而我總會坐在小路旁的木長椅，不斷回憶與外婆的生



活點滴。小時候，這條通往外婆家的小路佈滿了我與外婆的腳印，每天走過的路亦因而變成我們的回憶。

今天，我再次回到舊居，這條小路感覺很親切，我想起與外婆牽手回家的畫面，她的一言一語、一顰一笑都烙印在我心中，使我很安心、溫暖。我望向壁畫時，摸着我頸上的圍巾，憶起外婆以前總會為我繫頸巾，提點我要喝熱飲，我很懷念她，但我亦明白她已離開了。

時光不等人，我們要珍惜現時美好的時光，享受與最親的人相處的時光。回到這個地方，令我更明白要好好珍惜眼前人，不要認為家人的陪伴是理所當然，要在家人仍然相見的時候，待他們好，以報答所給予我們的愛。

重遊舊地所見所感

6C 江冰雪

如果不是我剛好在這個暑假回海南島，也不會有機會跟外婆一起回烏坡慶祝同鄉叔叔的新屋建成，也不會對鄉下有一番新體會。我們從市區出發已相隔了二小時，以前要入鎮就一定要經過波浪般的車程，把我弄得頭暈眼花，已經給我留下陰影，這次我已經準備好再次承受那旅程的挑戰，但結果它竟然是我意想不到的平穩！在我還驚嘆不已的時候，我們已經到了目的地，車程需時也大大縮短了。踏下腳來，從前又窄又濕的泥路，一下車就會為我的鞋子添加一些「風土味」，現在已經不再是那回事，而是鋪好成乾淨的水泥路，怪不得車子走得又平穩又快。

我最後一個下車，外婆他們早就不見蹤影，我加快腳步跟上他們。一轉角映入我眼簾的是一座有着濃濃風情味中國風建築物，白色的牆壁上雕刻着一些花紋線的邊框，屋頂上有一塊塊灰色瓦片堆砌成的屋簷，形成美麗的弧度。整條街已經變得煥然一新。我們走到同鄉家，還未進門就已經感覺到熱鬧的氣氛，主人家一見外婆馬上熱情地迎上來。我放眼一看，已有幾戶人家坐在大廳聊天。外婆與他們打招呼也花了一段時間，過了一會，外婆才逐一介紹我們。當介紹到我媽媽和我的時候，他們特別驚訝，尤其是我，他們說已經完全認不出我了。想想也是，自從我上了小學就很少回海口，更不用說回烏坡了，數數手指已經過了十年，認不出我來也很合理。

這天的天氣特別炎熱，我熱得滿頭大汗，主人家叔叔邀我到樓上空調房休息。我沿著樓梯上樓，他們家的裝潢非常豪華，和我依稀的印象完全不同。小時候，我經常到叔叔家，他們家並不大，一進門就看見家中的架構，我還記得當我玩累了就會躺到他們家的牀上小睡一會，也因他們家用的都是木家具，睡在木牀上還真的挺硬的。而現在我竟是在空調房裡睡著軟軟的牀，一切都像是虛幻的。叔叔還特意拿一些水果和飲品給我享用，我看見他的面上多了好幾條皺紋，頭髮也變得灰白，隨着時間的流逝很多事情都會有所改變。叔叔感嘆地說道：「你已經長得那麼大，再不是那個愛搗蛋的小女孩了，小時候你經常來

我家玩，你還記得嗎？」我當然記得，我還沒來得及開口，他就被其他客人叫出去了，剩下我一頓沉思。叔叔家是賣香煙的，而我外公是一位香煙愛好者，故從前常常牽我到叔叔家買煙，現在我長大了，叔叔也老了，外公也不在了，時間無情不等人哪！

太陽西下，趁陽光沒那麼強烈，離吃晚餐還有一段時間，我決定和外婆一起回到我們那間老屋——那間和外公生活的老屋。這鎮不是很大，路程也不到十分鐘，一看到小斜坡我就加快了腳步，跨過這斜坡就能到老家了。聽說那區已準備拆掉重建，幸好現在還未完全清拆，還能辨認出老家的位置，但不同的是老家只剩下空殼，也被木板圍了起來，鄰居們都搬走了，從前的熱鬧不再，就連老家門前的大樹也被砍了。看着眼前的一切，無法想像這是外公和我生活過的家，那棵大樹曾放着長椅，陪伴了我無數個午休。外公怕我熱，也會坐在我旁邊為我揮扇。那時候，我愛到處亂跑，外公擔心我一個人不安全就會整天跟着我跑，時不時還買小冰棒給我，但可惜我還未來得及孝順外公，他就已經離開了人世，就像老屋一樣再也回不去，我這份遺憾也久久不能釋懷。

逛了一會，外婆說差不多該走了，我看了老屋最後一眼也提步離開，回到同鄉家，晚餐也準備好了。我們一家人坐在靠內的圓桌，在我旁邊至少有兩三個圓桌，比起中午人更多了。一整天沒吃東西餓壞的我狼吞虎嚥地吃起來，席間發現面前多了好幾個新面孔，以前經常和我聊天的老公公老婆婆們都老去了。嘴裡的飯菜風味依舊，但眼前很多東西都變得不同了，一種熟悉又陌生的感覺隨之湧上心頭。

吃完晚餐，我們就上車回市區了。在車上我懷念昔日在烏坡與外公的生活和鄰居們的回憶，可是這些美好的時光一去不返，我也沒法報答外公，心中只留下一片遺憾。人長大了，就會慢慢明白聚散離合、生老病死只不過是人生的必然，遺憾反而會令我更加珍惜眼前的親人和朋友，而且我更為鄉下親友們的生活得到改善而高興，鄉下的面貌也煥然一新，讓我心底裡更多了一份踏實的幸福。

重遊舊地所見所感

6C 劉明浩

離開的時候是秋天，回來的時候是冬天，但卻在中間隔了十多個年頭。江南的水鄉依舊是那麼的溫柔，只是我卻「終不是，少年遊」。

江南的水鄉，依舊像當天離開一樣，清晨就像昨天的天光乍破了遠山的輪廓。潺潺的流水穿過一座座的群山，一切都如昨天一樣。清晨依舊令人感到平靜，只是昨天在山頭、農地間放風箏、追風箏的那兩個孩子已經長大，身影也找不到了。

我本身應該是在城市中長大的孩子，但卻因父母工作忙而沒能照顧我，八歲那年第一次到外婆外公的家，在此以後，這裡也慢慢成了我童年的家。今天，相隔多年之後，我拖着行李走過鄉下的青石板路，但卻因為行李上的輪子與粗獷的石板路有「差距」吧，一路上都發着「咔嚓、咔嚓、咔嚓」的聲音，彷彿告訴左鄰右舍我回來了一樣。沿着石板路走，一地殘花被雨水緊緊地貼在青石路上，把我引到曲折小巷盡頭那扇大門前。雖然大門被時間打磨過，但卻依舊堅硬，門上的「門神」也被人粘了再粘，仿佛一直在守護着主人。「外公外婆，我回來了！」我大喊着。「哦，你回來了呀。」望着他們倆的皺紋展露出笑容，心中難免有些不是滋味。我小時候的房間在院子的西廂房，聽兩老說在我走後的那些年，他們都保持打掃，以致打開房門的那刻，我有種回到八歲的感覺……

天空變暗了，烏雲慢慢遮住了天，就要繼續下那一場未完的雨。「孫兒，吃飯了！」走到東邊的飯廳，一葷一素，熟悉的飯菜，還是那道水煮肉與炒青菜，十年如一日，但我卻吃得狼吞虎嚥。那樣的狼狽，可能是趕路回來的舟車勞頓讓我如此飢腸轆轆，又或是——鄉愁？

第二天的清晨，六點多的時間我已被鳥叫雞鳴吵醒了。「那東西還在嗎？」我問外公。「在、當然在！那可是你的寶貝呢。」從倉庫拿起它，雖然鋪着灰塵，但卻有種按捺不住的喜歡。走去屋外，一路走在青石路上，我在想：這裡留下誰的夢呢？

他和我一樣，也是留守兒童，在相同的遭遇下自然變成了彼此的兒時玩伴，春天一起田間放風箏，夏天一起在河裡游泳，秋天一起到山上撿落葉，冬天一起圍爐吃火鍋……一年四季都在一起，還會彼此串門到家中吃飯玩鬧，一切就如血緣兄弟一樣。還記得那年與他放風箏，彼此約好千千萬萬遍……一切就如那美好的，但時光卻停留在那個冬天。

那個冬天，他走了，默不作聲的就走了，好像忘記了過去的情誼。我的世界也隨之變成了「冬天」！到底為什麼？那段時間我不斷問自己，但都沒有一個答案。漸漸地我說服自己失去的不會再來，不管我怎樣的尋覓。學業、工作都在不知不覺間佔據我的時間，但每次想起故鄉，我都不自然地想起他……

山巒還是那麼的令人感到平靜，但放風箏的孩子如今卻只剩下一個，風箏在山巒稻田之間飛舞。呼！我好像碰到了某個經過的農民，正打算回頭說「對不起」，但一回頭，這句「對不起」竟遲遲未能出口，是他！看着如今他的容貌比同年人老上幾分，臉上的笑容也沒有了以往的那種少年氣，取而代之的是多了幾分憔悴，眼裡是盡力提起的精神。坐在輪椅上的他竟是那個曾經令我生氣的人，原本應該生氣的我卻怎麼也罵不出口，強裝着冷靜的內心卻像被什麼絞動，卻還沒待我整理思緒，眼淚已經一滴一滴的落在握風箏線的手中。這時，他的一句「對不起，來遲了！」瞬間徹底令我百味參雜，不知所措；平時自認口才比同儕高出一截的我，如今卻如鯁在喉。還沒待我開口，他便徐徐道來一個故事：一個男孩得了罕有的病，為治病而不得不要惜別他的好朋友，然後不斷輾轉治療的故事，而如今那個男孩長大了，病情也有起色，並且與他的童年玩伴重逢。故事完結，稻田間微風拂起，我恍惚間，感覺我多年來內心的那場毛毛細雨終於被太陽所驅逐，心中的憤怒與不甘都隨着起風的瞬間煙消雲散。

又是一輪夕陽西下的黃昏，陽光從雲層間透射下來，為蒼山抹上一層金黃。而今天與昨天不同的是：當初那兩個放風箏的孩子，回來了。故鄉依舊沒有任何轉變，但我望着在雲間飛舞着的風箏，卻隱約地感覺到故鄉多多少少有點不同。

盡孝論心不論行

6C 戚宇軒

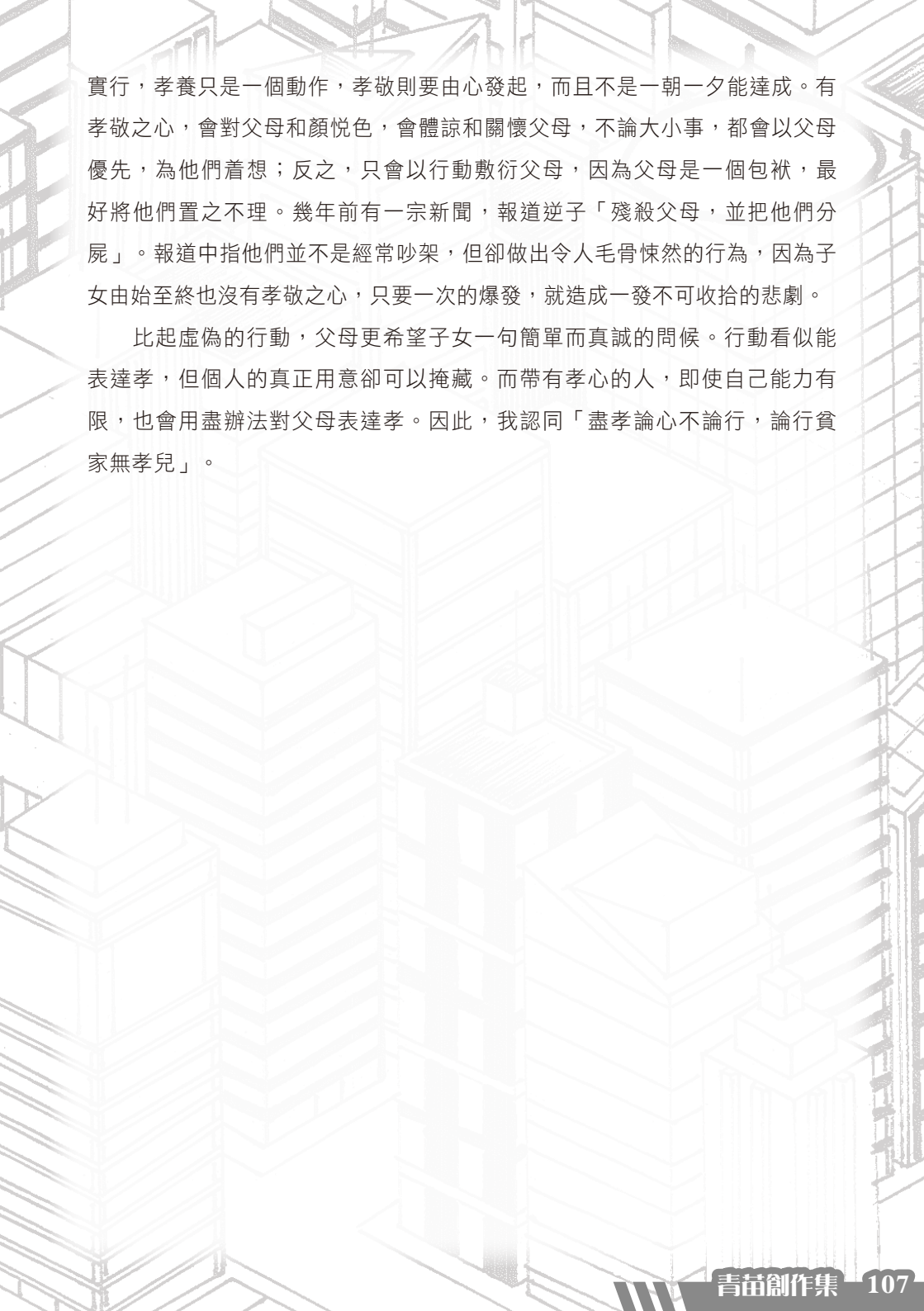
在古時的中國，孝可分為孝順、孝養、孝敬和孝承。而當中的孝順和孝敬都是內心發起的孝。孝順是指兒女的行為應尊重父母，要以父母輩的意願為先；孝敬則是敬重父母。相反，孝養和孝承都是以行動為主，分別是指供養父母和繼承父業。不過，後者並不注重心意。子女表面的行為聽從父母，但是內心可能卻背道而馳。因此，我認為內心比行為表現更重要。

不少現代人認為表達孝意的方式足夠誇張，就以為自己盡了孝。買豪華名貴的禮物？一頓驚喜晚餐？這些都是曇花一現的東西。其實，不論以甚麼形式，只要你打從心底孝敬父母，就是最好的盡孝方法。小時候的我們，沒有經濟能力，通常以心意卡、畫作等等當作送父母的禮物，但是父母卻待這些微不足道的禮物如珠如寶，因為禮物是出自子女的感激之心，父母當然喜出望外。反思現今，送禮物的意義本末倒置，物質比心意重要。事實上，父母經常說：「子女送的禮物，不論是甚麼，我都喜歡。」父母在意的是子女的心意，不會計較子女以甚麼物質來表達孝意。

《燕詩》有一段描述小燕子的故事：「一旦羽翼成，引上庭樹枝。舉翅不回顧，隨風四散飛。雌雄空中鳴，聲盡呼不歸。卻入空巢裏，啁啾終夜悲。」其實小燕子的表現與我們時下年青人也很相似。子女成長後，出社會打拼，與父母漸行漸遠，較少心靈上的交流，因為子女已不再敬重和在意父母，甚少抽時間陪伴父母。假如子女對父母有孝的心意，他們便會從百忙之中抽時間打一通電話，吃一頓便飯以表達自己仍不忘父母。雖然只是一個簡單的舉動，但也來自子女對父母的關懷，令父母知道子女對自己的孝意。

不過，有人認為只有實際行動才能表達孝意。的確，行動能令父母感受孝意，但不應只重視行動，無論該行動是微小的，還是可觀的，最重要的仍是出發點——對父母盡孝的心意。缺少這心態，行動只是演戲，目的也是利己的——為了敷衍父母，為了令父母覺得自己關心他們，為了令自己良心過意得去。

古人云：「今之孝者，是謂能養。至於犬馬，皆能有養，不敬，何以別乎？」意思是以敬重的心事奉父母，不然與養畜生無別。比起孝敬，孝養更易



實行，孝養只是一個動作，孝敬則要由心發起，而且不是一朝一夕能達成。有孝敬之心，會對父母和顏悅色，會體諒和關懷父母，不論大小事，都會以父母優先，為他們着想；反之，只會以行動敷衍父母，因為父母是一個包袱，最好將他們置之不理。幾年前有一宗新聞，報道逆子「殘殺父母，並把他們分屍」。報道中指他們並不是經常吵架，但卻做出令人毛骨悚然的行為，因為子女由始至終也沒有孝敬之心，只要一次的爆發，就造成一發不可收拾的悲劇。

比起虛偽的行動，父母更希望子女一句簡單而真誠的問候。行動看似能表達孝，但個人的真正用意卻可以掩藏。而帶有孝心的人，即使自己能力有限，也會用盡辦法對父母表達孝。因此，我認同「盡孝論心不論行，論行貧家無孝兒」。

盡孝論心不論行

6C 徐天祐

孝是甚麼？有些人認為只要為父母提供充裕的物質生活便是孝，有些人認為心存愛意比付出物質更為重要，而我就認為「盡孝論心不論行，論行貧家無孝子」。真正的孝順是要有一顆敬愛父母的心，否則所謂供養只不過是拘泥於禮法之舉。盡孝與否在心不在行，兩老體驗不到愛，還是孝順嗎？

現今社會，功利風氣當道，「孝」逐漸被貧與富左右了標準，正因為當今世人以行論孝，定期給家用、買補品便認為自己已經盡孝，父母已經快樂，如此膚淺之舉顯然不算為孝。孔子的學生曾經問孔子何謂孝，孔子答道：「今之孝者，是謂能養。至於犬馬，皆能有養，不敬，何以別乎？」子女不僅要對父母執禮甚恭，更要以疼愛與尊敬的心對待。若對父母養而不敬，這便和養狗、馬沒有分別。

作為子女，如何使父母感到快樂、感到愛？作為子女如何盡孝呢？其實在日常生活中尊重父母，向父母說「早安」、「晚安」，抽時間陪伴父母談天、逛街，多留意父母健康狀況，在對方說話時傾耳細聽，已經能夠令父母感到被愛，令父母心靈感到欣慰是作為孝子最大的功勞。

當然，只有孝心沒有實際行動也是不夠的，難道讓父母長期處於貧困也算是孝順嗎？不，雖然父母體驗到子女的愛，但如果父母生活困苦不安逸，子女卻無動於衷，不為父母的生活質素着想，也有不孝之嫌。哪有子女只顧父母心靈慰藉而去冷落父母的生活所需呢？於情於理都不合。所以，子女為父母的心靈和生活所需而努力盡孝，「知行合一」，不僅可以使父母過上好生活，父母看見子女如此孝順，心裡也會感到滿足。

總括而言，為人子女，孝乃責任，「百善孝為先，原心不原跡。」只要能盡心盡力對父母盡孝道，即使你能力有限，付出的不及其他人多，但父母都能感到你的愛，也會老懷安慰。所以，一顆孝心是最重要的，有了孝心，就不會缺少相應的行動。

重遊舊地所見有感

6D 莊權榮

在久違的假期中，我再次坐上了前往那裡的火車。獨自一人坐在窗邊的座位，抬頭看着窗外，高樓林立，燈紅酒綠，車水馬龍，喧囂熱鬧的城市景色逐漸逝去，我亦隨着火車有規律的轟隆聲，漸漸閉上了眼睛。「下一站，晉江」，很快，火車站落車提示喚醒了我，我張開雙眼，映入眼簾的不再是錯綜複雜的道路，烏煙瘴氣的環境，而是廣闊的麥田，絢麗的雲彩，柔和的陽光，幽恬安靜的景色，開啟了我回憶的旅程。

到站後，我提起行李，離開這僅餘城市氣息的地方，踏出車廂，我再次回到這裡，我的家鄉——晉江。這裡與大城市截然不同，沒有高聳入雲的高樓大廈，也沒有大型的商場，這裡只有在那天邊群山上，倚山而建的一簇簇村落，以及我過去的回憶。

我走出了車站，坐上了三輪車，沿着田地旁的小徑慢慢前進。天上炙熱的太陽照耀着大地，但鄉村的夏天，不像城裡那麼的炎熱，看着田野中的小孩子們圍繞着那棵大樹跑來跑去，老人們則坐在樹旁聊着天，扇着扇子，靜靜地看着，這熟悉的景色漸漸勾起我的回憶，「對哦！」我小時候外公外婆也曾帶我在這與村中的孩子們嬉戲，那時的我也像這樣你追我跑，累得滿頭大汗。

下車後，順着彎曲的小路緩緩地走着，小路兩旁的梧桐樹帶領我到達外公外婆的家門前。敲響了木門。年老的外公外婆為我開門，桌上放了他們為我準備的菜餚，全都是我最愛吃的。他們像小時候般無微不至地照顧我，總當我是那個仍然長不大，喜歡到處亂跑的小屁孩，但我長大了，現在該到我照顧他們了。我接過他們手中的空盤，默默地走到廚房。

晚飯過後，天色漸漸昏暗，橘紅色的晚霞退了，月亮也準備上班了，小路靜了。他獨自前往那「秘密基地」，在小屋後會有一條小木梯，沿着向上爬，便會到達我的「秘密基地」——屋頂。這裡只有我和小時候的「我」才能知道的地方，是我倆的共同秘密，靜靜地坐在屋頂上，看着慢慢聚攏的繁星，尋着遠去的記憶，這裡不但承載了我的喜、怒、哀、樂，亦承載着我每日發生的各種大小故事，這一切都深深地刻在每一磚每一瓦上。現在的我脫離城市的煩囂，拋開了長大的壓力，再次回到村莊，躺在這，一邊聽着蟬和鳥兒的歌聲，一邊回憶着兒時的點點滴滴，可惜時間悄悄地逝去，帶走了外公外婆的黑髮，也帶走了稚氣的我。我閉上眼睛，多希望時間能夠凝結，保留着彼此最美的時光。

自此以後，我終於解開了心結。

6D 鍾穎婷

友情是人生一筆受益匪淺的儲蓄。這儲蓄，是患難中的傾囊相助，是錯誤道路上的逆耳忠言，是跌倒時一把真誠的攙扶，是痛苦時抹去淚水的一縷清風。

看着眼前這金碧輝煌的酒店，我握緊了手中精緻的請柬。請柬上，一個嬌小可愛的女孩身穿粉色婚紗，依偎在旁邊身穿白色西裝的男生肩膀上，那樣子就像迪士尼的公主和專屬她的王子向全世界宣告他們的喜悅，兩人甜蜜的模样，使所有人羨慕他們之間的愛情。

「女士您好。」一旁的侍應將我拉出思緒。「請問您是來參加王允行先生和李一心女士的婚禮嗎？」「是的。」我將手中的請柬出示給她看。她帶領我乘坐一旁的升降機，隨着升降機上升，我的心情亦變得越來越緊張。「五樓，請小心升降機門開啟。」專屬升降機的機械音提醒我放下緊張的心情，我拿出手帕抹走手心的汗水，整理好自己的衣服，拖着沉重的腳步踏出了升降機。

這粉色夢幻的婚宴場地，一定是每個女孩的梦想，手捧鮮花和心愛之人在此許下諾言，共渡一生，這應該是女孩一生中最幸福的時刻吧！我走到簽到桌前，放下禮金，在簽到簿的角落簽下自己的名字「楊英秀」，當我正準備悄悄離開時，一把溫柔的女聲令我停下腳步。「英秀，你來了。」這句話彷彿把我拉回當年，我和允行第一次見面的那天……

「英秀，你來了。」一個眉清目秀，身穿校服的女孩從餐椅上站起來和我招手。「這是我男朋友，王允行。允行，這是我最好的朋友，楊英秀。」一旁的男孩站起來和我握手，他身穿隔壁學校的校服，貌若潘安、落落大方。我回握他的手，向他禮貌一笑。由那刻起，我們三人成為了無話不談的好朋友。

每天一起上課下課、一起吃飯、一起談天說地，每天玩得樂不思蜀。直到那天……改變了我們之間的關係。

那年冬天很寒冷，漫天飛雪，而我，在家人的陪同下，準備前往英國留學。辦理登機手續後，我始終沒有在人群中看到他們的身影。我依稀記得，她說過，一定會來機場送我離開的。可惜現實和夢想總是有分別的，此時廣播聲響起：「請乘坐N123航班的旅客盡快登機。」冷冰冰的廣播像一個千斤重的

巨人推着我前行，我拿着機票和護照，推着沉重的行李通過了離港口岸。一路上，我一直向後望，希望可以在人群中尋找到那個小小的身影，期望能聽到她跟我說一聲「再見」。

航班因為風雪延誤，我一直坐在候機區中反覆查看手機，如坐針氈。一旁的媽媽安撫着忐忑不安的我，輕聲對我說：「英秀，你打電話給一心吧。」當我按出一心的電話號碼，準備撥出的那一刻，訊息欄彈出了一條來自允行的訊息「英秀，一路順風。發生了一點意外，我和一心來不了，抱歉。」這訊息彷彿千斤重壓在我身上，我把手機關掉，丟掉電話卡，期望回憶亦可跟着一併丟棄。我猶如行屍走肉一般登上飛機。

