PUICHING 1889-2019
GUANGZHOU
GOODNESS & HOPE
RIGHTOUSENESS
BLESSINGS OF GOD
1933-2019
HONG KONG

Psalms 100:4-5
Enter His gates with thanksgiving, and His courts with praise!
Give thanks to Him: bless His name!
For the Lord is good: His steadfast love endures forever, and His faithfulness to all generations.

Thessalonians 5:16-18
Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.

Jonah 2:9
but I, with shouts of grateful praise, will sacrifice to you what I have vowed I will make good. I will say, “Salvation comes from the Lord.”
130th Anniversary

May all the glory be to the Lord

1938-2019

Gratitude

Deuteronomy 12:28

Be careful to obey all these regulations I am giving you, so that it may always go well with you and your children after you, because you will be doing what is good and right in the eyes of the Lord your God.

Truth

Philippians 4:6
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Colossians 4:2
Devote yourselves to prayer, being watchful and thankful.

Integrity
Colossians 3:17

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.
Dedication

The collection is dedicated to God, the founders of the school, and the inspiring principals and teachers of Pui Ching, who seek to make the school the best cradle for nurturing talents and leaders of generations in the past now and the time to come.
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Foreword

Oasis is the fruitful harvest of our students’ creative writings. Thanks to the continual untiring effort of our English teachers in promoting writing, Oasis has now become our tradition in Pui Ching. Many students have developed a passion and the readiness to write and to share their works with others. Some have considered making their contribution to Oasis as an important annual endeavor. As the principal of Pui Ching, there is nothing happier and more encouraging to see our students enjoy expressing themselves, their lives and their creativity through their works.

Time passes and the year goes. When a student no longer walks up and down the school campus, what brings him or her the heart-warming youthful reminiscences may be this ever-green collective classic of inspirations garnered years ago.

Students, why hesitate? Open your minds to the world around you. Read. Be inspired. Write.

Ho Lik Ko
Principal

7 January 2020
Words from the Editors

Subsequent to the previous revised publication of *Oasis*, there comes the heartwarming applause from various sides. With the precious experience and generous comments, we are now very honored to present to the readers yet another issue of this continual series, with a compilation of our students’ creative expression of their perception towards life.

*Oasis* is a collection of essays, which are primarily the creative work of our students who, through constant practice of reading and writing as well as shrewd observations of their immediate world, pour out their hearts in the form of short stories, novella, letters, diaries and articles. We understand that such precious perception and spontaneity towards life should never be allowed to be laid waste and it is our very aspiration to cultivate creativity in young leaders even at their early age. Sharing of insights, nourishing of the writing culture and an appreciation of literary writing can inspire introspection and unleash the beauty of human minds, thus rekindling our passion for living. Linguistically speaking, it is indeed also our intention to help our students to master the language to express themselves more than adequately.

We are so blessed that teachers and students are so supportive in conceiving as well as giving birth to this publication, despite all the sweat and blood through the travails.

In taking greater pains to bring forth this issue into existence, we very much hope that when you are reading through the pages, savouring a line or two, may you envisage the oasis of freshness on the parched land of modern hectic life.

January, 2020
Psalm 100:4-5

Enter His gates with thanksgiving,
and His courts with praise! Give thanks to Him;
bless His name! For the Lord is good;
His steadfast love endures forever, and His faithfulness to all generations.
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 Disclaimer:
We have strived to make every effort in ensuring students’ healthy imagination and avoiding any components that may encourage superstition, glorify witchcraft or dishonor God.
In case of any mentioning of supernatural elements, the intention is purely to encourage students’ creativity and healthy imagination and to bring forth moral messages beneficial to students’ holistic development.
Psalm 107:22

Let them sacrifice thank offerings and tell of His works with songs of joy.
Please Like Me!

Copyright © 2019
Original play by Ms. Bonnie Tam
Adaptation by Mr. William Ma

All rights reserved. No part of this work may be reproduced, stored in an information retrieval system, or transmitted in any form or by any means – graphic, electronic, mechanical, photocopy, recording or any other – without the prior permission from the author.
So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

John 16:22
So with you: Now is your time of grief,

but I will see you again and you will rejoice,

and no one will take away your joy.

**John 16:22**
CHARACTERS

Willy
Yuki
Willy’s Mother
Linda

Coach
Gary
Gary’s girlfriend
Waiter
Kit

(Marketing Team)
Member A
Member B
Member C
Member D

Student A
Student B
Student C
Student D
SCENE 1

[Setting: Restaurant]

[MEM C eats snacks]
[MEM D is busy doing her makeup]
[MEM B waits for his boss to walk in]

MEM A: Come on folks, we only have 2 weeks to figure out how to promote this new slim down chain. This client is a piece of juicy meat in the field, whoever gets their project gets international status. I want this one.

[WAITER enters showing MEM A the way to her seat and brings them the menus]

MEM B: Boss, you are absolutely right! If we get this one, we can juice all the fat of this chunk of meat and get rich overnight.

MEM C: [shows others the menu] Right! The steak looks so juicy! I'm going to order this one!

MEM D: [speaks with contempt] Do you have enough likes to order the premium food?

MEM A: [gets mad and stands up] Hey! Focus! Give me an original idea!

MEM B: [acts like the boss] Yes! Original!

MEM D: Well, to be honest, it's not that easy. The slimming trend has started since ten years ago, and, the slimming industry is pretty saturated. We may need a pop icon as our spokesperson.

MEM C: Yes! If we can get Amy Schumer to endorse our product, then the product will be a great hit! Let me show you.

[Imitates a fat woman all slimmed down and acts surprised]

MEM A: [annoyed] Forget about Amy Schumer. Being fat is her trademark to draw all the likes online!

MEM B: [acts like the boss again] Yeah, it's her trademark!

MEM D: Can't we find someone young and beautiful? [pretends to have a short cat walk] We'll show her in an elegant nightdress, walking down an aisle with cameras in the air as she passes.

MEM C: [runs to MEM D] She blows a kiss [blows a kiss] and everyone in the room is then captivated.

MEM A: No. That's too common.

MEM B: You pig heads. Think of something original! We need something that stands out in the market! [MEM B's stomach rumbles, everyone stares at him] [embarrassed] Sorry...

MEM A: I want something that not just catches attention, but the mind and soul as well. When we have the minds, we will have the money! [MEM A's stomach also rumbles, everyone stares at her] Anyway, let's order food first. We need to recharge ourselves.

[MEM C gets excited]
WAITER: May I take your order?
MEM C: [points at the menu excitedly] I want this, this, this!
WAITER: [feels uncomfortable, looks at the menu] You want premium back ribs, right? Why don’t you just say the name? We are not Subway here… Wait, can you show me how many Instagram likes you’ve got?
MEM C: [shows WAITER his phone] [points at the menu] This, this, this!
WAITER: [ridicules] You can’t order premium back ribs with so few likes! [takes another menu] Here’s the menu for you.
MEM C: “Menu for the unpopular”? Why? [suddenly becomes sad like a child]
WAITER: What a stupid question! Because you will take food photos and upload them. Only very few people can see our fabulous product if you have so few likes!
MEM D: [raises her hand to order food] I want Spaghetti Carbonara, here is how many likes I’ve got. [shows WAITER her phone]
WAITER: Wow! You have so many likes! How did you get it?
MEM D: By being amazingly beautiful!
MEM C: [angry and sad] It’s not fair! Why does a fat boy have so few likes and get looked down upon! I want my premium back ribs!

[MEM A contemplates this idea]
MEM B: Don’t be stupid! Just lose some weight and get more likes!
MEM A: [stares at MEM C] Genius…
MEM B: Thank you boss! I’ve been waiting for your compliment…
MEM A: No, not you, him! [points at MEM C]
MEM B: [confused] This piece of meat?
MEM A: [walks to the front] We have to show people that slim is not only beauty. It means “Instagrammable”, getting “thumbs up”, “happy faces”, “followers”…
MEM D: [follows MEM A] Right! We want people to feel disgusted when they see fat people. They will unfriend fat people and give them angry faces.
MEM B: [follows MEM A and MEM D] If you are fat, you are unwelcome online, and unwelcome offline!
MEM C: [unsettled] Does that mean you’re going to unfriend me?
MEM A, B & D: [determined] Exactly! [everyone takes out their phone to unfriend MEM C]

[Lights fade out]

[Video of the three team members unfriending MEM C]
SCENE 2

[Setting: WILLY’s home]

[WILLY is setting the table while Mum is preparing dinner]

MOTHER: WILLY... [waiting for response] WILLY dear, can you help me take out the chicken? It’s ready.
WILLY: [helps MOTHER lay the table cloth] Sure! [sneaking a piece of chicken from the dish] Should I keep the lid on so it doesn’t get cold?
MOTHER: That’s thoughtful! You’ve learned something from university.
WILLY: [blushes] Yes... I’ve learned more than you can imagine... [chews while setting the table] Mum, your cooking has improved again! [MOTHER takes out another dish] Home-coming Saturday is the best! [opens the lid] You’re the greatest!
MOTHER: [laughs gently] [takes the last dish out] I look forward to this day every day of the week. [pats M’s head gently] You are my chubby-tubby. Only you will enjoy my cooking so much!
WILLY: [W helps MOTHER take her seat] I will always enjoy your cooking, well, not just cooking, your everything!
MOTHER: [smiles sweetly again] You are so much like your daddy. He said the exact same thing... right here... [suddenly becomes sad]
WILLY: [gives MOTHER message] Don’t worry, Mum, I will protect you for him! Hehe... Something else smells nice here. [M opens the lid of the spare ribs] [surprised and excited] Wow! It’s spare ribs! [gets a piece but then looks at his belly at once] [puts the spare ribs down] But I’m going to hit 200 pounds if I keep eating like this...
MOTHER: Nonsense! What’s the big deal here? You'll lose weight in no time because there's no good food in the university hall. [passes WILLY the fork with spare rib] Eat more while you still can.
WILLY: [eats the spare rib] Yes, Mum! [takes a picture with his phone]
MOTHER: [mystified] What are you doing?
WILLY: [looking at the phone while speaking excitedly] I'll upload it onto my Instagram so that everyone can give you a like!
MOTHER: [speaks with a smile] Silly boy...

[Doorbell rings]

WILLY: I'll get the door! [opens door]
YUKI: WILLY! [hugs WILLY]
WILLY: YUKI! [closes door] What is it, honey? Didn’t you go to Sai Kung?
YUKI: [complaining] I did, but there are stupid and plump people in the camp. I can't get
MOTHER: Willy… [waiting for response] Willy dear, can you help me take out the chicken?

Willy: [helps MOTHER lay the table cloth] Sure! [sneaking a piece of chicken from the dish]
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MOTHER: [speaks with a smile] Silly boy…

[Doorbell rings]

Willy: I’ll get the door! [opens door]

Yuki: Willy! [hugs WILLY]

Willy: Yuki! [closes door] What is it, honey? Didn’t you go to Sai Kung?

YUKI: [complaining] I did, but there are stupid and plump people in the camp. I can’t get likes if I take selfies with them, so I just left. [feeling sad] I thought my likes could surpass 2000 tonight.

Willy: Don’t feel upset. We’re just having dinner. [brings YUKI to the dining table] Come join us.

YUKI: Wait! [stops WILLY] How can I get likes if I take home-made food photos? It needs to be something trendy! Wait, Joy Tea has just opened its 100th store. [going to leave] why don’t we go there? [MOTHER brings YUKI a cup of tea]

Willy: [sits at the table] [MOTHER goes to get another chair] But Mum has prepared dinner already. I promised to eat with her tonight. Besides, it’s spare ribs…

YUKI: [hits the table with the cup] [quietly but angrily] I’m upset right now and I need your company! [turns around and tries to leave]

Willy: [chases after YUKI] Honey, please, I can only spend one night with my mum right now… I just want to keep her happy.

YUKI: Don’t you want me to be happy too? You forgot you said “I enjoy being with you”?

Willy: But…

YUKI: [gets angry] Willy Wong! [looks at MOTHER’s reaction] [brings WILLY aside] [keeps her volume down] How dare you! You know so many boys want to date me, but I chose you! [pokes at WILLY’s belly] A piece of meat like you! If you don’t go out with me tonight then we’re done! [Takes out her phone] Hashtag, “I broke up with my fat, ugly, unpopular boyfriend.” [WILLY tries to stop YUKI]

Willy: Don’t… [sigh] I’ll talk to my mother.

YUKI: [impatient] Are you done?

Willy: Sorry Mum, gotta go! [goes and returns for one more piece of spare ribs]

[WILLY and YUKI leave]

[Doorbell rings]

[DOORBELL RINGS]

[DOORBELL RINGS]

[MOTHER opens the door and LINDA enters]

LINDA: What on earth was your son thinking to leave you here like this! That’s an absolute disgrace! Why do you let him go out with the wild girl?
MOTHER: Well, if he likes her, then I shouldn’t interfere. After all, he’s eighteen. Teenage romance is sweet and joyful. [starts cleaning up the table]

LINDA: How sweet could it be to be someone’s servant? That girl is a slave-driver. She’s probably too afraid of being single. [takes her phone out and starts scrolling]

MOTHER: I can see that WILLY is attached to her. YUKI is sometimes aggressive and somewhat dominating. WILLY is supportive and easy-going. They complement each other well. Just like Tom and I.

LINDA: [forces MOTHER to stop and sit down] You two were 25 at your first date! You were grownups back then and you were mature enough to work things out. WILLY and YUKI are only 18! Do you want WILLY to suffer for 7 years before realizing that they can’t complement each other? [sigh] Come on, face it, the girl is taking WILLY away from you. Fight for it!

MOTHER: [shakes her head] He is my son, not my puppet. If they like each other, they will learn from each other.

LINDA: Hopeless! Wait till one day you see that you are all alone because of that slave-driver!

MOTHER: [stands up] [denying] No, not my WILLY. He loves me more than his life. He will never leave me. I am sure of that.

LINDA: Whatever you say... [walks away with her phone] What’s on Instagram now? [shows MOTHER her phone] Oh look! It’s GARY. [GARY acts on the stairs] That’s Flora’s son! Isn’t he handsome? I heard he’s the new chair of the YouTuber Society and he’s the endorser of Expizza and KFB. Wait... Isn’t WILLY a YouTuber too?

MOTHER: Uh-hm [embarrassed]

LINDA: Look at him and all those girls around him. [Two girls are around GARY] By the way, don’t you think that WILLY will get more likes if he goes on a diet? He can easily get another girlfriend instead of putting up with that bratty YUKI. [GARY and the two girls stand on the stair and freeze] I bet he lost to GARY because he looks so clumsy. YouTube viewers like slim people. They give dislikes to fat guys!

MOTHER: I will talk to him and see what he thinks. But I think he’s fine with what he has right now...

LINDA: [shows MOTHER her phone] Hey! Look at this new advertisement. [read from the screen] [emphasizing] Unfriend fat people, for they make you angry!

MOTHER: [really angry] My son makes me happy, not angry!

[Lights fade out]

[On screen: WILLY and YUKI’s photo on Instagram, showing that they are waiting for Joy Tea]
SCENE 3

[Setting: University common room]

[Students are in the common room. KIT is working on her model.]

STU A: [shows WILLY her phone] Is it you on Instagram?
STU B: [grabs the phone] Poor WILLY. Look at the chubby cheeks and the big belly. [pokes
at WILLY’s belly]
STU C: So far, your Joy Tea photo only has 10 likes, including you, your girlfriend and your
mum. Haven’t you seen the latest advertisement? Why don’t you add some filters to
make your arms, legs and body slimmer?
STU D: Or... add filters to make yourself “disappear” [emphasise “disappear”]
[Everyone laughs]
WILLY: Well... camera adds a few pounds.
STU A: Then, how many cameras are there on you?
[Everyone laughs at WILLY, then STU B starts to pinch WILLY’s cheek and poke his tummy]
WILLY: Hey, stop teasing me. Leave me alone.
STU B: Come on! You won’t mind!
[WILLY is trying to defend himself, but presses KIT’s model and crushes it]
KIT: No... Look at what you’ve done to my design, WILLY Wong! I’ve spent a week on it.
You clumsy fatso!
[Others start to tease WILLY]
WILLY: I’m terribly sorry... I really didn’t mean it. I’ll help you fix it. [tries to fix and move the
parts of the model]
KIT: [screams] Stop it slob! You can’t do anything right! Get out of my sight! [grabs her
graphs and storms out of the room]

[YUKI comes in]
STU A: Look after your boyfriend!
STU C: He’s making KIT angry!
STU B: I’ll give your selfies an angry face!
STU D: Hashtag: “Unfriend fat people”.
WILLY: [furious] Get out! Don’t bother YUKI!
[STU A, STU B, STU C, STU D leave]

YUKI: Hey you, are you ok?
WILLY: You saw everything?
YUKI: KIT was so loud. What’s the big deal? Those idiots.
WILLY: I really didn’t mean it. I was innocent!
YUKI: Don't worry about KIT. She complains all the time and she likes to make a scene. Besides, those are her drafts. It's not even the real thing.
WILLY: I wish there's something I can do...
YUKI: She's just making a scene. You know what? The number of her Instagram followers is already dropping. She's just angry to everyone. Just stay out of her way. Especially when you are so clumsy... and you always make people angry...
WILLY: I'm not clumsy.
YUKI: Yes you are!
WILLY: No, I'm not.
YUKI: You are clumsy when I say so!
WILLY: [sigh] Alright... Let's go for a walk... I want to get out of here. [looks up the window and brightens up immediately] Why don't I take you star gazing tonight? It's a beautiful night! Come on!
YUKI: [shrugs] Why not? Can you grab my jacket for me?
WILLY: Alright. Don’t go away. I'll be back! [runs away eagerly]
YUKI: [stops WILLY] Wait! [staring at his jacket] You may need to get a better one for yourself too...
WILLY: [in doubt] But that's my mother's present!
YUKI: Alright... Whatever... I'll wait here for you.
[Suddenly she remembers what the hallmates say]
STU A: Look after your boyfriend!
STU C: He’s making KIT angry!
STU B: I’ll give your selfies an angry face!
STU D: Hashtag: “Unfriend fat people”.
[STU A, STU B, STU C, STU D keeps murmuring]
[YUKI feels sick and contemplates]

[WILLY returns with a jacket]
WILLY: Let's go.
YUKI: Em, wait... [looks around] I don't feel well all of a sudden.
WILLY: What's wrong?
YUKI: It's a beautiful and clear night... that means there'll be a lot of people out there...
WILLY: But, we can still find a quiet spot and get some new likes. Come on!

[Grabs her hand and runs away]
[WILLY and YUKI act on stairs while during scene change]
[WILLY tries to catch YUKI's attention while YUKI is avoiding WILLY]
SCENE 4

[Setting: a park]

[YUKI is walking so fast, trying to keep a distance from WILLY]
[GARY and his girlfriend are sitting on the bench]
[MOTHER is at home, but sits downstage]

WILLY: [takes a deep breath] What a wonderful night!
[YUKI doesn’t answer, stands up and starts walking]

WILLY: Hey, YUKI… Why are you walking so fast? Wait for me… [wants to catch up with her, sees a grasshopper on the ground and dodges to avoid stepping on it. Bumps into YUKI accidentally]

YUKI: What are you doing?

WILLY: [hides the flowers] There’s a grasshopper on the gr…

YUKI: [won’t let WILLY finish] You’re so clumsy!

WILLY: Alright… I’m clumsy when you say so.

YUKI: Why don’t you go on a diet?

WILLY: What’s wrong?

YUKI: You disgust me. [stares at GARY and his girlfriend] Look at GARY, he’s handsome, he’s successful, he’s an icon on Instagram and has more than one million followers!

WILLY: What does that have to do with me?

YUKI: You aren’t good enough for me. If I post a picture with you, including you, your mum and myself, I only have 10 likes. But girls with him on their pic can snatch 100 likes in 10 minutes! [GARY and his girlfriend stare at WILLY and YUKI]

WILLY: YUKI, please be reasonable. We’ve gone through many things to get to this stage. [finds out that GARY and his girlfriend are filming them] [shouts] Hey! [GARY and his girlfriend leave the stage] [chases after YUKI] Didn’t you remember our happy moments? Don’t ruin it now because of someone you hardly know.

YUKI: Come on, check it out… [shows WILLY the phone] We took photos at our so called “happy moments”, but they gave us angry faces in the comments…

WILLY: Is it really that bad?

YUKI: [screams] Yes! Go on a diet!

WILLY: [pinches himself] Do I have to… [tries to look cute]

YUKI: Take that look off your face… you look like a pig when you do that…

WILLY: But that used to make you happy…

YUKI: [walks away] Not anymore.

WILLY: [chases after Yuki] Honey, don’t make it difficult for me.

YUKI: [furious] How can it be difficult? Go on a diet!
WILLY: Honey, please... [tries to put arms around her]

YUKI: [screams] Keep your filthy paws off me! If you want to touch me again, you'd better be 50 pounds slimmer!

WILLY: 50! [WILLY’s phone rings]

WILLY: [peeks at YUKI but still picks up the phone] Hello, Mum? [YUKI walks away]

MOTHER: Honey, why aren’t you home? It's home-coming Saturday!

WILLY: [suddenly realises] Oh, I forgot it! I’m sorry... I really am...

MOTHER: Are you coming back soon? I can reheat the ribs for you.

WILLY: [looks at YUKI] YUKI shows him an angry face, signaling to kill him if he dares to eat the ribs] Probably not... YUKI is very upset now...

MOTHER: [disappointed] Well, ribs can wait, but love can’t...

WILLY: Bye, Mum. [hangs up] [YUKI wants to leave]

WILLY: [holds YUKI back] [to YUKI] Are you happy now?

YUKI: Go on a diet [goes down the stage]

[Lights fade out]
SCENE 5

[Setting: an imaginary scene]

[Everyone except MOTHER, WILLY and COACH walks quickly on stage and start running simultaneously]
[WILLY enters and is shocked because of what he sees. No one notices him]
[All of a sudden, people see WILLY. Thinking that he’s a stranger, they go upstage to avoid him]

[COACH enters with people worshiping him. WILLY is frightened by COACH]
[WILLY is bullied by the crowd]

[MOTHER rushes in, trying to save WILLY. But they are then quickly separated by the crowd under COACH’s command]
[WILLY finally surrenders and becomes one of those worshippers]
[WILLY keeps running according to COACH’s commands]
[WILLY kneels in front of COACH and following the crowd, sends COACH out of the stage]

[MOTHER grabs onto WILLY’s wrist and tries to hold him back]
[WILLY refuses. MOTHER eventually hugs WILLY and helps him put on the orange jacket]
SCENE 6

[Setting: WILLY’s home]

[LINDA sits on the sofa. Doorbell rings, LINDA answers the door]
[WILLY comes home, looking significantly slimmer]
[As soon as the door is open, WILLY enters home to search for his orange jacket]

LINDA: Oh my goodness! WILLY! You look much slimmer and ... you look great! Let me take a photo! [takes a selfie with WILLY, WILLY doesn't really look at the camera because he is still searching for the orange jacket] Hashtag: “looks more handsome”. Oh! I've got one like in two seconds. [laughs like a child]

WILLY: [interrupts LINDA] Where’s Mum?

[MOTHER opens the door]
[WILLY goes to hug MOTHER, crying]
MOTHER: What’s the matter dear?
[WILLY keeps crying]
WILLY: [sobbing] Mum... [continues sobbing]
MOTHER: Yes?
WILLY: [continues sobbing] Where’s my orange jacket?
MOTHER: Silly boy... [takes it out from her bag] Here... now, let me put this on you... [touches WILLY] you are freezing...

[WILLY feels safe with the jacket and stops sobbing]

[Doorbell rings, LINDA goes to get the door]
YUKI: I’m looking for WILLY!
LINDA: Over my dead body!
YUKI: [Pulls LINDA away] Go away! [goes straight to WILLY, separates WILLY and MOTHER] WILLY Wong! Why did you stop going to the fitness centre? [MOTHER goes backstage to take the spare ribs, wanting to leave some space for WILLY and YUKI] Don’t you want to slim down for me? [notices WILLY’s jacket] Why are you wearing this stupid thing? Take it off!

WILLY: No! [tries to protect the jacket]
YUKI keeps pulling the jacket, wanting to take it off
[WILLY turns around, does not really touch YUKI, but YUKI pretends to fall onto the ground]
YUKI: [extremely angrily] WILLY WONG! You! [takes out her phone, takes a selfie, pretends to be crying] Hashtag: “Will somebody care for me?”

WILLY: [sarcastic] Look at you! You’re not even reasonable.
YUKI: [angrily] I am reasonable when I say so!

WILLY: When people fall, they get up. When you fall, you make it public. [sneers] Pathetic!

YUKI: [equally sarcastic] What? You think you can make me quit social media?

[MOTHER comes out with spare ribs]

WILLY: [ignores YUKI] Wait! [sniffs] Spare ribs! [rushes to MOTHER and takes a piece]

YUKI: [warns WILLY] Take a bite and we’re through!

WILLY: [contemplates, puts down the piece, takes out his phone, facing MOTHER] Hashtag: “I broke up with my bossy girlfriend”, post! [YUKI grabs his phone but fails] [Take a bite of the rib] [facing YUKI] Now, would you please leave us because it’s Home Coming Saturday. The door is over there.

YUKI: You heartless boy! I can find a new boyfriend in a day! [cries in a dramatic way while leaving]

MOTHER: WILLY, look at you. You must have gone through a lot of pain.

WILLY: I'll never suffer again if I have spare ribs... and you.

MOTHER: [smiles sweetly] Let’s have dinner. After all, the ribs can’t wait. LINDA, come join us!

[The three walk to the dinner table]

[WILLY starts eating]

[MOTHER takes a selfie without WILLY knowing it]

WILLY: [realizing he's caught eating on a picture] Mum...