飛行十三小時，不同問題環繞在我腦海，我怪她不來送我離開、怪她不和我告別、更怪她忘記我們之間的承諾。其實我最在意的，還是連她不能到來的消息也是從別人口中得知的。想着想着，我不禁抽泣起來，想起我們曾經的點點滴滴，每天早上她為不愛吃早餐的我準備不同款式的小點心，只因為怕我會胃痛。每次當我考試失意時，她總給失落的我滿滿鼓勵，當我恢復心情後，她會抱着一大堆課本和我分析錯誤，再甜甜的和我說：「我們一起加油呀！」我們一起笑過、一起哭過、一起闖禍、一起成長。一心猶如我的太陽，守護着我，給我溫暖。而現在，我彷彿身處在一條漆黑的走廊，失去照明，停留在原地不知所措。

我在英國逗留了七年時間，從一開始人生路不熟到後來對答自如，從一開始那個帶着稚氣的小女孩，到後來那個身穿西裝，帶着成熟氣息的小女人，我成長了，始終不變的是我手上那隻已經氧化的鐲子，後面刻着「秀、心」……

回憶那天，我和一心、允行說了我要去留學的消息，一向平靜的一心驚訝萬分，在冷靜過後亦只能和允行一同祝福我。一心把一個精緻的小盒子推向我，我打開一看，裡面是一隻粉色的手鐲，手鐲內側刻着「秀、心」二字。一心為我帶上手鐲，牽起我的手和我說：「這本來是你的生日禮物，可惜好像等不及了。」她哽咽着：「英秀，你留學那天我一定會送別你的，你永遠都是我最好的朋友。」

某天，我回到大學演講，亦是因為這次演講，開解了我。那次我演講完

畢，正準備坐下之際，一名白髮蒼蒼的老人手握拐杖上台演講，而他所說的一句話，令我解開心結……

一周前，我收到一封精緻的婚禮請柬，正當我猶豫之際，父母已悄悄為我訂好回去的機票，他們把機票放在我手中，對我說：「英秀，你長大了，該自己去面對了。」第二天，我拉上行李箱、帶上禮物，踏上那趟未知之旅。

「英秀？英秀！」女孩溫柔的聲線將我拉回現實。她牽起我的手，手心的溫熱從絲質的手套傳到我手心，她手腕帶着不少價值不菲的首飾，當中卻有一隻格格不入的粉色手鐲，手鐲充滿着歲月的痕跡，不難看出這手鐲被女孩經常佩戴在手腕。「那天……其實我去了機場的。」一心率先打破了沉默。我一臉震驚地看着她，一心繼續說：「我不敢和你告別，我害怕親口和你說再見，到了最後，我還是沒有勇氣走出去和你擁抱。對不起，英秀。我沒有遵守諾言，你一定很恨我吧……」她鬆開我的手，從一旁的小房間中拿出一個水晶球，水晶球中，兩個笑容可掬的女孩相擁在一起。一心把水晶球放在我手心。「這本來是送給你的留學禮物……事隔七年，送給你，我的英秀。」

我把水晶球放在一旁的桌子上，像水晶球中的小女孩一樣把一心擁入懷。「新婚快樂！你一定要幸福！我的一心。」這個事隔七年的擁抱將我們重新連繫在一起，此時的我們已經淚流滿面，我替她輕輕擦去淚水，陪她到一旁的化妝間補妝。化妝間內，允行已在內等候多時，身穿白色西裝的他和當年那個青蔥少年重疊在一起，允行向我伸出手「歡迎回來，英秀。」我回握他的手，向他微微一笑，猶如回到第一次見面的那天。

最後，我換上一心為我準備的伴娘裙，在毫無預習下，陪同小公主走向專屬她的王子。當我站在一旁，看着男孩向女孩許下諾言之際，一切也變得沒這麼重要了。面前的新人，是我一生中一筆受益非淺的儲蓄，亦是我最重要的存在，又有什麼能比摯友的幸福更加重要呢？

德國著名哲學家曾說過：「生命中最難的階段不是沒人懂你，而是你不懂你自己。」放下過去，亦放過你們自己。

看着眼前幸福的他們、看着手腕上的鐲子、看着遠處的水晶球……

自此以後，我終於解開了心結。



美
藝
作
品



4A 李韋潼 普普頭像



4B 伍忻桐 普普頭像



4B 陳漢湑 普普頭像





4B 陳汶漪 遊記



4B 伍昕桐 遊記

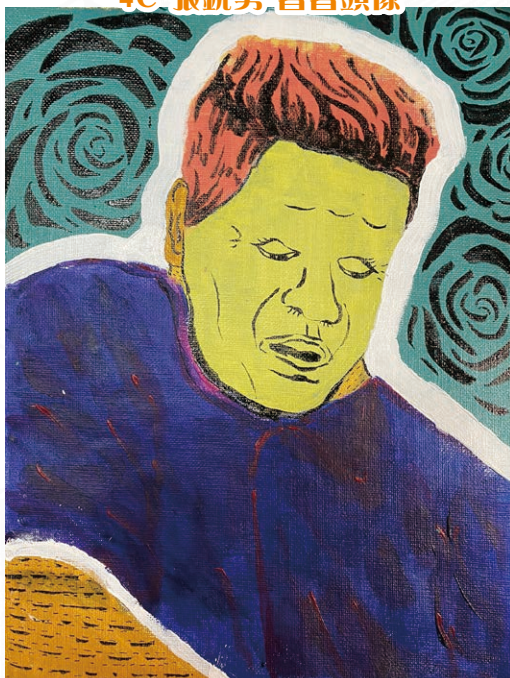


4C 洪欣熹 普普頭像





4C 張銳勇 普普頭像



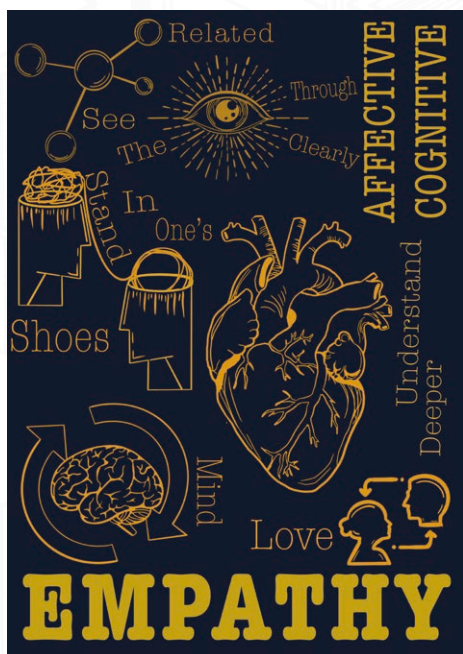


4C 張樂兒 普普頭像





4C 張銳勇 遊記



4C 張樂兒 「同理心」海報設計



4C 庄安琪 普普头像





4C 莊晴晴 普普頭像



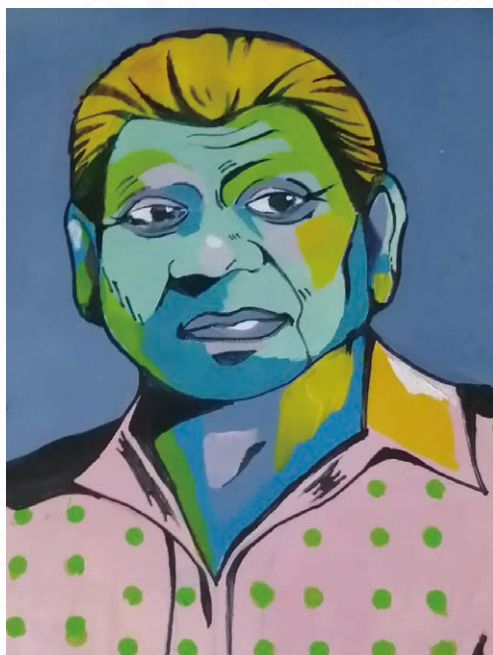


4D 陳愷琪 普普頭像

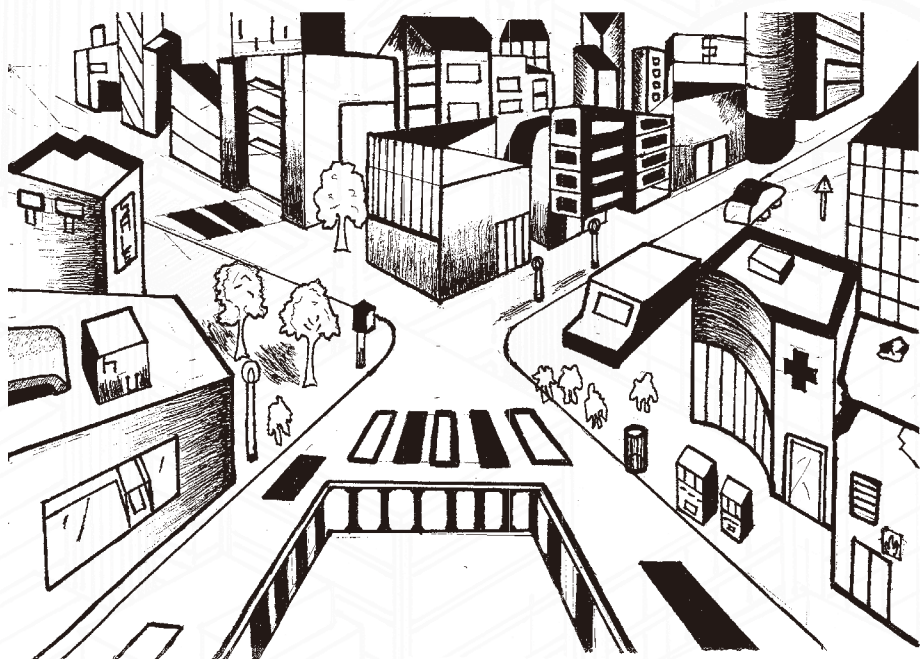




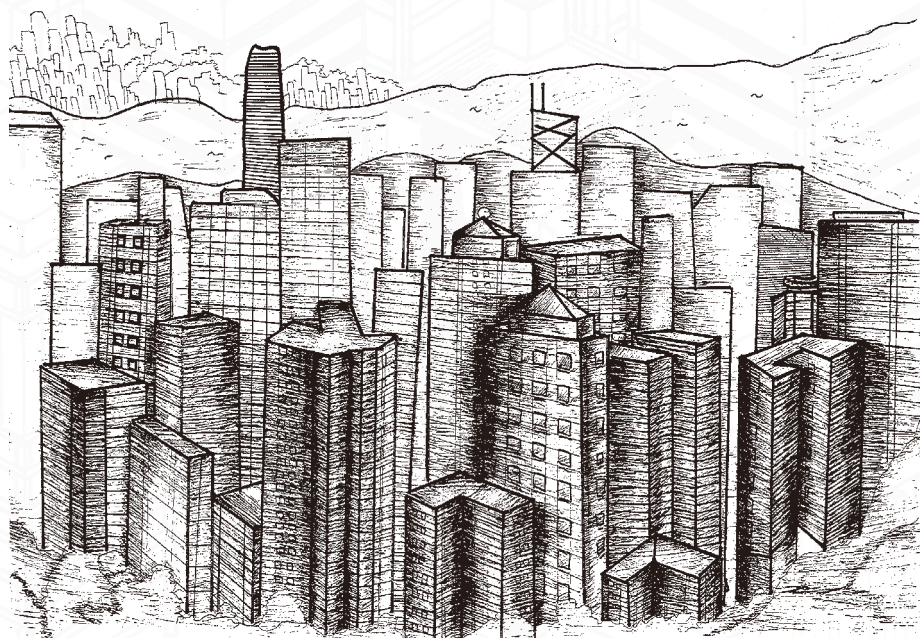
4D 黎樂珊 普普頭像



4D 孟嘉儀 普普頭像



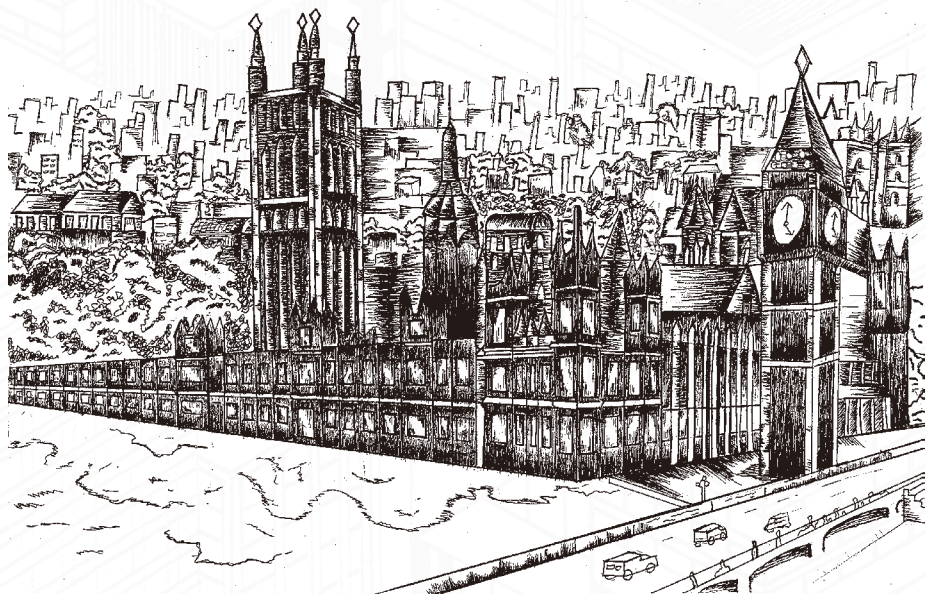
5B 馮嘉健 城市



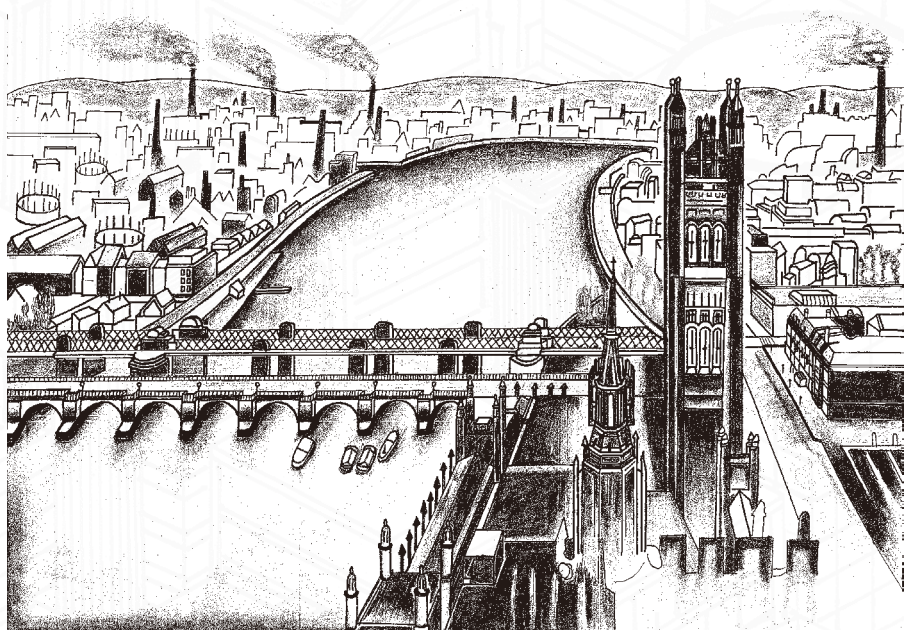
5A 趙寶儀 城市



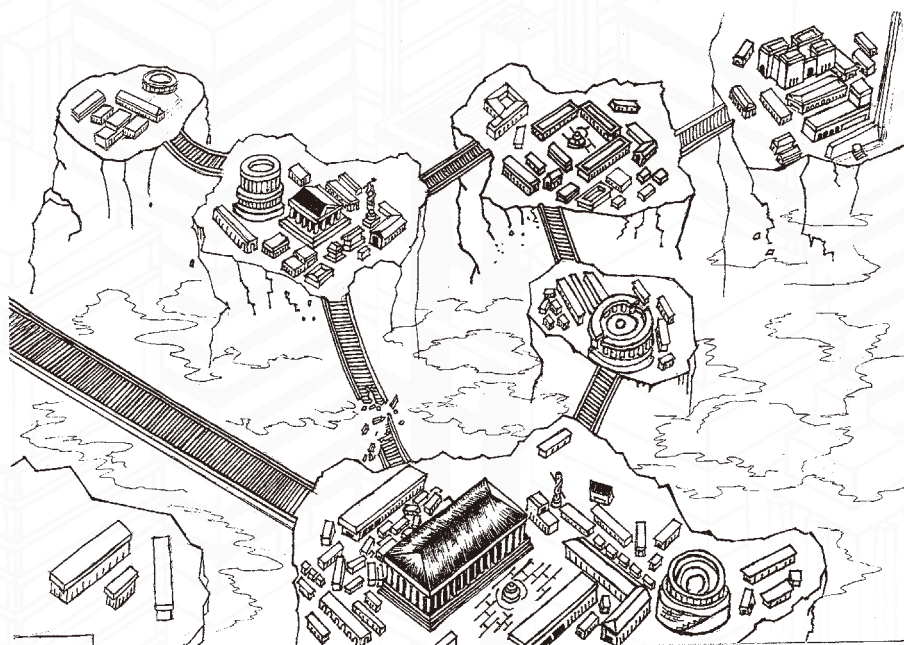
5C 鄧巧晴 城市



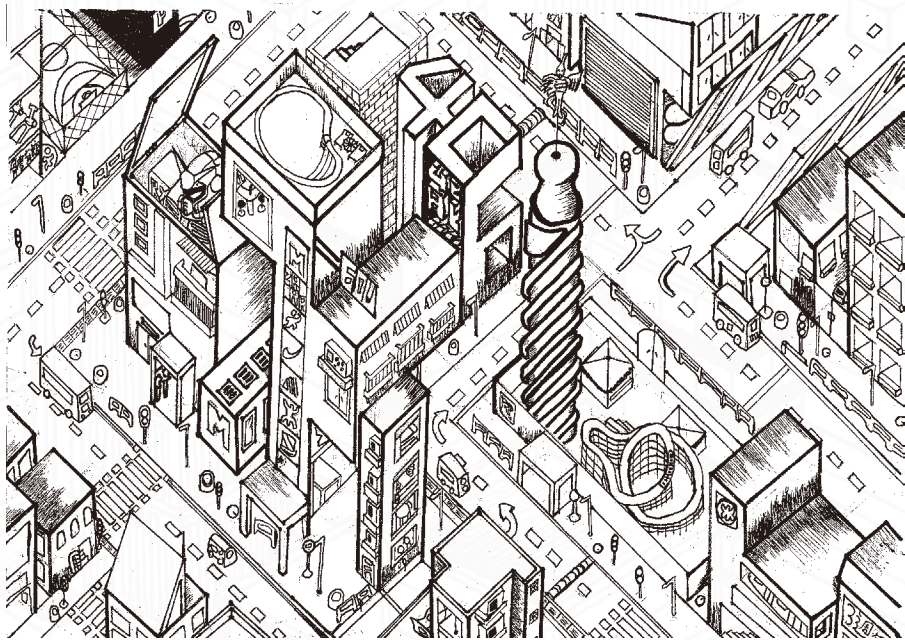
5B 榮柏鑫 城市



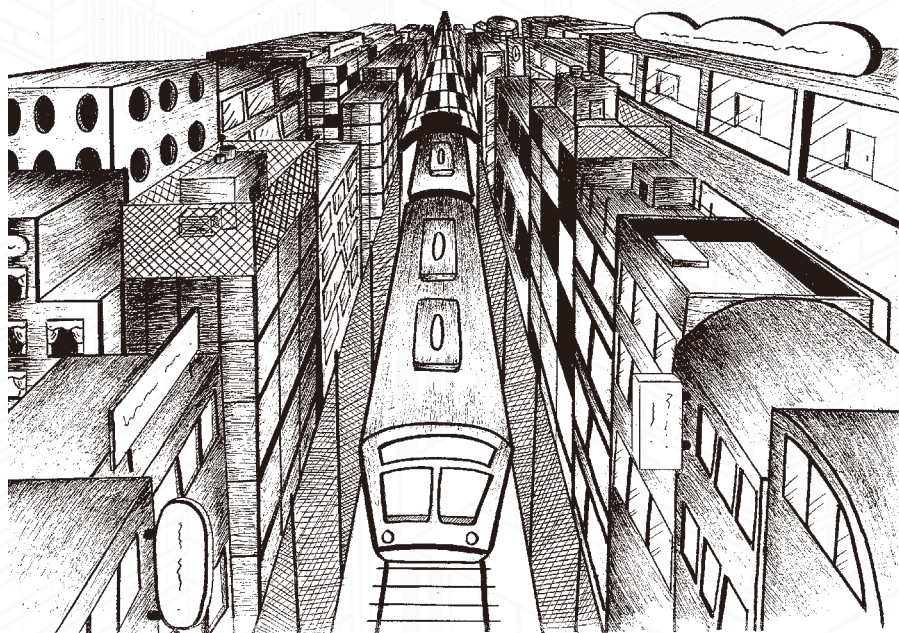
5C 張子揚 城市



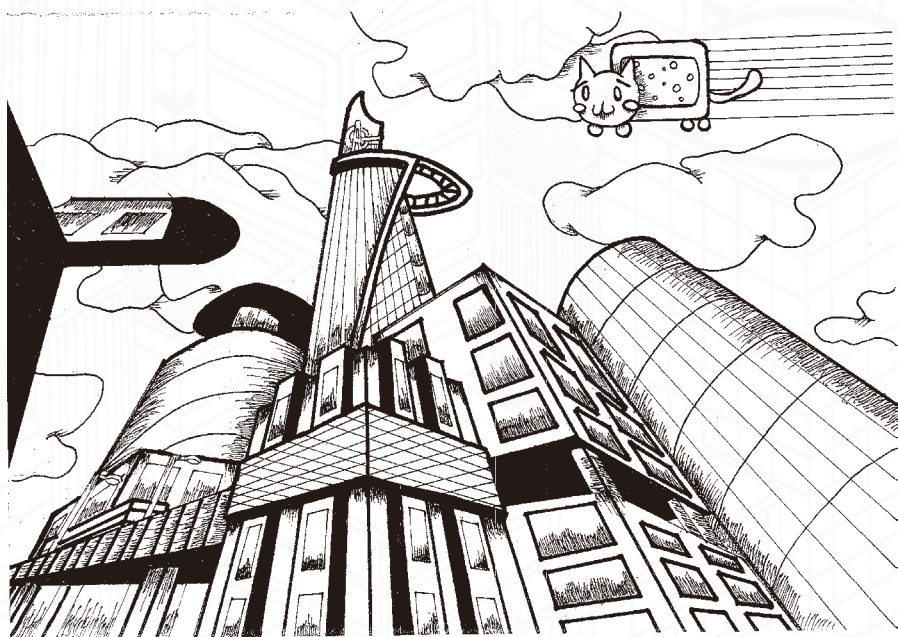
5C 張子揚 城邦



5C 熊浩謙 城市



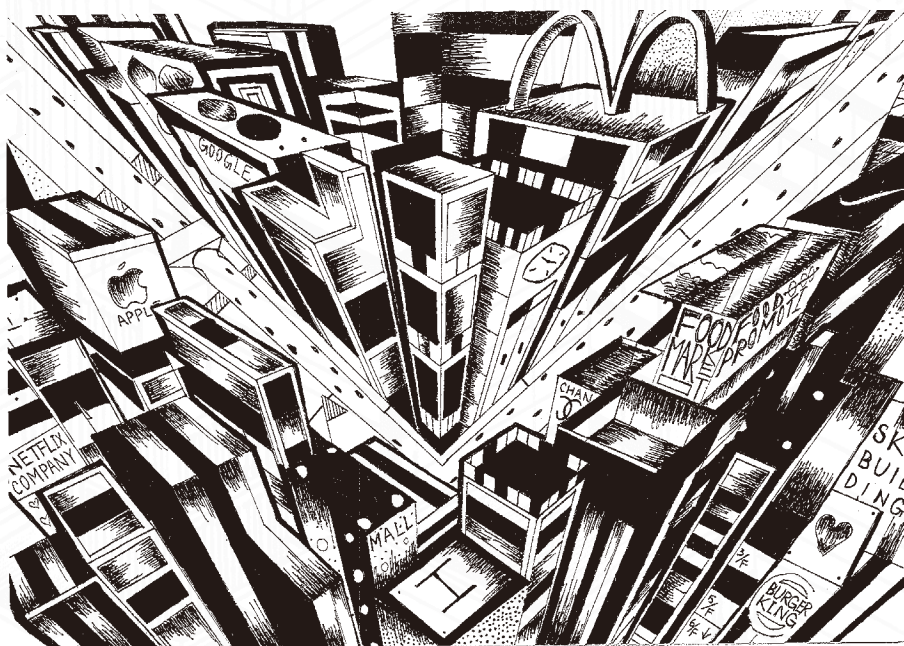
5D 何穎賢 城市



5D 劉肇麒 城市



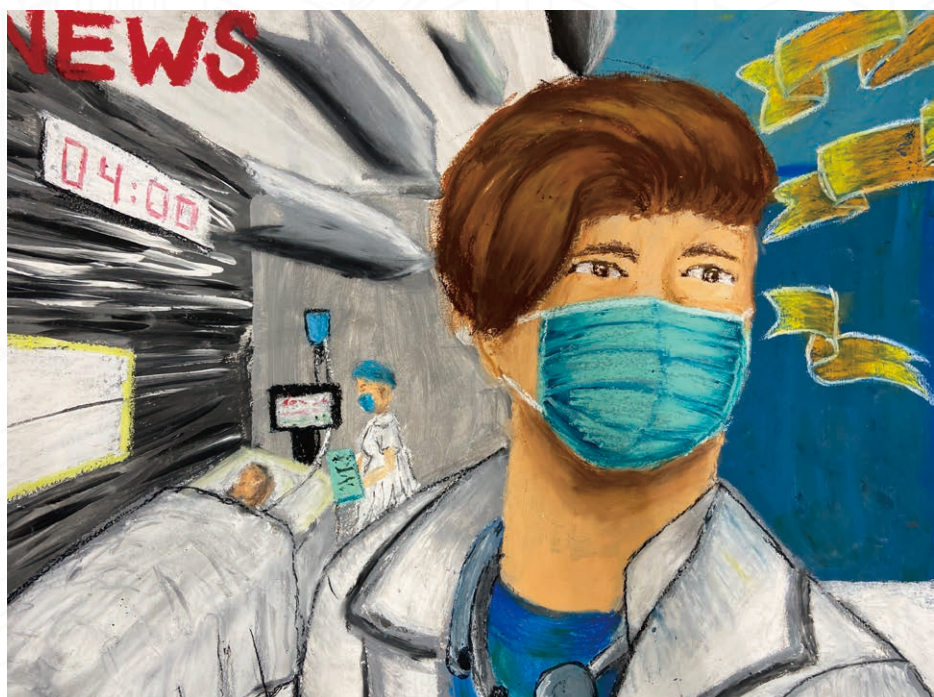
6A 陳璋舜 城市



6A 劉智明 城市



6A 劉智明 人體與數碼世界的結合



6A 郭澤楷 一個英雄的悲哀



6A 郭澤楷 深夜裡被音樂聲喚醒



6A 郭澤楷 新世代女孩



6A 陳瑋舜 一個英雄的悲哀



6A 陳瑋舜 門內門外



6A 陳瑋舜 新世代女孩



6A 郭澤楷 烏托邦



6A 萬靜兒 2040年的香港房屋



6A 郭澤楷 城市



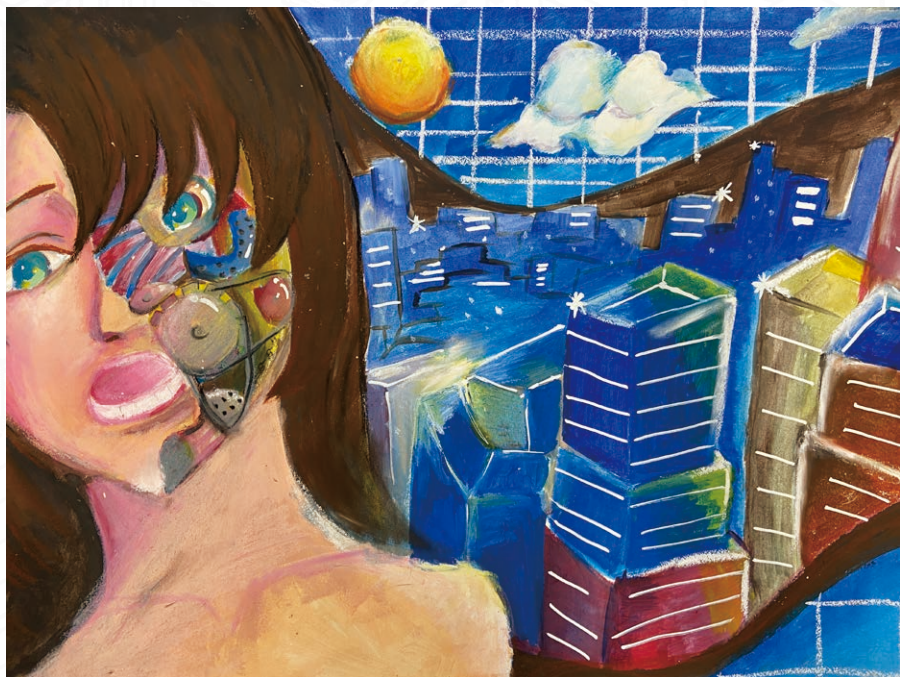
6A 萬靜兒 烏托邦



6A 葉曉婷 人體與數碼世界的結合



6A 萬靜兒 一個英雄的悲哀



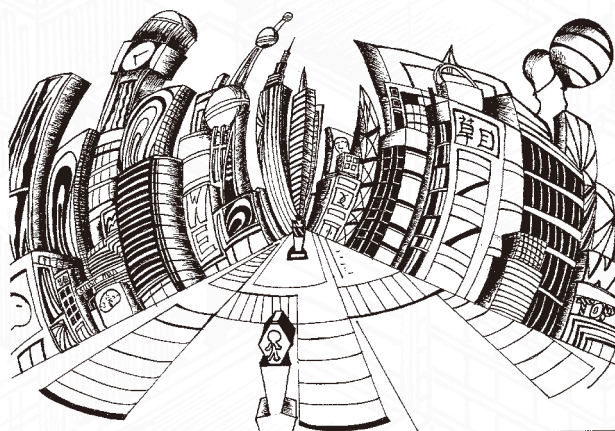
6A 萬靜兒 人體與數碼世界的結合



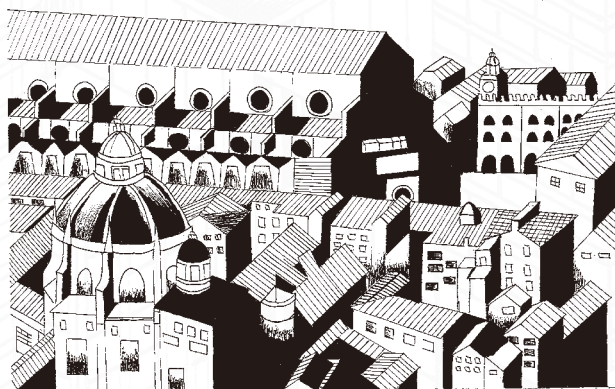
6A 萬靜兒 城市



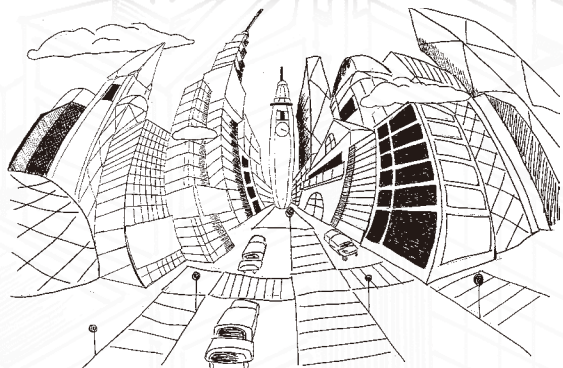
6A 葉曉婷 烏托邦



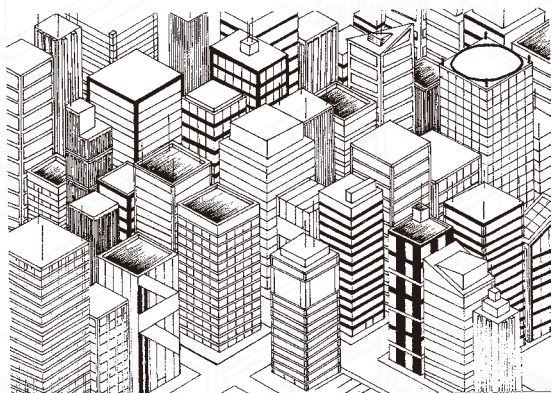
6A 葉曉婷 城市



6A 張穎彤 城市



6B 張雪瑩 城市



6B 何鍵斌 城市



6A 張穎彤 新世代女孩



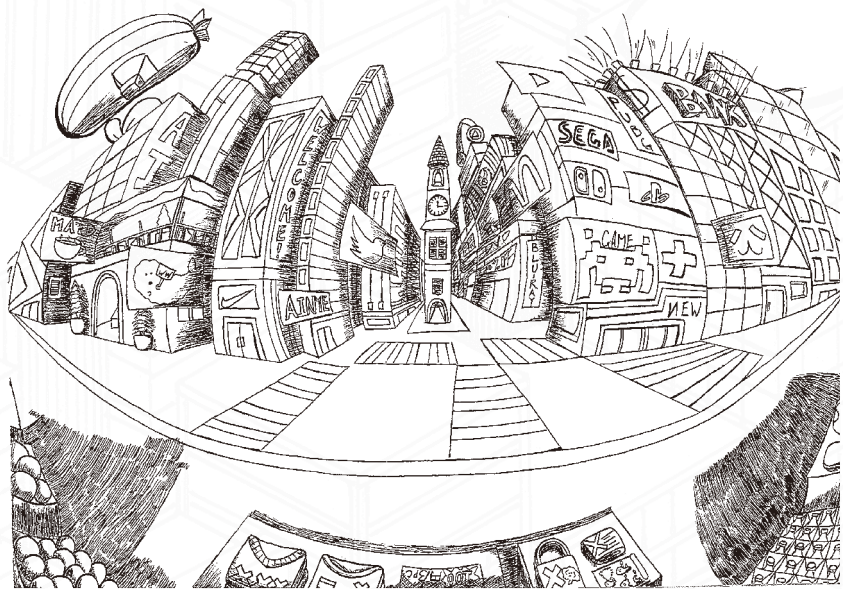
6C 陳昕玥 城市



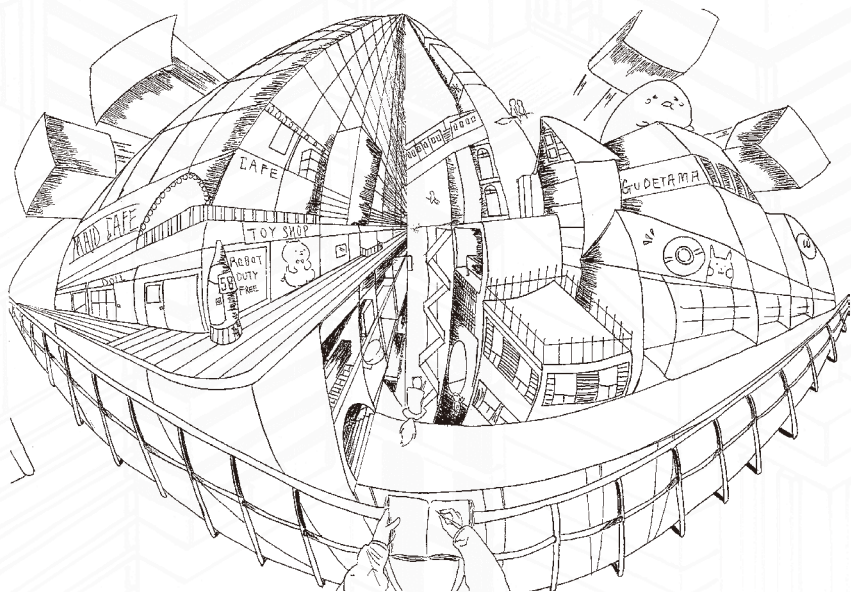
6C 陳昕玥 人體與數碼世界的結合



6C 陳昕玥 上課時突然爆水管



6C 陳依琳 城市



6C 廖婷婷 城市



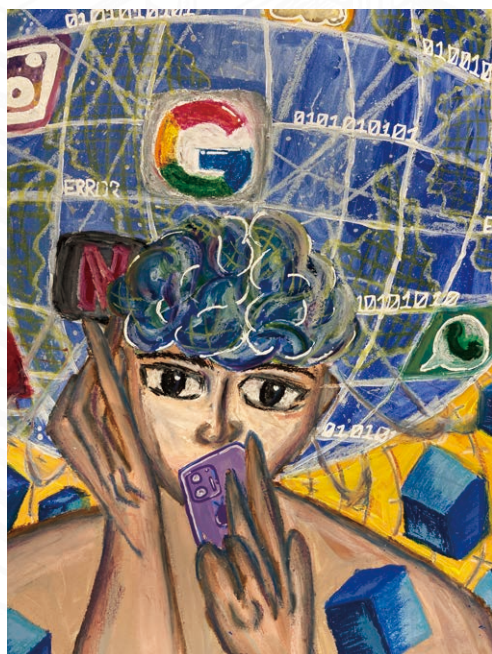
6C 陳昕玥 新世代女孩



6C 陳依琳 愉快的痕跡



6D 丘洧瑜 2040年的香港房屋



6D 丘洧瑜 人體與數碼世界的結合



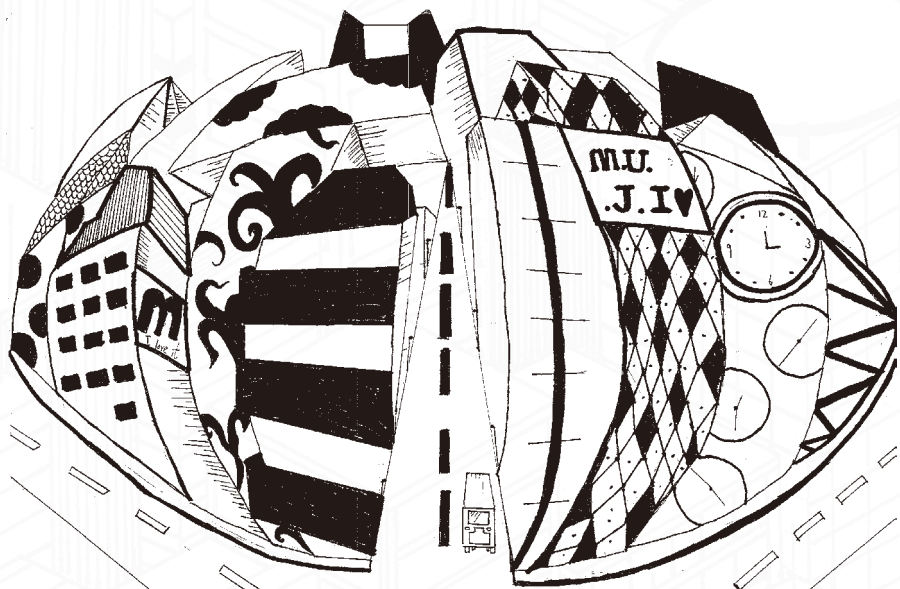
6D 丘涓瑜 烏托邦



6D 丘涓瑜 一個英雄的悲哀



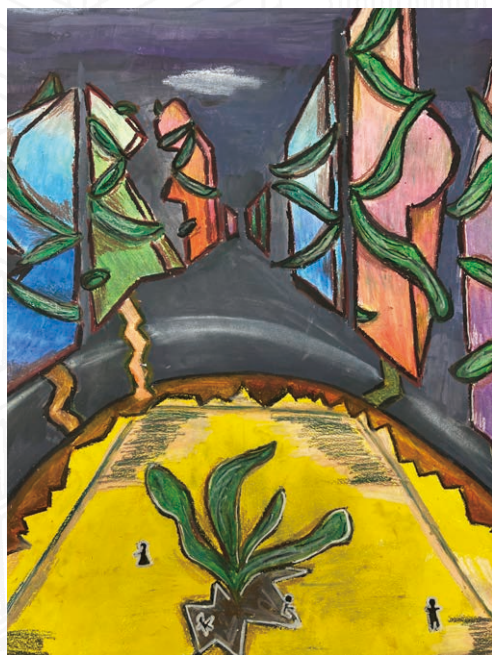
6D 丘涓瑜 新世代女孩



6D 伍樂而 城市



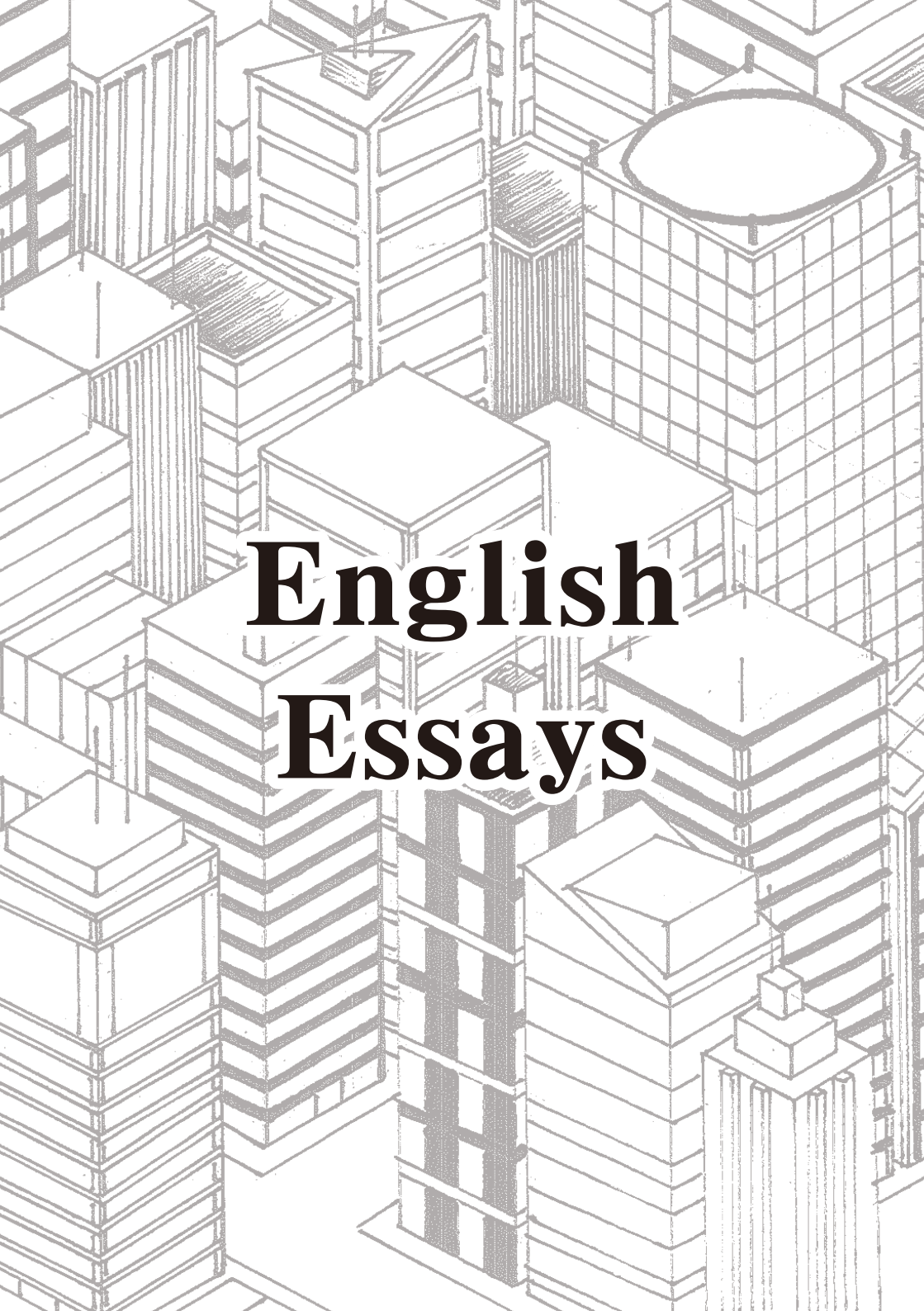
6D 丘涓瑜 城市



6D 伍樂而 2040年的香港房屋



6D 伍樂而 人體與數碼世界的結合



English Essays

My Robot Friend

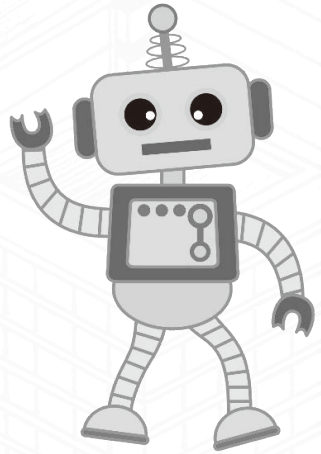
1A Hong Jolyn Lu



I was struck dumb when I took a look at Sandy's injured hand, looking at her hand inside filled with electrical circuits, wires and computer chips...

It happened while we were preparing food for the forthcoming Christmas party at home. It was so jaw-dropping that I could not believe what I saw in that fleeting moment. 'Why... Why didn't you tell me this before?' I stuttered with fear and confusion. Sandy tried to explain, 'Let me explain!' 'No, please go home and get fixed first!' I interrupted her and went back to my bedroom outright. She nodded and left with a frown on her face.

The next day, I texted Sandy to come over. Driven by curiosity, I really wanted to know her true identity. When she arrived, I walked with her to the bedroom. This time, I asked her the same questions without stammering. She sighed softly and said, 'Well, my parents told me not to reveal this to anyone.' Feeling disappointed, I asked, 'But we have been friends for like... forever! Could it be that you do not trust me?' She felt guilty and said, 'I truly feel sorry for not telling you this. I know we should share secrets with each other no matter what. I'm just afraid that you won't like me anymore if you know who I truly am...' Meanwhile, she was shedding tears. I doubted if they were real tears though.



I rubbed her back to comfort her and said, 'It's okay to express your feelings to me. I totally understand.'

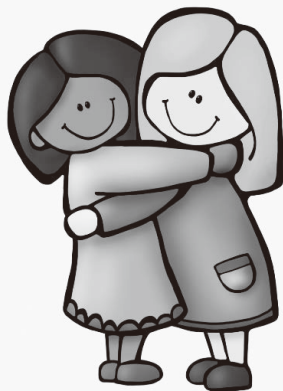
A few minutes passed, she was at ease. That was the time when I tried to ask her about her true identity again. 'Can you share your story about how you were made?' I asked after plucking up my courage. She said, 'Sure! My parents told me that because of their health issues, it is impossible for them to have a baby. That was their only wish. They

first thought of adopting a baby, but it doesn't feel like the baby is their own. Then one day, they stumbled upon their professor who specialized in engineering. Realizing that they could make a robot, they came up with an idea and that is the birth, well... making of me,' Sandy replied. I was amazed and I asked, 'Well, I thought you said that it doesn't feel like their own child when they can't have kids?' Sandy giggled and said, 'You are so silly. It took them months to create me. Although I am and can never be their biological kid, they have developed a close bond with me in the 'life cycle'. That explains why they love me endlessly and unconditionally like I am their own child.'

At that point, I felt touched and my eyes were filled with tears of joy because of her moving story. I said, 'Wow! I feel extremely lucky to be your best friend. I feel bad for how I treated you yesterday. It felt like my heart dropped on the ground because I thought you mistrusted me when you refused to tell me the truth.'

She patted me gently at the back and said, 'It is okay. I really understand that I have quite upset you. Will you ever forgive me?' Without hesitation, I said, 'Of course! I'll forgive you no matter what!'

In the end, we hugged tightly like an overstuffed burger being packed together. Finally, I reminded her that I will always be her best friend, even if she isn't a human like me, she has a beautiful soul and rare personality like a real friend.



Sammy's Pet Crocodile

1A Hong Jolyn Lu

The baby crocodile that Sammy's cousin had given him was getting too big to be kept in the bathroom. One day, Sammy came home from school and was horrified by what he saw. His room was a giant mess.

Before I tell you about it, I am going to briefly introduce Sammy's wild pet, Chompy the Crocodile. He is now humongous, similar to the size of a bathtub. His length is approximately 70 inches, which is what a tall man's height is supposed to be, but in a crocodile's length.



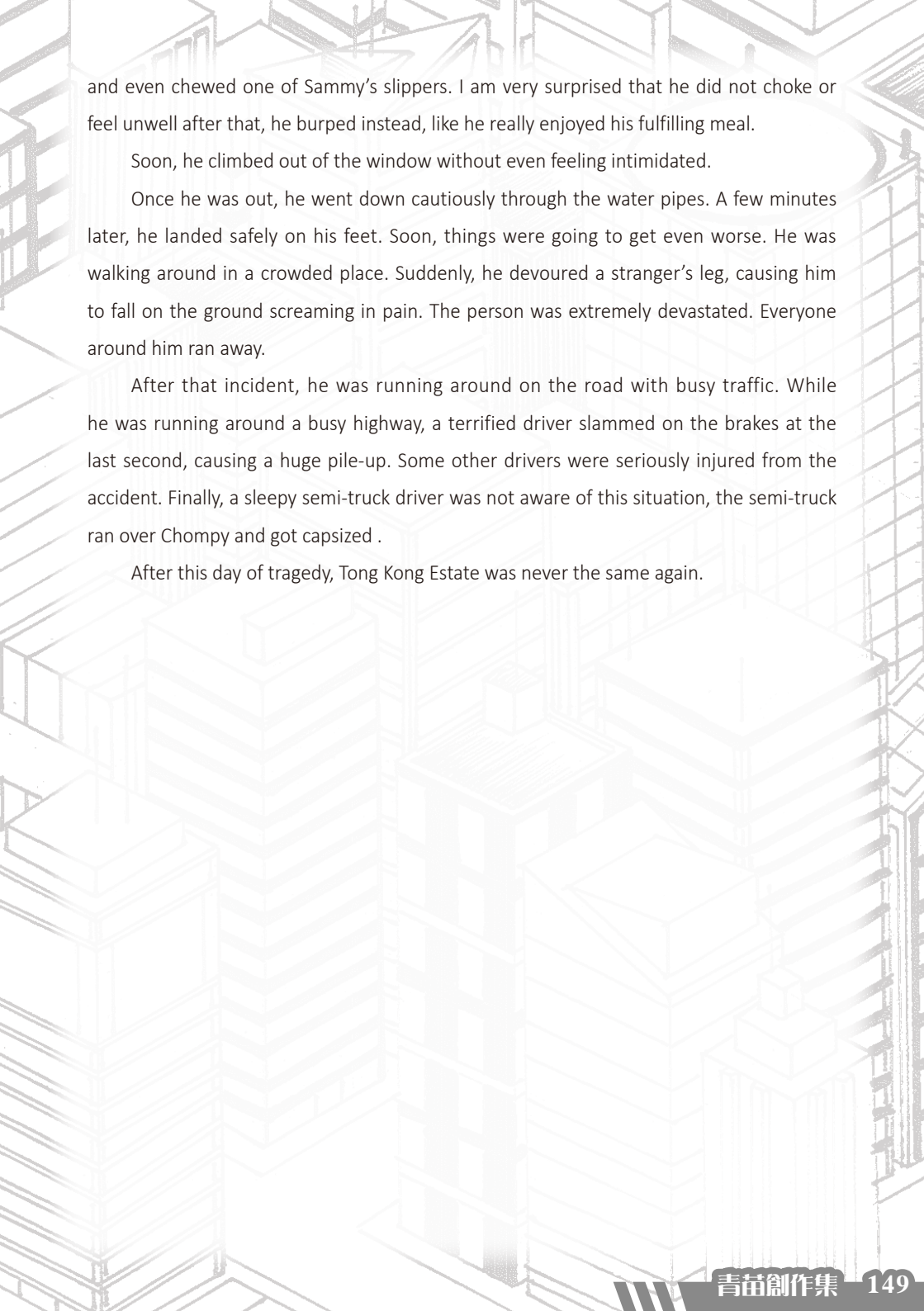
Well, what happened anyway? As Sammy left for school, this was when the troublemaker would start to create some problematic situations. The crocodile was feeling unstable in the bathtub, and I assume he either wanted to move around or just be random. Therefore, he started to pull off the doorknob with his strong teeth. What a savage move!