[The three keep eating and talking with each other joyfully]

[Their eyes meet and they smile]

[Curtain]
I will give THANKS to you, Lord, with all my heart;
I will tell of all your Wonderful Deeds.

-Psalms 9:1-
Good morning, everyone. I’m Mavis Wong, a committee member of the Green Club. Today I’d like to share with you the importance of protecting our environment and what we can do to minimize carbon footprint.

Our earth is in a critical situation. We’re facing the serious problem of global warming. Wildlife is in danger and our landfills are going to be filled up. As responsible citizens, we need to care about the environment. Every little effort can help.

We’re going to have our school picnic soon. Picnics generate a lot of wastes such as leftovers, plastic cutlery, and barbecue forks. This year, the Green Club wants to encourage you to plan an eco-friendly picnic. Here are some green tips:

Let’s start with the destination. When selecting a picnic spot, we should choose a place which is not too remote and can be accessed by public transport. Vehicles, especially those operated by petrol, emit lots of carbon dioxide, which will cause air pollution and result in greenhouse effect. So, we should reduce the use of vehicles as much as possible.

Secondly, in the preparation of food and drinks, we suggest you bring the suitable amount only to avoid producing food waste. Moreover, it’s better to eat less meat and eat more vegetables instead because livestock produce carbon dioxide and consume lots of energy. To cut carbon footprint, choose locally grown vegetables as well. When we pack our food, we should use reusable containers or put them in eco-bags. We don’t advise you to have a barbecue since burning charcoal will pollute the environment. As for drinks, we should bring water in reusable bottles instead of buying bottled beverages. If we must buy bottled or canned drinks, we should recycle used bottles and cans if appropriate.

Thirdly, we should bring reusable cutlery and tablecloth. Using disposable ones produce a lot of rubbish. If you have a barbecue, try to recycle the use of barbecue forks.

Lastly, sunscreen spray and insect repellent are chemical products which are harmful to the environment. We can use essential oils and sunscreen lotion to avoid affecting the natural environment.

Act now! Let’s plan a zero-waste picnic this year to show our care to the environment. Thank you!
The Person I Respect Most

1A Esther Law

The person I respect most is Johann Sebastian Bach. He was born in 1685 and died at the age of 65. He was a famous German composer and musician during the Baroque period. Although I did not have a chance to meet him personally, I was deeply impressed by his talents and his commitment to music. He was the person who made me fall in love with music.

Bach was often depicted as an old man in a wig. He was a little bit chubby, with a pale and serious-looking face. However, he was a physical man. He danced and he stamped his feet when he played music and sang. Bach was not patient with incompetence. One time, he was said to be playing a note on the organ for too long during a church service and the church wanted to fire him for that. Bach was furious. Finding the accusation unprofessional and unfounded, he went straight to the person-in-charge and complained.

Bach was also a man who made good use of time and was devoted to music. Wherever he went, he just kept writing songs. One time, he was imprisoned for handing in his resignation, which was illegal at that time in Germany. When he was in jail, he did not waste his time and seized every opportunity he had to compose songs.

The reason why I respect Bach is that he wrote a lot of songs and I love playing them, especially the Minuet in G major and Violin Concerto in A minor. I have known Bach since I was little. My piano teacher taught me how to play one of his famous music pieces when I was in primary school. When I played his song, I was deeply touched by the warmth and gentleness of his melodies. His songs are expressive and sweet. Whenever I listen to his songs, I can feel his enthusiasm for music which I share.

The person I respect most is Johann Sebastian Bach not only because of his passion for music but also his determination and devotion to pursue his goals. From Bach, I have learned to treasure the time I have or else it will slip away like a slimy fish. Also, I have learnt to seize the chances in life so as to achieve my goals.
A Letter to My P.6 Class Teacher

1A Damon Lee

Dear Miss Fong,

How are you? I miss you very much. Which classes are you teaching this year? In these three weeks, I have a lot of new experience and I like my new school life.

The facilities in the secondary school are much more comprehensive and modern. What excites me most is the canteen with scrumptious food. Its signature food is deep fried chicken leg. Students rush down to buy it every Friday. Other facilities include a gym room, a studio, an exhibition hall and a new library. I think they are awesome!

Besides studying, I have joined some extra-curricular activities. They are the School Choir, the Christian Fellowship, the Cross Country Team and the Chinese Debate Team. Unfortunately, in the first Cross Country Team training, I hurt my knees when I was running on the treadmill. However, I did not give up because I believe “Failure is the mother of success”. I hope I can do better next time. I also had the first School Choir practice last Friday. I was as happy as a clam because I learnt three songs in one practice.

There are many important school events every year. We had our Swimming Gala in mid-September. I didn’t join any events, so I just cheered for my house on the spectator stand and it was a wonderful and unforgettable experience. There will be lots of activities in the coming future such as Sports Day, Musical and Drama Night, Picnic Day, and Life Education Camp. I am looking forward to all of them.

My class teachers are Miss Kam and Mr Yeung. Miss Kam is congenial and enthusiastic about her work. She teaches us English. She does not allow us to speak Chinese in English lessons. Students who break the rules will be given a “Friendly Reminder”. If a student gets two reminders a day, he or she has to do a book report. On the other hand, if a student does something positive or desirable, he or she will be given a coupon for exemption from doing a book report. This rule works very well and we have a good learning atmosphere. Mr Yeung is a humorous and considerate person. Although he only teaches us Life Education, I think he is a good teacher. He shows his love and patience during lessons and he always shares his stories with us. Most of my classmates are likeable, talkative, helpful and generous. I hope I can get along with them very well in the coming three years.

So far, I have learnt a lot and the extra-curricular activities also add colour to my life. I think I am going to have an amazing school year.

I will write to you again. Take care!

Best regards,

Chris
Ten Creative Ways to Make the World a Better Place

1B Harry Chan

I will tell you ten creative ways to make the world a better place.

Our planet has serious problems, such as air pollution, water pollution, light pollution, trees getting chopped and burnt, water shortage and animal extinction.

We discovered those problems, we need to solve them. Here are some methods to solve the problems faced by our planet.

1. Use solar power to make sea water become drinkable water.

2. Scientists can invent some pills that taste like something you want to eat. After eating the pills, you won’t be hungry for one month. This invention could make people eat less meat and vegetables. It helps people stop burning forest for farms.

3. Invent a car which has an air booster that uses little electricity and is anti-carbon. The air booster has a fan that works slowly inside (for less electricity waste).

4. Set some electric panels on the ground so that when someone walks past, electricity will be generated.

5. Save all class textbooks in a computer. In this way, trees don’t need to be chopped to make paper.

6. Students in all the countries must receive education around the world after Form 3. By doing so, they could make friends around the world, and war will not happen easily.

7. Shut down some plastic factories because plastic is environmentally unfriendly.
8. Drink “white liquid” (some milk come from other types of mammal, not from cow), because cow will produce lots of carbon dioxide.

9. Buy white clothes. Colourful clothes need more dye, so they cause water pollution.

10. Students don’t have to go to school. They learn at home by watching teachers’ videos. It will reduce carbon footprint when you don’t take transportation.

These ten ways can make us healthy and wealthy. It’s also better for our next generation.
How to Make the World a Better Place?

1B Daniel Chan

If I have to give ten creative ways to make the world a better, I will suggest:

1. No private cars are allowed on roads during Monday to Friday. Then there will be less exhaust gas.

2. If factories dump unfiltered or untreated sewage into the ocean, they have to pay very high penalties.

3. Every country has to send a team to clean the ocean twice a month, so that the ocean will be cleaner than before.

4. We can build some magnetic suspension houses to avoid damages by the earthquake.

5. I also suggest all of the countries sign an international treaty to agree on ceasing fires and waging no wars at all. If there are no wars, the world must be better.

6. The countries can send more armies to join the United Nation’s peacekeeping Force, so as to keep the world safer.

7. If everyone switches off all electrical appliances at their home for an hour a day, global warming will be slowed down.

8. Everyone has to memorize Philippians 2:4 “Not looking to your own interests but each of you to the interests of the others.” Because by following what this Bible scripture says, there will be more peace and love.

9. We can invent super speed air plane to let people travel faster. As a result, people are better connected around the world.

10. On the roof top of every building, I suggest putting more green plants. Hence, the air quality can be improved in the city.
Good morning everyone, I am Chris Wong, the chairperson of the Green Club. Our club now is organizing a Green Campus campaign to raise your environmental awareness. The campaign will last from October to June.

In the campaign, there will be activities at the playground from Monday to Friday. First, there will be lunchtime film screenings, the films will be about low-carbon footprint and recycling. It can help students learn about low-carbon footprint. Second, there will be a competition each month. Every class competes to collect the most recyclables at home. The class collecting the most recyclables will get a day off from school. Third, it will be an upcycling course on Monday in the School Hall. The students will be taught about material upcycling and the 4Rs. There are some goals too - every class has to turn off the lights, fans, air-conditioner and close the door after school, or there will be punishment.

Besides the activities, there are some new eco-facilities, such as used book exchange corner, food recycling bins and solar-powered phone charging booths. The used book exchange corner works when someone has finished a book at home and can bring it to the used book exchange corner and change for another book, so students can read many kinds of books without having to pay a lot. It can reduce cutting trees and improve our reading. The food recycling bins are for students who have some leftover food. The food waste can be put to the food recycling bins. It will turn the waste into fertilizer. It can help the trees at school to grow stronger. Lastly, there is the solar-powered phone charging booth for students to charge their phone. Solar power can reduce electricity use.

At last, going green can help the environment and improve our life. A small step, a big impact. Join the activities and join the Green Club. Join our hands. You can play a role too!
A Small Step, a Big Impact

1B Ernest Tang

Good afternoon students, I am Chris Wong, the Green Club chairperson. I am going to introduce a few measures today. These activities help everyone to practice recycling daily. Why do we have to recycle things more often? It is because the environment is destroyed by us, everyone here by us. The activities will be starting from October until June. The main reason that I’m here is because the Green Club wants to raise students’ environmental awareness.

The major activities include recycling drive. The goal is to collect as many recyclables as possible such as wood or paper. Does anyone have a recycling habit at home? No problem if you don’t, this activity will let you recycle more. The other goal is to reduce, reuse, recycle and recover more used things or you may say ‘trash’, actually that is the 4R.

The second major activity is beach clean-up. The objective is to make the sea and beach a better place. I think everyone here doesn’t want the earth to be polluted. Sometimes the sea creatures will eat it by mistake.

The third major activity is upcycling courses. Upcycling means making new furniture, but from used things or wasted material. The main reason why we hold this activity is to let you know that used items can be remade into a new thing. The courses will teach you how to make wasted material to an useful thing.

After introducing three meaningful activities, there are some new eco-facilities too, for example, coffee grounds. It can repel insects and pests, or fertilize your garden. The important benefit is not to waste paper or plastic material. It can be used as a natural cleaning scrub, too.

Used books exchange corner is the second new eco-facility. The used books exchange corner is to help people to take turns to read others’ books. The advantage is to read new books for free. By the way, does anyone here read books everyday? No worries. Just join the exchange corner and you will read more! Overall this facility is to slow down the waste of books.
The third new eco-facility is the solar-powered phone charging booths. Using these charging booths, it will not waste battery often anymore because it is renewable. The gain is to cut down a serving of energy that comes from battery. Of course it is handy for outdoor activity!

By now, you have known different activities and new eco-facilities. Do you like the activities? What are you waiting for, don’t hesitate! Come and join us! You may think it’s a small step, but that is a big impact. This is the end of my speech, thank you!
What is Growing Up?

1B Gideon Ho

What is growing up? Well, I will first explain “growing” from the physical side. Then I’ll talk about the growing of the human’s mind.

First, I will say growing happens to every creature, such as trees, animals and humans. Growing up means your body will be bigger and taller. However, we can look at “growing” from another side – growing up your mind.

Our mind grows too. Every day, we learn something useful, and that is the way we learn and grow up our mind. Every day when we sleep, our brain combines everything we have learnt on that day. While we get older and older, our brain improves and we will think of something more seriously. We will share more instead of being selfish. We will be more independent and do something without other people’s help.

In summary, we grow up in our body and in our brain. Every day we are improving ourselves. And soon, our mind will get smarter and our body will get stronger.
Growing Up Is Not a Competition

1B Alice Tsui

Growing up means accepting responsibility for the consequences of your own actions. It also means you don’t point fingers and insist everything bad that happens to you is somebody else’s fault.

I don’t know about you but every time someone talked to me as a kid, I was perplexed because I wasn’t quite sure what I had to actually do to be considered a grown-up. What I did know was that clowning around or acting silly was seen as being childish and viewed negatively.

Also, activities like rock climbing, and physical exercise increases blood flow to the brain, which makes the brain healthier. Physical exercise is essential for improving our mental power.

Growing up is not a competition. Different people experience changes in their bodies at different times of their lives.
More Than a Kind of Fruit

1B Cherry Ng

Everyone has his own name. Most of their names are given by their parents. My name is Cherry, which is given by my parents. Cherry is a kind of fruit which is bright red, sweet and sour. Cherry is good for our health. My parents want me to explore my life and my life may come across happy and unhappy moments. My parents want me to be healthy too.

There is another hidden meaning of my name. Let me tell you the secrets of my name.

My name is C-h-e-r-r-y. ‘C’ stands for creativity. My parents want me to be a creative person. ‘H’ stands for harmony. They want me to grow up in a warm, happy and loving family. ‘E’ stands for eagerness to learn. They want me to be eager to learn in my whole life. ‘R’ represents respect. I can respect others. ‘R’ represents reliability too. They want me to be trusted by others. They want me to work and behave well. Finally, ‘Y’ stands for yes, I can do everything.

Therefore, the secrets of my name are full of the expectations from my parents.
In the night of 2007, I was born. My parents gave me an English name. It was Sonya, which means wisdom. I like it very much.

Unluckily, my parents gave me a Chinese name which means similar to my English name that I do not like. It was difficult to read and most of the time people read it wrongly. Worse still, people just don't even know how to read my name. Also, when I go to hospital, the nurses always think I am a boy because they only make a wrong guess with my name.

Actually, the most horrible thing is that my name is very hard to write. Fortunately, my English name is much easier to write. Although some people also read my English name wrongly, it happens less often. Of course, no one would think that I am a boy when they know my English name.

If my parents let me change my English name, I would still use this name because it is special. Most of the people in Hong Kong don't use my name so I won't easily have the same name as other people.

But if they let me change my English name, I would definitely change it by using words that bear the same meaning with my name but simpler.

There is still one more thing that I think is bad about my English name. There are also some strange different versions of 'Sonya' in other languages, such as Soniah, Zoniah, Sonea and Sonja. I wish there would not be so many strange different versions of 'Sonya'.
Were You Born in June?

1B June Lee

My name is June.

People sometimes ask me, “Why is your name ‘June’? Is it because you were born in June?”

Yes, I was.

This name ‘June’ was given by my aunt when I was at the age of two. I love this name because my younger sister is named May. Therefore, everyone would know we are sisters. These names are truly easy to remember.

Also, my Chinese zodiac is pig and when you read “pig” in Cantonese, it is so similar to June, too. The last word of my Chinese full name “Tsun” also sounds like June. So, sometimes some foreigners read my name as “Lee Suet June”, instead of “Lee Suet Tsun”.

Well, let me talk more about my Chinese name. My last name is Lee and my first name is Suet Tsun. I was born in June and the weather of this month is always hot so my mother decided to name me “Suet” in the middle of my full name. “Suet” means snow. She wants me to keep warm and tender since if there were only hot weather, we would need snow to keep everyone warm (that is, to cool people down). Next, “Tsun” means water. “Tsun” is also the name of a river in China. Water means people are kind in Chinese so she wants me to be kind to people. In fact, the word can also mean cleanliness, transparency, courage and peace.

Those are the secrets of my name.
The Secrets of My Name

1B Abby Hui

Everyone has a name, and every one’s is special. My name is Hui Yuet Yu Abby. There are some secrets behind both my Chinese name and English name. Let me tell you about them.

My Chinese name is Hui Yuet Yu. “Yuet” means precious jewelry and jade. It also means treasures. “Yu” means very clever and smart. My mom and dad took the name for me because they wanted me to be a smart girl. Also, I am the first child of my family, so my parents thought I am the most valuable treasure to them. This is the secret of my Chinese name!

My English name is Abby, which was taken by my parents according to my constellation (Pisces) to fit my English name. They found that “Abby” matched my constellation. “Abby” also has another meaning. It means a father’s joy. To me, it is such an intelligent and beautiful name.

I think they gave me these Chinese and English names because they love me and have high expectations for me.

These are the secrets of my name. Do you think they are special too?
A Day at the Zoo

1C Nic Wong

Last weekend, I went to the Sunshine Zoo with my parents and my little brother. The Sunshine Zoo is a famous zoo in Hong Kong. When we arrived, we saw a long queue at the entrance and we stood at the last of the line. We waited for 40 minutes because there were many people and we felt impatient and annoyed.

After we bought our tickets and went in, we went to the Jungle Area. When we were going to Jungle Area, I bought a blue lollipop for my little brother because he loved to eat lollipop. Jungle Area is an area to see animals which live in the jungle. First, we went to see the monkeys. The monkeys lived in a tiny cage and crammed together. This made the monkeys sad because the zoo didn’t provide them a comfortable place to live.

Suddenly, a naughty monkey discovered that their cage wasn’t locked and it escaped from the cage. It took away my brother’s lollipop and my brother cried loudly. My mum and I tried to comfort him and my dad went to tell the staff.

After telling the staff, they started to find the monkey. They found the trees, the park, the restaurant and they finally found the monkey in the underbrush. They put the monkey in a cage and brought it back to the cage. The staff apologized to us and gave us a lemonmint and chocolate flavoured ice cream.

At last, we left the zoo and went back home. I think the zoo shouldn’t abuse the animals by giving them a small habitat to live. They should give bigger places to the animals. Overall, it’s an unforgettable day at the zoo.
Dear Chris,

This is Anderson Chan. Nice to meet you. How are you? My classmate has introduced you to me, so can you let me know something about you? Because this is the first time I write to you, I will introduce myself and my family to you.

My name is Anderson Chan (Chan Hei Pui) and I am 12. I live in Ho Man Tin and my home is very close to the school. My hobbies are playing the cello and badminton. I like playing the cello because I enjoy music very much and I even went to a cello camp in summer! I love eating ice cream, chocolate lava cake and mango. They are all delicious! What about you? What do you like to eat? My birthday is on 20th April. When is your birthday?

There are three members in my family. My mum is a secondary school teacher and my dad is a clerk, who works in Cyberport Management Office. I also have a maid named Jonalyn. She is very smart. My mum always does her work at home because she is very busy. She sometimes watches television at home when she finishes her work. My dad likes to drink cola but I think it is unhealthy. We sometimes go hiking in the country parks at weekends or in holidays.

I study at Pui Ching Middle School and I am in class 1C. I don’t really like my class because some of my classmates are very noisy and annoying. My favourite subject is Mathematics because I think calculating is fun! I take part in the School Orchestra. I want to tell you something funny. One day, it was Chinese lesson and one classmate forgot to take the book from the locker, so he went to take it. But when he wanted to go back to his seat, the Chinese teacher arrived. Then, he sneaked under the table to get back. Do you have any funny stories to share with me?

My mum is calling me now. I have to dash. Please write to me. Hope to hear from you soon.

Best wishes,

Anderson
Let Me Tell You Who I am

1C Aka Wong

Good morning, everyone.

My name is Aka Wong from 1C and I’m going to talk about three things that not many people know about me.

What is your first impression of me? A girl with a smiley face? Maybe you’ll think I’m an out-going, optimistic and cheerful girl. Actually, I worry about a lot of things, such as tests, exams and how to communicate with my friends. I want to tell you that every coin has two sides, so do people. And my message here for you is “Never judge someone by their appearance.”

What do you think of my personality? Some of my friends think that I’m brave, but I can tell you I am not. One time, I was nominated for the post of the chairperson of a society at school, which I was really keen on taking up deep in my heart, but I declined the offer because of my shyness and somebody else had quickly volunteered to take up the post. I’m a really shy person, but I know I have to overcome this weakness. So my second message here for you is “Opportunity seldom knocks twice.” We should overcome our weaknesses and seize every opportunity we have.

Do you like free lunch? I think all of you here want a free lunch or perhaps free breakfast and dinner. My friends said that I’m smart and clever because I sometimes score high in exams without studying really hard. Do you want to know the secret of my success? Actually, I do put a lot of effort into my learning. I am very concentrated in each and every lesson and jot very detailed notes. So that’s why I don’t need to study that hard before exams. And my third message for you is ‘There’s no such thing as a free lunch.”

So, everyone, please remember me! I’m Aka Wong. I’m a shy person who looks outgoing. I’m trying to make myself braver and seize every opportunity. And sometimes I score high in exams because I pay extra attention in class. And don’t forget my final and the most important message I have for you, “There’s no such thing as free lunch in the world.” If you want something, you have to work for it. If you don’t get it, work harder.

Thank you.
Eco-Friendly Picnic

1D Kiriti Lee

Good morning, schoolmates and teachers. My name is Kiriti Lee. I am the chairman of the school’s Green Club. I am here today to promote going green and what we should do to have an eco-friendly picnic in the future. Picnics usually generate a lot of food waste and disposable waste. We should try to organize a zero-waste picnic and develop better habits in our daily lives.

So why is it important to go green? Going green not only benefits our environment, but also brightens our lives. In an eco-friendly picnic, we can bring our own reusable lunchboxes to store our own snacks and food so we don’t need to use disposable lunchboxes, like styrofoam boxes, which are not biodegradable and will cause damage to trees and the ocean. Next, we can use reusable utensils like forks and knives so that we don’t need to use plastic ones. This is also better for our health because some plastics can contain lots of chemicals and we don’t know if they are safe or sanitized. Last but not least, we should pack the right amount of food we need. If we don’t finish the food, it will go to sewage or waste because food waste cannot be recycled.

If we don’t start being eco-friendly, it’s going to affect not only ourselves, but also our next generation. Why not start it now? I hope this speech can encourage all of you to start being eco-friendly. Thank you!
A New Festival - Hong Kong’s Festival

1D Daniel Ko

If I am to introduce a new festival, I will introduce Hong Kong’s Festival. This festival will last for one week. During that week, there will be no wars, no arguments but instead just peace everywhere in Hong Kong.

Recently, there was a serious conflict between the police and the people in Hong Kong. They were fighting on streets and at schools. Some children were sick because of the chemicals left after the police used tear gas. Some people could not go to work because the public transport was destroyed. Their daily life was affected.

Hong Kong is not suitable for traveling now. People think it is too dangerous for travelers from other countries to visit Hong Kong. They are afraid that they will be attacked by the police and they will get hurt. Hong Kong is no longer peaceful and joyful now. I want to have this new festival because I wish there will be no more wars or conflicts!
A New Festival - Mr. Chocolate’s Chocolate Festival

1D Doreisha Chan

I am here to introduce a tongue-licking festival – the Chocolate Festival! What do you think about chocolate? Cocoa? Delicious? Well, if you are into chocolate or you claim yourself a chocolate lover, this festival fits you perfectly!

The festival is set on 1st July by Mr. Chocolate. He held the first ever Chocolate Festival on 1st July, 2007 in Kenya, Africa with local farmers who grow cocoa beans there. He brought ten of his students to learn and visit the cocoa farms and his own chocolate factory.

The festival aims to raise the awareness of protecting the cocoa-planting environment. It honors farmers who work hard to plant cocoa beans. In addition, it helps to protect their rights under the principles of Fair Trade by ensuring a sustainable and comfortable working environment as well as a fair price for their cocoa beans.

Now, the festival is held around the world in countries which have joined the Mr. Chocolate’s Foundation. There will be workshops and talks about the history of chocolate on the day of the festival. And best of all, there are chocolate tasting and selling booths! People sell chocolates made from fair trade cocoa beans at discounts. For you to get an eye-opening experience, the festival presents the Amazing Astonishing Chocolate-making Tour to the chocolate factories in Africa! You can learn the procedures of making scrumptious chocolates, from grinding cocoa beans to moulding your hand-made chocolate!
The Story of My Name

1D Anna Wang

My Chinese name is Wang Xiao Bei. The last word of my name is ‘Bei’, which means north in Chinese. I was born in the north. Also, I’m from Beijing. That is why I was named ‘Xiao Bei’. People can remember my name quickly because it is easy to read and simple to write in Chinese.

A lot of people could quickly remember my name even though they have just met me once. My name has fewer strokes. During the exam, I can use less time to write my name. It saves me time. My name has twelve strokes only in Chinese.

My name is simple because my parents want my life to be safe and simple but not too complicated. We have a Chinese saying “up north, down south, left west, right east”. The north is always on the top. My parents hope I can go forward and I will never give up.
The Story of My Name

Doreisha Chan

The story of my name began with the birth of my older sister. Because of my family’s religion, her name is Chan Elizabeth Hoi Ching. ‘Ching’ means to give to God. Elizabeth is one of the angels of God.

I was a surprise to my mother because she got cancer after my sister’s birth and didn’t expect another pregnancy. To praise this, my mother called me ‘Ki’, which means miracle in Chinese. Besides, ‘Hoi’ means victory. She named me Doreisha which means God’s gift. My mother also considered names like Theodora or Dora, but Theodora sounds like “three dollars” and Dora might seem old-fashioned. That’s why my name became Chan Doreisha Hoi Ki.

For my younger sister, she is called Chan Gabrielle Hoi Ying. ‘Ying’ means sufficient. The three names of us each represent a story of my mother giving birth to her daughters. Our names all praise God. This is how I got my name!
The Story of My Name

1D Marves Kan

Lots of parents want their kids to be intelligent, gentle, upright, diligent... My name is Kan Yi Ching and the word ‘Ching’ incorporates the meaning of integrity in Chinese. It is easy to understand why my parents gave me this name. They hope I can be an upright man who has a sense of justice. They hope I can do everything with a right attitude. For example, it is important to pay attention and answer questions in class because it is what we see as a right learning attitude. I hope I can live up to my parents’ expectation.