When he finally got out, he was using his mighty head to push the door.



At this point, he walked out with his soaking wet body and went around the bedroom like he owns the place. Then, things were starting to get really messy. Not only did he drench the whole room with moisture, he also destroyed everything. He wrinkled Sammy's outdoor pants, pulled off another knob from the drawer, broke the expensive lamp, shredded the pillow like it was his prey,





and even chewed one of Sammy's slippers. I am very surprised that he did not choke or feel unwell after that, he burped instead, like he really enjoyed his fulfilling meal.

Soon, he climbed out of the window without even feeling intimidated.

Once he was out, he went down cautiously through the water pipes. A few minutes later, he landed safely on his feet. Soon, things were going to get even worse. He was walking around in a crowded place. Suddenly, he devoured a stranger's leg, causing him to fall on the ground screaming in pain. The person was extremely devastated. Everyone around him ran away.

After that incident, he was running around on the road with busy traffic. While he was running around a busy highway, a terrified driver slammed on the brakes at the last second, causing a huge pile-up. Some other drivers were seriously injured from the accident. Finally, a sleepy semi-truck driver was not aware of this situation, the semi-truck ran over Chompy and got capsized .

After this day of tragedy, Tong Kong Estate was never the same again.

A Night in the Department Store

1A Pinky Law Sze Ting

One Sunday night, Ben, Cindy and I went to a department store. We decided to stay up in the store and have a fun adventure. At 10:30 p.m., there was an announcement urging customers to leave, so we hid under a bed in the furniture section. At 11:00 p.m., all the staff got off work, the lights went out and the doors were locked. It was time to have fun!

'Hey! Time to explore the store!' whispered Ben. Knowing that it was 'safe', we came out and went to the fashion section. There were many mannequins. Ben was mischievous enough to take pictures with the mannequins. He even posed in front of them. 'Who's patting my shoulder?' Ben asked. Oh no! Out of the blue the mannequins were moving. Ben screamed in horror and we fled.

We arrived at the toy section in no time. While we were still gasping for breath, we were astonished to see the toys on the shelves come to life. The cars moved, the planes flew around us and the tanks shot bullets! What's more, some of the action figures ran towards us and started attacking us. We were as helpless as if we were in a battlefield.



Since we were so desperate to leave the toy section, we did not even notice that we were in the arts section. There was an array of paintings on the wall. Most of them were so intriguing that we kept staring at them. Cindy was particularly interested in a painting of Napoleon. 'Look! The combination of the colours adds veracity to the painting. It's...' The horse suddenly leapt out of the frame and started chasing Cindy. 'Neigh!' the horse went. Feeling startled, Cindy was speechless and trembling. All she could feel was numbness and a tingling sensation. We immediately tugged her away.

We ran as fast as we could. We eventually stopped in the book section, which looked so peaceful. After this adventure, we were panting and puffing. 'No matter what is going to happen, let's take a rest first,' I pleaded. As expected, the books flew out from the bookshelves. One of them even hit my head. I felt very dizzy and then I was swallowed by darkness.

Once I regained consciousness, I found that I was already in the hospital. Ben was next to me, unconscious. After a while, we reported our experience to the police. However, Cindy was still missing after a week.

One day, I walked by the display window of the same department store. When I looked closer, I found out that one of the mannequins resembled Cindy!



Short Story: The Clever Dog

1B Karina Fung Ching Yi



Once there was a blond dog called Floppy. One day, Floppy was lying on the green grass. Then he heard someone shout for help. Floppy followed the sound as it grew louder and louder.

After a while, Floppy found the person who called for help. He found out the person was a boy. The boy was very frightened because he was up in a tree and could not come down from it.

Floppy ran as quick as lightning across the field. He tried to find help. While he was running, he was barking loudly.

After ten minutes, Floppy found a horse and asked it to come with him. At first the horse refused. Then Floppy made a deal with the horse. The deal was if the horse followed Floppy, Floppy would take off the horse's saddle. The horse agreed.



Floppy led the horse back to the boy who shouted for help. Floppy told the horse to stand under the tree. Then Floppy said, 'Hey boy, I can help you come down. You just need to listen to me, okay?' The boy nodded.

Floppy said, 'Slowly put your foot on the horse. Then, you must put your hand on the horse's neck, got it?'

The boy said, 'Got...it!' Then the boy landed safely on the horse and he jumped off the horse and landed on the ground.

The boy said to Floppy, "Thank you, doggie! How can I repay you?"

Floppy Said, "Hm...you can take off the horse's saddle, if you don't mind." The boy took off the horse's saddle. They became friends and lived happily ever after.

My Best Friend

1B Skyler Ho Lok Kan



I would like to introduce Nicole to you since she is my best friend. She was born on 13th January and she is 12 years old. She lives in Shatin with her family. There are four members in her family and she

has one younger sister. Nicole is chubby and of medium height. She has a round face and short hair.

Nicole is a humorous person. She likes to tell jokes and make people laugh, so she can make friends easily.

In her leisure time she likes to draw and she always shows her drawing to me and asks me to give her some comments about them. She also enjoys listening to music. When I asked her why, she said it was relaxing for her.



She is a member of the Art Club since she really loves drawing. She is also a member of the Book Club because she really wants to improve her reading and writing skills. In this school year she plans to be the top student in her class.

About My School

1C Joey Lo Chun Yan

Dear May,



How are you getting on? Let me talk about my school. My school is called Helen Liang Memorial Secondary School. It is in Tai Wai. There are many facilities, for example, an amphitheatre, a climbing wall, a multi-media learning centre and so on. ... I like most of the facilities. The tuckshop

is what I like most because there are many different kinds of fast food. It even has ice-cream!



My school offers 14 subjects for us in Form one. My favourite subject is Science since I can do a lot of experiments. They are so fun. I also like Art because I am fond of drawing. I think drawing can make me feel relaxed. For school activities, there are many clubs that we can join. I would like to join the Badminton Club because I like playing badminton. I seldom do sports and therefore I want to join this Club to make me healthy. Club members meet every Wednesday and Friday. I also want to join the Reading Club as I think reading can help me know more about the world while learning more new words. Club members meet every Tuesday.



After School Clubs

One thing I like about my school is that teachers are patient. If I do not understand what they say, they will spend more to teach me. One thing

I do not like about my school is that the food in the tuck shop is expensive, so I rarely buy food there.

To improve my school, I would like the school to make the food in the tuck shop cheaper so we can always buy food during recess. However, I think our school is great—with many facilities and patient teachers. So, I love this school very much.



Best Regards,

Joey

My Best Friend

1C Tiffany Chan Tin Yan

My Best friend is called Lucky but she likes to be called Maple. She lives in Shatin with her family. There are three members in her family. She is an only child. She is 14 years old now.

She is tall and thin and she has long curly hair, which looks beautiful! She often wears a white shirt and a pair of denim jeans. Her eyes are big but her nose and mouth are small. All these features are on her cute round face.



She is friendly and funny. She sometimes helps me with my homework. If I feel sad, she will make me laugh, but she is lazy and she likes to tease me. She tidies her room once a week. She always gives me surprises but I sometimes don't know if they are nice or bad surprises.

In her free time, she loves listening to music and playing with her cat. I am allergic to cats so I avoid going to her home. She loves eating hot pot and she has it once a week.



Maple loves drawing but she is weak, so she practises drawing every day. Maple says she wants to be a painter when she grows up.

This is all about my best friend Maple. What about you? Who is your best friend?



A Thanksgiving Letter

1D Sonnia Lee Sheung Yi

Dear Doctors,

You are the ones who help us cure diseases. You help the people who are sick. We are glad to have you with us, especially during the year of 2020.

In 2020, the novel coronavirus was spread globally. All the people stayed at home to work and study, but you had to go to the hospitals to work every day. During this dangerous period, you still protected us, the normal citizens, by taking good care of all the patients at hospital. Even when you knew that the virus was highly infectious, you never rejected taking up the job.



hope that this virus can leave us as soon as possible so that we can all have our normal lives back.

You are all superheroes! I want to thank all of you wholeheartedly. Please do take care of yourselves while working. Although the protective gear is heavy and uncomfortable, please wear it properly to protect yourselves. Your work is greatly appreciated. I sincerely

Love,
Sonnia

My Best Friend

1D Yeung Kin Pak



My best friend is Brandon. He was my classmate in primary school. He is 12 years old. He lives in Shatin with his parents and elder brother.

Brandon is a bit chubby and he has a round face. His eyes are as small as beans. He is a bit shorter than me. I think he is polite and helpful because he never gets punished by teachers. He always helps teachers when they are busy. He is a kind person. He likes playing football very much. We always play football together. Because we think football is fun and it can train our body. It can also build up our team spirit!

We also like English very much because it is interesting and when we learn a new word, we will be very excited. He is weak in Maths, I sometimes teach him Maths homework. Meanwhile, he helps me with my Chinese homework because I am weak in Chinese.



He is always there when I am sad. He knows how to cheer me up, for example, we play video games together, we play football together and we talk on the phone.

I've learnt that I should respect others from him. He never disrespects other people. Although we are not studying in the same secondary school now, we still keep in touch. He is always my best friend no matter what happens. We both cherish our friendship a lot. We are best friends forever!

A Poem: Bicycle and You

2A Angie Yau Kwai Tsz

Being a teenager is not easy
As your life will become messy,
But don't worry!
Everything will become a good memory.

Everyone is like a bicycle,
Working hard towards your goal.
It may be difficult,
But there is always someone to accompany you on the road.

Let's achieve our goals together
No need to be afraid of one another
Be yourself
And excel.



A Letter to Editor: Air Pollution Problem

2A Boris So Ki Fung

Dear Editor,

I am writing to address the problem of air pollution in Hong Kong since it has been getting more serious. On average, two people get sick due to inhaling excessive air pollutants each month. It is everyone's responsibility to work towards the greater good of society, and I would like to offer some suggestions.



First, I suggest that we plant more trees. Trees can absorb carbon dioxide and emit oxygen, making the air fresher and the environment more pleasant. Afforestation is crucial to generating more oxygen to maintain the balance of oxygen and carbon dioxide



in nature. Parents can also educate their children about the need for planting more trees and raise their awareness towards environmental protection. Helping to increase the oxygen composition in our city, the air pollution problem can be eased.

Another solution is to avoid burning leaves, trash and other unwanted materials. It helps reduce harmful gases and bad odors in the urban areas and landfills. We should try our best to keep the air cleaner. Then people will inhale less harmful gases and air pollutants which will injure their respiratory organs. It is good for everyone's health. It is seen that by minimizing air pollution, our body could be healthier and stronger, and hence, the public health problem would not be a concern.

I think it is time for us to stop doing harm to Hong Kong, our beautiful city, but contribute to protecting it. Hong Kong has already been greatly affected by the air pollution problem that we create, and this requires everyone's effort. Let us start helping our home city with the simplest steps like planting trees and avoiding burning of waste!



Yours faithfully,

Chris Wong

A Short Story: The Queen of Beasts Needed Help

2A Hayden Tang Yuen Hei



Today, I was eating the leaves of an acacia tree. These kinds of leaves are the best I had ever eaten. I liked eating leaves and grass and had tried different kinds of them. I considered myself a professor of leaves.

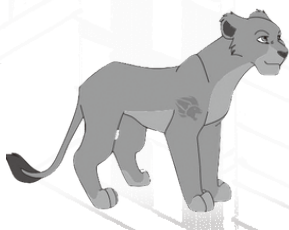
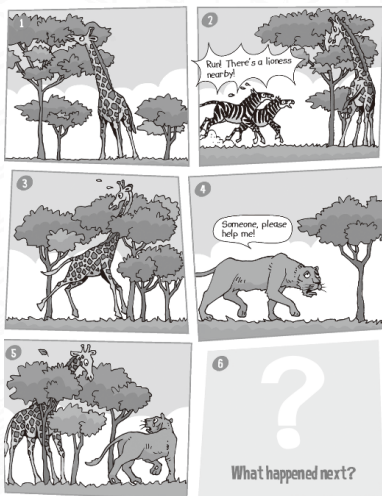
While I was eating the leaves and enjoying the most leisure time in my life, some zebras came and shouted, 'Run! There's a lioness nearby!' I was terrified and felt pity for myself.

I ran immediately, but soon, I realized that I was running too slowly. Therefore, I hid in the acacia tree and hoped the predator wouldn't see me. I heard its footsteps get closer and closer. Suddenly, I heard a sound which could not have possibly come from a lioness' mouth: 'Someone, please help me!' I couldn't believe my ears! I just kept calm and waited in my favourite tree since helping a wildcat was stupid.

The lioness still found me, but she didn't pounce on me. She just stayed there and begged me, 'Can you help me?'

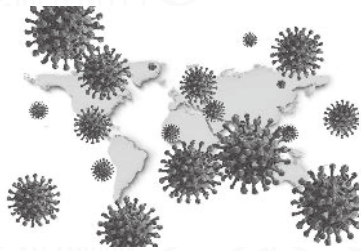
'What happened?' I asked. She answered 'One day, my husband went out for food. However, he fell off a cliff and got hurt.' She was finding the correct animals to help treat her husband's injury. 'Who am I? I am the professor of leaves. Finding some herbal medicine for him is a piece of cake.' I thought.

After I had healed the lion, he woke up and said, 'Thank you for helping me; however, I am now starving!' He pounced on me and had a great meal.



yummy...♡

Do you prefer online education or classroom life?



2A Mandy Liu Yue

In 2020, we have experienced a disaster that has plagued people all over the world: that is COVID-19. Many people have been infected with this new coronavirus, and many people have lost their lives because of it. Many people have also lost their jobs, many shops closed down, and the economy has fallen.

Students have also stopped face-to-face classes and switched to online education. Everything has a good side and a bad side, and the same is true for online education. I prefer classroom life to online education.

During the prosperous period of the virus, we must choose online education to reduce the chance of face-to-face infection of COVID-19. Yet, online education is far less effective than classroom life. Having Chinese or English classes online will not have a big impact, but there will be significant negative impact when students take their science classes online, because there will be many experiments in science classes, and students can only watch short teaching videos when they can't do the experiments. There is a professional term called intuitive teaching. It is much better to see with your own eyes than to study on the screen.



One disadvantage of online education is that students may put their mobile phones or computers beside them to do things that are not relevant to learning while they are in class. If the teacher does not ask questions on time, it is likely that some students will skip the lessons.

How to complete the homework and how to hand it in are issues that everyone needs to discuss together. Some students think they don't have to go back to school so they don't have to do homework. This is wrong. As a competent student, even if the teacher does not assign homework, we have to do revision ourselves. Learning is endless. If we study hard during this period, we will be much better than those who don't.

One of the biggest disadvantages of online education is that you have to keep facing the fluorescent screen. The damage to our eyes is great. Many students have myopia because of online education, and some students who are nearsighted have progressed their myopia.

There are also some older teachers who are not very good at using computers, and the Internet is sometimes slow, which causes problems for online education.



Of course, online education is good, but there are also many loopholes. I still support classroom life, but the premise is that the epidemic has to pass.

Welcome to Pet Castle

PET PET CASTLE



2A Tiffani Cheng Tin Nam

Have you thought about taking your dogs to swimming pools? Have you thought about enjoying your coffee and cakes with different kinds of cute animals?

Come on, welcome to the seven-storey Pet Castle in Shatin!

Shop and enjoy

Have fun with your dogs at the unique dog swimming pool on the top floor. This may be the only swimming pool for dogs in the world. Don't miss the amazing slide at the nearby playground.



Meet the cute rabbits, kittens and puppies at the Pet Café on the sixth floor. Don't forget to chat with the parrots, tortoises and lizards there. Keep your valuable pets in our well-equipped pet hotel on the fifth floor and relax on your holidays. Experience a yoga or gym course with your lovely pets on the fourth floor. Go to the supermarket on the third floor and buy your pets' favourite toys, snacks and kennels. Visit different kinds of pet shops on the whole second floor and bring your favourite pet home.

Drink and dine

Enjoy and choose different cuisines at the food court on the sixth floor. Try the juicy steaks and special rye bread at Outback Steakhouse. Try and take photos of the tailor-made coffee and cakes at Pet Café. Don't forget to eat the delicious sushi at Genki Sushi.



Facilities and services

Don't worry about your pet if you are watching a film on the sixth floor. We have a pet respite care service and pet beauty salon on the fourth floor and the fifth floor respectively. Don't worry if your pets are thirsty, hungry or tired. We have pet water dispensers, pet snacks and pet strollers free of charge. Don't worry if your pets get sick. Pet clinic is there for you on the fourth floor.



Pet owners and pet lovers, visit us today and experience the most fantastic journey!

My Favourite Places in Hong Kong

2B Ella Li Siu Lam



There are many good places to go in Hong Kong. Also, there are many beautiful scenic spots for travellers. That is the reason why there are so many travellers visiting Hong Kong. Here I will talk about my favourite places in Hong Kong.

First, I love The Peak very much, because I can see the beautiful views of Hong Kong there. A lot of travellers love going there to enjoy the views. Some might relax with a cup of coffee. People also love shopping there. By the way, I think the things sold there are very expensive. Therefore, I think the people who shop there are very rich. One way to get there is by bus. At Star Ferry Pier, you can go to Central by Bus 15C and get off at Gordon Road Station. It takes you 11 minutes.



Ocean Park is another good place to go. You can find many marine animals in this theme park. It is suitable for children and families. I suggest you arrive there by 8:00 a.m., so that you can maximise your playing time. If you go in the evening, you will not have enough time. You can have longer play time for the same price. Go there by MTR. It takes almost 30 minutes. Ocean Park is somewhere you can't miss!

Third, Ngong Ping 360 is my favourite place in Hong Kong. When you ride on the cable car, you can see the most beautiful views. Reaching the terminus, you will see the The Big Buddha. It is so big and wonderful that you will find it worthwhile to come and see it yourself.

Of course, there are still many wonderful places in Hong Kong. You need to go out more often to explore them. Hong Kong is a very beautiful place indeed!

My Favourite Place in Hong Kong

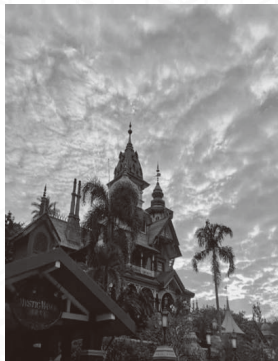


2B Mandy Tau Wing Tung

Everyone in the world often mentions that Hong Kong is a food and shopping paradise! There are countless tourist attractions like the Ngong Ping 360, Big Buddha, and seafood in Sai Kung, which makes it difficult for us to choose where to go on holiday. However, among all these spots, the theme parks,

including Ocean Park and Disneyland in Hong Kong never fail to impress us.

Both parks are children's favourite places. Of course, out of the two, my favourite is Disneyland. Although there are Disneylands in many parts of the world, Hong Kong Disneyland is my favourite. It is not far from my home but not too close too. We can get there by bus. There is also a Disneyland express taking visitors there. The express train is decorated with Mickey Mouse on the windows. There are many pictures of Disney characters inside the train. I remember the last time I went there was on November 8th, with Una and Jimmy. There are different reasons why you might like Disneyland.



There are many Disney characters such as Mickey Mouse, Minnie Mouse, Slingshot from Frozen and so on. They filled up our childhood memory! The theme park revolves around princesses and castles. However, things sold in the theme park are really expensive. I bought a headwear in a boutique last time. It cost me \$200. Before you buy something, you must think twice. There are many different types of exciting rides but they are not as exciting and fun as those at Ocean Park. But the photo spots there are really attractive such as the night view of the carousel. I really don't know how to describe it! I think most people go for a photo shoot and I like all the games there as well. My favourite is 'Coffee Cup'. Although it sounds ordinary, my friends and I kept spinning like crazy, and in the end all of us felt dizzy when we finished! Of course, I have to eat after playing for so long. The food there is not delicious, but it is not unpalatable either. The price is high and the food is ordinary. We had a set meal that day, which included a hamburger, a bag of fries and a drink for \$109. On the whole, Disney is creating dreams for visitors. However, if you don't have money, you can't even get in there. If you get an annual pass, I think it's acceptable. Surely, it is also only a tourist attraction, but a wonderful experience for all ages!



Solving Family Problems

2C Chiu Jessica



Last month, we did a survey about family problems that everyone is facing. Let's see if we can help you solve all your problems.

The most common family problems are a lack of communication and parents having long working hours.

Most students and their family members do not often talk or chat with one another. Their relationship is torn apart as they do not understand others' feelings or thoughts. Parents sometimes return home late and it makes them not have time to talk with their children. If you are facing these problems, I advise you not to spend the weekend in your room playing video games, give it a chance and try to communicate with your family members. You can do fun activities as well!

Another problem is the lack of space. The majority of families live in small flats. It causes some inconveniences, like not having the space to study or frequent quarreling with your siblings. Don't let anger control you, you should be grateful that you have a place to live in, some children are homeless! Also, you should listen to your siblings attentively. Listen to their side of the story and share your feelings with them. Maybe their problems are even worse than yours. If you need to study, you can go somewhere quiet like the library or the park.



The last problem is money problems. Some parents have unstable jobs or even no jobs, which means that they can't pay the rent or even for basic necessities. You should not be mad or annoyed if your parents can't buy you trendy clothing or other stuff that other teenagers have. Don't compare yourself with others. Instead, you should help out in the family, like doing housework to make your parents feel less stressed.

I hope the above advice can help you fix the problems among you and your family members. Wishing you all a harmonious relationship with your family!



A Letter to Editor: Save our Environment Now!

2C Perssy Wong Hau Tung

Dear Editor,

I read an article about some environmental problems in your newspaper last week. I am shocked that we are facing more serious global warming problems now. We must do more to save the Earth. I am going to suggest some ways to solve these environmental problems.



I believe many people know the 3Rs, reduce, reuse and recycle. First, I am going to talk about reducing waste. We should reduce the amount of things we use every day. Buy only things that we really need. Try

not to use plastic

products. Second, we should reuse things as much as possible. For example, we can reuse paper, cardboard, glass bottles and plastic bottles. Avoid products that we can only use once, like tissues. Third, we should recycle the things that we won't use again. Nowadays, recycling bins can be found everywhere. They exist in various sizes for use. We should separate the rubbish so that they can be recycled properly.



We should definitely use everything less. We should build our daily habits to save energy. For example, when we leave our room, we should turn off the light. We should also save water by turning off the tap when we are brushing our teeth or taking a shower. If we waste a lot of energy, we may regret it one day!

It is time to change our habits! We should work hand in hand to save our lovely Earth so that we can all live healthily and happily!

Yours faithfully,

Perssy Wong

A Shopping Experience

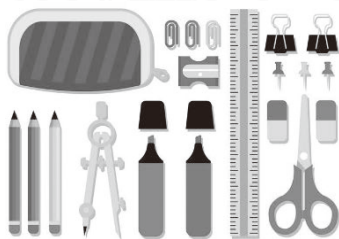
2D Bernice Lai Pui Lun



A few days ago, my friends and I were planning to go to New Town Plaza to chill out. Maybe we could do something that is not boring today.

After doing my normal morning routine, I went to the bus station and saw that Vicky was waiting for me. After we said hello and hugged each other, we got on the bus. Then we headed to our destination where we planned to meet the others.

First, we went to a store which sell toys. I was looking around while the others were talking about the anime toy figures they saw. I was not interested in anime so I kept looking around. Half an hour later, I went to the cashier to pay for stationery while the others were making payments for their own stuff.



When it was 12:30 p.m., we decided to have lunch. After that, my friends wanted to buy boba tea so we went to the nearest shop that sells boba tea. I didn't buy one since I don't drink boba tea. Plus, I brought my own water to drink so I just waited for them. When they finished ordering their drinks, we decided to chill out and walk around the mall for a while.



When we were walking around, we saw a lot of interesting stuff. A few hours later, we finally decided to go home. After waving goodbye, Vicky and I went to the bus station and waited for our bus to come. While we were waiting, I thought about today's experience. 'It might not be extremely interesting but at least I got to hang out with my friends,' I thought. Friendship is something that shopping can't buy.



An Inspiring Person

2D Danielle Tsui



Today I want to introduce and describe an inspiring person that I know. He is my teacher, Mr. Lo. He has big, round eyes, a big round nose, and a small mouth. He started his teaching career in 1976. He has been invited to give lectures and talks in many universities in Hong Kong. He was awarded the Outstanding Teacher in Hong Kong in 2000, Excellent Teacher in 2008 and Commendable Teacher in 2010.

Mr. Lo helped me a lot when I was depressed. He kept encouraging me, and he rewarded me every time I did something worthy of praise. He helped me a lot in my exams. I am a person who doesn't like to read very much. I want to try all the crazy things in the world, but my parents want me to be a very realistic and rational person. If he had not been my teacher at that time, I think I would have wasted a lot of time. He was my guardian angel and never failed to encourage or inspire me.

I am extremely grateful that such a person appeared in my life to help me solve my problems in my childhood. I

have read many books on psychology, from which I know that my experience in primary school has tremendously influenced me and it never ceases to be the source of my courage.



www.simplusproeducafe.com

Do you prefer online education or classroom life?

3A Eunice Luk Hiu Kwan



I personally would prefer online education to classroom life. Not only could online learning satisfy the minimal learning needs, it also makes learning much more convenient and fun.

Having online education means that we don't have to go to school. This truly helps a lot since the school bag we bring to school every day is incredibly heavy. This could also prevent us students from forgetting something at home and causing delay to the learning schedule as we already have everything beside us.



Another advantage of online education is that we can study from anywhere. As long as there is an Internet connection, we can always turn on our electronic devices and start learning. We no longer have to wake up extremely early in the morning just to prevent being late when something unexpected happens. In fact, we can even save up our transportation expenses for something else.