My English name Marves has a special story. The first letter ‘M’ of Marves is at halfway point of the 26 letters of the alphabet. My parents really want me to be an upright man! The first three letters ‘Mar’ came from some friends of my dad because they said I was an alien baby from Mars. They said I looked strange and I always cried. I was a mischievous baby. Lots of them dare not have a baby because of me. They were scared to have a baby just like me!
“Ring Ring...” my alarm clock woke me up in the middle of the night. When I unwillingly reached for it, I touched a cool, silky fabric. I sprang awake and saw a full superhero costume with a note that said, “Supreme Court. 1a.m. We trust you.” Although I was confused, I put on the costume. I was instantly sucked out of the window and flew in the sky. It was intimidating. I screamed. I was traveling so fast that the cold wind cut my face and everything was such a blur. Moments later, I arrived and was above the Supreme Court and I landed on the ground.

Luckily, I was alive and surrounded by a gang of huge men pointing their guns at me. “Hi?” I awkwardly greeted. They shot at once. I raised my hands and found a shield of blue electricity. The bullets dropped to the ground, the shield turned into daggers. They shot again, but I blocked all of the bullets with super speed. Seconds later, the gang ran out of bullets. I shocked them with my daggers until they fell to the ground.

Just when I thought it was over, a glowing casket caught my eyes. I peeped into it, to my absolutely horror, I saw a De-plasma-inator, a bomb that can suck all the plasma in your blood out. By the size of it, this one could kill every creature on Earth. 30 seconds left until explosion. 29, 28 ... What was I supposed to do? I panicked. 20, 19, 18 ... I tried to cut the power cord but it didn’t work. 10, 9, 8 ... Suddenly, I thought if I can make electricity, I can make lightning. So I fired electricity to a nearby cloud and it bounced back as a powerful force of electricity because of the water in the cloud. It over-powered the bomb and the screen on the weapon blackened.

I howled in victory but a woman appeared in front of me and made me jump. She told me it was my first mission as a part of an organization that protects the world from evil forces. “It was all a test?” I asked in disbelief. “Of course not, we were short on hands and you were chosen one” she replied with a smile. But that was two years ago, “Lightning” has now worked on hundreds of hero missions.

File 162 completed. Top secret.
Let's Organize a Green Picnic

1D Chi Chi Lai

Good morning, teachers and fellow schoolmates. I’m Chris Wong, a committee member of the Green Club. I’m excited here today to announce that our club is organizing a campaign to raise students’ awareness of environmental protection.

Global warming is getting more serious each day because humans have been generating waste polluting the Earth. Let’s help to stop global warming. We can make the first move in our upcoming picnic in Sai Kung.

We originally planned to go to Sai Kung on foot to raise everyone’s awareness since vehicles using fossil fuel would emit exhaust fumes that cause air pollution. However, Sai Kung is too far from our school so we have decided to travel by public transport to reduce energy consumption and the emission of carbon dioxide.

Keeping livestock requires much more energy than growing vegetables. It is also responsible for more than 14% of the carbon dioxide emission globally. Therefore in the picnic, we will bring salad, vegetables, fruits and biscuits instead of meat.

As for utensils, bring cloth napkins. Furthermore, place food in a reusable container. If we really need to buy paper plates, we can always choose sustainable ones, which means they are compostable or can be recycled.

We’ll use lotion sunscreen instead of spray because spray can easily spread toxic substances which can harm the animals in Sai Kung.

Finally, after the picnic, we will need to pick up all our litter and dispose of it into the rubbish bin. If we leave litter behind, animals, such as cows, may eat the leftover and become ill.

I hope that we can have an eco-friendly picnic and everyone will realize the importance of protecting the environment. Thank you for listening.
My Fascinating New Life

1E Michael Cheng

Dear Joe,

Thanks for your last letter. I’m pleased to hear that you have an interesting and amazing new school life in the US. Your school is big and you have met some new friends. I have a new secondary school life, too! Everything here is different from primary school and very fascinating. Let me tell you about my new school life!

I’m studying in Pui Ching Middle School now. The school is really huge! It is three times bigger than our primary school. Do you still remember the canteen in our primary school? The food there was really a disaster. One time you even vomited because of the nauseating food! In contrast, the food here is very tasty!

I met many new friends in my class! They are very friendly and I often play with them. Our teachers are also very nice and kind! Although they may sometimes get angry because of our bad behaviour, we still like them.

However, in secondary school, there are many new subjects such as Geography, History and so on. Moreover, there are much more homework and many exams and tests. Therefore, our teachers and parents always tell us to have good time-management so that we can acquire good marks in tests and exams.

There are a lot of extracurricular activities in my school. After careful consideration, I choose the Football Club. It is very fascinating! I have got acquainted with many teammates from the Club and made friends with them. Sometimes, we go out and have competitions against other schools.

My school life is very captivating. Hope you like your school life, too. Remember to have some desserts and relax when there is stress!

Yours,
Chris
A Day in the Zoo

1F Linden Cheung

“Yay! We are finally here!” I shouted. Last week my parents finally took my brother and I to Sunshine Zoo. I have dreamt of coming here since I was eight years old, but my parents didn’t have time to take us there. We were lining up in probably the longest queue in the world. At first, we waited. Then, hour after hour passed, we were very annoyed. Until finally, it was our turn to go in. My parents suggested we see the lions first. I agreed but my brother didn’t. He kept whining and ranting about going to see the monkeys first because he loves monkeys a lot, so we went to see the monkeys.

When we got there, at our first glance we could see that the monkeys were crammed in a very tiny cage. They didn’t have enough space because most of it was taken up by a giant tree. Suddenly, my dad noticed that the cage door was open. As soon as he tried to tell us, a monkey ran out.

The monkey immediately jumped on my brother’s head blocking his vision. Then the monkey snatched the lollipop from my brother’s hand. My mom bought the lollipop for him to comfort him because of the long waiting line. My brother burst into tears, he cried, “Mommy! The monkey took my candy! Hwaaa!” My dad alerted the staff. My mom and I tried to calm my brother down.

It took an hour but at last the staff caught the monkey. The staff bought an ice-cream for my brother and apologized to my parents for the trouble cause of. My mom advised them to get a bigger cage for the monkeys because they were crammed in the tiny cage.

The trip didn’t turn out as good as I had expected but at least I had a chance to go to my dream zoo!
A lot of kids believe that they are lucky because they get their favourite toys or stationery, but I am different. I consider myself lucky because I am having a unique ‘playmate’.

When I was in kindergarten, a lot of my friends had a baby brother or sister. They could play and cuddle their little brothers or sisters. Sometimes, I went to my friends’ place to play with their siblings. They were so cute and adorable that they are like talking teddy bears. However, once I got home, I felt lonely and bored again. I could only play with my maid because both Mom and Dad worked. My maid spoke in English, but the only sentence I understood from her was ‘blah, blah, blah’. I thought it was not fun at all being with her.

One day, I told my mom that I wanted a brother or a sister. She just laughed and said, “You know, it’s easy to say, but having a new member at home means a lot more than you think. We need to take care of him or her, bathe him or her, take him or her to school and play with him... But I will talk about it with Daddy.” However, Mom didn’t give me an answer, so I thought that was it.

As time passed, I discovered that my mom had a bulging tummy. I asked my mom why she was so fat. My mum said, “No, I am not fat. I am just having a baby, a little brother of yours! Happy early birthday, darling! This is your birthday present!” I was so surprised that I jumped for joy. Immediately on the next day, I told my classmates I was going to have a brother.

After 9 months, my brother was born. He was sleeping in his crib. I was at his bedside watching him. I could tell that his eyelashes were long, like a girl’s. He got tiny fingers and feet. People thought that God gave a pair of girl’s eyelashes for him. I loved him so much. When he cried, I hugged him. When he was hungry, I fed him baby food. I even sang him a lullaby. When he was taking a bath, I joined him. It was so fun to have a newborn baby at home.

Now, my brother is eight and I’m twelve, but he still plays dolls with me. Sometimes we argued, but we’re each other’s besties. He’s my talking, walking teddy bear.

All I wanted was my very own playmate and roommate and my wish was granted. I consider myself a lucky girl and I’m luckier than the rest.
A Letter to Chris

1F Katrina Chan

Dear Chris,

How are you? Fine? I am your new friend and my name is Katrina. My classmate, Ben, has introduced you to me. I would like to be your friend.

I am twelve years old. I am studying at Pui Ching Middle School. I like swimming and archery. I like eating tomatoes and mushrooms, because they are scrumptious. There are four members in my family. We all enjoy swimming and rock climbing. My sister is good at playing the harp.

This summer holiday, I went to Italy. I visited many fascinating cities, for example, the soon vanished city, Venice and Florence. The view in Venice was stunning and the food was great too! You should definitely visit Italy.

My school life was great but the homework was quite tough. There are many interesting activities that I could join. I joined the painting competition with my friends. We had to paint a big painting that was two meters times two meters. It was a big challenge! While we were waiting for the results of the competition, we were all on tenterhooks. Guess what? We were the winners. We felt so amazed. I also took part in the school annual Swimming Gala. It was a big pleasure to win competitions in front of the whole school. I really enjoyed all those activities.

Anyway, I’d better be going now. I’ve to have swimming training very soon. Please send best wishes to your family. I am looking forward to receiving your letters.

Take care,

Katrina
Philippians 4:6

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.
A Weird City

2A Jason Tse

“What am I doing here? Is this the correct address? It’s dark, quiet and I’m all alone,” I shouted, but there was no answer. “I can’t remember anything now, who am I? Where am I? I have no idea.”

I checked around my surroundings to realise I was sitting in the centre of an empty room. There was a door at the end of the room. Out of natural instinct, I rushed to the door and tried to open it. Once I touched the handle of the door, I was electrified. I released my hand in no time. I started to observe the whole room and found that there was a trapdoor.

I stretched my hand and tried to pull that handle. The door was opened and layers and layers of dust burst into my face with. I couldn’t help coughing and walking around, hoping to find something to clean my face. To my surprise, I found a piece of map-like paper which seemed to show me the direction to escape from this bizarre place.

I followed the map, but instead of leaving the place, I found myself walking deeper and deeper into an underground tunnel. Towards the end of the tunnel, I saw a ladder. “Cool! I can finally go upward,” I said to myself.

I climbed the ladder as quickly as I could. When I had climbed up, I knew that I’d made the worst decision in my life. In front of me was a large crowd of zombies which were starving. As they caught sight of me, they all ran towards me. My consciousness told me that it was wise to turn around and run likes a bullet. Unexpectedly, I lost self-control. I then picked up the gun and the grenades near me.

Why am I doing that? Am I to fight against these monsters?” I shouted.

Without being given a reply, my body started to move towards them. What? Seriously? I was a zombie fighter? Anyway, I was under control as I shoot at them, but there was so many of them that I was attacked and fell.
I thought I’d been killed, but then I woke up again. Could I take charge of my body? No. I was forced again to assault the zombies. “What am I doing here?”

I looked up and saw a score board which stated the number of zombies I’d killed. I looked around again. The place I was in resembled so much of the game I was indulged in. Then, everything came to light. I was trapped in the world of a game. I would have to stay here forever. Could anyone save my life? Could anyone take me out of the virtual world?

I shouted, and there was no reply.
The Countdown Night

2A Jasmine Tang

As he took in the view from the twentieth floor, the lights went out all over the city. His name was Ryan. He was on the rooftop of a building in the city centre with many other people as well. Since it was New Year’s Eve, they were all standing, expecting the coming of the New Year.

“What’s happening?” Ryan said with shocked, realising that the lights had all been switched off.

“Calm down, bro,” the man beside Ryan replied, teasing him, “The moment’s coming.”

Ryan flushed and he finally remembered why he was on the rooftop. He waited for the countdown quietly and patiently.

At the same time that Ryan was waiting for the countdown, he started to remember what happened that year. However hard he tried, he could only remember all the bad memories that year, particularly his mother’s poor medical condition. She had been in the hospital for ages, but there was only a tendency to deteriorate for his mum. He looked crestfallen and worried. So he couldn’t help but sigh. “What can I do? Why aren’t I a doctor so that I can save mum’s life?” he asked himself.

The man seemed to have felt Ryan’s helplessness. He comforted Ryan and said, “Although I don’t know your troubles, I hope that everything will be alright for you in the next year. All is well. Fingers crossed, my friend.”

“I hope so,” replied Ryan, giving him a reluctant smile.

As their conversation finished, the countdown started.

“10, 9, 8, 7, 6” everyone was in high spirit, “5, 4, 3, 2, 1, happy New Year!”

In a sudden, fireworks lit up the sky and everywhere was surrounded in a festive atmosphere. Ryan looked at the fireworks display and the other people. He was probably the only one who couldn’t feel the happiness of a new year.
“So what even it’s a new year? Life must go on. Old year, New Year, what’s the difference when mum’s still sick?” grumbled Ryan.

Suddenly, his father called. Ryan answered the call immediately for fear that something bad might have happened to his mum.

“Dad!”

“Hello son. Calm down and listen to me,” replied his dad.

“What?”

“Your mum…”

“What happened to her? Tell me. Quick!” Ryan heckled.

“Didn’t I ask you to calm down?”

“Straight to the main point!”

“Your mum’s just woken up. The Doc said it’s a good sign. She’s likely to recover soon.”

Hearing this, Ryan couldn’t help crying. This was the moment that he had been waiting for. This was the miracle that he had been expecting, and finally, on this very special New Year’s day, his dream came true. It was really a happy New Year.
The Day That Changed My Life

2A Jocelyn Cheung

Until that moment, I had always been clouded by prejudice. I’d always believed that we were limited by reality, only the ones who were gifted could truly shine. Well, my beliefs that once comforted me shattered, and I was proven wrong ever since last Monday.

To me, Monday was supposed to be just any other long, boring school day. Except that I had to attend the dreaded badminton practice after school in the badminton club which I’d joined since summer holiday. Everyone was curious why I’d still stay even when the practices were unbearable. Sometimes even I was confused about why I joined it in the first place? Was it because I knew that my badminton skills were far behind my school teammates so I joined it out of desperation for improvement? Or was it because I knew that this was a great opportunity that no one should let go? I still had no answer, I only knew that it felt like loads of tedious difficult schoolwork, responsibilities that I was obliged to do.

To me, the most frustrating thing was how time flew no matter how hard you wished for it to give mercy and slow down. In the blink of an eye, school ended and it was time for badminton practice. I tried my best to move as slow as possible, hoping that this way I could waste more time in order to reduce the practising time. I was very late when I arrived at the badminton court and the practice had started seventy-five minutes ago. I gave a silent cheer of relief. We took turns training and soon it was my turn. Eyes stared, whispers everywhere, it was as if the whole world had stopped what they were doing and had put the focus on me instead.

“It’s probably because I’m quite new and some of them have never seen me before. I have to perform well so that they’ll have a good impression on me.” I thought, gripping my racket with my sweaty palm. I should have known, in the end, it was an utter disaster. The coach was dissatisfied and disappointed with my performance as usual.

“You have to work harder. This is far from what I expected from you at first. This simply won’t do. You’re already a secondary student, yet most of our primary students here can play loads better than you. Remember how you’d lost to them countless times?” She shook her head and sighed. Humiliation, desperation, upset and anger washed over me, bubbling and boiling until I felt like I’d explode. The curious eyes were another deadly blow. I could feel my fragile self-esteem was crumbling. I turned away from them, eyes burning, trying to hold back my bubbling emotions and tears.
Then, I spotted her, Yonex, the girl who had always won numerous championships during
competitions. She was also practising, but unlike me, she was smiling from ear to ear and she
seemed to enjoy the training while I was glum and gloomy, bowing my head in shame and looking
especially pathetic. I clenched my fists, gritting my teeth. I hated it! I hated feeling like a loser!
Something inside me snapped. I was never a person who believed in wishes coming true. Seeing
her just now was the last straw, I gnashed my teeth, furious, ‘People like her don’t even need to
practise because they are born with potential. To them, everything is easy. Life is so unfair! If only
she could experience my desperation once. Why others like me practise with all their might but
can only keep staying where we are. She, on the other hand, can fly to the peak effortlessly, just
because of the wings that she was born with!’ My thoughts were interrupted by the
announcement of the physical training and I trudged over reluctantly and sighed! The physical
training was as tiring as usual but there was something more, like a wave of dizziness that wouldn’t
leave me alone.

Time flew by and then it was time to go home. I was about to leave when a strong wave of
dizziness attacked me and before I knew it, I lost consciousness.

Some chatter woke me up as I blinked my eyes. Out of my surprise, I was lying on the floor
of the changing room! I instinctively tried to touch my glasses but I didn’t feel anything. I leapt up
from the floor, still puzzled, and headed towards the mirror.

“Oh! Y...Yonex? Why do I...oh...the ‘wish’! It really happened?” I gasped, pinching my
cheeks just to make sure that this wasn’t a dream. Then, I noticed a slip of paper on the floor. I
unfolded it. “Fulfil the mission. Then you shall return to yourself.”

“Huh? What’s the mission? It didn’t even give me any challenges or tasks to do?” I was
figuring out the mission that I would need to do when someone called “Yonex! Mr. Ma wants you
back now!” I suddenly realised that although I had switched identities with Yonex, that didn’t mean
I have the potential like Yonex. Then a wave of panic washed over me.

“Oh no! What should I do? They’ll notice the difference for sure!”
Although I was petrified, I didn’t have much choice so I grabbed “my” backpack and left the changing room. Fortunately, the others had already left so no one except Mr Ma would know the obvious difference. I was trying my best to plaster a smile on my face to make myself look more like Yonex when Mr. Ma told me to go over and practice. My sweaty hands started to tremble and my heart pounded so hard, I felt sick all over. Out of desperation, I stuttered, “Um...Mr...Mr. Ma? I’m not feeling too well today, can I....”

“You look perfectly well to me. Yonex, where did your determination go? The first time I taught you back then, you were really hard working and never ever made any excuses. You know what, Yonex? The only reason you are able to achieve all this is because of the self-motivation you have and of course, the time and effort that you’ve spent on training. It’s already been three years, hard work really does pay off, you know? Remember that day when you first came, you didn’t even know how to hold your racket properly?” He smiled as memories came flooding back to him. I, on the other hand, was shocked beyond words! All this time, I had always thought that the only reason for Yonex’s success was because of the potential she had. But it turned out that her starting point was even lower than mine! I realized that I was just making up pathetic excuses and lies to make myself feel better, to justify myself for being lazy. Three whole years of training must be really hard for her yet she managed to overcome all hardships. Three months of training was nothing compared to her three years of hard work but all I’d done was complained! I felt ashamed and was left speechless.

The next two hours of training was hellish but I made it. Although my performance was obviously way worse than hers and I was scolded several times, I managed to endure it. I had to do physical training including skipping, but you know what? Although it completely drained me, I was happy through the whole training session for the first time and I enjoyed it.

After the training, I felt the same wave of dizziness so I closed my eyes. At the blink of an eye, I was back to myself again and the time had changed back to exactly seven o’clock.
As I walked on the streets, the memories of switching identities with Yonex came rushing back. The words of Mr. Ma were still fresh in my mind. What he said made me change my attitude towards Yonex and badminton. I realised that nothing is done without determination and self-motivation. Nobody can help you if even you, yourself do not have the will to keep on improving. Through switching identities, I understand that perseverance is the key to success. Nothing would be achieved if Yonex had just complained and given up without trying hard. You know what? The next time I see Yonex, I’ll thank her for giving me a valuable lesson. I smiled at the thought of this. Somehow, tonight’s streetlights seemed to glow brighter. I stared at the dark, vast sky as a gust of breeze caressed my face. The stars twinkled in the sky as though saying, ‘Life is too short for you to waste your time on complaining, so remember to enjoy every moment of your life.’
An Unforgettable Lesson

2C Marco Li

I looked out the window. The sky was tar-black as the threatening clouds were approaching. I returned my attention to my computer. For the past three hours, I had been working nonstop on my history project about World War II. My mouse was wet because of my sweaty hand. I was exhausted so I took a little nap on my messy table.

I woke up when a man hit me hard in the back.

“Get down to the trenches, enemy bombers incoming!”

I opened my eyes and looked around. Dead bodies were scattered around the battlefield. Bullets, grenades and rockets were flying all over the place. The sky was filled with fighters and bombs. I was very confused and frightened. Then I found an identity card from my pocket. To my great surprise, I found that I had switched identities with a Soviet Red Army soldier called Vasily Grigoryevich Zaytsev. Looking at the road sign that had fallen on the ground, I knew that I was defending a city called Stalingrad in the year 1942. I picked up my rifle and tried to shoot at the enemies, but not knowing how to use a gun, I failed to kill my enemies.

After 15 minutes, the enemies had clearly gained the upper hand. Our commander gave the order to retreat. During the retreat, I was shot twice in the leg. Luckily, a Red Army soldier carried me on his back and we successfully reached a medical station.

The pain was something that I had never experienced before. A combat medic helped me to inject an anesthetic in order to take the bullets out. As the anaesthetic began to take effect, I fell asleep.

When I opened my eyes, I was happy to know that I was myself again. I found a letter on the table. I read the letter quietly. ‘Hi, I’m a soldier from the past. As a soldier, I know the horror of the war, I am very happy to know that the world has come to peace and I hope that the peacefulness will be sustained forever. Vasily Grigoryevich Zaytsev.’

I was totally stunned. It was not a dream.
What an Awful Experience at Your Restaurant! - A Letter of Complaint

2C Harry Lam

Dear Manager,

I am writing to complain about my unsatisfying experience at your restaurant last Thursday on 12 September. I am concerned about a number of issues regarding my meal that day.

To begin with, there were problems considering the hygiene at your restaurant. There was food waste on the floor that was not being cleaned throughout the entire time I dining at your restaurant.

On top of that, I was extremely disappointed by the service. The waiters and waitresses apparently ignored me. When I wanted to order some food, the waiters didn’t respond even while I was raising my hand with the menu for over 10 minutes. In fact, they only responded after I had shouted out loudly numerous times.

Worst of all, two of the dishes — the salad and the steak were awful and absurd. Firstly, the salad was not fresh and the vegetable had not been washed. I found some rotten lettuce leaves and there was even some dirt on them. Secondly, the steak was overcooked but I had already told the waiter my steak should be medium rare. That made the steak tough and chewy. When I complained, the waiter brought me another steak which was as bad as the first one and I could sense a stink out of it.

Lastly, when I finally managed to pay for the meal, your waiter overcharged me by $75. However, when I pointed out his mistake, he did not apologise nor pay me back my money. That was ridiculous and unbelievable.

All in all, the whole experience was thoroughly disappointing and unsatisfactory. I must state that the service was unacceptable. I strongly recommend that you improve your standards and I suggest you retrain your staff and use good ingredients to ensure good food quality. Also, do the cleaning frequently. I trust that you will seriously consider my complaints and give me a reasonable explanation. In addition, you must return the $75 that your staff overcharged me.

I hope you can take steps to make sure these mistakes do not happen again.

Yours faithfully,
Lam
Harry Lam
Back-To-School Worries

2D Heidi Wong

Do you think going back to school after the summer holiday is scary? I think most students think so. Going back to school is stressful because there are lots of challenges we have to face. How can we overcome them?

For me, one of the tremendous challenges at the start of the school is not having enough sleep. Most students do not have enough sleep due to heavy workload at school. Most of my classmates only sleep 5-6 hours every night. How can we concentrate in class if we do not have enough energy? It is of vital importance to get back into a routine that allows for a good night’s sleep. So it is necessary for us to set a timetable and get into the habit of good time management. We should always finish our homework and revision first. However, striking a balance between work and play is essential. To deal with stress, we should also do something that is enjoyable. Participating in extra-curricular activities, playing sports and reading are good ways for relaxation. So writing down our daily schedule can help us manage our time better and go to bed as early as possible.

Besides, our relationship with parents may become tense when we have to go back to school after the long holiday. Settling back into the hustle and bustle of school can be worrying and exhausting for both of us. Parents may scold us if we cannot get our work done on time, if we keep using our mobile phone, if we get low marks in our tests ... So how can we avoid arguing with them? Communication is of crucial importance. We should tell our parents what we want and find out the solutions together. Parents should also listen to us in order to understand our needs.

Going back to school after the summer holiday may be frustrating and tiring. However, it can be fun too. Students can join different activities and meet friends again. So be confident! Going back to school is not as scary as you think.
Mysterious Monday

2D Jason Chin

Last Monday was a holiday. I saw the US president Donald Trump on the news again. He was giving a talk about trade between the US and China. I thought it was interesting to see his funny facial expressions and hand movements. I wondered why he would be chosen as the US President. While I was thinking what I would do if I were him, I fell asleep.

When I opened my eyes again, I found myself in a weird room, definitely not my room. It was an enormous and beautiful room with a gigantic bed. I looked out the window and the view was stunning. Then I walked to the mirror which was decorated with diamonds. I looked at the mirror. Oh, no! That was not true! I saw Donald Trump in the mirror. I looked at myself immediately. I was a lot taller and fatter than before. My hair was yellowish blonde with wrinkles on my face. What was happening? Was it because I was thinking about him and eventually switched identities with him? That was really ridiculous! I was really frightened and nervous at first, but then I started to think this would be an interesting experience. I was in the White House. I was one of the richest men in the world. I was the US president.

‘I’m the president of the US now, I don’t need to go to school and can do anything I want!’ I said to myself excitedly.

I opened the door of the room and found two body guards standing outside of the room. They both greeted me immediately.