Furthermore, online education can provide us various ways of learning. Many developers around the world have developed different apps that assist learning. Not only is it easier for teachers to manage the class with the systems and functions given, it is also a breath of fresh air which makes learning more appealing. For example, the app Kahoot! can turn



learning into a game by letting us compete with one another.

With all the advantages of online education, I, for one, would say that online education is much better than classroom life. Maybe one day in the future, online education would completely replace classroom life.

Our first day in Tokyo Disneyland!

3A Stephanie Tsang Tsz Ching



If you are planning to go to Japan and you are big fans of Disneyland, you must go to the first Disney Park built outside the United States, Tokyo Disneyland. Since my best friend, Sabrina and I are big fans of Disneyland, I decided to go there with her last week.

Anyone visiting Tokyo Disneyland should get off at Maihama Station, it's about 15 minutes by train from Tokyo Station.

For the first day in Disneyland, we decided to play on the rides in the first three districts of Disneyland, Adventureland, Westernland and Critter Country.

First, we went to the Pirates of the Caribbean in Adventureland—it is a boat ride where we could see Captain Jack Sparrow from Disney's live action film, it was so real that it scared Sabrina for a few moments. You must try this if you have watched the movie before! After the thrilling ride, we decided to go to The Enchanted Tiki Room, which is an enchanting show with some Hawaiian birds and a mischievous Stitch that plays the guitar.



Next, we went to the next district, Westernland. There are many nice restaurants there, so we had our lunch there. Since there are some rides that we have played on in Hong Kong Disneyland before, we only went on the Big Thunder Mountain ride which is a



roller coaster that dropped and turned suddenly! We kept screaming when we were on the ride. After the bumpy ride, we felt a bit nauseous, so don't eat anything before your ride on the roller coaster!

Critter Country was the last district that we visited on that day. We went straight to

Splash Mountain, because we both love to play on the Raging River, a ride in Ocean Park, but both of us thought that Splash Mountain was more exciting than the ride in Ocean Park!

It was evening suddenly, so we had dinner there and watched the fireworks before we exited. We didn't have enough time to visit all the districts in one day, because we spent a lot of time queueing. However, we both thought that it was worth it for us, because the experiences were so dazzling!

We would visit the other three districts and Tokyo Disney Sea in the next few days. Read about them in my next two posts!

Posted at 20.45



Special Flag Selling Experience

3B Jason Fong Ka Ho

Last week, I went to a flag selling event. We went selling for the Red Cross. All the money donated will go to the 'Little Princess Trust'.

Instead of last year's stickers, this year we sold cupcake coupons. The cupcakes were sponsored by A1-bakery. Therefore, you could take your coupons to the store to claim one. This attracted lots of children who came to our stands. We were all very happy. One of us



was grateful for our selling flags and helping the needy.

That encouraged me to continue selling them. In the end, I sold flags for six hours!

Sadly, when I got back, they said that the event of selling flags was over. I was disappointed since I planned to go on in the late afternoon. Yet, I found it meaningful and I had a lot of fun. I hope that it will be organized next year. We got over one hundred thousand dollars from donations. Everyone was satisfied. I could even become a full-time volunteer after this event.



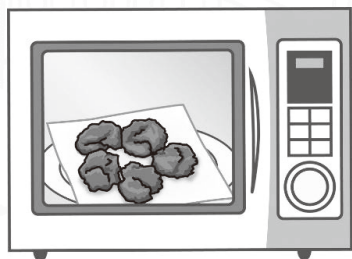
The Red Cross was so pleased with our results that they promise to organize it again next year.



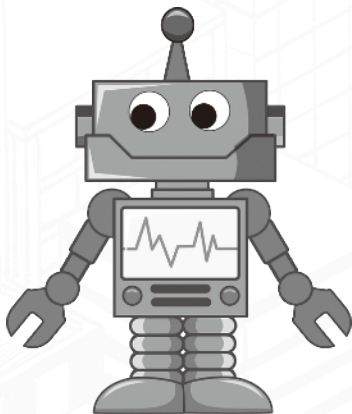
Is Technology a Must in Our Daily Life?

3B Stephen Poon Cho Wing

Do you use technological devices every day? I do. For example, I use the oven to bake my breakfast every morning and I use my smart watch to set an alarm clock.



The electronic device that I use the most is the mobile phone. I love using my mobile phone especially when accessing social media to find out what my friends have been up to. I cannot imagine how my life would be like without technology. But I think if there was no technology in my life, I would not be able to do anything. I even could not make my breakfast conveniently without an oven. During the pandemic, we are learning online. Without technology, I could not even join my zoom lessons and would eventually fail to absorb knowledge efficiently. Every night, my mother washes clothes, but without a washing machine, we would need to wash our clothes by hand. It would take me a lot of time to wash and dry these clothes. Thus, I could spare no time to play games or catch up with my friends.



Humans nowadays cannot live without technology. In my opinion, technological products are useful and powerful inventions that help us with our everyday tasks. However, if we cannot use technology properly, technology will become harmful or even distract us from our work or studies.



Explore Japan

3C Kara Lin Tsz Ching



Exploring Japan without joining a group tour has always been on my bucket list when I was a kid. Now that I'm older, I was lucky to have the chance to do that with the help of my friend, Eaven, who lives in Japan. He took me to many places and I had a lot of fun spending time with him.

Since we are both computer nerds, we went to Kabukicho, the biggest red-light district in Japan. Now you may be thinking, 'What does that place have to do with you two being nerds?' Well you see, this district has a lot more to offer than just drunk people. In the heart of the district is the famous Robot Restaurant, where you find a fusion of Japanese culture and robots, with all the music, dancing and technology, it was truly one of the most memorable experiences. As if that wasn't enough, there was also Tokyo's latest attraction, the sensational VR zone Shinjuku. I have never played with VR before so I was excited to go there. It was very fun. Unfortunately, Eaven got motion sickness from playing too much, so we had to go back early.

Of course, visiting Japan you can't go without seeing the scenic spots. We went to Hitsujiyama



Park, it has a perfect patchwork of pink, red, white and violet. Behind it you can see the gargantuan Mount Buko. We took so many photos, it looked unreal.

We went to so many more amazing places on my stay. I don't even have time to share it all! I will post part two tomorrow. Make sure you check it out.

A Happy Fundraising Event

3C Odon Lee Ho Chun

Since I was very young, my parents have been teaching me to be a caring child. At that time, I didn't understand what 'loving' meant. Until one time, my middle school held a charity event for the nursing home, which made me feel deeply.



I remember that day, my mother prepared fruit for me early in the morning. The teacher took us to the entrance of the nursing home and told us to be gentle when going upstairs and not to make a noise.

When we arrived in the room, we sang songs, danced, and performed magic tricks for the elderly. Looking at their smiling faces, I felt how worthy it was to do all these.

After that day, I realized that doing charity is 'caring'. Every semester, the school organizes charity activities for children in poor mountainous areas. I will actively participate every time. In addition to the school activities, I also participate in social charity activities. During the summer holidays, my mother showed me the donation activities jointly launched by Tencent Charity and KFC, and with other companies. I

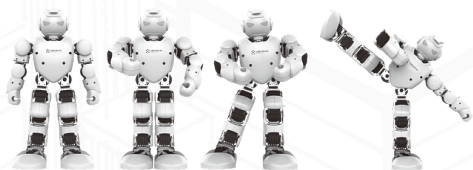


saw from the photo that the children can only eat potatoes, three meals a day. We think an egg and a glass of milk are the usual foods, but in their situation it was luxurious. I held my piggy bank and followed my mother to the nearest KFC from my home, and poured all my pocket money into the donation box. Although the money I donated is not much, I hope I can help the children in the mountains to a better breakfast.



Some people think that doing charity is very hard for us. In my opinion, charity is all around us. If every one of us plays our part, those who need help will feel warmth from the world!

The benefits of artificial intelligence



3D Ella Lam Ka Wing

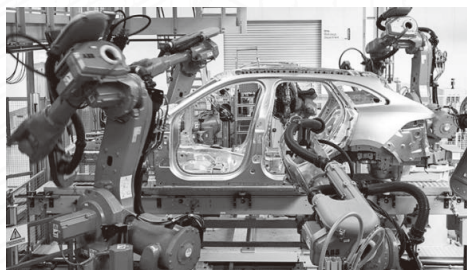
Robots have gradually become popular in the 21st century and many shops are also using them. Robots can do many things for us. This makes life more convenient. What kind of advantages will the popularity of artificial intelligence bring?

Firstly, robots are more efficient than humans as they can make the right decisions in a short time. This means robots can reduce the chance of errors. They can be good helpers for medical applications since robots can decrease the risk of wrong diagnoses and increase the cure rate. This can reduce the number of deaths due to illness each year.

Secondly, we can use robots to rescue people from some dangerous places, such as fire sites. Robots can be used for disaster relief. They can also be used in some dangerous experiments. For example, scientists can study the seabed or conduct some experiments that cause harm to humans with the help of artificial intelligence.



Thirdly, humans need rest but robots do not need it at all. Robots can work continuously for 24 hours. This is a very exciting thing for the production industry because this can generate a larger 'labour force'. As a result, productivity will increase.



In conclusion, artificial intelligence can make great contributions to medicine, disaster relief, scientific research, and the production industry. We should go further in our study of artificial intelligence to improve the quality of life.

'The Moving Maze' for Charity

3D Kelvin Siu Chung Ming



Last month, our school held a Halloween event in the covered playground. The purpose of the event was to raise money for the homeless that could not even afford food. I decided to participate in the event because the more people take part, the more money can be raised.

The event was heavily inspired by the movie 'The Maze Runner'. We were sent to the middle of the maze. There was an entrance on each side and there were four in total. There was only one exit though. In the morning, the exit was not open. We had to collect as much food as possible for our lunch and dinner. The food was hidden almost everywhere and all I found was a chocolate bar. The real challenge began after daytime had passed.

There were some 'monsters' lurking everywhere. We had to reach the end within the time limit! There were 24 students involved only, so we divided into groups. The group I was in



had only four people. The maze was so ghastly that somebody hid behind me. On our way to the end, we triggered an insane number of 'monsters'. We were suddenly surrounded by a large group of 'monsters'. We had to sacrifice somebody to distract them in order to progress more. We also had some spectators watching our movements in the maze.

The structure of the maze was very confusing, which made it even harder. We had gone through every pathway and reached every dead end. We couldn't even cheat by destroying the walls that were made out of leaves because nobody would like to be disqualified. In the end, we successfully reached the exit.

The group with the most food remaining won a fascinating trophy. Unfortunately, we did not win it but the game was probably the most intense event ever. It was entertained and my heart never stopped racing! The best thing was that we raised \$75,000 in total! Somebody donated \$50,000 to become a spectator. How selfish of him!

We now understand how the hungry and the homeless feel. They have to wander around and cannot even afford normal food but only the leftovers in the garbage bins. After eating the disgusting food, they can only find a street to sleep on, like how we tried to find the exit in the maze.

If they run this charity event again next year, I am definitely in! I hope people will get more motivation to join in the next event and support charity!

A Short Story: Our Votes Go to Her

4A Alex Chu Chun Kit



What is the meaning of ‘good people’? People who saved the world and became a historic role model? Mother Teresa helped many poor people unconditionally. Abraham Lincoln’s liberation of blacks and abolition of slavery are definitely good deeds. But apart from these great examples, I’d like to share with you an indelible story.

My neighbor, Mary Lee, is 70 years old this year. She has a hoarse voice and very white hair. Among the white hairs, only some parts are black. The wrinkles on her face look like a cross. But she loves to laugh. She always likes to say, “As long as you smile, there is nothing you can’t get through.”

One night, my mother was not home. I didn’t know how the headache came so quickly, as if to erode my head. I took out an aspirin from the medicine cabinet, then went to the kitchen to pour a glass of water and took the medicine, hoping to relieve my pain. But I accidentally broke the glass.

At this time, the doorbell rang, and I thought to myself, “Great, mother is back.” I opened the door but found that it was Mary Lee.

“Hi Mary! How are you? What’s up?” I said.

Mary was concerned and said, “Alex, I just came home and I heard the sound of breaking glass in your house. I was worried about your safety, so I knocked on the door to see. Are you okay?”

I touched my head and said, “I...I have a headache.” When she heard that, she habitually touched my head and said, “My child, you have a fever. You need to lie down on the sofa.”

So I lay on the sofa and she went to get the medicine, but I still didn’t get better after taking the medicine.

Mary said, “Alex, let me take you to hospital.” As soon as the voice fell, her cell phone rang. I saw Mary’s answering the phone. Then she said anxiously, “William is sick!”



I thought to myself, “William? Is it William Lee? Is William your grandson?” I said, “Mary, you should go to take care of William! I can stay at home by myself, otherwise I... can call my mother.”

At that time, she became serious, and said, “You stay just by my side. You are my “grandson” too. It is impossible for me to watch my “grandson” suffer!”

She offered to carry me on her back. She was nearly seventy years old. It was too difficult to carry me. I had to get down and walk by myself several times. Mary always said that she was okay, but I could feel her warm shoulders and my wet tears on her shoulder, but the road to Prince of Wales Hospital was still very long...

Finally, we arrived at the hospital. The doctor said that I just had a common cold, so Mary felt relieved. My mother rushed to the hospital at around 10 o'clock at night. When she met Mary, she quickly thanked her and said, “Thank you! If Alex really had a grandma like you how wonderful it would be!” Mary smiled. Mom looked at the phone and said, “It's so late, you should go home and take a rest!”

But Mary said, “It is okay. I want to stay here for a while to take care of William.”

My illness was cured, but Mary still cares about me every day.

Soon after, our estate needed to choose an Estate Committee Representative and everyone talked about it. Someone said, “We should choose Mary Lee. She always cleans the estate.”

Another one said, “Yes, she often helps the children in the poor area.” So, everyone gave this precious vote to Mary. Mary was over the moon and her face was like a flower.

From now on, Mary wears a red armband and has become a representative of our estate. Whenever she sees mischievous guys, she will patiently educate them. She will register and praise when she sees good people and good deeds. Whenever I see Mary's busy figure, I always want to say to her, “Thank you! You are always my beloved ‘grandma’.”



A Letter of Advice to a Friend

4A Amy Li Tsz Kwan

Dear J.C.,

I am sorry to hear about the disagreement between you and your parents about your intended future career. Being an animal lover, I totally empathise with your frustrations at your parents' refusal of being a vet as your future job. Here I would like to offer some practical advice to you.



Primarily, you need the skills of persuasion that can change your parents' attitude towards your career choice. You should consider their concerns and further convince them with some supportive evidence. Our parents probably are used to saying, 'Study hard and get good grades and you will find a high-paying job.' They hope we can do jobs with high

salaries so that our future lives will be better. They are not wrong. You could tell them that the career as a vet is decently paid and will lead you to a promising life if you work hard. As far as I know being a veterinarian is a financially stable profession with a salary that tends to increase steadily according to the years of experience. The average salary for a veterinarian in Hong Kong is around HK\$50,000 per month. That amount as a salary is relatively high among average job incomes. People generally consider veterinary medicine as a high-paying career path. So you could tell your parents all these things, hopefully they'll see it's a good job for you too.

Then, you could talk to your parents about your reasons for being a vet so that they can have a better understanding of your thoughts. Undoubtedly, becoming a vet is a meaningful job. Pets help alleviate people's loneliness and depression by giving us companionship. They are an important part of animal lovers' lives. To tell you a fact: the population of pets is growing rapidly. They all need medical help from vets and you may be one of those who saves them. If you are a vet, you will be



able to relieve their suffering from traumatic injuries or chronic illnesses. Vets contribute their efforts and expertise to protect the health and welfare of animals. Tell your parents this is a meaningful job.

Lastly, you have to tell your parents that you work for your passion rather than a livelihood. Being enthusiastic about work is an overall productivity booster and enhances work performance and accomplishment, of course. I'm sure your parents know that people who enjoy their jobs are more likely to be optimistic, motivated and successful in the long term. A positive and passionate mindset will put you on the path towards success. Here is an impressive example. A well-known professional veterinarian named Dr. Bourgelat initially planned to pursue a law career but could never shake his love for horses. He began to study with two surgeons to learn about animal science. He eventually established the first school of veterinary medicine and began his successful career through life. Tell your parents about Dr. Bourgelat's story to gain their support.

I'm sure you won't deny that your parents care about you but are just feeling strain with your future plan. You may employ the strategies above to convince them to accept and support your dream job. I hope you will have an enjoyable job, which leads you to the road of success. Write back soon to tell me how it goes!

Warmest regards,

Chris Wong

A Blog Post: How to Relieve Stress and Exam Pressure

4A Amy Pang Yim Wan

October 9

Another exam season is approaching! Are you ready and feeling fine? I'm sure many



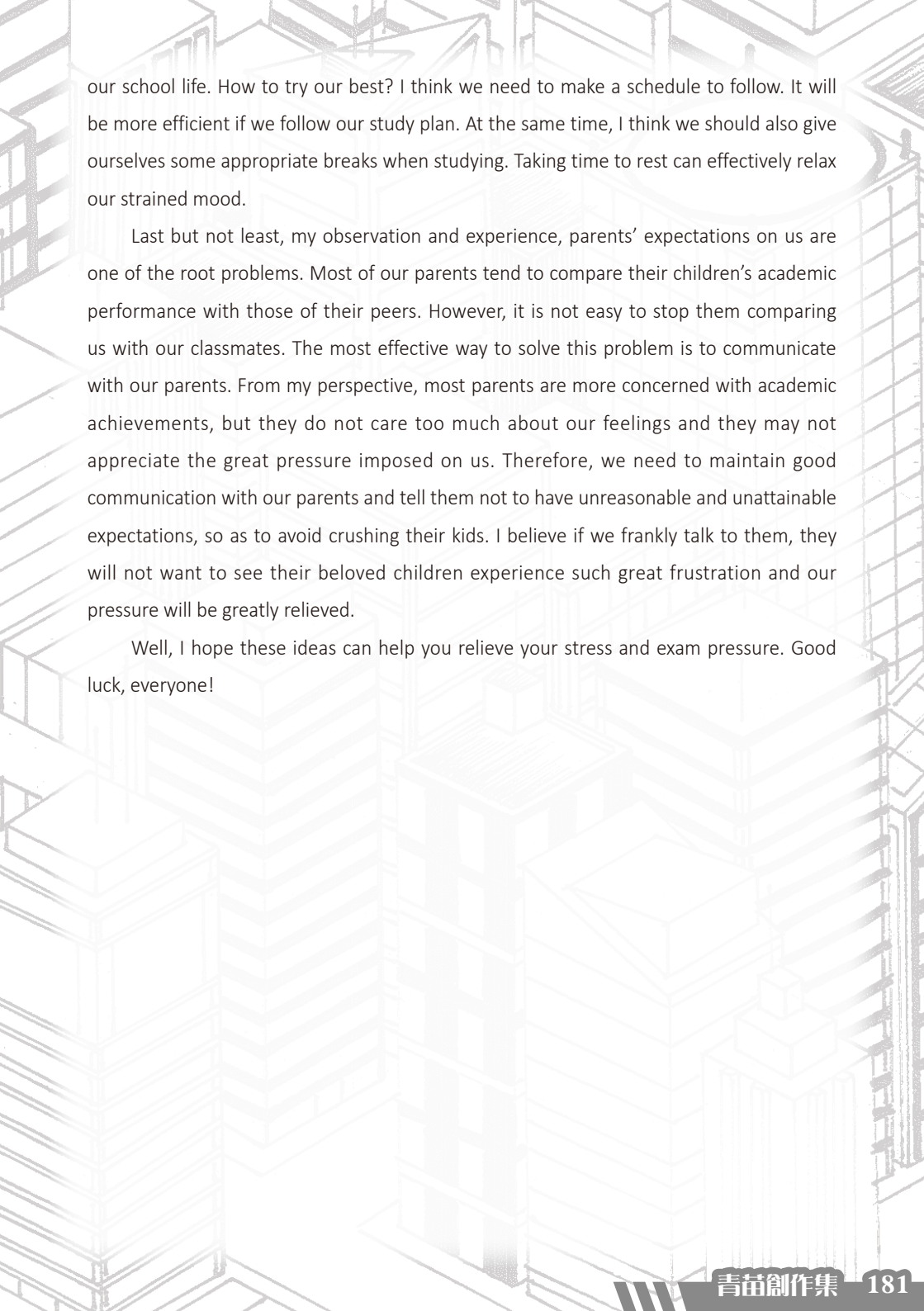
students have started to feel the pressure creeping up on them. I suppose all students including myself must have felt some exam pressure. Exam pressure is often caused by our own high expectations, comparisons with peers, and our parents' expectations of

us. Here I would like to share with you three suggestions to alleviate stress and pressure. I hope they are helpful to you.

To begin with, I suppose having high expectations of ourselves is the main cause of our anxiety. There is no denying that as students we have expectations of our test scores, which indeed can stimulate our motivation to study harder and to achieve our goals. However, if our expectations are set too high, far exceeding our ability, we may fail and blame ourselves. This kind of self-induced failures will make us worried and feel under pressure. Therefore, I suggest that when we start to study, we should not need to set a big goal. A small goal is enough. For example, if my average English assessed mark is around sixty-five over one hundred, I may need to set a small goal like increasing around five marks each time. Please remember not to set a big goal like increasing ten marks that may make you more stressed.

I guess another source of our stress is from our comparison with classmates. This problem can happen to anyone, including me. It is peer pressure, which is indeed very common. When we calm down and think, we do not need to compare our achievements with our classmates'. Doing our best is already sufficient in





our school life. How to try our best? I think we need to make a schedule to follow. It will be more efficient if we follow our study plan. At the same time, I think we should also give ourselves some appropriate breaks when studying. Taking time to rest can effectively relax our strained mood.

Last but not least, my observation and experience, parents' expectations on us are one of the root problems. Most of our parents tend to compare their children's academic performance with those of their peers. However, it is not easy to stop them comparing us with our classmates. The most effective way to solve this problem is to communicate with our parents. From my perspective, most parents are more concerned with academic achievements, but they do not care too much about our feelings and they may not appreciate the great pressure imposed on us. Therefore, we need to maintain good communication with our parents and tell them not to have unreasonable and unattainable expectations, so as to avoid crushing their kids. I believe if we frankly talk to them, they will not want to see their beloved children experience such great frustration and our pressure will be greatly relieved.

Well, I hope these ideas can help you relieve your stress and exam pressure. Good luck, everyone!

Youth Drug Addiction

4A Janice Chan Cheuk Hei

Let's say no to drugs!

12th January, 2021

One day, my best friend asked me if I would like to try some new type of candy. I was shocked and I could not believe my eyes because I saw pills on her hand that I believed were ketamine. I did not accept the invitation of these drugs. I was scared and I did not know how I could help her. A brief



panic overtook me as I realised my best friend was addicted to drugs. Fortunately, she recovered in the end. However, it wasn't easy for either of us.

I decided to help my friend to rid herself of ketamine because I noticed that the serious side effects of taking ketamine were showing on her. She started to get grumpy, and her eyesight was sluggish. Furthermore, she was absent, on sick leave and late more often. I was worried about her health and studies. As a result, I made a big decision to ask my school social worker for help because I had no idea how to help my friend stay away from and get rid of her ketamine addiction. I also said to the social worker that I was willing to do my best to try and help my friend.

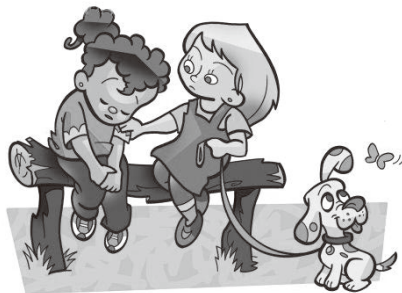
The social worker and class teacher asked my friend to have a chat. They were trying to find out the reasons why she got addicted to ketamine. They found out that the main reason was because of peer pressure. Thus, she started to find ways to express herself and escape the pressure from her school and family.

Once, she was sitting in a park alone listening to music that she just wanted to relax. However, some girls came and asked her whether she wanted to get high and forget about all her unhappiness. With her ignorance, she thought she would not get addicted with just one try of ketamine. That was how my friend first got in touch with ketamine.

The social worker told me that she would accept the case and help my friend to quit her ketamine addiction. Luckily, my friend had a mild addiction to the drugs, and it would take a shorter period for her to get well. I asked the social worker whether I could help. She just told me that I should spend more time with her, giving her my care and support by chatting more or playing some games with her. I need to let her know that I will stay by her side. For real, I had no idea how the process would be. However, I believed that I could do my best to provide help to her.



One day, when I was playing with another friend, I found out that she was suffering a lot more than I thought from taking ketamine. She told me that after she got addicted, she started to lose her appetite and had serious weight loss. Besides, she always had auditory hallucinations. These led to her occasionally talking to herself and doing meaningless actions. After that, I had greater determination to help her as I could not bear seeing my best friend suffering anything similar.



I knew that the school had also informed my friend's family about the situation and asked them to try and provide more love and care towards her and support her getting off ketamine. As my friend found measuring up to family expectations caused her a lot of pressure, they started to understand her feelings and tried not to force her to do anything. The parents were in charge of making sure that my friend was going to the counselling outreach group meetings regularly and the follow-ups in the hospital rehabilitation centre. It was very important to make sure that my friend was accepting the addiction treatment, as the drugs were causing negative effects to her health.

Although I could not provide much concrete help to my friend, I did try my best to spend a lot of time with her. Helping her to relieve her stress and unhappiness. Also, making sure she avoided contacting the people who provided her with ketamine. The most important thing was to prevent her from taking ketamine or any other drugs. During this process she did suffer some withdrawal symptoms that made her emotionally unstable, yet she was progressing well. Honestly, this also affected my own emotions a lot, but I could not give up. I promised myself that I could do it and that I would hold on. I believed that this would be a good experience for me.