‘Being a president is one of the best things in the world,’ I thought as I was walking confidently around the White House. The White House was like a maze. Everyone I walked past greeted me politely. I felt that I was an important and powerful person. Suddenly, a man walked towards me. He was my assistant. He told me that I had to sign some documents then. When I walked into my office, I was totally shocked. There were tons of files on my desk. How could I finish reading them in one day? I was so worried. Then I found a file with the words ‘top secret’ on it. I was curious. I opened the file but I did not understand the documents. I did not understand most of the words in the documents.
‘Being a president is one of the worst things in the world,’ I said to myself. My eyes felt heavier and heavier. I finally closed my eyes and felt asleep.

When I woke up again, I found myself in my room again. My desk was in a mess. To my surprise, someone did the homework for me. However, it was all wrong except the English exercise. I knew what had happened. I had switched identities with the President of the US.
Manic Monday

2E Christopher Wong

Like many people, I dreaded Mondays. In the blink of an eye, the weekend is gone like the wind. As usual, I got dressed, packed my stuff and headed off to school this Monday.

I travelled to the back of the classroom and sat down. I really needed a day off. As the lessons started, my eyelids felt heavier and heavier. Eventually, I gave up trying to stay awake. The next thing I knew, Miss Wan from Maths was yelling at the top of her lungs, accusing me of falling asleep. I thought, “How easy is it to be a teacher? All they do is just sit and yell at people!” Right after that, the bell rang. I was to prepare for my next lesson – English with Mr. Woods.

We did a short presentation that lesson. I believe I delivered a rather good one because when it ended, everybody was on their feet clapping. Mr. Woods shook my hand (I personally felt honoured) and the bell rang. Students of the elite class rushed out of the door, including me.

As I travelled down the flight of stairs, I saw people looking at me and waving, even people I didn't know! How odd it was? All I could do was wave back and say hello. I tried to act normal until a little boy greeted me by the name “Mr. Woods”. I was extremely confused. I wouldn't be able to understand what was happening even if I scratched all the hair off my scalp. I looked down and saw a blue Polo shirt and jeans. I had the fashion sense of an old man!

“Ooh, my God!” I whispered, panicking. I was pulling my hair (rather grey actually) and feeling my forehead for wrinkles. Panicking, I locked myself in a cubicle, sitting on the u-bend and screaming my head off (on the inside of course). I looked in the reflection of the screen of my phone, desperately praying that I had some sort of sight problem (and I think I did at that time), but eventually I had to accept it. I had switched identities with Mr. Woods!

I walked into the staffroom, desperately trying to calm myself down. I had almost reached my destination when Mrs. Mak stopped me. Uh!

“What’s the matter with you? You are sweating! Are you okay, dear?” she asked in that mother-like tone.

“Oh, I’m fine, I assure you. Excuse me.” I barely escaped. That was close!
I sat down at ‘my’ desk and immediately started looking in my drawers. Eventually, I found a bright pink booklet that read “Schedule Book” on the cover. I studied it for the next minute. Apparently, I had a class to teach and a quiz to design. I decided to start working on the papers. It was a quiz about the past continuous tense. For the first question, I wrote “Danny had failed to hit his target in the fencing competition as he ________________ (focus) on a girl named Elon.” They were two of the students in “my” class and there was a lot of silly gossip going around about them. (I remembered that Mr. Woods fancied putting students’ names in his quizzes.

The paper was finally finished and I had to sacrifice a lot of brain cells as it took me a lot of creativity that only Mr. Woods possesses and it wasn’t easy. However, the danger was yet to come.

I had a class after lunch with 2DEF, the most notorious and crazy of all the elite classes. As the bell rang and I entered the classroom, massive sound waves hit me right in the face. You guessed it. Cyrus Chow… He is the naughty kid who would start screaming at the slightest sign of problems, bang his head on the wall and interrupting the class. There were also two trouble-makers named Danny and Elon, (Yes, the two kids I used as examples in my latest quiz.) They would go off with their silly jokes whenever they heard anything remotely connected to their odd sense of humour.

Without further ado, I started my lecture about the various forms of past tense. Just as I started on the past perfect, a bunch of girls screamed. I needed not think, without hesitation, I moved my eyes away from the blackboard and onto Cyrus. You guessed it again. His finger was in his nostril. “Get your finger out of there!” I demanded. No response from him. He literally just ignored “me”, a teacher!

Knowing that I hadn’t enough time left and that I really needed to finish the unit, I decided to carry on. However, not long after my desperate decision, a burst of laughter boomed from the back of the classroom. You guessed it again. Danny and Elon were joking about. “Cut it out, will you?” I exclaimed, but as usual, no response. I was getting frustrated when I was “saved by the bell”. Phew! Being a teacher is no easy job!
Right after the bell, I saw a tall dashing young man stand up. He was Christopher, me. I realised that we had to switch back as soon as possible, so I requested that he stay after class with me.

After all the boys and girls had left the classroom, I reached out my wrinkled hand to initiate a handshake. A smirk flashed across his face and he gladly took it. In the blink of an eye, we were back in our own bodies!

Manic Monday was a rather manic yet productive experience. I don’t know about Mr. Woods but I certainly learnt something. I learnt that I was wrong. Being a teacher is not easy at all. In fact, nothing is easy. Some have to fight to the death for every breath they take! We should hold on and be grateful for what we have, and live our unique lives well. Everybody has their own lifestyle and occupation. That’s why we should have respect for everyone.
Dear Sir / Madam,

I am writing to voice my dissatisfaction with my visit to your zoo a week ago. Being an animal lover and finding myself in New York, I decided to tick off one of my items on my bucket-list – a visit to Central Pak Zoo. However, I must say that I am extremely disappointed by the numerous occasions where I witnessed the mistreatment of animals at your zoo. My experience reaped nothing but disappointments when I witnessed numerous problems that I cannot let it go untold. The complaints that I would like to make are as follows:

As soon as I went in to the zoo, I saw a zookeeper mistreating some animals in one of the exhibits near the entrance. He was mistreating some lions by pulling their tails and ears. I witnessed with my own eyes that he dragged a lion by the tail and sat on its back. If this is not animal abuse, then I do not know what is. I also noticed a lion with a metal wire around its neck, and another with what appeared to be an injury to its back soon after the zookeeper had left. I understand that the lions may not have been following the commands of the zookeeper but he had gone too far. How can your staff treat the animals this way? This is totally unacceptable.

Apart from this, there were too many animals in each exhibit causing overcrowding. Not only did the animals have no space to move or relax, they fought and attacked each other, causing negative reactions from the visitors and injuries to the animals. More importantly, the zookeepers who were supposed to solve these issues, or at least seek help, kept chatting away paying no attention to the entire situation. It is unacceptable to treat and ignore the animals in this manner.

Given the reputation of your organization so far, I thought I could put up with the two above problems. Yet, when the third problem surfaced, I found I could not stand this zoo anymore. Construction work in the restricted area of the zoo was causing noise and pollution that was affecting the animals’ health. All the irritating noise from operating machines made the animals mad and prevented them from resting. At the same time, all the pollutants like nitrogen dioxide, carbon monoxide and sulphuric dioxide emitted from the construction made the animals sick. The primary goal of a zoo is to take care of the animals. This is done all over the world by zoos far less prestigious than yours. How come all the construction work has yet to be finished? This is by no means an exhaustive list of the cases of the poor treatment of animals in your care.
I am extremely dissatisfied with the mistreatment of animals in Central park Zoo. I feel that I have been deceived by your zoo as I spent all that money on admission and my valuable time for nothing but anger and frustration. To be honest, I would rather stick with the older zoo nearby. I must say I have lost confidence in your organization. Now, I hereby demand a full and prompt refund of my zoo ticket. Also, I expect a proper explanation and a written apology for the way your staff treated the animals. If you do not stop your staff from mistreating the animals by the end of this month, I will have no choice but to make a formal complaint to the government. I hope you can do something to improve the situation as soon as possible for the sake of the reputation of your zoo.

Yours faithfully,

Yasmin Wong

50
Dear Manager,

Re: Complaint about quality of service and food

I am writing to express my strong dissatisfaction with the price, the service, the hygiene and the quality of food at your restaurant last week. I was very disappointed about your restaurant.

To begin with, I sat down in the chair to start to read the menus. However, all the dishes were very expensive. The prices of the dishes were at least $200 and the most expensive ones were over $400. These prices were double the prices at other restaurants.

On top of that, after I chose the dishes for my meal, I called the waitress to place my order. The service was very bad. While I was ordering the food, the waitress was angry with me because I spoke too softly. The attitude of the waitress was very bad too. I asked for a spare set of cutlery, but no one served me. When the waitress eventually came to serve me, she stared at me rudely. I regretted having come to your restaurant.

As if that was not bad enough, I waited for my meal for a whole hour before my dishes finally arrived. I ordered spaghetti, but the portion was too small. Also, the spaghetti was dry and hard. It was impossible to eat. Besides, I found a dead cockroach in the spaghetti. It was extremely disgusting! This restaurant was the worst restaurant I have ever patronized too.

I can assure you I will certainly not go to your restaurant again. I was very dissatisfied with all the service, the hygiene, the food and the prices. I hope you will improve these matters at your restaurant. For better service, I recommend you train your staff on the right attitude towards the customers. As for hygiene, I suggest you employ more staff to clean the kitchen and wash the dishes. To improve the quality of food, I advise that you buy fresh ingredients and retrain your chef. I hope you can improve the quality of your restaurant as soon as possible.

Yours faithfully,

Lydia

Lydia Cheng
It was a rainy and windy night. It’s almost midnight, a taxi driver, Mr Chan, was driving along a winding road towards Fanling. The weather was so bad that not many people went out. However, a man was standing at a bend of the road with his dog was waving at his taxi. So, Mr Chan stopped his taxi in front of them.

‘Can I have a lift?’ asked the man politely.
‘Yes, sure!’ replied Mr Chan.
‘Can you take me to Fanling?’ asked the man with a friendly voice.
‘No problem!’ Mr Chan said with a smile.

After a long way, they finally reached Fanling. ‘We’re at Fanling. $100, please,’ Mr Chan said to the man while he was turning around. He was surprised to find that he back seat was empty. ‘Where were they?’ he thought. Mr Chan felt weird. Suddenly, the street lights went off. What was happening frightened him and he drove away as fast as he could. He decided to ask someone for help.

Mr Chan drove to the nearest police station. He reported what had happened to him to the police. When the police officer heard that a man and a dog had just disappeared in Fanling, he was shocked. He had never heard anything like this before. While the police officer was questioning Mr Chan, a young police officer walked towards them and showed them a newspaper. A photo on the front page caught Mr Chan’s eyes.

‘Look at this! They looked exactly the same as the man and the dog in my taxi. They were my passengers,’ cried Mr Chan.

‘How could it be? They were hit by a lorry a week ago. They were both killed in the accident. It couldn’t be possible...’

‘... unless they were ghost!’ the young officer interrupted.

Mr Chan was scared and left the police station immediately. While he was stepping out of the police station, he heard someone speaking to him softly, ‘Hey, are you looking for us?’ Mr Chan looked around and saw the man and the dog standing at the corner of the road. Mr Chan’s face turned white at once. He kept running and hoped it was just a nightmare.
Colossians 4:2

"Devote yourselves to prayer, being watchful and thankful."
A Day without My Smartphone

3A Ko Siu Ting

As Henry Ford said, “When everything seems to be going against you, remember that the airplane takes off against the wind, not with it”. Last night, I left my smartphone at my grandparents’ house after a family gathering. Dad said he would grab it for me today. Nonetheless, I need to live a day without my smartphone.

I could neither play the mobile games nor listen to music on my way to school. On the one hand, I looked out of the bus window - birds were singing and soaring up in the boundless blue sky; the flowers moved when the wind blew. It’s such great refreshment as the beginning of the day. On the other hand, I observed different people on the bus. It is not an overstatement to say that most people in Hong Kong are phubbers. Everyone on the bus stared at their phones. No one talked or greeted. The bus was really crowded; nevertheless, the atmosphere was quite cold and embarrassing.

During lunch time, I went to the fast food shop with my friends. When we arrived at the fast food shop, they immediately took out their smartphones and started the mobile games. As I couldn’t join them, I suggested chatting together instead. I told them about my observation in the morning. After a while, we started our topics ranging from Arts to Science, from Maths to Philosophy. We did have a great time knowing more about one another. After school, I went to the library to revise for my exam. Back in the times, I was always distracted by the notification from my phone. But now, I could pay attention to my revision. My study became more effective and I was more focused.

On reflection, I decided to take the plunge and embark on the reform. Use less smartphone and spend more time with my family and friends. As the recipe to a healthy relationship is communication, we, teenagers are in the flower of our youth, in the prime of our life and there are a myriad of possibilities! Don’t hesitate, put down your smartphone and do something meaningful.
The Lion King and Toys

3A Stephanie Mak

When the Lion King died, the vitality of the whole kingdom died with him.

Simba was the prince of Pride Rock. He grew up under the great protection from Mufasa, his father and the lion king. He dreamt of being the mightiest king Pride Rock has ever seen but this dream was shattered when his father was thrown down a cliff. He was petrified at that time. His uncle, Scar, misled him into thinking that he killed his own father. “What would his “subjects” do to him?” he couldn’t help pondering. Therefore, he left and ensconced himself in another world, a happy and carefree world. Scar took Simba’s throne.

Simba tried to forget his own true self, his glorious past and his responsibilities but what he didn’t know was lots of problems were coming after him.

Accidentally, there, he met Duke Caboom, who was an action figure made based on the greatest stuntman in Canada. After being discarded by a former master, he felt like a failure. He tried to escape from his past by acting joyfully on the outside. In reality, he has been very gloomy and morose since he was dumped.

Simba met another optimistic character there. He was Woody. He wore a brown hat and he dressed like a cowboy. As he had a wide grasp of knowledge and got along with everyone easily, people looked up to him and saw him as a captain. However, a fork, which was hardly a toy, took his place as the favourite toy in the house. Woody, Duke Caboom and Simba quickly became soulmates as they shared the same situation. They opened their hearts to each other.

One day, a lion named Nana came across the abandoned trio when they were resting in a forest. She had a fierce look and her body was full of cozy fur. Her arrival completely attracted everyone’s attention. Simba felt shameful when he saw Nana because she reminded him of the painful childhood memories. However, she was determined to convince Simba to return home because the kingdom was all the more appalling, not to mention horrendous. Corpses were lying everywhere, blood was shed every corner and anger was filling everyone’s heart. Simba contemplated whether he should go back to Pride Rock, the land he adored once.
It was really hard for Simba to decide. He struggled between staying contented with the aimless life he was having and the inborn duty he had to his kingdom. He couldn’t stop thinking his identity. He knew that only he could save the kingdom. Finally, he went back to his home and fought Scar head-on courageously.

Just when Simba was about to leave, Woody stood up and said he wanted to follow his footsteps as well. He has been struggling lately and finally realized that his true mission was to be a toy, the destiny he should have embraced.

Inspired by Simba and Woody, Duke Caboom knew that it’s time for him to face his past and be the exact person he was. He trained himself hard for years and finally reached his goals. He became the most popular toy in the end.

This story told us that we should all believe in ourselves and be ourselves. Realizing who you really are can be a painful journey. Some past experiences may hurt us but only we can decide whether to run away or learn from it. If we refrain from the truth, the past will just keep haunting us. The only solution is to face our past with courage.
A Letter to a Potential Superstar

3A Charli Lee

Dear Meena,

Hi! Thank you for your letter. I know it has been the most chaotic months for you, are you feeling better? I understand that singing on stage is quite terrifying for shy people like us. So, here are a few tips I have learned from my previous experience, I hope they will be helpful.

Panicking on stage is quite normal since it’s part of our nature. You can try to record your own singing and send it to a friend that you can rely on. I’ve learned a lot from others’ feedback.

I once joined a singing contest in my school, I was so nervous that I got hiccup and I couldn’t focus on my singing. I tried to avoid looking at the audience and look at the “Exit” sign of the hall. I took a deep breath. I soon calmed myself down, and fortunately I could finally focus on my performance. So, instead of looking at the audience, you can try and look at the “Exit” sign. I bet you’ll feel much better.

I heard that you failed your audition from stage fright, I truly feel sorry for you. You may have mixed feeling going on stage. You may feel nervous but excited at the same time. I know that you are gifted and you have amazing vocals! So stop putting yourself down. You need to know that you can be as shiny as a star.

You can start by understanding the fact that no one is perfect and don’t exaggerate your flaws and ignore your strengths. I know it’s easy to be nice to others, but it isn’t easy to us. We may think that we know ourselves so well, but there’s always more to know. We should stop judging ourselves.

I know that you adore the music industry so much that your dream is to become a singer. You participated in a lot of competitions, but always end up frustrated. I feel so sorry for you and here are a few solutions that I hope can improve your situation.
We can all start with being nice to ourselves. It can help you regain confidence. On the other hand, you need to stop doubting your ability because that will affect your self-confidence. Lastly, we are only human. Failing is a part of our learning process.

When I first joined a singing contest, it was a disaster. However, we should not give up! Knowing that you’ve tried your best in achieving your goal is all that matters. We can work harder to achieve our goal. Never say never!

I hope you feel better after reading this letter. I understand that it’s frustrating facing all these problems, but I’m sure all of these are just within God’s plans. We can all learn from our failures and become a better version of ourselves. I hope that everything will be okay. Have faith in yourself.

Best wishes,
Charli
Dear Chris,

Thanks for your letter. I am deeply saddened by your problems and I really feel sorry for you. Insomnia is a very common problem. According to an informal survey, more than half of Hong Kong secondary school students sleep less than eight hours per day, which is not enough for a teenager. In fact, many Hong Kong people share your problems. I used to be one of them and I'm going to show you how to tackle insomnia.

Actually, I have experienced this kind of situation before. I was a Form three student when I had difficulties sleeping naturally. At that time, I struggled to sleep even though I was so exhausted. As a result, I lacked enough sleep, my efficiency decreased and I could not concentrate well the next day. Also, I felt physically and mentally tired when I suffered from insomnia. I felt truly sorry that you had the same problem. However, I believed that you could solve Insomnia, too. Here is my advice.

I think you are cracking under pressure, aren't you? Insomnia, to a large extent, is caused by stress and anxiety. As a Form three student, stress mostly comes from academic work, family and friends. You may be disappointed with your unsatisfactory academic results or the great amount of homework. However, don't be too depressed. If you keep worrying about your schoolwork, even at night time, you'll struggle to sleep and affect your work quality in the daytime. What you should do is clean your mind before you sleep. You should do some meditation in order to relax yourself and have a good sleep.

In my opinion, you should pay attention to your diet. I know that you have been a coffee lover for a long time. Yet, you may not know that coffee beans include a natural substance that is called caffeine. In fact, caffeine benefits our body such as boosting our reaction time, mood and mental performance. On the other hand, caffeine has negative effects. It makes you hard to fall asleep and get insomnia. A study also states that caffeine delays the timing of your body clock. I suggest that you should stop drinking coffee before you sleep. You may drink coffee during daytime to increase your efficiency. You can do it, can’t you?
Do you play video games or look at the computer screen for a long time before you sleep? I remember playing video games with you in your flat during summer holiday last year. I think playing video games is a good tool to entertain people. Nevertheless, blue light emitted by screens on cell phones, television or computers impacts sleep quality since it keeps your brain alert. You must be feeling excited and hyper while playing video games. As a result, it makes you hard to relax and sleep. I suggest that you should listen to soft music in order to relax.

Cheer up and stop being sulky! I believe in you! These little obstacles are only testing your ability of solving problems. Don’t give up! I hope my advice is helpful. You are always welcome to write me to see how things get on.

Take care!

Best regards,
Shun Hang
My Brother - The Hotel Owner?

3B Janice Yeung

I have always been jealous of people who are close to their siblings. Growing up, I think nothing in the world can be better than having a caring relationship with brothers and sisters. I love my younger brother, yet, we never come along. I have a happy family and he has always been jealous of my success.

Last week at my parents’ house, I saw him eating a cup noodle and playing computer games. He was unemployed and we barely talked. That day, I brought him some good news. A friend of mine kindly offered him a job. ‘He should be delighted,’ I wondered. I called him four times yet, there was no reply. Just when I was wondering what happened to him, I saw him driving an expensive car while I was crossing the road in Tsim Sha Tsui. His car went into the Peninsula Hotel, a 5-star high-end hotel. He was wearing a black mask and sunglasses. It was shocked to see him. My unemployed brother was leading a fancy and luxurious life. I stood at the front door of the hotel and was speechless.

‘It is weird, it doesn’t make sense!’ I said to myself. I acted like a spy and stalked my brother. Sneaking into the hotel, I followed him upstairs. Plenty of questions popped up in my mind, ‘Why is he driving a Mercedes Benz? What is he doing in a 5-star hotel? Why is he wearing a mask and sunglasses?’ My brother reached the top floor of the hotel, he entered the presidential suite. It was a spacious room, with a sea view. Everything was elegant and high-end. I quickly hid into the toilet. It was all made of gold. I peeked into the room. A fat man was sitting on the huge sofa and was happy to see my brother. He welcomed him with an open arm and hugged him.

‘What is happening?’ I asked myself. I can barely hear their conversation as I was too far away. They were drinking wine and had a good laugh. After a while, my brother walked towards the toilet. I locked the door soon as he entered. He was surprised to see me, I confronted him. ‘What is going on? Tell me everything about all this non-sense!’ I said. ‘I am working here as a staff,’ he replied. He was smiling but I noticed that his hands were shaking. ‘Are you telling the truth? How can a hotel staff drive a sports car?’ I questioned. ‘Yes, believe me. The car belongs to the hotel,’ He reassured.
While we were walking out of the hotel, the porter asked my brother if he wanted his car parked. My brother nodded. ‘Boss, is there anything else you want me to do?’ the porter asked. I then realized my brother was more than just a staff at the hotel. ‘Who is the fat man you were talking to? Why did the staff call you boss?’ I looked straight into my brother’s eyes, hoping that he would tell me the truth. My brother suddenly burst into tears, ‘I didn’t mean to lie to you, I only learned it two weeks ago that I am the illegitimate son of a billionaire. Our mum told me when she learned that she was diagnosed with cancer. She could not keep the secret from me anymore.’ My brother confessed. Suddenly, everything makes sense, my brother and I never get along, we don’t even look alike. It is just like the Korean TV drama.

My brother becomes the new owner of the hotel and he now lives a happy life, but we never see each other anymore.
Save Water, Every Drop Counts

3B Jessie Ho

Dear Stephanie,

How are you getting on? I am glad to know that you and your family are making an effort to protect the environment and conserve water by participating in the ‘Save Water, Save Lives!’ contest. Being an environmentalist working for a water conservation group, I am writing to offer some suggestions and advice on reducing the use of water in your family. Hopefully, it will not only help you conserve water, but also win the contest.

To begin with, I am providing suggestions on household chores. Knowing that your family sometimes uses dishwasher and washing machine even when they are not fully-loaded, this habit has to be altered. According to a research, 1/4 of indoor household water is used on dishwasher and washing machine. It is, therefore, vital to use the washing machine and dishwasher only when they have a full load. It comes to my attention that your dad loves gardening. He uses clean and fresh water to water his garden every day. It is definitely a waste of water. Why don’t you recommend him to water his yard early or late in the day to reduce evaporation? He could also use recycled water and collect downpour for watering instead.

Next, advice on reducing personal use of water will be offered. It saddens me to know that your sister takes a 45-minute bath. What disheartens me more is that your brother bathes in a bathtub twice a day! According to research, it takes 50 gallons of water to fill a bathtub and a 45-minute bath consumes almost 400 gallons of water. Were I you, I would kindly remind my siblings that they are consuming way too much water to maintain their personal hygiene. Try to convince them to take a shorter bath, five minutes or less is preferable. Your family can also install a new low-flow showerhead to replace the old faucets.

Last but not least, when I visited your home last weekend, I notice that the taps in your kitchen and toilets are all leaking. 13.7% of indoor household water is wasted because of leaking taps. Why don’t you fix all the leakage? For toilets, installing a dual-flush toilet which uses fewer gallons per flush is also a good option to conserve water. When you help your mum with washing the dishes and pots, turn off sink faucet while scrubbing.

Water is scarce. Let’s treasure our natural resource! Not only can it save money for the water bill, your family can also be the winner of the competition. I hope my advice helps. Good Luck! Let me know how things turn out!

Best Wishes,

Jessie
My Journey from London to Hong Kong

3C Choy Ho Long Colin

When I noticed that the company operating my flight ended its business, which meant that my flight was called off, I was utterly petrified. The airport was boisterous but my horror completely overrode the huge noise. Once I forgot who I was because of this subsequent unexpected incident.

Although there was not a fire or some terrorists beside me, I was in a perilous situation. There was no money in my purse, so I could not buy a flight ticket. After finishing my milk, most of the tourists had departed or left the airport. I decided to have a sleep on the seat beside the check-in counter because of my tiredness. I was too sleepy that I couldn’t make a sound or think a thing.

The next morning, I woke up and had a short prayer. After that, I went out of the airport with a complaining tummy. Getting out of the airport, I heard someone saying, “Tom has taken away my goods and ruined my business. I have already prepared the salary but I could not see a shadow of him!”

It was said by a man in a suit. He looked flustered and agitated. Having heard it, I walked towards him and asked, “Sir, may I know what’s the business you are busying with and worrying about? What can I help you?”

He grabbed my hands immediately and took me back to the check-in counter, asking me, “Would you like to get on a flight to Hong Kong and check if all the boxes have corresponding shoes inside during the flight?”

I answered, “Sure, I have just finished my excursion in London and I am finding a way back to Hong Kong!” Soon, I got on the free flight and received the salary of 500 pounds. I felt lucky and safe but things went wrong next.
When I checked the 69 shoe boxes on the plane, a dark-skinned man took out a pistol and pointed it towards the workers and I, shouting, “Shut your mouths up!” The workers on the plane got on it by a fast pass which meant none of them could be checked by the security guards. Even you brought a bomb on it, no one knew. I ignored my safety on the plane. I thought “What a maniac! Am I in a nightmare?” After a while, the hijacked plane landed on a place which wasn’t Hong Kong, but Iraq. When the hatch was opened, the dark-skinned man said, “I got some white men.”

I wanted to say “We are not Americans or invaders!” but I barred my words behind my strong tongue or I wouldn’t be able to record my journey now. All of us on the plane were pointed by long guns and were led to a jet. Hearing one of the kidnappers shout out, “Madagascar, we are coming,” my mind just had two words left, “Oh, God.”

After 2 hours, we were in the middle of the ocean. I did a thing which was the craziest I had ever done in my life—jumping out of the jet for survival! I did it without hesitation and swam under the water for evading the shots from the kidnapper. They drove the jet away because they couldn’t see things under the turbid ocean. After escaping from the danger, I swam aimlessly until I saw an ocean liner. The crew on the liner saved me and they told me it was going to arrive at Hong Kong in three days. I told them what had happened to me and I just had 500 pounds that it was not enough to get on this ocean liner. However, they didn’t charge me any money and gave me three meals a day. They were very helpful as they perceived me as a refugee.

Three days later, I arrived at Tsim Sha Tsui Ocean Terminal in Hong Kong and ended this unforgettable trip. This journey taught me that, “The old man lost his mare, but it all turned out for the best.” Good things can turn bad, bad things sometimes lead to a better happenstance. Even though I went back to Hong Kong, there were possibilities that I missed some wonderful or better things on Madagascar.
A Helpless Tourist Decision

3C Marcus Chui

“We are sorry to announce that Thomas Cook has ceased trading with immediate effect.” The tour company announced this information while I was sleeping on my flight to London. As what I bought was a return ticket, I thought I could still fly back home by Thomas Cook’s plane. Unfortunately, it’s not the case. When I knew the company had ceased operating, I had used up all my cash, standing lonely at the airport. Even though I put lots of thoughts into finding a way back home, I could not think of a solution. Since every company requires its customers to pay before the flight, the only practical way is to work and earn the money for a ticket. While I was walking on the street, I saw news about a robber who took about twenty million dollars from the bank. The reporter said he had a gun so we should all be careful and called the police if we saw him.

After looking for a job opportunity for two hours solitarily, I felt abstracted and tired. Suddenly I heard a courteous voice saying, “Do you want a job that can help you earn one million in three hours?” I was shocked by the huge amount of money. Although I smelt something fishy, my brain told me not to decline any chance to earn money. Since the amount was adequate for me to pay for the ticket, I accepted his request. When I looked at his face, I thought I had seen him before, but I had no clue who he was. He gave me a box and told me to put it in a house which was 50 miles away. He lent me a motorcycle and told me to come back after I put down the box and he would give me those one million dollars.

After an hour, I found the house and untied the box. Then I put it in front of the door. I took a peek at the window. What I scanned reminded me of who the man was. He was that robber on the news! Then I opened the box, and it was filled with cash! I figured out that I was undoubtedly in a perilous situation. If there were police passing by, I would be arrested. I was contemplating whether I should use the cash to buy the ticket or called the police. Both ways had pros and cons. At last, I opted for calling the police and resisted the temptation of that box of cash. I told the police where the robber was. Alas, the police couldn’t find him but most of the money was found. I told the police my situation. To award me, they gave me a ticket to fly back home.

“If you were in a situation which was full of obstacles, remember not to give up and you can get through them eventually. On the other hand, remember not to walk on the wrong path. Choose the path with conscience. Keep bad things at bay.” While I was writing my diary, I heard the doorbell ring. I opened the door and saw a resembling face, holding a gun and said in a deep voice, “You forgot to come back.”

Remember to fulfill your promise, too.
Letter of Advice – Evan's Dilemma

3C Elaine Lee

Dear Evan,

Congratulations on being chosen to join the camp! I’m sorry to hear that you and your mother had fights on your plan. I’m here to help. Here is some advice I hope will make things easier:

Firstly, try convincing your mother again. I know that this is a rare chance as only the top 10% of teenage climbers from all over the world are chosen to join this international youth leadership programme in the United States. And I also know that being a professional mountain climber is your lifelong dream. Under this situation, convincing your mother may be the most direct way to get permission. Your mother may not know how much this camp means to you so try telling her this one more time, calmly. Why not try taking a deep breath before saying the reasons? In order to make this successful, you will need to write a script. Please don’t feel stressed; it’s for your own good. Remember to do it when your mother is at peace. It is the key to success. I believe the possibility of your mother being convinced would be higher when you do so.

Secondly, find a way to obtain stable income. That means to find a job. In your last letter, you mentioned that if you insisted on joining the camp, you wouldn’t get any pocket money starting from next month. Since you’re a full-time student like me, you cannot get a full-time job. But I think it is possible to get a part-time job with an hourly-paid wage. You can work as a cashier at convenient stores, which pay you around $45 per hour, two to three hours a day, a few times a week. This would give you around $400 per week. Evan, it’s just February now. The university entrance exam is held in May and the camp in mid-July. You still have plenty of time so don’t worry too much. In fact, even if you stop working for a while from mid-March to May to work hard for your exam, you still have nearly two months to make money after your exam. If the wage isn’t enough to pay the cost, I can lend you some money if you don’t mind. Then, you can pay the cost of the camp without the subsidies from your mother. She will be shocked at your independence by that time.
Thirdly, use all methods to make your mother feel relieved. You might be confused after reading this sentence, thinking that you have already been doing so. Please don’t hold this in contempt. This advice may indirectly convince your mother to allow you to join the camp. I know that your mother cares much about you. She wants you to get into a nice university so you will have a bright future and find jobs more easily. If I were you, I would study hard to get good grades and make my mother happy. The second thing is that your mother worries about your safety. I remember you once told me that you have rock-climbing trainings on Saturdays and Sundays. Here’s the opportunity. You can bring your mother to the upcoming trainings so that you can show her that you’re capable of keeping yourself safe during the process. If you do this, she would have a peace of mind and believe in you. Then she might stop prohibiting you from joining the camp.

I’ve been talking too much and it’s time to stop here. Hope my advice helps! Feel free to ask me any questions. I’m looking forward to hearing your updates.

Regards,

Chris

P.s. I have attached some videos of my dog to cheer you up! Hope you’ll smile a bit while watching.
The Venice of Hong Kong

3D Gillian Yiu

My favourite place is one of the few existing fishing villages, located in the western coast of Lantau Island—a place with picturesque beaches, unique local treats, Chinese white dolphins, scenic stilt houses, a martial arts centre, intangible cultural heritage, a seafood market and a comforting hotel, serving elegant classic afternoon tea. Where is it? It’s Tai O, the Venice of Hong Kong.

During summer holiday, tourists would spend a day there, doing adventurous activities. Strolling along the narrow streets with countless small stalls on the sides enables you to discover a food paradise. The stalls serve unique local street foods, such as egg waffles, Tai O donuts, barbecued seafood, grilled cuttlefish and many more. The choices are endless. Tai O donuts are my recommendation. They are crunchy on the outside and soft on the inside. The snack is fascinating. Another activity you can’t miss is taking a boat ride to see the Chinese dolphins. I am sure you will get exhilarated to have a close-up view of the stilt-houses along the waterway. Stilt-houses, built on piles over the surface of the soil or a body of water to protect against flooding, are rare in Hong Kong and they are as enchanting as the landmarks in Ngong Ping. If you are lucky, you may spot cute pink dolphins and I have met those lovely animals twice in the sea. It is a breathtaking experience to meet up with these exclusive creatures. Tai O can’t be called a place full of vitality without Shaolin martial arts learning. Participants are welcomed by the Shaolin masters at the Shaolin Wushu Cultural Centre, who teach Shaolin basic skills with demonstration. This courageous experience concludes a summer trip perfectly.

Not everyone, however, likes doing audacious activities. To me, after exams, I prefer to have some calming and relaxing activities to help ease my tension and anxiety. If so, I would go to beaches in Tai O. There I enjoy the shimmering sunshine, sparkling water and golden sand. The sound of the waves makes me feel peaceful. And the warm sunshine makes you comfortable. Appreciating the sunset at the horizon, the sun is half into the water and its reflection in the sea makes it look complete. How wonderful nature is! ON top of this, I will visit the Tai O Heritage Hotel, which is a former police station. It includes nine colonial-styled rooms and suites with sea views and a roof-top restaurant. Having an afternoon tea while appreciating the brilliant bright sunset, you will find that it is the best consolation for anyone amidst a hectic lifestyle. You will have a relaxing weekend there.

Tai O is a great place to spend the weekend both in the village’s idyllic life and doing adventurous pastimes. It lets me discover a very different part of Hong Kong. I love Tai O!
Blue Lagoon - My Favourite Place

3D Jasper Tsui

Fresh air, smooth wind, beautiful view, the place that fulfills these three conditions is Blue Lagoon, my favourite place.

Walking into the lagoon, I first felt my legs immersed by warm water, then my waist and chest. The warmth ran through my body, from head to toe, and it was just so comfortable and relieving. The water was not too deep as a Form two student can reach the bottom. The bottom is rock and pretty rough so you may feel a little bit uncomfortable. But as the bottom of the lagoon hasn’t been changed by humans, the feeling of it is so raw that it feels so different to a processed floor of a swimming pool. The water of the lagoon is pure milky blue. Tepid water flew over around me and all my fatigue seemed to dissolve in the water. I raised my head and saw a panoramic view of the scenery, so picturesque, so touching. Looking around, I could see people enjoying, relaxing, and they were full of peace and joy. In this massive hot spring, people were not playing, they were connected to nature and appreciating the enormously stunning environment God has created.

In a sudden, a gentle fresh wind blew towards me. It started to drizzle. Raindrops fell onto my face and the wind gusted towards me. Somehow I was relaxed by the music created by the wind and the rain. I floated on the water. My stress and tension just followed the rain and wind and they are vanishing. I was redeemed.

A few minutes later, the rain stopped. I opened my eyes. The amazing view came into sight once again. I was amazed by nature. Blue Lagoon seems to be an oasis in the world. Somehow I thought maybe this is how heaven looks like. This isolated place allows me to escape from the stressful reality and truly relax. Once again, the blue sky echoed with the Blue Lagoon. Everything is perfect, the color, the weather, the people, the timing......Oh! Thank God for giving us such a scenic place, Blue Lagoon. I cannot forget it and I never will.
In 2010, Jerry, Arthur and Tom were operating a poor company running out of capital. In the dark times, Jerry told Arthur that they should make a game. Their friend, Tom, yelled, “Why don’t we just copy from Mojang? They made Minecraft and it is phenomenal.”

“Are you crazy? We need to be creative!” Jerry groaned.

Despite their efforts to be creative, they still couldn’t come to a satisfying conclusion because they had irreconcilable differences. The frustrated Jerry said, “Why don’t we start brainstorming some good ideas instead of arguing?”

Finally, at the end of 2010, Arthur, Jerry and Tom figured out at least 15 ideas. They had a meeting to review their ideas. “Why do we need to have this boring meeting? We have already finished thinking!” Tom shouted.

“Only with hard work and perseverance can one succeed. This meeting is really necessary,” Jerry explained. But Tom didn’t care and only lived in the imagination that their company would make a lot of profit every day. Arthur tried to convince Tom in a peaceful manner, “Only hard work can make a person or a company successful. Don’t give up. Remember why we started at first.” Tom felt inspired and started to contribute more to the company that was falling apart.

These men were the creators of the internationally famous game, Angry Birds. This game revived the company because so many minds are attracted to it. They explored further and created more games based on the success of Angry Birds.

As Einstein said, “Genius is 1% talent and 99% hard work.” At the end of the day, history would only remember those who put effort rather than just dream. Only through hard work and perseverance can a vague idea be turned into a true masterpiece.
Dear Clark,

Thank you for your letter. I am sorry to hear your problem with your job as a reporter and as a superhero. You have problems that not many people on earth have. I hope I can carry some of your problems and free you from your stress.

I know you have great powers that can build or destroy. And with great power, comes great responsibility. From your letter, you said you were exhausted. Well, I hate to bring it to you, everyone feels exhausted once in a while. But because of your big responsibility, your stress may be more than what we have thought. Perhaps no one would ever understand you because you are so different. I felt the same way when I was young. I suffered from High Functional Depression and was born in an ordinary family that had no history of mental illness before. I felt like I was trapped in a box and had been thrown out of the universe. Perhaps you could try to talk to someone or even write to me, as it’s never a good thing to bottle-up. If it doesn’t work, you can go to an isolated apartment and cry out loud. Remember, crying doesn’t mean you are weak, crying can let out your emotions and you can gain a healthy spirit, in order not to let your feeling explode.

It is complicated to be a superhero and a reporter at the same time. It’s like putting a mask on your face every day. It is important to keep your identity a secret from the world so that they will not get hurt, though. Try to expose your weaknesses to someone you can really trust. It is risky but it’s worth a try if your trusted ones accept you. You will feel happier with someone knowing you.

The last thing is that accepting reality is harsh. You said you cannot have romance with your lover. Sorry, but this world is sometimes unfair. It’s sad but please try to accept this fact. Approaching your special someone should be normal, but not for you. Please keep in mind that you, as a superhero, should make some sacrifices. Reality is often harsh but that makes our lives more interesting.
You have great responsibility but bear in mind that you are also a person. Emotional feelings are part of you. And I, as your friend, embrace all of your strengths, weaknesses and emotions. I hope my advice is helpful. You are always welcome to write to me.

Best wishes,

Vina
Dear Sweetheart,

I have received your letter of 22nd August, 1916 and a food parcel of tobacco and clothing. It is heartwarming to have tangible support like this from home and that puts me in high spirits. Actually I have just come through another particularly nasty period and am having dinner safely in our trench when I write this letter.

Two days ago, we had a life-or-death fighting with the German artillerymen. At night, when we left our encampment to rejoin the frontline, we were assaulted unexpectedly by our adversary. Their invasion was unmerciful. Bullets whizzed by and shells exploded like thunder and lightning among us. Once, a bullet flew over my head, about two to three inches between me and death. Since we were heavily outnumbered, we had to retreat to where our allies were. Many of my comrades were wounded or dead. It was a hard time. However, I am still optimistic, believing that “By losing a battle, we find a new way to win the war.” I promise you, I will keep a stiff upper lip to wait for peace to come.

I am known as a valiant and courageous warrior among my fellow men, my love; nonetheless, I always bear in mind that I have responsibility for you and our two kids. I’ll struggle to survive so as to reunite with you. Our commander told us reinforcement was coming to convoy us home. All suffering will soon end since victory is near!

I assure you I’ll write whenever possible. My heart is wherever you are.

With love,
Baron
Dear Diary,

Today was an awful day. I let my anger take over me and I did a really naughty thing. Now I feel really guilty. Now that when I thought about it, I must be out of my mind to do such thing.

So it all started off normal, I went to school early as usual. At recess, I was chatting with my friends. I saw James, the boy who never keeps his mouth shut, the boy who only says bad things to people He walked past us and uttered something insulting to everyone as usual. But when it came to Sue’s “daily insult”, he teased her about her new haircut. Sue’s a timid girl. She used to have long straight hair which was always tied into a pony tail. This weekend, she had a haircut, with hair cut to shoulder length short. At school, she kept asking us about how she looked. To be honest, I think that she looked great and this hairstyle looked fresh on her.

But when the class bully told her, “Hey Sue, I think you should change your name to Sam, you look like a boy, you just ruined yourself. When I saw you, the first word that comes to mind was...monster!”

I felt rather taken aback. That has just crossed the line! My ears were red, my face were hot, I glared at him and yelled, “No one insults my friend and walks away without apologizing. You’ll see what I’ll do to you if you don’t!”

James retorted without looking back, “Sorry! Can’t hear what you’re gonna do to me? Tell the teacher? What a joke!”

I held down the urge to hit him and went back to my seat as the school bell rung. During class, I was still thinking about the insults James threw at us. And so I looked at James’ direction. I saw that he was making funny faces at Sue. I felt my anger rushing in. I thought about what I was gonna say to him but nothing seems to be working, for every one thing I said, he’d threw three insults in my face. Suddenly, a plan was conceived in my mind.

When James was out for lunch, I snuck over to his desk and carried out my plan—which is to dump some of the stinky rubbish into James’ schoolbag, because I know that James cares most about his personal hygiene. When all was set, I went to the bathroom to wash my hands.
When I came back, skipping while humming a tune, I saw the disastrous situation in the classroom. Everyone was pointing and laughing at James, saying things like “Rubbish Boy James,” “Trashy James” or “Smelly Trash Can”. His face went bright red like a cherry and he clenched his fists and trembled in anger. His eyes scrolled through the classmates who laughed at him and kicked his schoolbag. The classmates were too overjoyed to give James a taste of his own medicine to notice that they were actually hurting James.

During class, classmates kept making a face like they had smelt something bad when James was not looking. They even made a song about James that goes like this, “Smelly, trashy, stinky James, how I wonder what you are. Are you rubbish or some...”

James lowered his head and I could see tears rolling down his cheeks while they sang their song about James, after school. James packed his bags quietly and left without a word.

I felt like I was struck by lightning, he was so depressed when he was laughed by the classmates. I started to regret doing this and tried to call James to come back and confessed to him. But he already rushed out of school.

Well, that was when I knew I totally messed things up.

I feel really ashamed and guilty now. I can feel guilt stabbing my gut and shame hitting me in my brain. Oh no, what have I done? I shouldn’t have done this to him. Now I am not better than him at all, I’m no different from him.

I guess this is the naughtiest thing I’ve ever done. I hope I can find the courage to apologise to him tomorrow.
Dear Diary,

Today was a day filled with remorse and shame. I now feel so anxious, worrying about what will happen tomorrow because I have done something naughty that I had never done in the past.

Monday is so tiring and exhausting with PE lessons, Chinese lessons, and all the lessons I don’t like. In addition, today was packed with tests and quizzes, which put me under tremendous pressure. Yesterday I was thinking what if I could skip this Monday. Looking for my textbooks feeling worn-out, I noticed an old sick leave certificate used before. At that moment, it looked like an igniting match for me on a cold chilly night, yet at last, it burned the entire house down, causing a huge trouble for me. At that time, I scanned the certificate, changed the date and printed it out, getting ready for faking a sick leave. While relaxing and putting tests aside, I couldn’t think of the serious consequences I will face.

“It’s time to get up!” Mom yelled at me as usual. I put on my school uniform and grabbed a slice of bread to fill my stomach. I needed to get out as Mom would be staying at home. So I left home at usual time. However, the first problem arose. How can I not be found by teachers and classmates, as I live 5 minutes away from school? The only place I could think of is the stinky, filthy staircase. The situation is much worse there but I didn’t have a choice. Every time someone came in, they scared me out. While being frightened several times, I suddenly remembered that I needed to call the school. I deepened my voice and called the school.

“Hi! Kevin from 3E is not feeling well so he can’t come to school today. I’m his father.” I was so scared that I hung up immediately after saying so. After a few frights, the time had finally reached 8 a.m. When I stepped out of the building, I immediately panicked as I saw a familiar face. It was Wesley who is always late notoriously. He was rushing to the school with messy hair and untidy uniform. Luckily, he didn’t notice me since he was running so swiftly. I walked to the library and found a seat in the study room, spending the next few hours playing with my mobile phone. However, things didn’t go well later.
It was 5 p.m. when I left the library. I was starving as I skipped lunch but I felt like I should get back home as fast as possible. Almost reaching home, my class teacher Miss Wong tapped me from the back and said, “You need to pay for what you’ve done!” I was anxious about what she was going to do, but she didn’t say a thing later on and walked away.

Later when I got back home, Mom said disappointingly, “I know everything. The school called me to make sure of the fact that you are sick. I won’t sign the handbook because you should be responsible.”

I regret so much about what I have done. I feel so ashamed of myself. People who have always trusted me must be disappointed. If my future self is reading this diary, it is here to remind you not to repeat the same mistake.
MJ – short for Michelle Jones – is my favourite character in this movie. You might ask me, “Why is it?” In fact, the difference between MJ and other characters is that MJ isn’t having a typical high school experience. The world she lives in has superheroes and monsters. She is thrown into more than a little peril as the Midtown High School summer trip gets caught in the middle of an Avengers-level threat. However, she doesn’t have to become “super” in any way to prove that she’s strong enough to cope with it. She also doesn’t have to sacrifice any stereotypical markers of femininity or give up her deadpan sarcasm in order to get Peter Parker’s attention. MJ isn’t invincible but she still can keep her wits in a crisis, and is the only person observant enough to put two and two together when it comes to Spider-Man’s secret identity.

MJ may not have superpowers, but she’s strong in her own right and her particular brand of “quirkiness” – her refusal to go into the Washington Monument because there’s a good chance it was built by slaves. Her love for the Black Dahlia flower because of its association with the infamous murder – balanced with her varied styles, which range from fairly punk to traditionally feminine – feels almost tangible.

MJ is a human, rather than an approximation of what a strong female character should be. And in a summer full of blockbusters that settle for one-dimensional portrayals of women instead of striving for more, she feels like a hero in her own right, too.

If I were MJ, I wouldn’t have the strength and guts to do all the above and I might not even be strong enough to face all difficulties. MJ is a movie character whom I look up to!
An Irresponsible Company

3E Charis Wong

Travelling to England is always my dream, and it has finally come true. Sadly, people’s irresponsible behaviours let me down eventually.

After staying in London for over two weeks, I finally had to face the end of my vacation. Unfortunately, a tour company named Thomas Cook ruined all my plans.

On one fine summer day, the sun shone brightly. I went to Heathrow Airport to wait for the flight to end this fantastic dream. Sitting in the departure lounge, with full energy, I recalled my memory of this vacation. All of a sudden, infuriating whoops intruded my daydream and evoked my attention. Meanwhile, a ludicrous message drubbed my mind—the airline was going out of business. Dumbstruck, eyes widened like an oaf, body rigid and face blanched, I stayed in the same position for more than five minutes. Having brought my mind back to reality, I dashed off to the boarding gate to confirm the message.

A torrent of grumbles arose from the boarding gates. Tourists from different countries surrounded the staff there. Being shoved in the crowd, I barely saw a staff wearing a navy suit with black-tinted spectacles grimace. ‘We are very sorry to announce that all our bookings, including flights operated directly by our company have been cancelled.’

Announcing between debates and grouches, he continued, ‘Thomas Cook has ceased trading with immediate effect.’ Upon hearing the apology, some people from the crowd were in a fume.

‘How are we going to get back home?’ ‘So that means we will be stuck in the airport?’ ‘How about our money?’ …… endless voices darted at the staff. Seeing scores of vacationers join the crowd, I scooted to the back of it and started to think of a solution.

Hovering at the back of the crowd, I had thought of asking my parents and friends to get me some money, as I had used up all my cash and didn’t have a credit card. But it would take a long time for me to receive that money. I tried to come up with more ideas. However, I rejected most of them. I decided to ask the Chinese Embassy for help eventually.
‘We will make sure that all our citizens can arrive home safely as soon as possible. We’ve chartered more than thirty aircraft and they are already in position. In the next few hours, passengers will be able to return home.’ Receiving a guarantee from the embassy, I exhaled in relief, and waited for the plane to get me back home.

Clouds moved backwards, I sat on the soft seat of the cabin. I was sulked because of the irresponsible behaviour of the company. How could they leave all of the customers behind? Have they thought of how helpless we’ll be? Imagine if the whole world was like that, how horrible the world would become.
Fascinating Sarajevo

3E Kevin Au

When people are planning to travel to Europe, they often overlook a fascinating region – the Balkans. I had a chance to visit some of the countries on the peninsula, including Slovenia, Croatia and so on, but the highlight of my exhilarating trip and also my favourite place is Sarajevo in Bosnia and Herzegovina.

Whenever Sarajevo is mentioned, the first thing that comes into people’s mind is war. However, besides the sorrowful past, this city has a rich culture which is a mixture of Western and Eastern cultures. That’s why I am obsessed with this city. The picturesque downtown of Sarajevo is divided into two areas. The new town, also known as the “Austrian Area”, looks like a normal Western European city. Colourful terraced houses and elegant Catholic churches are lining up on both sides of the street. When you keep walking east to the edge of the new town, you will see the sign “Meeting of Cultures”. It represents the end of the Western architectures but also the start of Turkish traditional houses and mosques. Bosnian authentic cuisine and Turkish ornaments and accessories can be found here. It is no doubt the best city where you can experience both the modern life and the traditional Turkish way of life.

Moreover, despite the cultural diversity and the scenic view, the city does have a sad past. There are red splotches known as “Sarajevo Roses” throughout the streets and sidewalks to always remind people to cherish peace. After visiting Sarajevo, the Jerusalem of Europe, I realize the importance of history and learning from the past.

You will never find a place on earth like Sarajevo. If you have a chance to visit this extraordinary place, you will have a memorable time in your travel experience.
Hong Kong - My Favourite Place

3E CC Chan

My favourite place is Hong Kong, which incidentally is also my place of birth, the place I am currently living in, and most importantly-my home.

There are a myriad of reasons for picking Hong Kong as my favourite, but the main reason is that how a small fishing village has developed into an international economic powerhouse it is now is very fascinating to me. I think the main reason is how international this city is, you can see all kinds of different complexions here, and there is little to no racism, we live as a coherent community, everyone supports each other, everyone is treated as equals, which in turn attracts more people and business opportunities to Hong Kong.

Another major reason is that I feel very fortunate to have been born in this city. When you are born in Hong Kong there is a high chance that you will be multilingual, as most people will use Cantonese in daily life, and Chinese and English are mandatory courses throughout school, I believe language is the most important in life, as language is what connects us as humans and slows us to communicate, which leads to advancements. Hong Kong is very peaceful when compared to other places in the world, although the tension has been high due to recent protests, it is still relatively safe compared to other countries, where human trafficking, drugs, and school shootings run rampant all throughout, these are very scarce occurrences in Hong Kong, and that is why I feel very safe in this small city.