Within half a year, my friend had eventually recovered. I found that the support from her friends and family was very important. They are important for people who suffer from drug addiction. We can also save a person's life with our strength. Therefore, I hope that everyone will not hesitate to provide help if anyone needs it. I was so glad that my friend could get well again. After this incident, we became much closer, and I also knew her better than before. She had a much better relationship with her family too. The social worker told us that we did a great job. I believe that I will never forget this experience as it has had a huge effect on me. After this I could finally find out what I want to be in the future. I decided to be a good social worker so that I can help more people who feel depressed about their academics, family, or friendships and those who suffer from drug addiction. Being a social worker, I can help people to relieve the pressure and stress they feel. I am sure that I can do this job as successful as my friend

A Blog Post: Amy's Journey of Losing Weight

4A Cindy Ho Man Ki



A year ago, Amy used to weigh over 200 pounds. With her 5-foot height, she was obese. She was just 15 years old, but had already suffered from heart disease and high blood pressure. She needed to see the doctor every week and took medicine regularly. By then, she found that it was laborious to groom and look after herself. She even could not tie her shoelaces or cut her toenails.

Dieting unhealthily and snacking excessively on junk food caused Amy's obesity. Since her family had no idea about cooking, home-cooked healthy dishes were swapped for take-away and fast food which was often high in salt, saturated fat and sugar. Many people nowadays live an inactive lifestyle. Exercising is no longer a regular part of people's daily routine. They simply do not exercise. Amy was no exception. She rarely exercised because she found it too



arduous. Also, there were no free sports facilities near her home. The shortage of free sports facilities became the main excuse for her reluctance to do sports. Her weight gradually increased from 120 pounds to 220 pounds in two years.



Amy was even less willing to take part in pleasurable social activities, and therefore worsened her weight problem and lowered her quality of social life. Many classmates teased her and no one seemed to make friends with her. They thought Amy was a lazy, undisciplined and irresponsible person. Amy always faced prejudice and discrimination, and nobody would chat with her. She felt extremely upset.



One day, Amy was sitting on a bench alone, watching an inter-class basketball match. A handsome boy caught her eye. He was a transfer student with a charming smile. Amy wanted to be friends with him, so she was determined to lose weight and restore her fitness. She sought help from her family. Her mom then suggested she join a fitness class. They exercised together four times a week, two hours each time. Also, she took all the fatty and sugary food out of her diet and ate salad for her dinner every day. She had insisted on doing all of this for seven months!

Now, Amy has totally changed her life. She weighs 110 pounds. She went from someone who was unhealthy, unhappy and having low self-esteem to a confident, cheerful and active adolescent. More surprisingly, Amy has become the transfer student's girlfriend and earns lots of admiration and envy from her peers. She understands that keeping fit is not just about looking better, but for good health and a happy life! If you are not happy with your body weight, please take action now!

A Short Story: Helping Others is Helping Yourself

4A *Cindy Ho Man Ki*

There is no doubt we often see people suffer and need our helping hand in their daily lives. However, some people will sit idly by, while others will offer help very enthusiastically. "Helping others is helping yourself." This is the motto that I love very much. When others help me when I am in danger, I will be moved. Maybe many people who have helped us will not leave a name, but we will always remember them in our heart.



Last Christmas, I didn't need to attend the Mathematical Olympiad Class, so I could sleep well without any stress. However, I was woken up by my grandpa at half past six one morning. I was very reluctant to get up for sure. But I did, no matter how unwillingly. After brushing my teeth and washing my face, I ate a delicious breakfast. I was very full, so I invited my grandpa to go for a walk in the park.

As soon as I got to the park, I saw a few people with an orange sign on their left arms. They were taking garbage bags with long iron clips. It was strange and I wondered why they were wearing the same logo and holding the same set of things. Having some doubt, I quietly walked behind the group of people, and then I fully understood. It turned out that they were picking up rubbish to ensure cleanliness for the residents of the community to enjoy a happy Christmas. At that moment, I suddenly thought of a saying that the teacher often said, "Don't belittle yourself and do nothing." There was a strong thought in my mind, "At Christmas, I will contribute to our community and hope that my modest act can make the community more beautiful in the future." When I told my grandfather my thoughts, he readily agreed and stepped forward. He hoped that these volunteers in the community would give me a chance to do so. What I didn't expect was they actually agreed to let me join them and said, "There is only one



requirement, that is, you can't give up, you must stick to it every morning! I thought, "I can train up myself and do something for the community. The point is just to get up early. Why not?" I readily said to myself, "Okay!" Now that I have said yes, I must do it.

I immediately went to the neighbourhood committee to get a garbage bag, and a clip and began to work. I followed those volunteers and my grandpa while walking and picking up garbage. There was a lot of garbage in the middle of the road, on the side of the road, and in the bushes. I was always afraid of getting dirty, but I really wanted to do something to help the community to beautify the environment. Although things were small, I felt rewarded in my heart. Every corner and every detail was not overlooked. After a while, the trash bin was half full, and I was already sweating. It was significant to note that these small pieces of garbage that we usually don't care about would cause such a great amount of damage to the environment and so much trouble for volunteers. While working, I also warned myself that I must be careful in the future, even the smallest piece of garbage should be put into the garbage bin.

After working for nearly two hours, I was almost finished. Looking at the clean garden and tidy roads, I was very happy. It was really worth it! In the next few days, although I had to get up very early every morning, I would never give up this rewarding job. I was recognized by the uncles and aunts of



the neighbourhood committee. They all said that I was a diligent child.

I think when a person protects the environment, it reflects on his personality. Just as the way we treat other people reflects our nature, the way we keep the environment clean reflects who we are. A good person will protect the environment responsibly. Also, protecting the environment is a gift for us and our next generation. We will be happier if we focus on giving rather than receiving. By protecting the environment well, we make the planet a better place for everyone to live in.

If everyone is dedicated to keeping the environment clean, the world will become more wonderful!

An Email to my New English Teacher

4A Janice Chan Cheuk Hei

Dear Ms Lee,

Hello, how are you? My name is Chan Cheuk Hei. You may call me Janice. I'm very happy to be your student in the coming senior years. I believe we will have a nice time together soon. You introduced yourself and your family to us in the first lesson. Now, let me tell you something about myself.



I am fifteen years old. I live in Tai Wai. I like playing the violin and learning Kung Fu. But I am not learning Kung Fu now because I don't have any spare time to do so and I think it is not useful for my future. In my free time, I play the violin, listen to music or read books to relax. My favourite songs are 'Beautiful in White' and 'Love Story'. My favourite movies are 'Avatar' and 'Wonder'. My favourite books are 'The Old Man and The Sea' and 'Jane Eyre'.

Humbly, I believe I am helpful and eager to teach others. When my friends have any problems with their studies, I am always willing to teach them. I am very interested in accounting and solving Mathematics questions. I started to be interested in Mathematics when I was eight years old. My parents sparked my interest and have been nurturing my interest since then. Based on my interests, strengths and weaknesses, I aspire to study accounting and become an accountant or jobs related to economics and finance. As the old saying goes 'Dreams don't work unless we do', so I do many Mathematics exercises about counting and solving difficult Mathematics problems to start the pursuit of my dream job. Every time I finish some challenging Mathematics problems, I feel a sense of achievement. I feel satisfied when looking at numbers that are correct and logical systems. After I discovered my passion for accounting, I have worked harder than before. I am



studying Economics and Business, Accounting and Financial Studies. I can see a clearer direction for my future now.

There are four members in my family including my father, my mother, my little brother and me. I am two years older than my brother. He is a secondary-two student. Although he is younger than me, he is taller than me. Many people just say I have an older brother. I don't have any photos with my brother now. It is because he doesn't want to take photos. As such, I only have photos of us from our childhood. My grandfather and grandmother live in China. We haven't seen each other for over a year due to the widespread Covid-19 pandemic. I miss them so much.



I have three idols. One of my idols is a person who has had a big impact on my life in many ways. I consider my Dad my number-one idol. He is the most respectable and important person in my life. He has influenced not only my life but the lives of my entire family. My Dad is an engineer. He works very hard to make sure my brother and I have everything we need. He is a patient, caring, energetic and understanding person. When I meet difficulties in any aspect, my father will do everything possible to help me. He listens to and respects my ideas about how to achieve a successful life. Even in bad situations, he keeps himself concentrated and calm and never loses his temper. The other two of my idols are my friends Wing and Iris. Wing doesn't study with me at the same school, but Iris does. They are very hardworking. I admire their spirit of never giving up. Also, when I am very dejected, they always support me and stand by me.

Your self-introduction in the lesson has inspired me to work harder than before. I am already a secondary-four student. I can't waste any time. You have also taught me that it is useless to just say something, you need to prove it with action. I particularly like the motto you gave our class this year: "Knowing is not enough, we must apply; being willing is not enough, we must do." You have also enlightened me to work with perseverance. I will never give up. I will not disappoint everyone who has expectations of me. I will do my best.

Last but not least, I should improve my English so that I can do accounting and go further. In order to help myself to improve my English, I have planned to start with a few little things. For example, use memo notes to write down everyday targets. The purpose of writing down these is to encourage myself to finish all the work. If those targets are clear, they will help me not to delay my work progress. I think doing it step by step is very suitable and achievable for me. I definitely need to improve one aspect, which is to ask teachers or seniors for help if I encounter something that I don't understand. It is because if I just ignore the parts of knowledge that I don't understand, I will never understand them and this misunderstanding will accumulate and generate more learning problems.



Hopefully, I think after this year, my English will be greatly improved. I am more likely to understand what I want and what I need to do. This makes me feel more secure about my future. I am sure my parents will be pleased with me as well. I also don't want them to worry about me. I want to be responsible for my own future. I know I can change my life by learning English well and studying harder. If I improve, I can get admitted to accounting in my dream university. Then I can choose my career. Even though it seems a long way to go at this point, I think everything needs to be done step by step and changed bit by bit every day, making a huge difference in the long run.

Even though we can only see each other on zoom lessons for the time being due to the school suspension, I am really looking forward to our face-to-face lessons!

Kindest regards,
Janice Chan

A Blog Post: How to Reduce Stress and Relax

4A Ricky Ng Peng Kei



My classmates and I have stepped into the senior forms this year. Although we are excited for senior school life, it is not easy to be a senior form student because we are actually facing a lot of pressure right now! Here, I'd share with you some good methods to deal with stress.

To solve a problem, we must deal with its root cause first. I believe most of you would agree that the first source of our stress that we are facing is from the frustration that we are given too much homework. Worse still, we are required to finish it and hand it in to the teachers the next school day. Especially at every weekend, we are always assigned more than 10 pieces of homework from different subjects. Among these assignments, some are book reports, writing and reading papers, which take students a lot of time to finish. Because of this, we usually do not have enough sleep; we always need to work on these assignments until midnight. However, we also need to wake up early to go to school, so we just sleep a few hours every night. This makes students sleepy and tired in lessons. What makes us more stressed is that we are always worried about failing to submit the homework on time, resulting in punishments by teachers. This is undoubtedly our main source of stress.



The second cause of our stress is from exam. We always think that marks are important in exams. Some of us may want

to compare our marks with classmates' and to judge who is more intelligent. Hence, we tend to spend lots of time doing revision; we even sacrifice our meal time or sleep time. We don't want to be belittled. Many of us lack time to do sports, which can help relieve some pressure. Because of this unspoken anxiety, some of us may suffer from stomach-aches or insomnia before the examination starts. A few of



us might suffer from mental illness or hair loss. This is a serious problem that we need to cope with.

There are various ways to reduce learning stress. The most effective one is to write down a list of assignments to be completed, then finish the one that is easier to do first, the hardest one comes last. This can motivate you to finish all the assignments one by one. Sometimes when doing homework, we may feel tired and bored. Fortunately, we have music to help us to relax. I'm sure that music may not be the best way to help us but it is a good method that we can try. The first step to reduce our exam pressure is to know that the marks in examinations are not really important. The real significance of taking the exam is to check for ourselves how much we have learnt from the books and in lessons. Meanwhile, during revision, we can also plan a timetable for each of the subjects we study and we should sleep earlier the night before the examination. If we stay up very late, we won't have enough energy to handle the exam. Before the examination starts, we should find ways to relax. Don't feel nervous. Since we have studied before, we need to tell ourselves that 'I can do it!' Feeling nervous will negatively affect our memory too. If you follow the above steps, I believe that we can do better in exams.



I would like to share another two ways to reduce exam pressure for students. One of them is to do sports to relax ourselves. A good example is running. Running is a sport that can help us forget our frustrations. When doing sports, we can focus on the sport. We can also wear our earphones while we are running. This can definitely relieve some of our pressure. More importantly, according to some research, when we do sports, our brain will release some endorphins, which can make us feel happier. The other way is to attend some lectures about how to reduce pressure. In the lecture, there should be many professional people or doctors telling us how to release our pressure. I believe that these lessons will be useful in our whole lives. It surely will help us a lot.



As an old saying goes, 'It is always morning somewhere in the world.' Never give up! I hope that the ways I have suggested to you may help relieve your pressure. Try them!

On quitting school and pursuing a career as a pop-singer

4B Alice Ng Yan Tung

Dear Winnie,

How are you? Upon the conversation we had lately, I want to write you a follow-up letter to give you some advice.

First, it is worthy of encouragement that you have a target which is to pursue a career as a pop singer. However, it is irrational to

drop out of school at this stage. That's why your parents are not letting you do so.

Being a singer you also need qualifications. Maybe you are scared of not being able to keep up? From my perspective, it is better to stay in school and focus on your studies whilst practising your singing skills simultaneously. Then you can average between school and singing! I know that many pop singers continue to study so I think my advice

is kind of appropriate.

Additionally, you should communicate with your family and let them understand that this is your dream. You must be industrious because success comes from industry. Show them how serious you are. Your parents will understand you better and support you.

In addition, you should keep working hard to improve your singing. Don't just focus on one side!

Think carefully about your choices. I am always available to talk to you. I hope this letter will help you somehow. It does seem hard but I am sure you can make it! What do you have to lose? Let's be brave and pursue our dream.

Yours,

Alice



A Thank You Message

4B Cecilia Ko Kit Ching

Dear Miss Winnie,

Five years have flown by without much notice since you started teaching me. Back then, my English was poor, since I hated the subject and was reluctant to spend time on it. However, thank you for arousing my interest in learning English. This has proved to be a more enjoyable language.

I still remember we were overcautious and reserved when we met for the first time. Maybe we were all introverts. However, you are not just a tutor or teacher to me now but a close friend of mine. Even though we are not biologically related, we are more like sisters. Sometimes, you invite me to go shopping or have dinner during weekends or holidays and my parents would not feel worried about us meeting. Every time we finished our 'dates', I would anticipate the forthcoming ones, as our times spent together were so pleasant. Thank you for being my company.

Once, my school results were not as good as expected. You realised I was depressed and immediately put aside your work to comfort me. I burst into tears and you hugged me. Thank you for your encouragement and inspiration. After that, you even arranged special training sessions for me as a way to brush up on my results.

When I ask you questions about my homework during holidays, you always explain to me patiently and illuminate me on areas that I should deal with. Sometimes, you discussed my future with me, just like my parents. I am indebted to you for your willingness and readiness to sacrifice your time and effort.

My gratitude towards your instructions, kindness as well as companionship is beyond words. I have learned a great deal from you. I am glad we are more than friends and have shared numerous wonderful memories over the years. Happy Thanksgiving Day! ☺

Please do keep in touch!

Love,
Cecilia



A letter of Advice

4C Calix Li Wai Ho

Hello Winnie,

I understand that you have some trouble with your family because you want to drop out of school to pursue a career as a pop singer, but your parents are not letting you. I'm sorry to hear that. Here is some advice I hope can help you.

First of all, you have to understand how your parents feel when they hear that you want to drop out of school. They will worry, right? They love you and want what is best for you. That's why they don't want you to drop out of school. They worry that it is a wrong choice for you.



In my opinion, you should still focus on your studies. Why don't you complete your academic study first? At least, finish your high school. Of course, it would be better if you could go to university. Education is important. Even if you fail to become a pop singer, you will still have the qualifications to start a new career. Therefore, I hope you can think carefully about your plans. I don't want you to have any regrets in your life. Many pop singers have a bachelor's degree. Some pop singers continued their studies while they were working hard to become a pop singer. Alfred Hui is a good example. Therefore, even if you want to pursue a career as a pop singer, there's no reason for you to drop out of school.



You said that your parents don't understand you and think that becoming a pop singer is silly. What you need to do is let them know that this is your dream. You are serious about it and it's not just a joke. You need to make it very clear why you want to be a pop singer. Then take practical action to prove your determination. Don't give up your studies. At the same time, you should keep improving your singing and join singing competitions. If you can do that, your parents will know how determined you are and let you pursue it. You must keep your feet on the ground. I believe that you will harvest the rewards because of your efforts.

I hope this advice can help you solve your issue. Remember that you are not alone. I'll always be with you.

Look after yourself,

Calix

Fiona's Recovery

4C Lily Chan Hiu Ching



My friend Fiona got addicted to ketamine when she was about 15 years old. I have known her since we were in kindergarten and we have always kept in contact. Fortunately, with help, she has recovered now. Let me tell you the reasons why she got addicted to drugs and how she recovered. Also, I will talk about how friends can help when this happens.

When she was 15 years old, because of academic and other family reasons, she felt a great deal of pressure in her exams. This pressure continued from the first grade through to the 10th grade. Her family would scold her, and this made her feel a lot of pressure. She always felt disappointed, sad and worried, so she began to feel distant. The stress continued to grow, and she had no way to release it. She then met some new friends. They suggested that Fiona try taking drugs to paralyze her heart and to try and forget the pain and hurtful feelings. Fiona didn't accept this advice at first but then her family and study pressure became so great that she just could not resist any longer. She started to take ketamine and she would take more and more during the day, every day.



Later, when her parents found out about her drug problem, they did not scold her. They felt very guilty. They had made her feel pressure which had caused her this. So her parents decided not to require her to do well in her academics and to instead give her a lot of freedom. Her parents spent a lot of time talking with her. She went to see a psychologist with her parents, and they encouraged her. They knew that she liked to run, and they insisted on running with her every day. They hoped that these actions would help make Fiona forget about ketamine.



Her friends also played a part along the way. After a lot of encouragement, patience, and companionship from her parents and friends, she was able to quit these drugs.

Finally, I think because of her friend's encouragement, she was able to find the right path. They helped her to face her difficulties and improve her academic results and family stress. Her friends and parents helped her to know that she is cared for and by telling her that they wanted her to quit her ketamine addiction. They try to listen to her and understand how she is feeling. They always try to give her encouragement. The support from her friends and parents have helped her to quit her ketamine addiction.

Losing Weight

4C Lorie Cheung Lok Yi

My cousin Amy used to weigh over 130 kgs and she is only 141 cm tall. She was overweight. But that was before, now she is active, healthy, and happy.



Amy was overweight because she felt a lot of pressure. She was a high school student and was worried about her results, homework and future. Her father and mother also argued a lot too. So, she felt sad and restless. She could not



find a way to make herself happy. During that time, she kept eating a lot of unhealthy food when she felt sad. She would eat a lot of ice cream, hamburgers and potato chips. She also ate all kinds of fried foods and snacks. She needs to be aware that obesity is harmful to her health and increases her risk of heart disease and of getting diabetes. She needs to lose weight and should not eat so many unhealthy foods.

She grew fat and had low self-esteem because she didn't like her appearance. She was afraid to walk with her friends in public or to try and make new friends. She was very reluctant to take part in any activities. She always felt tired when she was in lessons. She would always doze off, which led to her being scolded by her teachers. She was also a member of the school Running Team but she wanted to give it up because of the pressure she felt about her homework, grades and family.



Luckily, Amy's teacher found out how she felt and wanted to know what happened and how to help her. The teacher tried to talk to her and comfort her. The teacher also approached her parents to try and discuss Amy's problems. They decided to help her and to encourage her to keep participating in the Running Team. Her parents also tried to communicate with Amy in a calm way and show her more care.

Now, Amy weighs 95 kgs. She successfully lost weight and is more active, healthy and happy. She now looks so full of energy. She can concentrate better in lessons and her grades are improving. Last week she also won the running championship. Amy feels much better than before. The teacher was very happy and moved to see Amy's change.

A Letter of Advice

4D Chen San Yu

Hi Winnie,

I know you were upset recently. Actually, many teenagers have these problems. They have their dreams at this age just like you. But there are many difficulties to face and many things to realise. Here is some advice for you.



First, you need to think about whether you have the strength to be a pop singer? It's not easy to become a pop singer, as far as I know, you must have your own singing skills, special styles and know how to compose songs. Nowadays, young people have high expectations of singers so it is not easy for your songs to be popular with the public. It's hard to achieve success.

Second, keeping with your studies may be one of the shortcuts for you to become a pop singer. You can apply to some music schools. Those music schools can offer you some professional training. Maybe it will help with your dream. So, you don't need to drop out of school. A music school may be right for you.



Third, you need to get support from your parents. Communicate with your parents patiently and explain your dream to your family and what you will do for your dream. Realising your dream is very difficult, it will be more difficult if there is no support. The opinions of adults are more professional and considered than ours, you should think carefully.

Moreover, show your singing or strength to your parents. If your parents disagree, maybe they think it is hard for you to be a pop singer. If your parents are aware of your strength, maybe they will support you.

I hope you find an ideal way to realise your dream and become a pop singer soon.

Best wishes,

Sandra

Learn from My Cousin Amy

4D Tony Wong Wan Hei

How can an obese person become someone healthy?



Amy is my cousin. She used to be severely overweight. Now, she is active, healthy and most importantly, happy.

Amy used to weigh over 200 pounds. Being 5 feet tall, she was obese because she had an unhealthy addiction to junk foods and rarely exercised. She never went out and never wanted to change.

How has she changed from being an overweight person to a healthy person? What difficulties has she faced as an obese individual? And what has motivated her to lose weight and begin her journey of weight loss?

The struggles and difficulties Amy faced when she was obese

She was unhappy and lonely that no one wanted to make friends with her. Worse still, they even bullied her. When she went out, people looked at her in a discriminatory manner that made her feel uncomfortable and offended.

What motivated Amy to lose weight and change her lifestyle?

Although she felt comfortable at home, she realised that obesity may pose harm to her social life.

One day, she met an online friend, who used to be a severely overweight person. However, she is now a beautiful and successful model. As someone who had the same situation before, she gave a lot of personal suggestions about losing weight. In addition, her aunt recommended she join a fitness class. Believe it or not, they now exercise together four times a week! Isn't it an inspirational story for you?



What is Amy like now?

After joining the fitness class, she is now 50kg. Guess what? She now loves to run and still exercises every single day. Moreover, she has met plenty of beloved friends and like-minded besties who also suffered from obesity. But not anymore! They are now very fit and healthy. Amy said that she has never felt so happy in her life before. She is so glad that she made the right decision. She also mentioned that life would be so much worse if she did not change her lifestyle.

Fundamental to a happy life is a balanced diet. Amy's story proves that everyone can make changes in order to have an enjoyable life. So can you.

A Letter to Editor: Hong Kong's Film Industry

5A Matthew Lam Kwan Chun

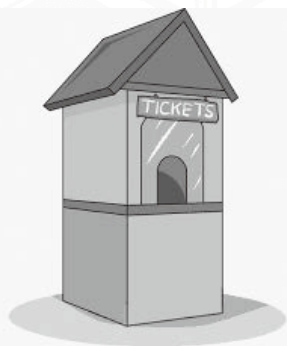
Dear Editor,



I am writing to express my attitude towards 'Investing in Hong Kong's Film Industry is a good use of public funds'. It seems to me that the government was right to give financial support to

develop the film industry and it would call for more support in the future.

After a prolonged downturn for two decades since the early 1990s, the local film industry has stabilized in recent years, buoyed in part by the preferential access to the huge film market in the Mainland under the 'Closer Economic Partnership Arrangements' (CEPA). Under CEPA, while the local movies, which are entirely produced by Hong Kong companies can be exempted from the import quota set for foreign movies in the Mainland, Hong Kong-Mainland co-production can also be distributed as domestic movies in the Mainland. As this market is about 27 times that of Hong Kong, it has considerably widened the market horizon of local film makers. The co-production between Hong Kong and Mainland can also widen the sources of investment funds of local film makers on the one hand, which is the hardest part of making a film, and create more job opportunities for local talents on the other. We should catch this train, the inseparable geographic relationship with China, and treat it as our occasion to revive the film industry. Therefore, it was a good move for the government to support the industry and maximise the advantages of more flexible rules introduced by Mainland.



Apart from the benefits of the Hong Kong-Mainland co-production, the film industry is one of the six creative industries in Hong Kong. The support by the government can foster its development, by encouraging more local film production, nurturing new talent, building up audiences and promoting the Hong Kong film brand. As the box office of overall



Hong Kong movies, including both local production and co-production with Mainland partners, reached a record high of HK\$1,240 million in 1992, on the contrary, it then plummeted by a cumulative around 80% in the next 15 years to a low of only HK\$220 million in 2007. The protracted downturn in the local film industry since the early 1990s could

be attributable in part to the cyclical weakness in the Hong Kong economy. Yet more importantly, this setback was also precipitated by the following structural developments in the film entertainment market and crowded out by foreign movies. Rampant film piracy activity has also illustrated this point. From my perspective, it is a shame that a place that has created so many well-known superstars, for instance, Tony Leung and Chow Yun Fat, let go its once-proud film industry. With the support that we have, it is no reason for a Hong Kong-produced Cantonese film to obliterate itself anymore.

Last but not least, Hong Kong had a well-deserved reputation as the Hollywood of the East. The film industry is representative of our culture but it has become one of the sunset industries. Movies are related to culture by showing us narratives, characters and predicaments that we recognise. A character in the film may be going through something that we have experienced and may have to face the same problems. Take one of the all-time classic movies *Infernal Affairs* as an example, it represented the gangsters and the police in Hong Kong. Without the government support, the film industry will be joining the declining industries in the foreseeable future and it is hard to pass on to the next generation. It is a good move for the government to give support to the film industry and help its revival.

On the whole, it is essential to gather the government support for the long-term development in the film industry. If not, all the success will become a page in the history books.