Despite the recent political clashes and violence I still find that Hong Kong is my favourite place, I guess that just shows how safe I feel in this city and the warmth I get knowing that I’ll be accepted no matter who I am, and that is why Hong Kong is my favourite place in the entire universe.
Letter of Advice - Evan's Dilemma

3E Jacqueline Lee

Dear Evan,

I’m sorry to hear that you’re now under great pressure because of your university entrance exam preparation and what happened between you and your mum. These must be so hard for you.

As a friend of yours, I know you are very enthusiastic towards mountain-climbing. I also understand that you would like to challenge yourself and improve your rock-climbing skills through this rare chance of joining this international youth leadership programme. Nevertheless, is it worth having intensive fights with your mum because she opposed your plan? Not only would it strain the relationship between you and your mum, but it might also be to no avail.

Your mum considers this programme to be risky and unsafe. AAI’s youth leadership programme focuses on situational judgement and decision-making in a mountain setting while challenging your body coordination. Therefore, one must be physically fit and have good stamina to take up this sport. To be physically fit, you must work out and train yourself hard. You might as well kill two birds with one stone. Work out in front of your mum to show that you’re physically prepared and not reckless about joining the programme.

It would be best to convince her by telling her the advantages of joining the programme. Participants are given strict instructions that they’re required to follow diligently during the programme. Since a small mistake can cause extreme danger, hence besides physical stamina, a good presence of mind and determination are also needed. I’m sure your decision-making skills would be improved and you would be more aware of small details after you join the programme.

If you could really show your mum how enthusiastic you are towards joining the programme and tell your mum that the sufficient safety measures are going to keep you safe, I’m sure your mum would understand and would let you join the programme. I hope my advice helps and feel free to contact me again for any help.

Best wishes,
Chris
Dear Evan,

How’s your recent performance? I’ve watched the videos of yours. I saw that you really enjoy mountain climbing in the videos on Facebook. I perfectly understand why and what you are worrying about. This is no easy task. If I were you, I wouldn’t be able to make up my mind as well. You asked me whether you should join the programme this summer or listen to Auntie Mary. I thought very hard and for a long time about this and would like to share with you some thoughts of mine.

Well, in the first place, I know being a professional mountain climber is your lifelong dream. I can see how much you love mountain climbing when we were in the USA a few years ago. As one of your best friends, I would advise you to chase your dream. You mentioned that you wanted to join the youth climbing programme this summer. Knowing you well, I’m sure that you won’t get any sponsorship from your mum without her consent. I also did some research. I know the cost is too high and you’re not able to afford it. The only way to get enough money is to apply for a part-time job. I still remember when we were in 8th grade, your Maths was always the best in class and you always got high marks. I think you can try to be a tutor. Just make good use of your strength! I know a mobile application that can help you find some tutorial jobs but I forgot the name. I will send you the link later. So the chance is now or never! I really don’t want you to regret the rest of your life. This programme is organized once a decade and there are participants from over 30 countries. Please grasp this valuable chance.

I do understand your parents’ concern about the exam. In fact, I shared this worry before I joined the cooking class as well. I vividly remember being a chef. However, my performance in the class was awful. Anyway, what I want to say is your exam is also important. This exam decides whether you can go to college or you have to find a full-time job after graduation. I think you can make a deal with Auntie Mary. When I was preparing for the university entrance exam, I asked my mum to give me support if I can go to the college she wants me to study in. At last, she really sponsored me to enroll in the class. I think this method is also suitable for you and Auntie Mary. As I know, Auntie Mary doesn’t really care about the process, she just wants the result. So just tell her my story. I am confident that she will be convinced.
It’s getting late. I must go now. I know there are many factors for you to consider and this won’t be an easy decision. If you want to discuss further, just give me a buzz. Whatever route you take, I’m sure you’ll be able to work things out.

Yours,
Chris
Dear Evan,

I’m sorry to hear that you are in a dilemma. You want to be a professional mountain climber but your mum strongly opposed it. I think many other teenagers also need to face this problem and I was one of them, too. But every cloud has a silver lining. I hope that you can get out of this dilemma within a short time. Let me share with you some advice which may help you solve this problem.

First, if I were you, I would talk to your mum and find out what she is concerned about. As you mentioned in your letter, you think she is concerned about your safety. In this case, I would suggest you find your cousin, Sam who lives in the USA. You can ask him to take care of you while you are participating in that programme and let your mum be less worried. You should talk more with your mum and make known each other’s intent. Then you can let your mum trust you by telling her the solutions of her main concerns. This will help your mum understand you more and be less concerned. So start talking with your mum more from now on!

Next, as I know you have a huge problem of not having enough money, I think this would be the best solution if you do part-time jobs after-school. It doesn’t mean you need to go to some restaurants or shops. I suggest you should find jobs with your existing knowledge, like helping some companies to create a management system or calculate some monthly expenses. By doing so, you can earn enough money to live in the USA.

Lastly, I know that this chance is rare but have you ever thought that you can learn in Hong Kong instead of going to the USA? I think this is not the only programme to let you be a professional mountain climber. With your perseverance and effort, I’m sure you will become an amazing climber one day even if you don’t join this programme.

Evan, I hope that my advice helps. If you have your lifelong dream, I’m sure that you will walk on the right path in your life. Stay strong and good luck!

Cheers,
Chris
A Test from Aliens

3F Marcus Wan

Have you ever met an alien? Well, I did yesterday morning on the way to school. There I was napping in a seat when a UFO crashed on the road in front of the bus I was taking. While everyone was screaming, rushing out of the bus, I was stunned by the fascinating spaceship. It was like a giant silver donut which usually appears in those old-school scientific films. When I was lost in thought, some space monsters came out of the spaceship. A robotic voice announced, ‘Humans, we are here to conquer the Earth. As we do not know much about the Earth, here is a chance for those who want to survive. We will show mercy to those who surrender immediately and tell us everything about the Earth.’

After hearing this horrifying announcement, those people who stayed out of curiosity ran away as fast as they could. The only one stayed was me. I was too scared to move my trembling legs. I felt like if I made any noise, the aliens would discover me and tear me into pieces. At the moment, the only thing I could do is to hide myself under the bus driver’s seat and cover up my mouth with both hands to avoid breathing too loudly. Thirty minutes passed, thinking that the aliens should have gone, I walked out of the bus. The next second, I regretted for my foolish act – there were three terrifying aliens waiting outside the empty bus, staring at me with plenty of eyeballs. They captured me with their disgusting tentacles before I turned around and ran. One of the aliens threatened me in some improper English, ‘S_u_r_r_e_n_d_e_r o_r d_i_e! Give us i_n_f_o_r_m_a_t_i_o_n!’ Although I was scared, I understood that it was too dangerous to let them know about the Earth. Therefore, I shouted, ‘I will never surrender! You will never get a clue from me!’

Suddenly, the aliens laughed loudly and let me go. I was puzzled. Then they explained that they were actually kind aliens. They were afraid that humans were an evil creature so they sent their troops to give us a test. Luckily, I passed. I also learnt not to surrender to evil power or give up even in great danger.
Letter of Advice - Dealing with Insomnia

3F Yik Yin Lui

Dear Edith,

Hope that you are doing well. I got to hear that you are suffering from insomnia and you’re seeking advice as you’re feeling frustrated as it’s hard for you to fall asleep.

Personally, I was once facing the same problem as yours. A friend of mine suggested I drink a cup of warm milk before I went to bed. I tried and found it very useful as keeping myself warm might help me feel more comfortable. Though this doesn’t bring effective mental help, it helps you feel relaxed. Milk packs tryptophan – an amino acid that is converted into the neurotransmitter serotonin. Elevating the levels of serotonin can improve your mood, which can keep you calm.

In addition, you can try sticking to a regular sleep and wake up time. You should have a bedtime schedule both on weekdays and at weekends. This helps to regulate your body clock and may help you fall asleep and get a good night sleep. Besides, you should avoid naps in the afternoon. Power napping may help you get through the day, but if you find you can’t fall asleep at bedtime, eliminating even short catnaps may help.

Lastly, I think you should first get to know more about insomnia. Insomnia is a sleep disorder that is characterized by difficulty in falling asleep. People with insomnia mostly find it difficult to fall asleep and wake up too early in the morning. And insomnia is typically followed by daytime sleep, low energy, irritability and depressed mood.

Don’t get nervous! There is always a way out. Recovering from a disease is never a simple task. Feel free to contact me. I’ll always be there to talk to you.

Regards,
Chris
Psalm 50:14

Sacrifice THANK offerings to God, fulfill your vows to the Most High.
How Does a Student Build Resilience and Perseverance

4A Wong Cheuk Ying

Good morning, everyone. Today I will talk about the topic “How does a student build resilience and perseverance?” I will summarize my ideas with the word “DREAM”.

First, the letter ‘D’ in the word ‘DREAM’ means ‘develop.’ Developing ourselves with knowledge builds self-confidence. If we keep doing this, we can be satisfied. For sure, it can help us to build resilience and perseverance. If we keep developing characters, it may help us to solve a lot of problems. Also, given how hard you work, would you not be successful?

Secondly, the letter ‘R’ stands for the word ‘responsibility.’ Other than developing ourselves with knowledge, we must be responsible for ourselves. Marianne Williamson said, “You may believe that you are responsible for what you do, but not what you think, because it is only at this level that you can exercise choice. What you do comes from what you think.” If we can be responsible for ourselves, we must be able to build resilience and perseverance.

In order to build perseverance and resilience, we need to pay effort. Here comes the third letter ‘E’ — ‘effort.’ Setting up goals is easy, but achieving them isn’t. So how can we push ourselves? Or how do you persist? I think paying effort to working on something, to keep on doing something is the answer to the question. Jim Walkin said, “A river cuts through rock, not because of its power, but because of its persistence.” This quote wraps up what I want to present. Persistence means continuing in an opinion or course of action in spite of difficulties or adversities. We must pay efforts to achieve it. As we continue to work hard, we become resilient and perseverant.

The fourth letter ‘A’ in the word ‘DREAM’ is ‘action.’ If we just keep thinking what we should do or just saying it but not taking any action to start working on it, we could never build resilience and perseverance. So, we have to take action. Start to achieve your goals. Even though you may be achieving it slowly, resilience and perseverance cannot be built in a short time. So, we can build resilience and perseverance if we take action to achieve our goals.

Lastly, the letter ‘M’ stands for ‘manageable’. Other than ‘developing,’ being ‘responsible,’ paying ‘effort,’ and taking ‘action,’ ‘managing’ our time well is also very important. We need to make a timetable to push ourselves to reach our goals more easily. Also, managing everything well is what we have to do. So if we could manage everything systematically, we can achieve our goals and build resilience and perseverance more easily.

In conclusion, if we keep working on ‘DREAM,’ we would be able to build resilience and perseverance. Thank you.
The Ethnic Minorities - a Special Community in Hong Kong

4A Betty Liu

Last summer holiday, I worked at a community center that serves the ethnic minorities. It is a special experience as I learnt a lot about different cultures from different countries or religions, tips for planning activities and how to respect others.

I found this program from the school activity notice board. For most of the time in the program, we stayed at the community centre and gave lessons to the children of the ethnic minorities to teach them about Hong Kong culture. The goal was to get them to be involved in the local culture so that they could be more engaged in society. Although our activities were meant to serve the ethnic minorities, we also had some local children in our activities. We hoped that all of them could be friends and they would not discriminate against others who were different from themselves. One thing that startled me was we had to clean up the activity room and set up all the chairs and tables by ourselves. What surprised me most was I had to input all the data to document what we had done that day and record what the children's feedback was in those activities. It was a little bit boring for me.

There were many interesting activities. We held a field trip to Ocean Park, we focused on teaching the children about marine organisms. Most of the children were amazed by those beautiful sea creatures; and the most exciting session was watching the dolphin show. They all laughed happily and asked me a lot of questions. Of course, our goal was not just to bring them to see the sea creatures, nor took some of the rides. We hoped that they could remember how we taught them that human activities could destroy the ecological environment. Maybe some of the animals would disappear in a few decades, so we should protect the environment and protect the ecology. Moreover, we designed some team-building games to let them know one another better. In the welcoming party, we ordered a lot of food from different cuisine including local delicacies. In the party, we learnt that some of the religions of ethnic minorities would not allow them to eat certain food, like no pork for Muslims; and no beef for Buddhists. We told the children to respect one another. We are all different, maybe we have different skin colour, different dietary restrictions but we have to respect one another and not to bully others.

I highly recommend this job because it is well worth a try. I learnt how to communicate to children, and how to cater to their needs. When we want to talk to children, we had better kneel down so the eye contact could be on the same level. Also we should place low notes when we talk to them alone, and use a softer voice.

The whole program is very fun and interesting, and if possible, you could even make a good impression and your placement could turn into a paid job!
Phil Lester, the renowned YouTuber, who has over 4 million subscribers once said, ‘If you are insulting people on the internet, you must be ugly on the inside!’ Bullying, which is an act of repeated aggressive behaviours, has evoked much public concern lately. I am here today to demonstrate how bullying harms one’s well-being physically and psychologically.

Be it teenagers or adults, no one is immune to bullying. In fact, a study has shown that 28% of adults have been bullied online while over 37% of young people between the age of 12 and 17 have been cyberbullied. The finding is shocking, isn’t it? Let’s probe into the causes of this thorny issue and seek methods to tackle this problem.

What has given to cyberbullying? Technological advancement is one of the underlying reasons behind this new form of bullying. The prevalence of electronic gadgets like smartphones, personal computers, and tablets, has made cyberbullying become a norm. With a smartphone, netizens can post harmful comments, spread rumours and uploading false content with just a click. The anonymity of the Internet also encourages bullies. Cyberbullies believe that they won’t get caught red-handed hiding behind the screen. Not seeing how the victims suffer and the reaction of them make it easier to say and do things they would not otherwise do.

Bullying can bring grave consequences, like sleep deprivation, frequent crying, rage, psychological post-traumatic disorders, to name but a few. To make matters worse, suicidal thoughts and attempts can be detrimental if not fatal to one’s life. It does not only harm victims physically but also psychologically. So, what can we do to put an end to this trend? To begin with, educating our next generation that violence is not the way out is a must. Parents should act as a good role models inculcating their children with positive and encouraging attitude towards life. Spending time together away from the online world is another panacea to deter the situation from worsening. Besides, school should establish a warm and supportive environment which is free of bullying for students to grow. By providing counselling and support, school can help teenagers who suffered abuse online. Launching anti-bullying campaigns and employing a celebrity as the spokesperson can build a positive climate with mutual trust and rapport.

Only if we work hand in hand can we put a halt to this disturbing trend, hopefully, together we can build a better future for the future pillars of society, thank you!
Cyberbullying – Be Smart, Don’t Start

4B Natalie Lai

Ladies and gentlemen, it is my privileged to be given the opportunity to speak to you all today about cyberbullying. About 37% of young people between 12-17 years old have been bullied online. Isn’t it flabbergasting? From the research, girls are more likely than boys to be both victims and perpetrators of such internet crime. Imagine that your precious child is cyberbullied, he or she cannot withstand the pressure and commit suicide. Will you still take this issue lightly? Let’s delve into the contributing factors and the panacea for such worrying trend.

Cyberbullying has become a thorny issue these days due to technological advancement. The rise of a new form of communication like instant messengers and snapchat provides a platform for bullies to send and post rude messages. The fact that almost everyone owns an electronic device also plays a vital role in the prevalence of cyberbullying. Teenagers are avid users of technology. They spend minutes, if not, hours on social-networking sites daily. Therefore, black sheep among the teenagers would take advantage of this by posting inflammatory comments, spreading rumours, manipulating gossips and false content on those websites. They sometimes also disclose others’ personal and sensitive information which causes embarrassment if not humiliation to the victims. The advancement of technological and communication devices are definitely one of the underlying reasons behind this knotty problem.

Everyone knows that cyberbullying bring detrimental if not fatal consequences, yet, why is it still so ubiquitous? Most bullies don’t do this intentionally, however, they bully is rewarded when victims give up their money or property. Gaining attention or the power of having others afraid of them, these unintentional rewards reinforce these evil behaviours. On top of that, cyberbullies believe that they won’t get caught. The anonymity of the internet gives kids a false sense of security. The lack of sympathy and empathy among teenagers is another reason why teenagers bully their peers. Since they don’t have to see the victims face-to-face, they are more likely to say or do things they would not otherwise do.

Now that we know the reasons, let’s talk about the dire consequences it brings. Were you the victim, how would you feel? Be it physical or psychological, the effects can be irreversible. Victims may suffer from low self-confidence, sleeping disorder and nervous habits like bed-wetting. Worse still, self-harming behaviours if not suicidal thoughts can be resulted too. Not only are they hurt physically and psychologically, their academic performances are also hindered because of that.
In order to help them, we could advise them to ignore and delete the annoying messages. Victims should not blame themselves and take things personal but to reach out for help from trusted adults. Moreover, school and parents should join hands to tackle it too. Conducting workshops for teenagers to instruct them on safer internet use and launching campaigns to raise the awareness of cyberbullying can be the ways out. Parents should be vigilant about their kids’ abnormal fear or behaviours. Spending quality family time and strengthening bonding can also be the antidote. Home-school cooperation is vital!

By following the suggestions given, I wish it will put an end to cyberbullying. As the saying goes, ‘You never look good trying to make someone else look bad.’ The world will become a better place if cyberbullying is eradicated. Let's join hands and make a better world for our future pillars. Thank you.
Be an Organ Donor

4B Mavis Chu

Good afternoon, teachers and parents. I am a youth ambassador of the Red Cross and I am here to give a speech about being an organ donor. How do you feel when you know that I am going to talk about organ donation? Boring? Yes, it may not be an interesting topic but it is a very significant topic that everyone should know more about. I am sure that everyone here has heard of organ donation already. However, have you ever thought of being an organ donor? Not really, right? You may think that there are enough organ donors, but in fact, only about 300,000 people have signed up as organ donors in the government's registry in Hong Kong. There are still many patients waiting for new organs every year.

People in general find this issue very sensitive and are unwilling to talk about it. Some may even think organ donation is a taboo. Actually, the term ‘organ donation’ alone is enough to make some people squirm with unease. This is because of the traditional Chinese belief that the body should remain intact after death and the older generation even believes that the body can still sense pain after death. The good news is more and more people are willing to accept organ donation nowadays, especially among the younger and the educated generation.

Another explanation for the low organ donation rate is the lack of education on organ donation. Many people are ignorant or even suspicious about organ donation. Their mistrust of the medical profession may also be a problem. For instance, if they are injured in an accident, they are worried that their organs will be taken away without their consent or the medical personnel will not try their best to save their life. That is why there’s a large disparity between the number of people who say that they support organ donation in theory and the number of people who actually register.

The need for transplantable organs is getting more urgent every day. Most of the patients who need transplantable organs usually suffer from chronic incurable diseases such as diabetes, liver cancer and kidney failure. These precious lives are hanging by a hair and their family and friends are waiting desperately for one single chance. It is a sad truth that many patients die while waiting for an organ.
So, what can we do to encourage organ donation? Well, it is always easier said than done. Most parents and teachers seldom discuss organ donation with their children or their students. As a consequence, children have no knowledge about organ donation. It is crucial that we start encouraging organ donation in our daily life. The best way to let them know more about organ donation is by having more discussions with them. If awareness of organ donation among children increases, there will be a positive impact on actual organ donation decisions. Schools can also integrate this topic into their curriculum to raise students’ knowledge as well as debunking myths and misconceptions about organs donation. To establish a culture to support organ donation in society, education to the new generation is especially needed. We, as role models, are responsible to teach the young generation. Their beliefs are shaped by what they see in their daily life. Schools and families influence their lives and make them what they are. Keep in mind that example is better than precept. So please display behaviours that are reflective of moral virtues. One cannot teach character unless you can display it.

Besides education, we can apply the 3S. The first S stands for sign up. People should sign up at the Centralised Organ Donation Register. The second S is spread out, spread out the message to your family and friends and gets their support. The last S means speak out. Speak out to your family of your wish. These are things that can be done easily. So why not be an organ donor and encourage the people around us to be one too? Organ donation is like manna from heaven for those patients in desperate need. It is literally a lifesaver!

Actions speak louder than words. There are many ways that parents and teachers can be role models, from being on time and fulfilling promises to showing empathy and being positive on this issue. So please register today and be an organ donor! Thank you!
Why You Should Be an Organ Donor

4C Linus Ma

Good morning everybody. I’m going to ask a weird question out of the blue – do you know how much is wasted when we die? Most of our body parts are laid to waste when we die and these valuable parts can and should be donated to those in need. I’m going to tell you the ins and outs of organ donation.

Corneas, body tissue, blood vessels, kidneys, lungs and bones, etc. can all be donated to people in dire need of new body parts. The vast majority of people do not understand that when they die, they are bringing with them many people who would otherwise be able to live on if they got an organ transplant. Some might argue against the idea of organ donation because of cultural beliefs. I sympathize with the idea, but I do not believe that the act of saving others with what you leave behind is ‘unholy’ or ‘incomplete’. These are people’s lives we are up against. What if the person in need is one of your many beloved family members? Would you still be reacting with revulsion when confronted with organ donation? Organ donation should be accepted and not something that is frowned upon by society. Another issue is that many people only start talking about it when they are confronted in either the Intensive Care Unit or other life or death situations. This does not give the family any time to think of the life and death situation and may make them feel that the medical professionals are only trying to harvest their organs because they have no chance of saving their loved ones. This is why I think organ donation should be talked about more often and have propaganda talk about the many lives that could be saved if people signed up for organ donation.

Signing up to be an organ donor is very simple. All you need to do is register online and fill in a form to show your consent. Teachers and parents need to understand that organ donation is crucial for saving the lives of people around you. You may need an organ transplant in the future, I’m sure you would not want to suffer and wait in agony because of organ deficit. I hope everyone can understand that the grief of losing one’s loved one can help bring light back into the lives of others. So, many of these helpless misfortunate people are waiting for their second chance in life, only to wait until their very last moments. Many people may think that they’re too young to make the decision or they are too old, therefore deeming their organs useless. There is also the ridiculous thought of doctors not trying their best to save your life if you are an organ donor. These are all myths. Organs, even when old, don’t mean they cannot be transplanted to another person. People need to know that thinking your organs may not be useful and eliminating themselves from organ donation is making people lose their lives. It is best if you sign up for organ donation and let any part of your body be donated for the rebirth of other people.

Organ donation is a miraculous act that can change lives of many. This life-saving act should be celebrated and be more widespread across the globe. I sincerely hope that everyone will concur with the ideas I’ve shared today. Thank you!
Good afternoon teachers and students, I am Chris Wong and I am happy to deliver a speech about organ donation here today. “Oh, someone is urging me to do something I won’t ever do again!” Probably some of you are thinking just like this. It is quite normal, even I thought the same as you do. However, after I have suffered from organ failure a year ago, my entire life has totally changed!

Before I talk about the benefits of donating organs, I just want you to know the urgency of organ donation now. In Hong Kong, over two thousand patients and their families are yearning for appropriate organs every day. Moreover, many patients still have to struggle with death every day. Even more tragic is that some may lose their late battle within a short time. Only 10% of the patients can get the organs from organ donors. To put it in another way, the number of patients who would die could fill as many as four school halls just because there are not enough organ donors. Can you see the urgent need now?

As people pass away, their organs are no longer needed for their life-support functions. The organs will be buried underground with the deceased or become ashes forever. In fact, these organs can live a second life and it only depends on a simple signature from you! The greatest qualities of human are mutual help and mutual love. Donating organs helps you express your kindness and love to others. The beneficiary will remember and thank you for the rest of his life without doubt. It is because you are the savior of his life! You are a super hero! They will also have their organs donated to others after they pass away because they know their lives were once saved by your altruistic act, and they wish to pass on your legacy. What a meaningful act it is!

I know some of you may worry that the rescue team won’t rescue you when you encounter an accident if you have registered as an organ donor. Obviously, this is a fallacy because medical personnel will only consider collecting a patient’s organs for organ transplants when the patient is certified dead. Moreover, some students here may think, “I am too young to think about organ donation.” However, the fact is suitable organ donors are mostly patients who died in accidents or from acute illnesses. If the will hasn’t been documented or made known to their family, it will be difficult to realize such a wish after the person dies. Therefore, even young people should consider organ donation.
In short, organ donation saves lives. If all of you here sign up to donate your organs, one-fourth of the patients on the waiting list will be saved! You can all be involved in the amazing miracles of organ donation and I urge you all to thoughtfully consider doing so. As the saying goes, “It’s more blessed to give than to receive.” I just want to say that the patients need your help very much! Don’t hesitate anymore, take action now. Thank you very much.
Don't Be a Bully

4C Linus Ma

Thanks to the advances of modern civilization and technology, people are getting to be more and more in touch with the world. Mobile phones, laptops, computers, you name it, are all ways to keep in touch with friends and family. However, some people have taken advantage of this technology blessed to us by people who had originally aspired to make this world a better place. The attempt to make the world more connected has been distorted into a platform of hatred, racism, name-calling and much more. This is certainly not a problem to be overlooked.

Teenagers spend most of their time online. From Instagram to Snapchat, these applications have emerged to be an excellent way to relieve them of stress they get from school or peers. They love to share about current problems, talk about their daily lives and see what their peers are up to. Cyberbullies see this as an opportunity to make fun of others’ lives and problems, or they even see the opportunity to personally attack someone’s look or interests.

Teenagers are at an age when they are defenseless against the comments made by peers. Their personal image is often built upon how their peers look at them. Hurtful remarks like ‘ugly’, ‘stupid’, ‘fat’ and ‘useless’ can be ingrained into their minds affecting and taking a toll on their teenage, vulnerable minds. Having never experienced the real harshness of reality, they are unable to realize that such cyberbullying acts are as meaningless as a dust particle in the air. Teenagers need to learn that comments made by others should not define what they truly are or else they would reduce themselves to nothing more than puppets manipulated by others. This can have a detrimental impact on the mental growth of a teenager. Teenagers must learn to tune out unnecessarily prejudicial and tormenting comments in their lives.

A negative self-image and low self-image and low self-esteem can lead to self-harm behaviour. Amidst all negative comments, some are extremely damaging, from telling the victims to stop posting, to telling them to kill themselves. Such comments are a real threat to teenagers who are susceptible to outside comments and it is not uncommon for the victims to suffer depression, self-harm attempts and even suicide.
It is of grave importance to let adolescents understand that talking to someone is not necessarily a sign of weakness and the concept that preventing harm caused to them by showing their weak side to trusted teachers, friends and family members are signs of extreme bravery should be encouraged. Teenagers have a tendency to bottle up their emotions and thoughts and not let anyone know when they are in pain or need help. This is why teachers, friends and parents should pay extra attention to students who may seem socially withdrawn. Showing that you care about your students, friends and family is already an emotional support to teenagers troubled by cyberbullying.

To all people who chat on the Internet, you must not forget that your messages online may hurt people. For instance, you have just had the worst teammates on an online video game match. You have had enough and are on the verge of explosion towards your friends online. Stop and think about what you are going to say. To people who find comfort in video games, you may be taking away their refuge and bringing them further stress. So, do you really need to launch out harsh insults? Just take a stroll and calm down without harming others.

Cyberbullying is a detrimental act that harms many people physically and mentally. It is a real threat to other people so be cautious about your actions and words online.
I think the most impressive scene in this film should be the last one. But to start with, we should introduce the plot of this film first.

The whole movie revolves around the age of King Louis XIV. Louis XIV was a corrupt ruler who wasted all his time with countless women and spent all resources preparing for the war although there was widespread famine and poverty at that time.

The movie starts with three retired musketeers entering a remote prison to smuggle a prisoner who looked exactly like Louis XIV and was implanted an iron mask. Aramis, who was the leader of the Jesuit, revealed that the prisoner was the twin brother of King Louis XIV. Since their father was afraid that there would be a fight between his sons for the power to become a king, he chose the younger brother to make sacrifice for his elder brother. The younger brother was placed in a dreary prison and he was set free since the three musketeers wanted to stage a reform to improve their country's situation. The trio decided to swap King Louis XIV with his younger brother to save the whole country but the plan was penetrated by D'Artagnon and the King's younger brother was locked in the prison again.

In fact, D'Artagron had hidden a secret for a long time and the secret was that he was the father of both twins but he didn't even know King Louis XII's wife had given birth to the twin boys. It meant that both of them were not the king's sons but his illegitimate sons. D'Artagnon was originally a loyal musketeer to King Louis XIV, but because of the king's bad attitude and incompetence, he decided to stay with Louis XIV's younger brother. D'Artagnan then arranged those three musketeers to the jail to help the king's brother escape.

The five of them met King Louis XIV at the dungeon and triggered a shootout and they escaped from countless bullets. They got the whole troop's respect but King Louis XIV felt that he was betrayed by D'Artagnan. He was fed up and wanted to kill his younger brother. He pulled out his knife and ran straightforward to his brother. Immediately, D'Artagnan stood in front of the king's younger brother and D'Artagnan was killed by King Louis XIV. At that moment, Louis XIV still didn’t know he had killed his actual father until D'Artagnan used his last breath to tell him the truth. King Louis XIV was wearing that iron mask and locked in the same jail where his brother had been before. His younger brother became the king of the city eventually.
The following scene is my favourite one. Although it was short, I still love it so much. The new king and his mother stood in front of D'Artagnan's grave and the new king said that D'Artagnan was the one who had put on the iron mask for his whole life. I am so impressed by this scene because it means we all are like D'Artagnan, always hiding ourselves behind a mask. We want to be attractive in our social life and to make ourselves confident. We want to be an outstanding person in front of others and we seldom allow our real character or deepest feeling. People are afraid that others will stay away from them if they reveal their real self. This scene teaches me a lot. It tells me I should be brave to remove our social mask. Last but not least, we should treasure our own eccentricities.
Be an Organ Donor

4D Jocelyn Wu

Good morning parents and teachers,

It is a pleasure for me to give this speech to all of you. Today, I’m going to talk about a well-known topic, organ donation. I’m pretty sure that all of you have heard of it before but maybe you don’t know much about it. Before I start, I would like to ask you a question.

Let’s imagine. If you were a billionaire, you were dying but you didn’t have any heir to inherit your property, how would you manage your wealth? Would you squander your money for a materialistic life? Or would you donate all your possessions to charity? I bet you wouldn’t choose to put your possessions in the coffin to be buried underground with you since it sounds stupid, right? You wouldn’t be able to enjoy your wealth after death so why not put it into meaningful use? Lamentably, I’m sorry to tell you that many of us are making senseless decisions in the meanwhile.

As people pass away, their organs are no longer needed for life-supporting functions, but most people are not supportive of the idea of donating their organs after death. Organs and tissues suitable for transplantation include kidneys, liver, heart, lungs, corneas, bones and skin, and they can transform the lives of as many as seven people. Organs of the deceased are doomed to lay to waste if not transplanted, so why not change the lives of seven others?

Patients on the organ waiting list typically suffer from organ failure that impact their quality of life or they may even be near the end of their life. Although medical technology has advanced considerably nowadays, there are still some illnesses that are incurable, one of which being organ failure. Organ transplantation is the only form of life for patients facing organ failure.

With a rising incidence of non-communicable diseases such as diabetes, liver cancer or kidney failure leading to organ failure, there are more than 2000 patients in Hong Kong having urgent need for organ or tissue transplant every year. Nevertheless, the city’s number of organ donors far lags behind places such as Taiwan and Spain. As of September this year, there were 310,878 registered organ donors in Hong Kong, about six per a million citizens. The demand for organs has been rising in the past decades while the number of viable donors is barely keeping up.

Although there are some enthusiastic teenagers who want to sign up as donors to help the unfortunate ones, their parents do not share the same notion. Surveys by the University of Hong Kong have shown that the common reasons for refusal are traditional beliefs.
Actually, there is no conflict between organ donation and religion. Most religions such as Buddhism, Taoism, Catholicism, Christianity and Islam all support organ donation as an act of benevolence and merit. Therefore, organ donation doesn’t challenge one’s loyalty to their religion. Whether you are a pious believer or an atheist, you can be an organ donor. Nevertheless, there are still many stubborn thoughts, like the Confucius culture. Confucians think that any part of the body is important as it is a gift from one’s parents. In order to show filial piety to their parents, no part of one’s body should be hurt. And also, they have a notion of ‘completeness’ with their bodies buried intact as they believe they have to maintain their corpse integrity for afterlife. Otherwise, they will face vile consequences in next life. Moreover, they think making a plan for death will bring it about prematurely. They are stereotypical thoughts ingrained in the minds that are in fact superstitions.

The surveys by the University of Hong Kong also reveal other reasons for hesitancy: many people are ill-informed about organ donation. They are worried that the removal of an organ will affect the appearance of the body and thus ruin funeral rites. Actually, once the consent form has been signed by the family of the deceased, the organs concerned will be collected surgically as soon as possible, with full respect for the body of the deceased. Donation will not disfigure the body of the deceased as the incisions will be properly stitched up and in most cases covered by burial clothing. Some are also worried that once they register as an organ donor, the medical personnel will not save their life in case they are injured in an accident. It is impossible since saving lives is the responsibility and foremost priority of every healthcare professional. They will consider harvesting a patient’s organs for organ transplant only when the patient is certified dead.

Having debunked the myths, you will find that organ donation’s not as scary as you think. Therefore, parents, don’t stop your children but support them as your support means courage to them and being an organ donor is a commendable behaviour.

Besides, as students at an impressionable age, educational intervention is highly effective in letting students know much more about organ donation and be liberal and open-minded. However, example is better than precept. To students, teachers and parents are the fount of knowledge. Therefore, parents and teachers, let’s register to be an organ donor to display behaviours that are reflective of moral virtues. Cultivate an image of willingness to help others, and give the unfortunate many a new life.
Without suitably-matched organs, the patients can only survive on machines or medication and struggle in agony. Some may even lose their battle within a short time. When we put ourselves in the shoes of the patients, can we feel their hopelessness? They are desperately craving help. They really deserve our concern so parents and teachers, please exert your influence to shape students’ knowledge and character by showing them what empathy is.

Organ donation can make a tremendous difference to the patients. It can change their life so register to be an organ donor. It is never too late but prompt action is needed.

I hope my sharing can encourage you to register to be an organ donor. Let us be a lifesaver to lighten others’ life and to give them a chance to enjoy the beauty of the world. Thank you!
Together We Stand Against Cyberbullying

4D James Lee

The Internet is said to be the greatest and most important advancement in the modern world, bringing us to the new era of ‘Cyber Life’ and enhancing our daily lives. However, evils from the real world can also be magnified in the cyber world since conveying messages is much easier, faster and porous. Bullying may be one of the most problematic issues which exerts huge pressure on many adolescents, and the prevalence of Internet makes it worse. According to a recent survey conducted by CUHK, over 25% percent of secondary school students have been affected by cyberbullying, and the number is increasing every year by about 2.5%. The phenomenon must be faced squarely to protect our young generation.

To start with, there are many possible reasons for people to bully. Some scholars believe that the roots of bullying could originate from dysfunctional families. Youngsters hitting puberty is like a train without brakes. With no proper care and attention, they might seek wrong ways to prove their self-worth, such as gaining sense of superiority and confidence through humiliating their peers, which could cause unrecoverable damage to the victims. Peer pressure and identity recognition could also be the causes. Some perpetrators may not mean to bully at first, but they end up following their peers in order to identify with their peer groups.

It is also important for us to understand what constitute bullying, as many may not be aware of themselves being the bully or the victim. Bullying is an immature act to derive self-fulfilment from controlling and belittling others. Examples include verbal bullying, social bullying, physical aggression and extortion. Cyberbullying, as the name implies, is a form of bullying in the Cyber world. Bullies would embarrass, humiliate and harass the victims aggressively with the access to the Internet. Examples are spreading the victims’ candid pictures on the social media, spreading rumours about the victim and openly criticizing and attacking the victim on various social media platforms, all of which could inflict pain and misery on the victim.

The reason why cyberbullying is so rampant and detrimental is due to the four key features of the cyberspace: prevalence, persistent consequences, anonymity and delayed response. In terms of prevalence, cyberbullying can be carried out any time, any place with advanced technology. With a cell phone, a harassment thread can be spread and go viral with only one single click, as a result, bullying can happen constantly 24/7 that defies time and geographical boundaries. With regard to its persistent damage, the records of the hostile content could be permanent if the
details are not removed by authoritative means. As it is a common practice that employers and education institutions review one’s reputation through online screening, the victim’s opportunities in future career and education admittance could be adversely affected. To make things worse, it is hard to track or punish the perpetrators as people can send hate speech anonymously online and it is easy for the bully to evade consequences. Another point worth noting is that the perpetrator doesn’t see the immediate response from the victim and often fail to realize the undesirable impact he has caused.

Although cyberbullying sometimes may not be intentional, the victims can suffer from tremendous mental burden. Compared with traditional bullying, cyberbullying is just like an invisible nuclear bomb which is more powerful and disastrous in term of scale and consequences.

Although some may say bullying is inevitable as long as there is human interaction, we should not turn a blind eye to it as it will culminate in severe consequences. Bullying jeopardizes one’s mental and psychological well-being. For instance, it harms one’s self-esteem and stains one’s reputation. It also cause sleep disorders, suicidal thoughts and self-destructive behaviour. The wounds could be life-long and permanent, haunting the victims and corroding their self confidence which affects the rest of their lives.

All in all, everyone in the society can be a potential bully or victim. In order to do away with cyberbullying, everyone should stand up for others to prevent the phenomenon from exacerbating. That is, do not participate in cyberbullying and report messages which contain improper content. Also, schools should create a code of conduct imposing punishments on perpetrators together with strengthening education on the proper use of the Internet, so as to establish a mutual respectful atmosphere. We shall aid each other like good comrades safeguarding each other’s back. Together we stand. We can put an end to cyberbullying.
Give Organ, Save Lives!

4E Wystan Tsin

Good morning teachers and parents. 19 people are dying every single day and all those deaths could be avoided with one simple signature. What signature could be vital enough to bear 19 lives you say, the answer is an ordinary signature that can even be done by you. Despite having the power to show kindness, despite having the chance to improve 8 people’s lives dramatically; despite having the ability to save 19 precious lives every day, however to this date, this small act that can accomplish so much is still refused by many.

With the organ waiting list growing at a substantial rate every second, imminent deaths are yet still avoidable. However, in Hong Kong, there are only 5.8 donors per a million people. The desperate situation in Hong Kong or any other country arises from the imbalance between the supply and demand of organs. Why is there such a wide disparity between the two? Organ donation was never an easy topic. A slight mentioning of it is already considered by most to be unpleasant, let alone actually agreeing to donating organs. The number of organ donations is heavily impeded by those who have different races, ethnicities or religions. This barrier of different perspectives or traditional mindset is the main culprit of why there are so few organs transplanted. However, bear this in mind - kindness has no race, ethnicities or religions. Organ donation is not a topic we should avoid, but rather one we should accept with open arms. The book Wonder explained, “When given the choice of being right and being kind, always choose kind.” Organ donation might not be the right option regarding your religion, race or ethnicity, but it’s certainly the kinder one. Donating organs is not only an act of kindness, but also a life-transforming endeavor to those who are not so lucky and to you yourself, too. It’s just miraculous how such a small step by you can mean such a great deal to others.

Besides this habitual mentality, fear itself massively obstructs the efficiency of organ donations. You may say, “I’m scared of what’s gonna happen to me after donating my organs!” Now imagine, death is slowly creeping up to you who are in dire need of a transplantable organ match, as seconds, minutes pass mercilessly. You are enclosed in a dark box, but there is a dim, fading light, slowly disappearing as the clock relentlessly ticks. Hope is so close yet so far away. Now can any fear really compare or match this haunting experience? Does the fear of being dissected after death really outweigh saving 19 lives?
Let us all throw away the traditional thinking first and embrace the miracle of organ donations. Isn’t it quite extraordinary that the death of one, a tragedy of life can be redefined into a bright and new life of another by one single ordinary signature? This darkness in death sparks and relights into glimmers of hope to others, igniting and giving life. Death in this case renews life. Not only does this death give life, it gives another life meaning. What’s more, we can transform our death into a legacy, a memory to those who live because of us. I’m pretty sure we are all familiar with Iron Man, his glasses are called E.D.I.T.H, which bears a distinct meaning – Even in Death I’m The Hero. By participating in organ donation, I can assure you, even in death, you will become the hero to those that are currently sitting on their death beds, waiting for a match of organs. Kahlil Gibran once said, “The smallest act of kindness is worth more than the grandest intention.” This simple act of registering online as an organ donor and helping others is a combination of the smallest act of kindness with the grandest intention.

Now we should all go to the centralized organ donation register and sign up, giving help but most importantly hope to those unfortunate enough. But we shouldn’t stop there, tell your friends, tell your relatives, tell everyone how such a simple and small act can lead to the renewal of a tremendous number of lives. Finally, I want to end this speech with a quote from Mark Twain, “Kindness is a language which the deaf can hear and the blind can see.”

Thank you!
Make Bullies an Endangered Species

4E Cady Kam

Have you ever been cyberbullied? Have you cyberbullied someone? Cyberbullying is a worrying trend which is gaining steam. Imagine I am being cyberbullied right now. You witness it, would you offer help? The sad reality is that a research shows 90% of teenagers who are the witnesses of cyberbullying would not offer a helping hand to the victim. Cyberbullying lingers around us. How much do you know about it? Thanks for having me as the speaker today. As a social worker, I am here today to share with you what cyberbullying is and ways to tackle it.

Cyberbullying comes in different forms, spreading rumours, posting malicious content, inflammatory comments, cyberstalking and sharing private information are cases in point. It brings detrimental, if not fatal, consequences to the victim, both physically and psychologically. Let’s dive into the contributing factors behind it. The rise of new communication technologies is one of the reasons why cyberbullying is so prevailing. Teenagers are avid users of technologies. I am sure all of you own a smartphone. The popularity of smartphones directly leads to the prevalence of cyberbullying. With a smartphone, teenagers can easily gain access to social media platforms such as Facebook and Instagram and you are just one click away from posting mean and hurtful comments. See how easy it is! You may ask, “Why do bullies hurt others’ feelings intentionally?” You see, most bullies cannot regulate their emotion. They cave under peer pressure when trying to fit in a clique. Sometimes, cyberbullying takes place simply because the bullies want to be accepted and earn peer recognition. They follow suit whatever their peers do, hoping to fit in.

After analyzing the problem, let’s get to the heart of the matter, the effects and dire consequences it brings. Be it physically or psychologically, cyberbullying is destructive with effects like frequent crying, bed-wetting, school problems, sleep deprivation, abnormal worries, to name but a few. According to statistics reported by ABC news, 16000 kids in the US stay home from school every day because of the fear of being bullied. The figure is shocking, yet, it is only the tip of the iceberg. Victims of cyberbullying experience anxiety, causing self-destructive behaviours, suicidal thoughts and worst still, suicidal attempts. Half of the teenage suicides are related to bullying. Heart-breaking, isn’t it? Had we put an end to cyberbullying, our next generation would not have suffered!
To curb the grave consequences, we should have zero tolerance on such evil behaviour. What can we do? If you witness cyberbullying, don’t be a bystander, tell the bullies to stop and report it to the authority! If you were the victim, please do not take it personal or blame yourself. Were I you, I would ignore and delete the messages and comments. I would also seek help from trusted adults. Schools could launch workshops or anti-bullying campaigns to raise students’ awareness. They ought to educate them the right way to use the internet. Parents play a pivotal role too. They should closely monitor their kids, offer unconditional love and support when they encounter difficulties. It takes everybody to put an end to this thorny issue.

Andrew Vachss, an American crime fiction author, also a child protection consultant once said, “Life is a fight, but not everyone is a fighter. Otherwise, bullies would be an endangered species.” So, don’t be a bystander, be a fighter, fight against bullying and make bullies an endangered species. Thank you!
Cyberbullying – My Story

4E Kristy Cheung

Thanks for having me today. Let me start by telling you a story. A few years ago, a 15-year-old girl, who was studying abroad in Taiwan, managed to enlarge her social circle by meeting quite a number of friends. She was thrilled to have met people from different walks of life. Life was going well until one day, rumours about her and a boy was spread on the Internet. Photos and videos were uploaded and went viral on social networking sites. Despite the fact that the photos were altered and videos were blurred, her classmates actually believed it was her who was having an affair with the boy. A week later, the boy’s girlfriend, together with a bunch of her friends took revenge on her. They threw her to the ground and punched her. Isolated and boycotted, she was miserable, friends were leaving her. She was depressed and dared not tell her parents. In case you do not know, the girl is actually me. Fortunately, my story did not end in a tragedy. My mum realized I was having a hard time at school and transferred me to another school. Today, I am inviting you all to help put an end to bullying.

What is cyberbullying? It means harassing, if not insulting others on the Internet. It comes in various forms, posting malicious and harmful contents, spreading rumours, manipulating gossips, sharing personal information which causes embarrassment or humiliation are cases in point. These types of bullying do not only appear on the Internet, take me as an example, when others believe the false accusations on the web, they then start bullying me in real life. It can bring serious consequences to the victims.

Be it boys or girls, no one is immune to the dire consequences brought by cyberbullying. It increases the risk of depression, anxiety or post traumatic disorder. Not only does it affect victims psychologically, it also hurts them physically. Victims are likely to harm themselves by self-harming behaviours. To make matters worse, alcohol and drug abuse are sometimes resulted. On top of that, it also brings negative effects towards their academic performance. Cyberbullying destroys their self-esteem. They therefore lose confidence in their studying and play truancy. In worst case scenarios, victims may commit suicide and it is irreversible. That is why we should never take such evil behaviour lightly. It is detrimental if not fatal to one’s life.
Imagine your kid is bullied, what can you do to eradicate it? As parents, you ought to spend more quality family time with your kids and always be aware of their emotion especially when they enter puberty. Strengthening the bonding with your kid is of utmost importance as they share their ups and downs with you. Quality family time like outdoor activities also keeps your kids away from the virtual world. Besides, your kids see you as their role model, you should never bully others. Role modelling is definitely the panacea to such worrying trend. Home-school cooperation is vital and indispensable, too. Launching anti-bullying campaigns, hosting talks and seminars can raise the awareness of teenagers’ awareness on bullying. It is also a good idea to employ celebrities as the spokespeople as teenagers look up to and follow them.

There is no quick fix to cyberbullying, but it doesn’t mean we should ignore it with folded arms. There is no room for hate and violence in this world. Please treat others the way you wish to be treated. Thank you.
Good Morning, teachers and parents. Before I begin my speech, allow me to raise a question: Have you ever donated clothes that don’t fit you anymore? Or will you just throw them away simply because the collection point is too far away? I see some of you nodding your head. Asking people to donate unwanted clothes is not easy, let alone encouraging our citizens to sign up for organ donation. Having no clothes to wear is not much of a big deal, but when it comes to the matter of life and death, it is certainly something that we should not turn a blind eye to. Medical breakthroughs have made many once untreatable diseases curable. Yet in many cases, organ transplant is the only way out for patients with organ failure. The shortfall in organs remains a constant challenge in Hong Kong. As you may or may not know, every day in Hong Kong, more than 2000 patients are in desperate need for organ or tissue transplant. Unfortunately, only 3 out of 100 adults have registered on the Centralized Organ Donation Register. In this situation, can you imagine how far the demand for organs outweighs the supply and how the gap continues to widen every year? In terms of global comparison, the organ donation rate in Hong Kong is among the lowest globally. Despite being an advanced society, you may wonder why is Hong Kong not donor friendly? And how can we put into perspective the benefits of organ donation, not only for the patients, but also for the donors and the society as a whole? Let us delve into this conundrum and gain a deeper understanding of it.

First, let me introduce a few common beliefs, doubts and skepticisms that lead to people’s reluctance to engage in any forms of organ donation. With regard to cultural factor, most of you may have a strong, deep-rooted traditional thinking that the deceased should be buried intact persists among the Chinese community, since many people believe that the spirits might return to the body. While some of you may not insist on such thinking, you somehow face resistance from others, especially the older generation, when enrolling in the organ donation register. Without a doubt, we respect people holding different religious beliefs. However, by the same token, while you may hold the superstition, you should also take into account how showing an act of benevolence and generosity to others and relieving their suffering may contribute to good karma. Hence, the myth that organ donation being conflicting with one’s religion should be rectified. Organ donation is actually consistent with many religious ideals of altruism, which is defined by a willingness to do things that bring advantages to others, even if personal sacrifice is required.
Some of you may also have misconceptions about not being a good fit for organ donation, reasons could include being too weak, too old or having a condition. In fact, the decision to use a donor’s organ is subjected to stringent medical assessments. You do not have to feel bothered being unqualified. For instance, the heart of a donor with coronary diseases may not be fit for transplant, it could turn out that the remaining parts of his organs and tissues are still in good condition. Why should we prematurely disqualify ourselves from an opportunity to save lives?

Some of you may have also heard of rumors about medical staff not paying as much effort in saving patients’ lives if they sign up for organ donation. Such skepticism should definitely be exploded, as you all know, clinical staff in Hong Kong are well-known for being trained professionally with high standard of work ethics. Instead of thinking of how to harvest a patient’s organs for transplant, medical practitioners always prioritize treating their patients and act in their best interest. Some of you may have also watched dramas of which patients got mistaken for being dead when they were only unconscious. Here comes the mind-twister: Could it be possible that our organs get harvested when we are still alive if we sign up for organ donation? Yet, such fear is also unnecessary, as multiple assessments are required for certifying one's death, not to mention proceeding to harvest our organs.

At this point, I hope that I have addressed your concerns with regard to organ donation. But the main point is why should we commit to become donors? How does it benefit us?

From a self-fulfillment point of view, organ donation is a great opportunity for us to help the needy in a way that is beyond compare. When you become an organ donor, your donation could potentially save up to 70 people, and the person you save, could also save up to 70 more people in the future. The threat of death is brutally impartial. The person in urgent need of an organ transplant could be literally anyone. Can you imagine being the breadwinner of the family and you can no longer take care of your children because of a fatal disease? Can you imagine how heartbreaking it is for parents to witness their child, a vibrant, energetic young person struggling to survive and deprived of the chance to live his life to the fullest? You may not have the power to stop misfortune from happening, but you have the capacity to bring hope to the hopeless. With merely a few clicks one registration website, we can show our benevolence and potentially make life-changing impact. The recipient will no longer have to be dependent on costly routine treatments and get a renewed chance to lead a life with dignity. In many cases, beneficiaries remain grateful after decades of the transplant and make endeavor in different forms to contribute.
I once encountered a case of which an American surgeon joined the Doctors without Borders to save lives in the most dangerous parts of Africa, influenced by her childhood experience of receiving a lung transplant. As individuals, we can activate a chain of virtuous cycle, which in turn benefits more people in need, when the beneficiaries, in this case the American surgeon give back to society. Why should we hesitate and not make an incredible difference in someone’s life?

Apart from helping the needy and deriving satisfaction through offering a helping hand, it is also worthwhile to note that academic journals found that organ donation could help donor’s family go through bereavement by knowing that part of their beloved ones continue to exist and help someone in need. The gift of life could actually transcend self-fulfillment and altruism when it heals pain and grief. Regardless of the days you live, you will be remembered as a role model to your children even when you no longer physically exist. It is time for us to think through what we can do for society, more importantly, our beloved family before we leave.