Yours faithfully,
Matthew

What is the impact of this global epidemic to you? Any lesson learned?

5A Jeff Wong Chung Yiu

2020 is definitely going to be the most unforgettable and horrible year for everyone in the world. Schools were closed and the major events were postponed or cancelled to prevent the spread of the coronavirus. Governments around the world are putting travel restrictions or even lockdowns on their territories. The economy was so bad that many

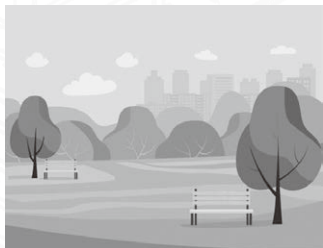


companies are facing closure and many people are becoming unemployed. Many people were affected by these factors, including me. We now have to try and get used to a lot of new common practices to continue our normal life while combating the coronavirus.

First, the biggest change and challenge for me is having lessons online at home. Sometimes I checked on social media when I was having online lessons, which was not allowed when having tangible lessons. I was always distracted and it was difficult to focus on the lessons, so the efficiency of online lessons was much worse than learning at school. Since I could not meet my classmates and friends face-to-face, I feel like our relationship has worsened.



Second, my family has encountered financial problems. Both my parents were working in the same industry, which suffered the most during the pandemic – tourism. My dad worked at a small travel agency while my mum worked at a much larger one. Since the government has applied travel restrictions, their companies' incomes dropped dramatically. My dad's



company eventually closed down. Although my mum was less affected by the restrictions comparatively, she was only paid to work for 9 days per month. Fortunately, we had had a good saving practice, it did not greatly influence our standard of living, and my parents found a new job to make ends meet. Now my dad works full-time



in a testing centre in which many of his colleagues are from the field of tourism, while my mum has found a part-time job.

Third, I have built healthy habits, making me less tense during this period. At the beginning of the suspension period, the only time that I went out was to have lunch. Later I realised that it was not a good lifestyle choice without doing any sports, so I decided to have a walk in the park nearby on weekdays since it's less crowded. Since then I had better sleep at night

because some of my energy was spent. I seldom went to the park because my school life was so busy before. This new habit recalled my memories of playing with my primary schoolmates! In fact, I have developed various new habits such as visiting nearby places and listening to some pop music. They kept me motivated and positive during the pandemic. It provided me with many new topics to chat with my friends!

What I learnt during this pandemic is to get well-prepared. Many of my parents' colleagues in the travel industry did not have saving habits. Now they have encountered a financial crisis, no one was able to help them. We should also learn more useful techniques so that we can have more options to



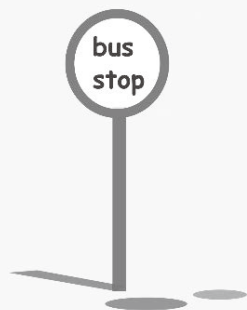
choose from under different situations and restrictions. Taiwan, for example, did a great job getting well-prepared. They learnt a lesson after the SARS outbreak in 2003 and they formulated laws to regulate the reserve of medical supplies. They reacted so fast to this epidemic in the beginning and that's why they have a very low number of Covid-19 cases.

Besides, I have learnt about self-discipline. When the schools were suspended, many of us had different ways to arrange our time and with no people monitoring us to study or revise. That's why self-discipline is required during these periods to keep us on track. Meanwhile, we don't know how many infectious cases will be added every day, when the school suspension will end, or how many people are going to lose their jobs. We need to treasure the time we have with our friends and family.

We have recently received a lot of good news from Pfizer, Moderna and AstraZeneca on the effectiveness of their vaccines. I hope we can get the vaccines as soon as possible so that we can end this pandemic. Before that, we still need to be patient, get well prepared, exercise and have good self-discipline to overcome these challenges.

A Very Unlucky Day

5A Sam Wong Tsun Kit



I am a bus stop sign for the Kowloon Motor Bus. I stand in front of Kowloon Central Post Office, which is next to Nathan Road. I wear a red uniform and look like a lollipop. People can recognise me easily by these two features.

Today is a sunny day and now it is 8 o'clock in the morning. Most of the people are wearing suits and carrying their bags to go to work. Nathan Road is the busiest road in Kowloon. There are many buses coming from different depots and different companies via this road. A few numbers are written on my face, they are the route numbers of the bus routes that terminate at Shatin. Many people are waiting for a bus next to me. Some of them are listening to music while some of them are playing mobile phone games. When the bus arrives, they get on it accordingly.



The time now is 10:00 a.m., the peak hour has ended. As usual, I have nothing to do and I can chat with my friends who stand at the same stop, they are Mary and Peter. We always chat about how the passengers look and who treats us badly. While we are chatting, a route 81 bus is approaching, a man is chasing after the bus, but the driver cannot see him in his rear-view mirror and leaves the stop. The man is very

angry. Suddenly, I feel pain, the man is kicking my leg! He almost breaks my leg. Luckily, another man stops him.



At 4:00 p.m., most students have left their schools and they are waiting for the bus to go home. Mostly they are chatting happily with one another. Oh, no! I see a naughty boy. He is eating an ice-cream. I hope he won't come near me. I hear some noise, a little girl is running towards me! No! She starts playing with the route display on my body. It is uncomfortable.

Now it is 6:30 p.m., since there is a Chinese restaurant nearby, many people always wait for a bus here after dinner. The road is very crowded as there is an accident near Bute

Street. There is a heavy traffic jam at the moment. Nathan Road is full of buses and cars. The drivers all switch on their lights and make the road very bright. A couple is walking along Nathan Road. The lady is holding a cup of milk tea and some fishballs. The man helps the lady to hold her handbag.



The lady then puts one fishball into the man's mouth. They smile. After they finish their fishballs and milk tea, they queue next to me and wait for route 87D to Ma On Shan. What a romantic evening!

At 11:00 p.m., my whole day of work comes to an end. I feel happy that I can sleep later, but I feel my legs are wet now. Um..., a man is vomiting on my legs! Stinky, sticky and dirty! The man has drunk a few cans of beer. Now, I have to wait for someone to help me clean up, otherwise I won't be able to sleep tonight with something dirty on my legs.

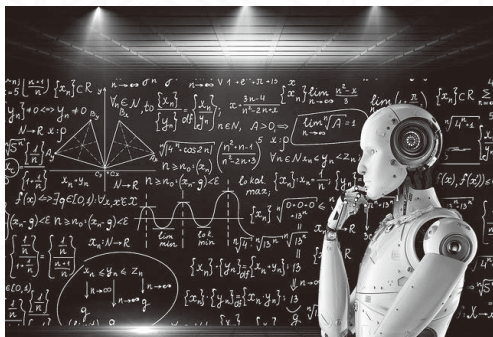
After the last bus passes the stop, I can finally take a rest. While I am sleeping, I hear that the fire alarm is ringing loudly. I wake up to see what happens. "The building is on fire!" my friends say. We feel scared now because the fire may burn us too. After three minutes, the fire trucks arrive. A few teams of fire fighters are putting out the fire. The police have blocked one side of Nathan Road. Reporters from different TV companies rush here to report the latest news to the public. Finally, the firemen put out the fire in two hours. None of us get hurt.

When all the people leave, we can sleep nicely and prepare for tomorrow's work. I hope tomorrow will be a better day!

Has Technology Made People Lazy?

5B Pak Ki Cheung

In the twenty-first century, technology has evolved to accommodate a more convenient lifestyle and meet every need that might possibly arise. This is an undeniable



fact that we all know. However, despite its benefits, we must not overlook the drawbacks, which will be addressed accordingly.

One advantage of technology is that it enables us to save time. In the past, we had always squandered too much time dealing with everything. For instance, suppose someone decided to conduct a business meeting. He wanted to invite everyone and figure out where the meeting would take place. This is incredibly inefficient, but high efficiency has rapidly become the norm of society, which allows us to utilise time far better than we, as a race, ever had. Indeed, with mobile phones and likewise, we have been able to communicate with each other instantly regardless of spatial or temporal limitations.

The second major advantage is that technology can do dangerous tasks for us. Artificial intelligence has been in use since 1943 and is, as such, already an established part of our life. For example, an AI robot can perform certain housework or partake in work, considered impossible for humans to handle, e.g. dangerous zones like space. It therefore has emerged that humans and AI complement each other in promoting the betterment of mankind by providing us with a gateway to a secure and enjoyable life.



There are therefore many strong arguments to support the benefits of technology. Unfortunately, nothing is perfect. Everything must have both pros and cons. Thus, we should not turn a blind eye to the drawbacks.

One serious downside of technology is that it causes people to become idle. Without a doubt, technology has changed our lives. However, the fact that it also makes people lazy cannot be objected. Indeed, some might have a warped view of the world, and tend to rely on computers for everything. This will allow us to find more time to rest and enjoy a higher quality of life as technology advances. But what follows next? The only plausible result is that we will find ourselves with unlimited “leisure”, lying dull and bored in our homes without the need to move the slightest, without a purpose in life. Surely, this is not what we desire.

Another shortcoming of technology is that it is causing us to alienate ourselves from others. Consider this: communicating with friends and family by smartphone rather than face-to-face when we are literally right in front of each other’s eyes will be cold, inhumane and simply irrational. But really, it happens all the time in our lives nowadays. It seems that no one wants to speak or see each other face-to-face any longer. It is slowly turning people into zombies.

It therefore is obvious that there are advantages and disadvantages of technology. However, I consider the benefits to outweigh the negatives since it helps us to avoid real-life interactions because they are not feasible due to the pandemic or temporal and spatial barriers. The important thing to bear in mind is that while technology has given us more free time, we must consider how to spend it so that technology does not end up as the culprit in the decline in human relationships.

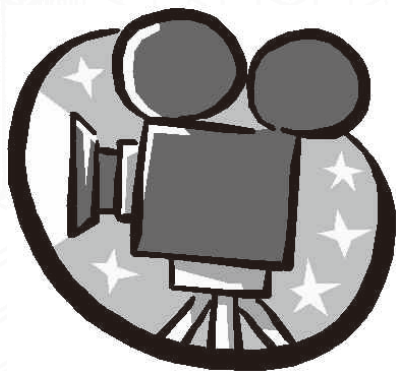


A Letter to Editor: The Filming Industry

5C Calvin Loh Kin Wan

Dear Editor,

As a faithful reader, I am writing to express my views on the government's investment in Hong Kong's film industry. The 1980s to 1990s was the heyday of the Hong Kong film industry – it was the time when a lot of films achieved big success and various wonderful actors like Stephen Chow, Leslie Cheung and Maggie Cheung shone on the silver screen. However, we seldom watch local movies now and there is a slim chance for Hong Kong films to become a hit in foreign countries. It is extremely difficult to produce outstanding films because producers do not have much to capitalise on. Consequently, a vicious cycle has been created. In this letter, I am going to discuss why it is of the utmost importance for the government to invest in Hong Kong's film industry.



First and foremost, if the government invests in the local film industry, it can revitalise the economy. As mentioned earlier, during the heyday of the local film industry, a lot of exceptionally good movies were produced and they have become classic local films. *All for the Winner* directed by Jeffrey Lau and Corey Yuen, *Rouge* directed by Stanley Kwan, and *Comrades: Almost a Love Story* directed by Peter Chan are classic cases in point. *All for the Winner* even grossed nearly \$41 million at the box office. Moreover, with a thriving movie industry, more job opportunities can be created and thereby lower the record high unemployment rate of the city owing to the pandemic. Local film production companies can offer attractive remuneration packages to talent. If the local movie industry thrives again, this can be a boost to the Hong Kong economy.

Besides reinvigorating the ailing economy of Hong Kong, the government can also promote tourism and improve the image of the city through investing in Hong Kong films. Most local films are filmed in the city and if they can gain recognition in other countries,



Hong Kong as a cosmopolitan city can be promoted. The audience will have a chance to see how magnificent the tourist spots and landmarks of Hong Kong are. Victoria Harbour, the Peak and the panoramic skyline will definitely hit the spot and enable people to appreciate the Pearl of the Orient. As a result, the number of tourists visiting Hong Kong will increase. By showcasing its potential and talent, we can also attract overseas talent and professionals to help improve the quality and standard of our films. It is irrefutable that it is a useful way to promote

tourism and the city through investing in the Hong Kong film industry.

More importantly, the government can create more collective memories by investing in the local film industry. If we can produce more films to record some moments and places with significant historical value, it can surely impress people. Movies such as *House of 72 Tenants* embodies the local culture and spirit of the Hong Kong people. Without a doubt, we can preserve the culture and keep important values in people's minds by producing meaningful movies. With more capital, local producers can certainly create more quality movies to help enhance people's sense of belonging to Hong Kong.

In conclusion, if the government can invest in the local film industry, it can unquestionably bring an array of advantages such as improving the local economy, promoting local tourism and creating collective memories. Without enough capital and resources, the industry will deteriorate and talented people will lose their chances to shine.

Yours faithfully,
Chris Wong

A Restaurant Review

5C Venue Chen Yee Chun

If you are a dim sum lover like me, you should visit the hottest new restaurant, Dim Sum One. Squeeze some time out and sip on an opulent loose-leaf blend at this teahouse!



Located in Tsim Sha Tsui, Dim Sum One allows us to overlook Victoria Harbour and the skyline of Hong Kong, which is magnificent. Its sky-high view is something Dim Sum One should boast about, so if you don't want to miss out, do request a seat by the window in advance!

Feeling bored when waiting for your dim sum treats? The open kitchen enables us to see the cooking process and how fresh the ingredients were. I was so impressed by how the chef handled the food, so carefully and arranged so delicately that I understood why this is a two Michelin-starred teahouse despite its short history.

The standard of dim sum there was excellent and that's also a reason Dim Sum One has been showered with awards since its grand opening. We ordered steamed turnip cake, deep-fried shrimp paste rolls with truffle sauce and their signature dish – xiao long bao. Stuffed with succulent meat and hot soup, its xiao long bao took my breath away. Though the flour wrapper was thin, it didn't break when I scooped it up. It is not doughy at all and it just hit the spot! I ate every last morsel, and I was stuffed. Overall speaking, the food was delectable and well-seasoned.

With waiters being so professional, the service at Dim Sum One was impeccable. They paid attention to every single detail so that we didn't even have to request for anything. However, I must say the food was quite pricey. It cost almost \$500 per person.

On the whole, it's worth visiting Dim Sum One although it isn't that budget-friendly. Give it a try and let me know what you think about it!



My Encounter with G-Dragon

5D Nancy Ma Heung Ying



‘Good morning everyone. I am the emcee of today’s activity,’ I said in a shaking voice. ‘Let’s give a big hand to welcome one of our kings in the pop culture – D-Dragon.’

At that time, all the students in the audience were yelling and some of them were also pointing at me with their fingers and laughing. I was so confused about that and my heart rate kept raising. ‘Did I make any mistakes?’

Then, G-Dragon came out from the backstage. His eye-catching gold coat and jewels were



shining under the spotlight, which was amazing. Yet, I didn’t know why I felt something weird and embarrassed. He slowly came to me and whispered, ‘My name is G-Dragon, not D-Dragon.’ My face turned red instantly, just like a monkey butt. It was bad and embarrassing.

However, something took me by surprise. He took out a colourful album and gave it to me. I looked at him with my unbelievable shocked face. ‘Oh my gosh! My idol just gave his new album to me with his slender hands,’ I thought. I received it with a sense of guilt but at the same time, I was exceedingly excited. I tried to cover my smile up because the girls in the audience were getting jealous of me.

Hug me!



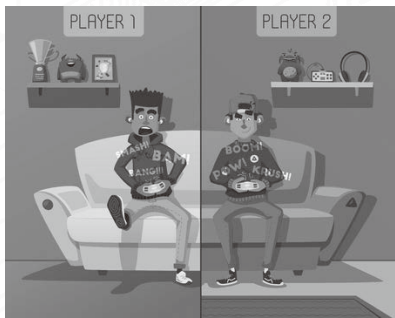
‘Time is running extremely fast. Today’s activity is ending.’ I announced at last. For my apology to G-Dragon, I had secretly prepared a letter to him while he was performing and sharing on the stage. I gave it to him and whispered, ‘I am so sorry for saying your name wrongly, but I actually admire you so much. Thank you for your album.’ He was touched and gave me a hug.

Education of Young Gamers

6A Timothy Wong Wan Ki

Dear Editor,

As a frequent reader of the Hong Kong Daily, I am writing to express my view on why game developers have a responsibility to young people. It is believed that in this digital age, young minds are becoming more and more impressionable.

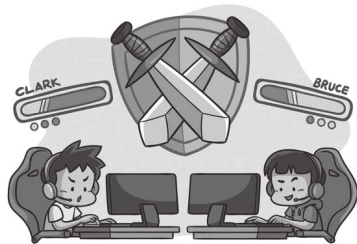


Today's world is increasing digitalised, people love playing video games since they provide a sense of completion and excitement. Nevertheless, the dark side of video games cannot be overlooked.

First and foremost, many video games nowadays contain elements of violence as they give players a surreal experience that they are a virtual character, who needs to compete with other players. These kinds of PVP games are immensely popular among different age groups, especially teenagers who are easily influenced. Owing to these reasons, game developers have the responsibility to bring the correct values and messages to these young gamers in order to educate them to become responsible people. I should stress that I do not think game developers are the only ones to blame for this, but I do think game makers have the power to alter this situation, no matter how insignificant the change is.

Secondly, there are certainly numerous ways for game developers to change their work to influence society in a positive way. For the content, although fighting and shooting games are relatively more popular than other types of games, developers ought not to neglect making other types of educational video games.

For instance, farming, fishing, cooking, and even sand-box making. Creating games with different themes can pass on positive information to young people. Obviously, the game industry believes games that include violence are more attractive to young gamers. But





nowadays those outstanding game companies have already taken advantage of the pandemic to make more family friendly games. For example, Fall Guys, a massively multiplayer party game, has successfully attracted over 96,000 players on average and has become one of the most popular games in 2020. If

more games like this appear in the gaming industry, the players of highly violent games might be attracted to play other games that do not include blood and killing.

Lastly, game companies and game developers should join the effort to spread positive values to young people through video games by adding characters and stories that contain a good message behind them. If young minds are surrounded by an educational environment, it is very likely that they will become people with correct values. On the contrary, if young people are obsessed with violence, killing, and wrongdoing, it is unavoidable that their minds will be polluted by the wrong values. The importance of creating the right kind of video games is therefore undeniable. Game developers should work seamlessly to educate young gamers and use their power to influence them correctly and responsibly.

All things considered, there is no doubt that game developers have the responsibility to gamers and I wish that they can reverse the current situation.

Yours faithfully,

Chris Wong

A Four-day Workweek – A Boon or A Bore?

6A Tommy Tang Hon Ming



Recently, the issues of New Zealand introducing a four-day workweek has raised tremendous concerns from the public. It is also recommended that a four-day workweek be implemented in Hong Kong. While some sing praises

to such a suggestion as it can promote a better work-life balance, others frown upon it, contending that the suggestion is not feasible in Hong Kong. It is, therefore, worthwhile to examine the suggestions from various aspects. After careful consideration, I am firmly convinced that a four-day workweek is beneficial to us.

A four-day workweek can potentially relieve Hong Kongers' stress from heavy workloads. Among all the cosmopolitan cities around the globe, Hong Kong is undoubtedly one of the most 'special' city. It is not the fusion of Western and Oriental cultures that makes Hong Kong special but the unbelievably long working hours. Yes, in terms of intelligence quotient, academic results and education level, we are never substandard. Yet, when it comes to our quality of life, you will find that Hong Kongers' happiness index is hilariously inferior. Why does such a highly international city consist of nothing but emptiness in our mind? The long working hours are the culprit behind all of these scenarios. As Hong Kong has landed as a part of 'Nylonkong'. Hong Kong's competitiveness is never substandard when compared to her sisters, New York and London. However, the long working hours in different industries absolutely poses a threat to our citizens' mental health. Take Deloitte as an example, an accounting firm which is well-known in the international community and Hong Kong. The firm contributed a high percentage to Hong Kong's GDP. Beneath the glamour as praised by the international community, the auditors have to work non-stop while they are in peak season. From 7:00 am to 1:00 am or some even longer to 5:00 am. Just imagine that you have to sit in front of the computer reading all those balance sheets ceaselessly in order to meet the deadlines. How would you feel? Stressed, anxious or nervous, right? Therefore, a four-day workweek can ease the stress of heavy workloads. As companies will be restricted by the government, any overtime working hours are not permitted. Labourers can have a rest



after finishing their work and enjoy their family life. They can relax by spending more time gathering with friends or playing video games, which is conducive to maintaining balanced mental health.



Apart from relieving stress, a four-day workweek can be advantageous to the physical health of workers. The latest statistics show that Hong Kongers are prone to suffer from obesity and diabetes. These kinds of illnesses can also be called 'Urban diseases'. Due to the fact that these diseases are closely related to the lifestyle that most Hong Kong people have. With the advancement of technology, Hong Kong has become a knowledge-based society. Most of the factories have vanished in Hong Kong and are usually located in Shenzhen or Zhuhai nowadays. In fact, most of the job positions are not physically demanding and they require workers to sit for long periods of time. Hardly can they escape the computer in front of them and do some exercise in their workplace. This kind of sedentary lifestyle will adversely affect their physical health. The famous general medical journal, Lancet has pointed out that 'Sitting is the new smoking'. Long hours of sitting can have a far-reaching impact on the human body. It will increase the risks of suffering from diabetes or becoming obese. Worse still, it can shorten our life expectancy. Therefore, a four-day workweek can help us avoid sitting in the office almost 7 days a week without any breaks. White collar workers can spend 4 days at work but have three days rest instead. The policy can allow workers to unwind from the office chair and stressful work. In the short run, workers' bodies can return to healthy conditions and be ready to work again. They will also have more working incentives. In the long run, the financial burden on the government will be decreased due to the fact that people will not suffer from diabetes or cancer easily. What's more, the demand for public hospital services will be lowered. Therefore, the heavy workloads of medical workers can also be eased, which is a win-win situation.



Some may argue that the implementation of a four-day workweek in Hong Kong is constructive to the development of the Hong Kong economy. Without the unlimited supply of workers, the economy of Hong Kong can hardly be flourishing at this moment. However, the true picture is that workers are also human. They are not working machines. It is human nature that people need to rest and they have their families to care about. In recent years, the suicide rate among workers keeps on increasing. Every day, the news about these incidents hog the headlines. This is particularly evident in Asian countries or in companies like Foxcon. Even in Japan, there is a term describing workers who work until death – 'Karoshi'. It is understandable that a four-day workweek can allay the problem that exists. After all, the government and the companies should join hands to cope with the tremendous workloads placed on our honorable workers. As developed countries like New Zealand have already implemented a four-day workweek, the Hong Kong government should follow suit in order to ensure the work life balance among its workers.

In conclusion, suicide cases of any kind are the last thing we want to see, especially those caused by workplace stress. Only by implementing the four-day workweek can the safety of our workers be ensured. It is my earnest hope that Hong Kongers can have a healthy mind and maintain a work-life balance.

Are Small Independent Stationery Shops Going to Disappear?

6A Tommy Tang Hon Ming



The latest statistics show that small independent shops are on the decrease. Every day, news about some fading traditional cultures flood our newspaper. Among all the different kinds of collective memories, the disappearance of small independent stationery shops is causing us great concern. In the last few months, we

barely saw any of these small independent stationery shops. The drastic decrease in these small independent businesses can be attributed to the following factors – the popularity of electronic devices, the high rental prices and the emergence of online shopping.

First off, electronic devices have gradually replaced the role of stationery in recent years due to its rising popularity in the modern world. Among all the metropolitan cities around the globe, Hong Kongers' annual salary is the highest. Therefore, most families can easily afford an iPad or iPhone for their beloved children or themselves for study or work. The functions of these electronic devices are so varied that one iPad can simply replace the role of traditional pens and paper, which are the stationery items that most of the small independent stationery shops currently sell. With the soaring popularity of electronic devices, children no longer have to visit those small shops regularly. They can use their little fingers to create everything on their devices or have lessons by using the latest telecommunication application – Zoom. Similarly, adults can get their work done only by using electronic devices, such as MacBook's or tablets. On the contrary, small independent stationery shops can only provide their customers with stationery items like pens or paper which are common features of most electronic devices. Besides, local schools are using online learning platforms such as iLearner – a platform for students to learn English, which means students can submit their homework using these electronic

devices. As a result, visiting stationery shops to buy items they need is not essential any more. Locally based stationery shops can hardly maximise their profits. Therefore, they have no choice but to vanish from the street corners.

Apart from the rising popularity of electronics devices, the high rental prices are accelerating the death of small independent stationery shops. The key feature of these stationery shops is 'independence', which means that they do not have a large amount of money offered to them by those big businesses. In fact, many of these small independent stationery shops may face financial difficulties. Given that no one is willing to inject money into the financial bloodstream of those small independent stationery shops, they can hardly sustain their businesses. Moreover, Hong Kongers hold an indifferent attitude to the preservation of local cultures. As small independent stationery shops have witnessed the rapid development of Hong Kong, they are historically-rich and old. However, in this society, the government always puts economic development before cultural protection. It is no wonder that chain restaurants or supermarkets are the only things we see when we take a stroll on the streets or in the malls. With the fact that big business owners control everything in Hong Kong, profit maximisation is of paramount significance in their minds. Obviously, small independent stationery shops are not the ideal tenant they need. Selling stationery items is not profitable. Therefore, these big business owners may raise the rent to a level that these small independent stationery shops owners cannot afford. They cannot make ends meet so they cannot help but put an end to their services.

Alongside the insurmountable pressure of high rental prices, online shopping is slowly dominating the market in stationery items. The nightmare of COVID-19 is engulfing the whole world and it can be dangerous for people to set foot in these small independent stationery shops. With the advancement of technology, it is not necessary for people to visit physical stores. Your favourite stationery is now just a few clicks away. Especially on some of the well-known E-commerce websites: Taobao and Ebay, which are rapidly expanding, and provide customers with a wide variety of stationery items. They have created an entirely cutting-edge and new shopping experience. Customers' choices are not limited to several stationery items that are in stock like in small independent stationery shops, they can easily buy stationery items from around the globe such as ZEBRA pens from Japan or Chenguang's colour pens from China. What is more fascinating is that you



can customise your own pens or stationery on some of the online shopping websites like Taobao or Tmall from China. In contrast, locally-based, small independent stationery shops only provide us with fixed designs for stationery. If those small independent stationery shops do not cater to customer's needs and tastes,

then the demise of these small independent stationery shops can be expected.

There is, however, little chance that these small independent stationery shops can survive in the fierce competition of the market. In order for these shops to survive, it will require a concerted effort by the government, famous Key Opinion Leaders (KOLs) and citizens to provide the public with a more comprehensive understanding of these small independent stationery shops. Some famous KOLs may also consider filming a vlog of the historical value of these small independent stationery shops in order to gain recognition among viewers. YouTubers can also introduce the unique characteristics and the important cultural values behind these shops. Therefore, the message that we should preserve these collective memories can be spread. Meanwhile, it can also heighten people's awareness of these shops. As for the government, they should empower the stationery industry by providing suitable venues for these shops, therefore small independent stationery shops won't face the skyrocketing rents from the big business owners and will have a place to continue their business.

Never should we overlook the importance of these small independent stationery shops as they have played an indispensable role in nurturing the talents of the city by offering pens and papers in the last decade. The disappearance of these shops is indeed the last thing we want to see.

A Letter to Editor: Is Hong Kong's Technological Development Really That Slow?

6A Tommy Tang Hon Ming

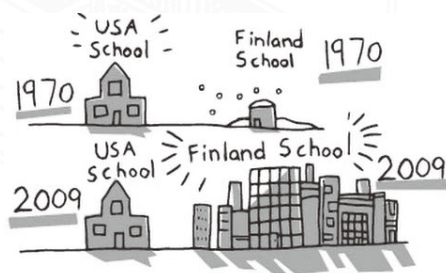
Dear Editors,

Recently, the issue of Hong Kong's technological development has raised tremendous concern from the public and has aroused a wide spectrum of opinions. While some believed that Hong Kong's technological development is far from perfect, others frown upon it, contending that Hong Kong's technology is superior to other countries. It is worthwhile to examine the issue from various perspectives. After some detailed



consideration, I am firmly convinced that Hong Kong's technological development is lagging behind other developed countries.

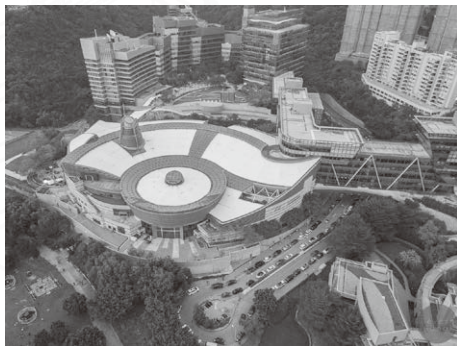
The ossified education system would be the dominant trigger for fueling such a phenomenon. Among all the cosmopolitan cities all over the globe, Hong Kong is undoubtedly one of the most 'special' ones.



It is not the fusion of western and oriental cultures that makes Hong Kong unique, but the unbelievably narrow horizons of Hong Kong students. It is a known fact that in terms of academic results, education level or mathematical ability, we are never substandard. Yet, when it comes to Hong Kong student's global vision, you will find that Hong Kong scholar's global vision is hilariously inferior. Under local pedagogy, which is notoriously outdated, it requires students to cram all the textbook materials or marking schemes, in a bid to excel in the examinations. Resulting in their critical thinking and creativity being stifled. Students can hardly think outside the box, let alone flex their creative muscles. In the long term, these innocent ones will be 'exam machines' instead of Hong Kong's Bill Gates! Under this line of thinking, the Education Bureau should have a makeover of the current inflexible education system by abolishing rote learning and memorization, and imitate Finland, which is also a highly developed country. Finland's education system has landed across the world because of its 'less homework, more learning experiences' features. The

Education Bureau should also try to gain insight from other developed countries such as Israel, Sweden or Norway to nurture talents in science and technology. Parents should not attach the most importance to children's academic results, but to encourage them to be themselves instead. As the old saying goes, "Children are what you make them." Therefore, the Hong Kong education system is the culprit of such a phenomenon and must be addressed.

Alongside the education system, the moral values that the mainstream society hold are also obstructing the technological development of Hong Kong. Hong Kong has always claimed itself to be 'Asia's



World City' or 'International Financial Centre'. However, the truth is that money is all our city has, not creativity. Nowadays, Hong Kong's economy is mainly supported by tertiary industries like service or business sectors, and thus top-notch school's elite graduates are majoring in 'Global Business Studies' instead of 'Biochemical Studies' because the former has better employment prospects than the latter one. With the lopsided, anemic development of industries, students have no choice but to study in business related subjects instead of science or technology subjects. It is patently obvious that Hong Kong's technological development is far from perfect since they do not have enough manpower to immerse themselves in STEM-related industries. Also, the incompetence of the Hong Kong government should also be blamed. The government once claimed that the building of Cyberport or Science Park could bring numerous benefits to Hong Kong's technological development. Nevertheless, ten years have passed and all we got is Chan Yik Hei, who was named the 'Star's Son', as he invented a device that helps wheelchair users to call emergency services. Isn't it a magnificent achievement? Not really, as in most people's eyes, these kinds of scientific inventions are insignificant and they hold an indifferent attitude towards them. Therefore, it is suggested that the government provide a scholarship in a bid to attract those elite graduates to study science-related subjects. The government can make use of their talents in scientific development instead of the business sector. Also, it is recommended that the government should educate the public that science is of paramount significance in boosting Hong Kong's economy. In the long run, this can help change this incorrect mindset of the mainstream society.

The government's shot-sightedness has also been a part of the equation that slows down the technological development. The government did not do much to boost the city's technology advancement. As I have mentioned above, the building of Cyberport and Science Park did not achieve the purpose – nurturing the next 'Steve Jobs'. But why?



In fact, these two so-called bases of technology invention are empty most of the time and do not attract foreign investors or big companies like Google or Facebook to set up branches there due to the factor of insufficient government support. The government did not offer these overseas tech companies any

subsidies or capital proactively and believed that they will be attracted to Hong Kong eventually. However, the truth is that high-end tech companies do not have too many incentives to establish a business in Hong Kong because the setup cost in Hong Kong is way too high. With the sky-high rents and small consumer market, we could hardly see the sight of Tesla or Apple. On the contrary, on the north side of Hong Kong – Shenzhen was recognized as the ‘East Silicon Valley’ as the China government provided those big shots in the technological aspects a profitable environment for them to make money. Given that Shenzhen has formulated some friendly policies catering to the needs of tech companies and low setup costs which is the ideal place for big technophiles like Facebook to set up their business there. It is

crystal clear that the Hong Kong government did not make every effort to appeal to those tech industries’ giants. It is against this backdrop that the government should afford those big tech companies a suitable business environment by lowering the rents



and giving out subsidies. Also, the Education Bureau should shoulder the responsibility for promoting STEM education in secondary schools so that students’ interest in these fields will be enhanced and they will study in Science or tech-related subjects in the long run. Otherwise, it is foreseeable that Hong Kong’s technology industry development will not be diversified and not be able to catch up with its counterparts.

In essence, social and educational factors are the major reason why Hong Kong’s innovative designs are still lagging behind other countries. The relevant stakeholders ought not to connive at this phenomenon and should go to greater lengths to make Hong Kong become the next ‘Silicon Valley’!

Yours faithfully,
Chris Wong

Hong Kong is different from New Zealand!

6A Wong Siu Bo



What would people think of when we are discussing the ‘extremes’ in Hong Kong? The ballooning property prices definitely will come to mind at the first instance. How about the second? I would say the long working hours. These surely are the things that foreigners will remember if we talk about Hong Kong, aren't they? New Zealand has recently implemented a four-day workweek scheme and some people think that Hong Kong should do the same. Maybe it does have its own benefits. However, I strongly disagree with having it be implemented in Hong Kong.

First and foremost, Hong Kong is a hustle and bustle city. Implementing such policy will not only increase the workload of Hongkongers, but also make the scheme meaningless. Why? A survey conducted recently found out the average working hours of people in Hong Kong and the results are shocking. More than 2 quarters of people in Hong Kong have to work for more than 56 hours a week, which is 8 hours per day. If the four-day workweek is implemented in Hong Kong, it will only end up with people working for 8-9 hours in the office and 2-4 hours more at home. It is ironic but that is the truth. The workload will only be compressed or even worse, people may still need to deal with their work at home during the holiday. Were I a worker under such a scheme, I definitely would be very stressed and exhausted even if I could get three days of holiday each week. Therefore, the scheme must not be introduced in Hong Kong.



Secondly, it is essential to know that most Hongkongers in the lower class of society earn their salary by stealing work hours. Implementing the scheme would only lead to the decrease in monthly income, which causes a negative impact on people who are already living in poverty. The central pillar of these families would not be able to get enough money for basic living. As a result, the rate of poverty in Hong Kong will rise to a new level that has never been reached before. Are these the circumstances that you want to see?

In fact, some people may think that the scheme offers three days of holidays for workers, but isn't that enough time for them to get a better rest? Yes, it is true. However, that is not appropriate time management! The rudimentary step to having a work life balance is to evenly distribute work hours. Do you think it is the same to work four days a week for 12-14 hours a day or seven days a week but 7-9 hours a day? The answer must be not, right? Also, working continuously for long hours would lower your efficiency in getting enough rest. So, the scheme is not going to be beneficial for anyone.



With the strong grounds aforementioned, I think you must be convinced by me. Please share these reasons with your friends. Or else the government may really implement this policy one day!

A Letter to Editor: Popularity of KOLs

6A Yu Louise

Dear Editor,

I am writing to express my views on the new form of marketing done by online ‘celebrities’ known as ‘Key Opinion Leaders’ or KOLs and their impact on the local teens. I would also like to explore the reasons for KOLs popularity and whether they are good for our society.



To commence with, I am in favour of this new industry as it helps create a new career path for our digitally savvy teenagers in the 21st century. Nowadays, social media marketing has become the mainstream and people are abandoning the old forms of marketing like TV commercials and newspaper advertisements. As a result, we see a new form of marketing arise – the influencer. These KOLs have audiences that follow and trust their recommendations. Because of their popularity and influence, many businesses offer KOLs money or free products to help promote their products on their channels. For example, famous local YouTubers like Smilingboris’ and Rose Ma have a large following and are popular among many teenagers. Teenagers who are interested in social media but do not perform well academically can now see the light at the end of the tunnel. They can also become online celebrities and have a sense of direction and try to actualize it. In this way, these youngsters’ self-esteem is increased and become more confident since they are encouraged and liked by many people, which is very different from their academic lives. As a result, social media influencing is the new career which provides more opportunities for youngsters and helps them build up their self-image.



What then are the reasons for the popularity of KOL marketing among many businesses? The answer is simple – accessibility and popularity of social media platforms. Unlike traditional celebrities such as Joey Yung, Pakho Chan and Hins Cheung, online celebrities can be leveraged to engage and impact customer’s decisions and are less costly. Although these KOLs are not Hollywood super stars, their influence is bigger than you think. Since KOLs have a closer connection to their audiences through telegram groups and live shows, their viewers or potential customers will think of the KOLs as their friends who always give an unbiased opinion as a consumer as well as a reviewer. Not only do KOLs give them direction and point out what deserves attention, but also the ones who

are setting the trends. Therefore, their followers or viewers will buy the products they promote based on their trusted comments. Also, the popularity of social media platforms from Facebook to Instagram to Twitter has enabled businesses to utilize the KOLs to promote their products to all age groups and attract more customers to make a bigger profit. Moreover, social media has a lot of different content that is suitable for everyone and can reach people all over the world.

The second reason why businesses use KOLs as a marketing strategy is due to their celebrity like influence. Online celebrities are popular among adolescents and they will support them unconditionally by purchasing any products that they promote. Take Manners

as a case, it is the most famous YouTube Channel in Macau and all their artists are online celebrities who promote many different products and have many sponsors who want to use their fame to promote and attract more customers to buy their goods. Manners is not alone, there are more online celebrities in Hong Kong like Boris, Arm Channel and FH production, who are promoting products for famous brands like Oral B and Nike. Research has shown that businesses truly make more profits after sponsoring online celebrities. Thus, more and more businesses are switching to this form of marketing.



Last but not least, peer and family influence are also reasons for the popularity of many social media influencers. Since online celebrities are supported by both adults and teenagers, these followers will also encourage their friends to support them. The interesting promotions created by the influencers may become common topics among teenagers, family members and friends, and they will influence them to buy these products which are promoted or play the games that are suggested like Candy Crush and Coin Master. Therefore, more and more people are jumping on the band wagon due to these promotions and user reviews made by the KOLs. If the KOLs do not get rewards of any kind, they would not have the resources to keep their channel running and be able to give us reviews on them.

In conclusion, I support this new form of marketing and that these social media influencers be rewarded with money or free products for helping businesses to promote their products as they create new career paths for students. This new form of marketing has become a trend because of its accessibility, popularity, celebrity and peer influences.

Yours faithfully,
Chris Wong

A Story: The World I Saw

6B Tammy Lui Wan Yin



Hi everyone! As you can see I am a pretty stunning bird. Why am I saying this? Look at my feathers which are soft and smooth. Also, look at my colours mixed with indigo and white. And my adorable face! Oh my God! How can I be so perfect?!

My owner calls me Potato! What a stupid name! I can't believe she keeps me as a pet! Such a noble me is raised by this ordinary human, it is unbelievably impossible! Originally I should fly free in the sky. However, I was trapped on a tree branch one day, my owner saved me. Although I am full of complaints, I actually quite enjoy living life with Riley here in this cage. But freedom! I still have a strong desire to have freedom deep in my heart. I want to see this world and fly free.

This morning my owner fed me as usual. Nevertheless, I didn't know why she forgot to close the cage. She left my cage open and she didn't close the window!

Oh my! Am I in a dream?"

"No! I'm not!"

My cage was open! The window was open! I couldn't resist my instinct and desire to fly free. I wanted to have freedom. Without any delay, I flew out of our home. Oh! Thank God! I could feel freedom. It smelt like grapes, so delicious. Oh! I was worried I would lose this fantastic feeling that I had lost for a few years. I didn't look back. I just kept flying. I just wanted to enjoy the feeling of being able to go anywhere. My long-lost feeling, my long-lost right...

It was the moment to enjoy my fondest wish in my whole life. I pushed myself beyond my limits. I flew higher and higher. I flew higher than everyone. Everything I saw in my eyes was amazing, utterly incredible! The sky was blue and clean. I kept flying to enjoy the world as beautiful as me. Suddenly, I saw a man. He looked weird and dirty. He was squatting on the side of a road. He held a broken bowl begging for something. I



didn't know why the people who passed him by didn't help him. None of them! They just ignored him. I kept flying.

"I am just a bird which can't do anything for humans."

I kept flying and flying. After an hour or two, I took a rest on a tree. Luckily, I was not stuck on a tree branch this time. In front of me was a hospital. I saw a woman who was the same height as my owner, wearing the same clothes my owner wore this morning. She was a young lady but her face was fairly pale. People around her were crying. The lady was crying too. She looked so full of pain. However, she still smiled and said to the people around her, 'I'm fine, it's okay, don't be upset.'

At that moment, I flew away. I left the hospital. After I saw these people, some questions were pondering in my brain.

"Why is the man begging there?"

"Why are the people crying at the hospital entrance?"

I used to think humans were so strong and could do anything they wanted. I used to think people wouldn't die. They wouldn't get sick. I never saw my owner sick before. I used to think people were living Riley's life. I used to imagine how wonderful it is to fly freely. Nevertheless, I was wrong. After I had seen these realities in this world, I changed my mind: nothing comes easy; everything has a cost. If I wanted to have freedom, I must find food on my own and help myself build a nest, just like people who work for food and build their houses. Nonetheless, I reckon I can't abandon my life which is full of care. I should cherish what I have now. It may be gone someday, somehow...

Finally, I flew back to my cage home. I ate the leftovers which were indeed adequate for a week. Hours later, my owner came home with a weary face and in the same clothes the woman wore in front of the hospital. She didn't close my cage door, just left it open. She looked very sad. Her eyes had bags and looked swollen. She frequently blew her nose that night.

After this adventure, I won't leave here again. I understand that I should feel grateful for my life and being taken care of by my wonderful owner. I always hear people call her Cici. I like this silly name, which matches the stupid name she gave me. I have decided whenever I see her feeding me in the morning, I will tweet to her.



The First Chapter of My Expedition to the Arctic

6B Tommy Ho Pak Lok

I love to dig into mysterious things. I heard about one Arctic research station after the workers abruptly vanished one by one. I was curious about it and wanted to investigate that place since this case was shrouded in mystery. People asked me why I was not scared. My answer was very simple: I was a journalist on a mission. I wanted to solve this mystery.



When I arrived at the place, there was no sign of animal or human activity. It looked so desolate. Next, I found that my smartphone was not working. I could be in great danger since I was now disconnected from the other parts of the world. I desperately needed to find a safe place. My eyes suddenly spotted a wooden house. Should I go in? My heart

told me not to go in but my feet could not stop. So, I opened the door, but only empty darkness lay before me. I remembered my smartphone could emit light and I turned it on. Suddenly a bright light beamed out of nowhere. I was blinded instantly. It took me a while to recover from the shock, but when I recovered my eyesight, I saw a word on the wall: HELP. It was written on the wall in blood. I tried to leave, but, for goodness' sake, the door was locked! I needed to find a way to get out. If I found a window, I might get out. This was a two-storey building. I carefully walked upstairs but a weird smell wafted in the air. But the smell wasn't the big problem; the stairs seemed to go on forever. When I looked down, I could not see the end. I needed to believe in myself, even though I realised the chances of me getting out of here was slim.

So, I stopped to search in my backpack. I had a camera, snacks, drinks and a gun. Armed



with the gun, I went upstairs again. Fortunately, I saw a dim glow this time and made it to the second floor, where I saw blood, everywhere was blood. I didn't want to look but I needed to get to the window. I got to the window and I jumped down to the ground. I started to think the house was not that high, but why were the stairs so long? I felt someone watching me.

Suddenly, I noticed my phone had a signal. I had to tell my parents that I was okay. I called my parents and friends but no one answered my calls. Although I love mysterious things, things had gone too far this time. I wanted to get out of here but was caught in a dilemma: I wanted to find the murderer. As a journalist, I couldn't let this mystery go unsolved.

The sun was setting. The night was coming. My phone was not working at all. I was



worried about my friends and parents. However, I didn't have time to panic. I must find some place to hide. Nevertheless, I couldn't find any and the road was too dark. I could only scream for help or sit down in the middle of the road. I chose not to scream because I needed to keep quiet and stay calm. Although I couldn't find any

place to hide, I found water. I sat there and waited for the sun to rise. I searched for some snacks from my backpack to fill up my stomach. I couldn't sleep at all because I always felt someone watching me. If I fell asleep, he would catch me.

I was so hungry and thirsty. I couldn't remember how long I had waited. I heard a voice. It told me to give up. But I couldn't. I looked up to the sky and saw the breath-taking aurora borealis, a combination of yellow, blue, green, and purple. While I was enjoying this stunning sight, someone hit me and I lost consciousness. When I came to, I was handcuffed and my backpack was gone.

A Letter of Complaint

6C Jayden Chik Yu Hin

Dear Manager,

I am writing to complain about your irresponsible employees' impolite attitude as well as your restaurant's environment during my visit last week.



First, one of the waiter's behavior was rude. I ordered a bowl of soup for my wife. Yet, when it arrived at our table, the boiling soup was unexpectedly spilt on my wife. My wife suffered a severe burn. However, not only did that waiter not apologize, but he also laughed at my wife. It was outrageous. He just walked away as if nothing had happened. I was irritated by his irresponsible and arrogant conduct. When I asked him to apologise to my wife, he just ignored me. His behavior was totally unreasonable and unacceptable.

There is also another issue with the employees. The service was shoddy. I requested an order, but no one responded. They did their own stuff, so I had to wait for fifteen minutes before making the order. Food delivery was delayed as well. In fact, there were two waiters but only one was working. I saw a table was finished but still no one cleaned up. Not only did they neglect their work, but also smoked. That waiter smoked rather than cleaned. It affected our enjoyment of the meal and we were forced to be secondhand smokers. The smelly odor was difficult to disperse due to the indoor environment. We tried to convince him. However, it was totally useless. He just gave a cursory response and kept smoking. They failed utterly as waiters and were a disgrace to the profession.

Regrettably, I have to emphasize like how disgusting your restaurant's environment was. There were plenty of rats and bugs, like an 'obnoxious party' for them. They were not afraid of people. Furthermore, the restaurant hygiene was extremely deplorable. The restaurant



was more suitable for rats and bugs than humans. There was a plethora of garbage and vegetable dirt on the floor. Therefore, rats and bugs were being attracted. Unfortunately, a cockroach crawled on my foot. I was shocked because I was scared of it. I was fuming



because the waiter had just told me to “shrug it off”. There is no doubt the restaurant was as dirty as a garbage bin. Rats were squeaking loudly while we were eating. This is surely unacceptable sanitation for any restaurant and clearly in breach of all relevant government legislation.

My expectation was to enjoy my meal peacefully. But my mood was the ruined by the waiters and such a terrible environment. I demand an apology to my wife because for his inappropriate conduct. My wife and I are utterly dissatisfied with your employees. Since I am mentally damaged, you must compensate me for my loss.



Enclosed is a copy of the receipt as proof of purchase. We look forward to your prompt reply.

Yours faithfully,
Chris Wong

A Letter of Complaint

6C Kristy Ho Sin Tung

Dear Manager,

I had a bad experience in your restaurant. Therefore I am writing to explain my complaints. I hope you can look into the case and give us an explanation.

First, when I arrived at the restaurant, I was disappointed because no one served us. My wife and I waited for about 15 minutes. The waiter who served us was extremely clumsy. When he brought over our bowls of soup, he carelessly spilt one of them on the table and over my wife. I thought it was just an accident so we wanted to forgive him. However, after his thoughtless acts, he never offered us any apology. He just laughed nastily. My wife who was severely burnt by the hot soup was hurt. She screamed in pain and had a bad feeling about it. Therefore, I spoke to the waiter and requested his apology and compensation, but he just walked away. His behaviour was terrible. We have never had these bad experiences in your restaurant before. We were very angry because we expected to enjoy our dinner peacefully in this grand restaurant.



Moreover, the waiters of the restaurant were extremely unprofessional. Nobody cared about the customers. They just did their own things. For instance, I saw one waiter smoke near a table behind us. He didn't serve us. Have you trained your staff? How could he just stand behind us and smoke? It was such terrible behaviour. We can't accept it. It was hard for me to breathe well. I was really annoyed to experience all of this.



Another problem deserving your attention is the condition of the restaurant. Upon our arrival, the restaurant appeared to be luxurious. The entrance of the restaurant was decorated with ample golden decorations. It looked fancy. Yet when I came in, I saw plenty of tables which had not been cleaned up. They looked messy. When I took a seat, it was shocking to see a cigarette on the floor. It was unhygienic. To be honest, when I saw it, I wanted to leave instantly. I could not believe what I saw. In addition, there were many insects in the restaurant. I saw a mouse running away from the kitchen and some cockroaches under the tables. It was extremely dirty. My wife felt uncomfortable.

I look forward to your reply and an apology. I also demand a full refund from your restaurant. I hope that you can look into all my complaints. Please contact me via my email address at chriswong12@gmail.com after your investigation.

Yours faithfully,

Chris Wong

A Restaurant Review

6D Aaron Hong Chun Long

Do you like dim sum? If you do, you have to read this review which will introduce Hong Kong's hottest new restaurant, Dim Sum One. It was downright challenging to reserve a table as there were too many foodies like me who wanted to try the dim sum



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treats of this sought-after teahouse. I felt so blessed that I eventually nailed it after making thousands of calls, securing a table for four.

Once I stepped in, my jaw dropped because of the impressive and splendid night view of Victoria Harbour. Wherever your seats are, you can still overlook the stunning view, thanks to the design of

the restaurant and the floor-to-ceiling windows. What's more, the scent of jasmine flowers took my breath away and I was oblivious to the noise in the restaurant. On a scale of one to five, the dining environment of Dim Sum One truly deserves a five!

Their dim sum treats didn't let me down either. Driven by curiosity, I ordered both traditional dim sum and some novelty dishes. Filled exclusively with shrimp and minced pork, their siu mai were exceptionally delectable and succulent. No wonder the waiters recommended siu mai to me! When I took my first

bite, the juice filled my mouth up outright. The shrimp dumplings were so appetizing that I had to ask the chef more about the treat. He told me that aside from their secret recipe, the shrimp that they used were caught fresh on that day. They tasted scrumptious! Trust me, you can never try shrimp



dumplings as impressive as theirs! They do serve some innovative dishes, which are indeed groundbreaking for Chinese restaurants. However, it seems that they were just fusing some Hong Kong street snacks like egg tarts and pineapple buns randomly. Despite the lack of creativity, the taste was surprisingly impressive. I ordered a pineapple egg tart



and I have to say that it is the best dessert I have ever had in my life. The tastes of the pineapple bun and the egg tart complemented each other because the chef fused cooking techniques of the two Hong Kong street snacks without compromising on their authenticity.

The service is something that I need to highlight. Their waiters were so professional and experienced that they could handle a multitude of tasks ranging from taking orders to serving food simultaneously. To ensure that we patrons can enjoy the genuine taste of their dishes, Dim Sum One promised that they would serve everything within fifteen minutes, which they didn't renege on during my visit.

Perhaps you're a bit concerned about the price after reading my review. Well, it certainly won't be a problem for most of you. In spite of the exceptionally high quality of food, it only cost around \$200 per person. It's totally worth it when I take their food, dining environment and service into account. You are guaranteed to love it. Try to make a call and secure a table if you can!