Last but not least, barriers to organ transplant pose obstacles to the well-being of society as a whole. Not only does it mean substantial public medical expenses being incurred, also, it suggests the decline in productivity and manpower, ultimately compromising our city’s competitiveness. Some of you may argue that there should be legislation framework in place to provide incentives for organ donation. Nevertheless, as individuals, when circumstances allow, we should also actively take up our social responsibility to give a helping hand.

I really hope you now understand the significant impact you can make and take action now! An enormous amount of good could be done at literally no cost. I understand that many of our fellow teachers and parents are still at your prime and it may seem too early to start thinking about organ donation. Yet, life is unpredictable. If your decision is not documented beforehand, it will be difficult to execute such wish after death. Thus, even young people should consider organ donation. If you also want to make a difference, please bear in mind the “3s”: sign-up, speak-out and spread-out. First, sign-up at the Centralised Organ Donation Register. Then, talk to your family and express your desire. At last, spread-out the message to your significant others and get their support. A compatible match is rare and many are still agonizing in the long waiting list for organ transplant. Let’s join hands to go the extra mile to support the needy!
Good morning, teachers and parents. Before my speech begins, let me raise a situation: imagine that you suffer from acute kidney failure and now the only way of elongating your life is by replacing your malfunctioning organs. You would want an organ transplant, wouldn’t you? But the situation is now exacerbating. You are queuing for a suitable kidney, right after hundreds of patients who wish to benefit from a transplant, and the doctor informs you that the minimum time required to find an appropriate kidney is two years. What would you feel? Agonized? Or desperate? If you feel that your will is passive, you are feeling the same as the two thousand patients craving for an organ transplant at this very moment.

It is feasible that more and more of the population have been willing to donate their organs after they decease by signing up on the Centralized Organ Donation Register, established by the Department of Health. Half of the metropolis’s population has expressed their notion of donating their organs after death. Nevertheless, the ratio of deceased persons who are consistent for the clinical criteria of organ donation to those who are yearning for such is a whopping 1:10, not to mention that half of those who meet the criteria cannot donate their organs due to contradictions by their families or the uncertainty of their will.

So how does organ donation benefit? Well, it is chiefly transferring a body tissue from a donor to a beneficiary, to replace a damaged, malfunctioning or missing organ. It revitalizes the patient’s body functions and, by attaining their only bequeathed font of life, they can live on, continuing their lives. Such act rekindles the beneficiaries' families' hopes and will be mesmerized and never forgotten. In fact, 1 donor can save up to 7 lives! However, some conventional perspectives reprimand this act of benevolence, but why? Hereunder are some of the most prominent rejections to organ transplantation.

There are distresses on the myth that the whole body will be excavated thoroughly for further storage and research, inconsistent with the donor's will. Nonetheless, the donor’s family has to confirm that the organs to be donated accord with the donor's wish. Besides, there is also an indispensable consent form which the family of the deceased must sign before the organs are transplanted. If the surgery is undergone without family consent, it will be classified as medical malpractice. The possibility of having unauthorized transplantation with the eminent and professional medical practitioners in Hong Kong is significantly low, hence the donor’s families do not need to get in a fluster for the transplant surgery process.
On the other side, organ donation is also considered as a sacrilegious act to some families as the body of the deceased is not intact when buried, according to some traditional Chinese customs. They gauge that it blemishes the deceased person and it would be a shame for the entire family since then as the deceased person would metamorphose into a vengeful spirit which lingers about to search for his or her organs. However, such opinions are mere superstitions. No matter it is Christianity, Islam, Buddhism or even traditional Chinese Taoism, lending a helping hand to others is generally considered as a philanthropic act of benevolence and selflessness by all walks of life. On top of that, there is no scientific proof behind the claim that deceased persons or those who suffer from brain death require organs.

Rejection of organ donation is also a prevalent trend amongst chronically ill patients. Most of them consider themselves as a body with ubiquitous bacteria which make all of their organs futile. However, there are only a few cases in which patients have indisputably refrained from organ donation. These include severe infectious diseases and most cancers, which thoroughly corrupt the functions of that specific organ and such donations would feasibly be fatal to the organ recipient. However, organs that are uninfected by diseases may still be suitable for donation, depending on their functionality and compatibility with the recipient’s body. Even if you are a cancer patient, you can still donate your corneas, only if you do not have ocular tumours. These all pertain to the fact that an organ donation is a universal act of merit, and all of you can be a donor!

I do not neglect the fact that there may be errors throughout the transplantation surgery, even though the chance of which is very low. Scientists have exploited new boundaries in this field. These avant-garde techniques, which are envisioned as more renewable sources of organs, may well be the future of organ donation or an alternative of it. One of the techniques is transplanting 3D-printed organs, constructed by bio-polymers and cultured cells; and another one is xenograft, a transplant from a different species. Nonetheless, these methods are still in clinical stage at present. Before these methods can be applied to human practice, human organ transplant is still the only way to save the desperate patients waiting infinitely for brand-new organs. So, what are you waiting for? Register on the Centralized Organ Donation Register or sign the donation card which can be taken from any mainstream medical facilities. As Dr. Seuss once said, “To the world you may be one person, but to one person you may be the world.” Let lives go on. Me? I already filled in the card. How about you?

Thank you.
Organ Donation

4F Astrid Luo

Good morning, teachers and parents. I believe that most of you sitting here are the lucky ones who never experience severe diseases, chronic illnesses, or even, the need for organ transplants. However, there are still more than two thousand patients who are anxiously waiting for organ transplants every year, just in Hong Kong! On the contrary, there is only half of the population in Hong Kong that are willing to donate organs after death. Although the medical technologies seem well-developed in this 21st century, doctors are still not able to create healthy organs. Therefore, inculcating the culture of organ donation in society is indispensable.

Why should we donate our organs? The act of the organ donation itself shows benevolence, which is something society lacks in this day and time. Your act of kindness will also pass on to the beneficiaries. Give hope to an indifferent society, and save more than seven invaluable lives. Most of them are the youngsters who barely experience the true beauty of living in this astonishing world God has created for us. Your precious donation can really revive hope to them, and their families. In addition, organ donation is not giving up part of you to keep a total stranger alive. It's really a total stranger giving up almost all to keep part of you alive.

In addition, people of all ages and medical conditions can donate their organs, not just young adults. Organ viability is mainly based on medical criteria. Also, there are so many parts of the body that can be reused to give a new life to numerous people. Even your organs cannot be used, your tissues can enhance more than fifty lives. Besides, we should just let the medical professionals decide whether it is suitable for transplant. But at least, by saying “yes”, you are giving the health specialists the option to save more lives.

However, there are yet many myths surrounding organ donations and they prevent individuals from donating. And here, I want to clear all these misconceptions. The first well-known myth is that organ donors don't receive good enough life-saving treatments as others in hospitals. The truth is, the doctors and nurses are only concerned about saving immediate patients' lives and they do not benefit from any organ transplant. You may also be concerned that organ donation is not supported by some religions. In fact, most of the religions support organ donation, including Christianity, Islam and Judaism. The ultimate goals for all religions are always the great love, philanthropy, and a better place for all living things. So, why are you still hesitating?
Steve Gross, one of the organ recipients' husband said that the families and friends of the recipient are also hugely impacted. Therefore, your donation does not only affect one person, or one family, but countless numbers of lives. The gift of life is the most generous gift you can give, and the last one. We are not doing this because of glory, appreciation or avoiding any punishment, it's simply the right thing to do.

Have you decided yet? I notice some of you are nodding your heads. Now you might wonder "how can I donate?" Here I present you the "3S", namely sign-up, speak-out, and spread out. First, sign up the Charter at the Centralized Organ Donation Register. Then, speak-out to your family of your wish. At last, spread-out the message to your family and friends and get their support. The process is really easy and quick, it’s just about your decision.

Organ donation is not a tragedy. It can be a beautiful light in the midst of one. Indeed, we were all born with the ability to change others' lives. Please don't ever waste it. Allow me to end my speech by quoting the former U.S. president, Booker Washington, "If you want to lift yourself up, lift up someone else". Thank you.
Good morning teachers and parents. Before I start my speech, I want you to imagine a situation first. When you have an end-stage organ failure and all other medical alternatives have been ruled out, what else could save you? Obviously, the only chance for you to gain a new life is organ transplantation. But here is the sad thing. In Hong Kong, you would possibly not be able to survive due to the great deficit of transplantable organs. According to statistics, there are only six in a million people who are organ donors, which is undoubtedly far behind those of other places such as Taiwan, China and South Korea. Therefore, usually only a few lucky patients can get their organs. Many of them die while waiting.

What are the actual reasons for such a miserable situation? It’s worth pondering. One of the reasons is that death is quite a sensitive issue for most of the traditional people. For Chinese, there is a considerable reluctance to engage in death talk or discussion of death, let alone considering donating organs after death. However, conventional concepts are not always good. As you know, foot binding was a common custom practice on young females in ancient times. And it had never been considered wrong for most of the time in Chinese history. But as people become more educated, eventually this abnormal custom was abolished.

Therefore, education plays an important role in shaping children’s knowledge, developing empathy, and breaking world conventional concepts. Teachers and parents, please keep in mind, we are the role absurd of our kids, we play a crucial role in preparing our children for their life-long learning. So it is of paramount importance that we need to be liberal, open-minded when discussing this issue with our children. We also need to disseminate accurate information about organ donation to them. It won’t be easy, but remember, a single donor can already change the lives of seven people.

In addition to the limitations of traditional Chinese culture, I know some of you may have some common misconceptions about organ donation. For example, you are worried that if you are registered as organ donors, doctors who are eager to harvest the organs will not do the best to save your life. But obviously, this is an old prejudice against organ donation. An organ donor has to be certified brain death by two independent doctors before having any organ transplants. What’s more, you may think that organ donation is against your religion. However, will any the religions be really against this - which is saving one’s life? I don’t think so. In other words, none of such worries is necessary.
We hope that through education and promotion, the message of saving lives with organ donation can be more widely disseminated to the public, so more and more people especially family members of the deceased will be more receptive and willing to contribute to organ donation. This is actually an altruistic human behaviour of pure kindness. So let’s set a good example for the younger generation! Be an organ donor and impact the lives of recipients. Let’s us promote the spirit of love from generation to generation.
Our Simple Act to Save People's Lives

4F Jerone Chiu

Good morning parents and teachers. Before I begin my speech, allow me to raise a few questions: What do you know about organ donation? Have you ever been concerned about the situation of organ donation in Hong Kong nowadays? Have you ever endured organ failures in your lives? In fact, more than 2000 patients in Hong Kong are waiting for an organ transplant. Among these patients, most of them are suffering from end-stage organ failures. At this desperate, agonizing and struggling time, organ transplant becomes the only flickering light for them. Urgently hoping for organ transplants, patients can only survive on machines or medication. Some may even lose their battles with death before successfully finding a suitable donor. Sadly, only 2.4 percent of Hong Kong population has registered their wish to become organ donors in the Centralized Organ Donation Register. Because of that, there are only about 200 deceased persons meeting the clinical criteria for donation every year. In view of the urgent need for organ failure patients, why don’t we, the grown-ups who are responsible for educating the next generation and changing the world, take the initiative to become donors who can save beneficiaries’ lives? I, for one, firmly believe that being an organ donor cannot only give new lives to patients, but also spread your blessings to the others.

Before impetuously registering to become organ donors, the first thing first is to understand more about organ donation.

Organ donation is not restricted by gender, age or race. In general, when donors pass away, their wills will be verified and the feasibilities of donating organs will be assessed. The donation of one’s kidneys, lungs and liver can each help two beneficiaries while that of the heart can help one beneficiary. As such, an organ donation decision can revitalize hope up to seven patients and their families! After the transplant of organs, the body of the deceased donor is always returned to the family in the same way as any death in hospital.

When people become more and more familiar with the details of organ donation, why are there still only a few people signing up to donate their organs? Why are people still hesitating to be organ donors despite the convenience? What are they worried about? In fact, the main reason preventing it for becoming more common among us is the hybrid of the demurral of the deceased families, and the universal misunderstandings about organ donation. These myths bring uncertainties to people and prevent them from being organ donors. Thus, I am here to clear up the common misunderstandings of people and encourage all of you parents and teachers to join the meaningful organ donation and spread out the message to your children, husbands and wives.
When introducing organ donation to citizens, there is always someone arguing, “My religion may not support organ donation.” The truth is, we need not be concerned about that. Everyone has one’s own human right to pursue whatever one thinks is worthwhile. Thus, the decision of whether donating organs is not affected by any religion. Most religions including Buddhism, Christianity, Islam and Judaism also advocate organ donation as an act of benevolence and philanthropy. Christianity is an eminent religion in Hong Kong and many of you may even be teaching in Christian schools. Christians look upon organ donation as an act of love and a way of following Jesus’ example. As Jesus taught people to pass on our love and embrace the needs of others, organ donation should by no means be distained. However, people from older generations like your parents and other relatives may dwell on the superstitious belief that it will bring bad luck to have disfigured bodies after organ transplants. In the concrete, the donor is treated with the greatest care and respect during the retrieval of organs for donation by specialist doctors. Afterwards the surgical incision is carefully closed and covered by a dressing in a normal way. It will not affect the appearance of a donor so much and it can prevent bad luck for some religious beliefs. If you have any queries, you may consider consulting your religious advisor to give appropriate suggestions.

Many people surmise that one cannot donate if he or she has a medical condition. But do illnesses necessarily prevent a person from becoming an organ donor? Absolutely not. Only very few medical conditions automatically disqualify you from donating organs. To ensure the safety of transplant, medical specialists assess the appositeness of each donor to transplant at the time of donation on a case-by-case basis. Even those who have suffered from former diseases may be able to transplant certain healthy organs to the needy. Even those who have undergone cancer will be able to donate their corneas to the patients. Therefore, having a history of medical illnesses is not a concern at all.

In addition, money is always an indispensable issue for many Hong Kong residents at our, parents’ and teachers’ ages. For all of us breadwinners in Hong Kong, it is essential to crop more money to support our kids, our family and even our home financially. Thus, before making decisions, we always fret over whether fees are required. Providentially, both the donor and his family are never charged for donating in this case, according to the Department of Health, and only the beneficiary family is responsible for the fees for organ removal. Therefore, you can still sign up despite the lack of money.
In fact, other than giving a second chance for beneficiaries to live, being an organ donor can also pass on love and care to both the patients’ and the donor’s families. How marvelous it is when a child receives favourable presents from his parents and friends! Would you feel congenial if you are given a warm cup of water when you are shivering on a street? Can you imagine the amazement when an uneducated family finally attains knowledge? We already feel delighted when we live up to our demands and desires, let alone being given new lives by unknown people. When a patient finally receives an organ after endless days of torture, blissfulness will definitely overwhelm him and his family. The donor is given credits for his empathy and understanding. For the family of the deceased, that the deceased could save others’ lives after his or her death can make them both relieved and glad. When donating organs can be so meaningful to both the donor’s and the patients’ families, why don’t we take initiative now to call our sons and daughters to become signatories together?

Speaking of which, the acts of donating organs may also influence others around you, thus helping to save more patients’ lives. That every act of us affects others’ decisions is an unarguable truth. Regarding this, we, the main group of residents ameliorating the future, should excel to inculcate the culture of donating organs into our significant others. With more confidence, even the one with the poorest persuasive performance can convince many. With more perseverance, even the one with the hardest heart can be impressed. The more organ donors are there, the more patients will benefit.

I am not saying that there are no disadvantages to become an organ donor. But don’t we feel the urgency of patients to receive organs? When donating our organs can help save up to seven people’s lives and bring happiness to both their family and our significant others, why don’t we make the decision to donate? As the Dalai Lama, the spiritual leader of the Tibetan people, once said, “You’re happy when you help others become happy.” After all, it is worthwhile to be an organ donor if we can make the beneficiaries full of joy and gratefulness when having a second chance to live, and it should by no means be refused. Now, for everybody here who is a parent or a teacher, please bear in mind the Organ Donation 3S: sign-up at the Centralized Organ Donation Register, speak-out to your family of your wish, and spread-out the message to your children, parents and colleagues and solicit their support. Hence, everybody in the society can shower with each other the joy of confidence and generosity. With endurance and acceptance, little difficulty is there to conceive how beautiful our future world would be with organ donation. Thank you!
Good Morning, fellow teachers and parents. Do you often feel that you cannot do anything to save other’s lives? Are you afraid that you will not make an impact to this world after your death? Have you ever felt bad for all the crippled and sick in this world? If your answer is yes to any of the questions above, do not despair. Register as an organ donor, and all your worries will be gone. This might sound far-fetched, but do you know that your organs alone can save 7 lives? Amazing, right? Every day, 2000 desperate HongKongers are waiting for an organ transplant, and you’re just going to stand there and do nothing, letting them die? Surely not, and it only takes 5 minutes of your time to register as an organ donor. So what are you waiting for, go and sign up now!

Well, I see that some of you are still not convinced. You might be confused and afraid of signing up. Don’t be, and allow me to clear things up. The fundamental question is, ‘How does organ donation work?’ To be honest, it is simple. When you pass away, your usable organs will be donated to the dying patients in need of a transplant and your love, philanthropy and altruistic spirit will be passed on. This raises an issue, ‘Will the first-aider not prioritize my life and just hang me out to dry, thus getting usable organs?’ Pardon me, but no. It is the job of a first-aider to save lives, no matter who they are. Furthermore, they wouldn't have time to check in the database to see whether you are a donor or not. This common misconception has scared away many potential donors, and this is exactly what we wish not to happen.

Another fear for donors is that organ donation contradicts their traditions and beliefs. And yes, it is the situation in some cases. But in general, it is the polar opposite. In fact, Buddhism, Taoism, Catholicism, Christianity and Islam all support acts of benevolence and generosity, and most importantly, saving lives. Even if you don't have a religion, saving lives is still something that people uphold in this society. Your family members will benefit from association with you and be known for their kindness, and all of your teachers and parents will have done another good deed. Basically, there is minimal to no disadvantages to organ donation. All there is are myths and misunderstandings. Just like how many believe that Einstein failed Maths. How laughable and ludicrous is it to not improve others’ lives just because of a bunch of silly myths? Conversely, there are tons of benefits and you, who is merely an ordinary teacher, or a child’s loving parent, can save and help tens of lives. Not only you, but your kids will also benefit if they sign up. In other words, it’s a win-win for everyone, so why not sign both you and your children up for organ donation?
As a parent or as a teacher, your signing up can save the lives of your children and students. For example, one-year old Maggie McLaren received a life-changing heart transplant. She couldn’t even crawl or move before the help. Does it not warm your heart that a little girl’s life is saved by a complete stranger, who is so brave and generous in donating his heart? Do you not think the donor is a great and respectable person? Is that someone you aspire to be? Obviously yes, but this time, it can be you. Our fellow teachers and parents right here! Does the thought of saving a future Albert Einstein’s life not excite you? Imagine being owed a life by someone who doesn’t even know you, and they will be forever grateful to you. But you don't need to imagine, making imagination into reality only takes a few minutes, so why are you still hesitating? Not only will others’ lives be modified, your identity and mindset will also be fortified.

Still not convinced? Ok, let’s take a deep breath and imagine. It is your funeral, and your family members are all in agony. Would they feel better knowing that you died for a cause, or knowing that you died in an accident, thinking about the future and happiness you could’ve had? ‘It is better to give than to receive’ is a famous saying from the Bible. It proves that donating organs not only helps the recipient but also helps your family as they know that your death isn’t in vain. Helping people, isn’t that something that is praised in this society? Isn’t it something that your family would be glad to see? Isn’t it what parents and teacher have been teaching kids to do for their entire career and lives?

Winston Churchill, who saved tens of thousands of lives in the Dunkirk evacuation with his tactical decisions once said, ‘We make a living by what we get. We make a life by what we give.’ You can make a great and meaningful life just by signing up. You can even make your child’s and students’ life by advocating organ donation. So go on now, sign up as an organ donor, speak-out to your family and spread this important message. Make your life and others’ lives by registering as an organ donor. Thank you.
I thank Christ Jesus our Lord, who has given me strength, that he considered me trustworthy, appointing me to His service.

—Timothy 1:12—
It Was Not What I Expected

5A Michael Yan

What a mind-blowing achievement! I have started vlogging for two years and this is the first time my video has been on the trending list. That is a heartening encouragement for me.

Last week, I uploaded a travel vlog of the North Korea trip. From September 4 to September 11, I went on a guided tour around Pyongyang, North Korea, with a wonderful and reputable Chinese tour agency.

North Korea was not what I expected. For one reason or another, I expected to see very few people out and about in Pyongyang and a lack of infrastructure and overall lifelessness of the city. It was quite the opposite – with thousands of people roaming around the street, all dressed nicely from head to toe, tall buildings with modern interiors and kids playing sports in the park. In general, it was a remarkable and worthwhile trip for me.

As you know, North Korea was one of the lesser-known unities for us. There are some rumors on the internet like the waiters or waitresses are spies, phones and computers are not allowed to be imported, people from the Metro were actors, etc. Even though I said North Korea was not what I expected, there were still some difficulties during the filming.

Mainly, we were strictly told not to speak or attempt to spread religion of any kind, such as giving people Bibles, singing religious songs or handing out religious leaflets. If we were found guilty of spreading religion, then we will have to face some serious consequences.

Secondly, photos and videos were surprisingly allowed for almost everything except military officers and construction sites. But, there was no Wi-Fi or any access to use the local currency. Only USD, Chinese Yuan, and Euros were allowed in gift shops. Also, every place I visited was a “tourist place”, so it was difficult to get the local currency.

Although the filming wasn’t so satisfactory, I am glad that my fans from YouTube appreciated the vlog from North Korea. “I am always eager to know more about North Korea, as it is the most isolated country on earth.” “What a distinguished vlog! Did you meet KimJongUn?” These are some of the comments from viewers.
Unexpectedly, my fans like this vlog although it is quite political and not a common, hot tourist attraction. Being an intellectual YouTuber, I take this chance to let others know more about this mysterious country – North Korea.

The vlog was on the trending list, visit and watch it. The next episode will be released soon! See You!
Dear Editor,

I am writing in response to the article “‘Silver market’ needs better safeguards”. In the article, it is mentioned that most senior citizens have had unpleasant consumer experiences, which dissatisfied them immensely. I think this is an example of elderly persons facing two major problems.

The elderly are vulnerable to abuse, as they are often unfamiliar with new trends and development. The most obvious example of this is the combination of old people and modern technology. Older consumers struggle to understand gadgets that are too technologically complicated to use or expensive mobile phone packages with excessive coverage. In Singapore, only 31% of Singaporean seniors use mobile banking apps; only 29% of seniors in the country have tried ride-hailing apps and just 22% have used apps for shopping. Their lack of knowledge and low degree of usage when it comes to modern technology proves that most elderly citizens are digitally illiterate. Therefore, they are ‘left behind’ by the modern development of technology, and are thus more susceptible to abuse as others may exploit elders’ unfamiliarity and take advantage of it.

Besides their disengagement from society stemming from technological illiteracy, seniors are often discriminated against and overlooked by the general public. Seven in ten older people felt that there were insufficient choices catering their needs. The deficiency of selections for the elderly implies that the society doesn’t care enough about them to provide them with multiple options to suit their demands, thus neglecting the people of this age group. Even seemingly innocuous daily experiences or facts, such as describing minor forgetfulness as a "senior moment" or the existence of anti-ageing products, are subtly promoting the belief that being old is burdensome, and therefore, indirectly encouraging ageism against older people, which could manifest in the forms of being laid off due to age in the workplace or having to put up with snobby attitudes of healthcare staff, just to name a few. It is evident that ageism is present in our everyday lives, which is why people are quick to look down on the elderly. Therefore, this situation has shaped the ageist social atmosphere today.

With the problems being identified, those who have the power to do so are now responsible for concocting measures that may alleviate, or preferably, eradicate these issues. Here are two possible remedies to ease the problems.
A short-term solution could be arranging courses to assist seniors in catching up with the modern society, which may reduce the discrimination against them. For example, we could provide them with digital skills training to help them become digitally literate, like the rest of the society. In Singapore, the Silver Infocomm Initiative organized by Infocomm Media Development Authority promotes IT awareness and literacy among the elderly by organizing training bootcamps. These courses could aid the elderly in improving their technological skills, meaning they would be able to handle simple tasks, such as changing their profile pictures on social media. The elderly would then be able to relish the joys of the internet, while jubilantly basking in their newly established sense of technological competence. Their significant progress in terms of digital capability would make it harder for others to taunt them for their unfamiliarity, but also empower the silver-haired to live in the modern society with dignity and delicacy. Therefore, we could consider providing senior citizens with services that enhance their familiarity with modernization.

Meanwhile, a long-term fix for the problem could be education. Schools could place more emphasis on loving and respecting the elderly, namely teaching students the significance of filial piety, or organizing an annual “Respect for the Aged Day” here in Hong Kong, on which we could celebrate our senior citizens and remind the community of their worth. Education is a great way to advocate ideologies, and schools’ curriculum could influence the entire generations, meaning that if ‘respecting your elders’ is stressed in schools, schoolkids would pick up this value from a young age, and are more likely to carry it with them for the rest of their lives. With the universal morality inculcated into the youngsters’ minds, the elderly can then truly live in a harmonious society that truly embraces diversity. Therefore, education could ameliorate the situation in the long run.

In conclusion, the local senior citizens are not accustomed to newly-emerged trends and development, which frustrates them tremendously, but this problem can be uprooted if we try our best to help them fit in. Also, they are currently facing social discrimination, which we can alleviate, and hopefully eradicate via education and promotion of the notion of respecting senior citizens. Hopefully, something will be done about the elderly’s difficulties soon, as they deserve to enjoy their post-retirement lives.

Yours faithfully,
Dandelion Lee
Dandelion Lee
Dear Editor,

I am writing to express my concern over the government’s intention to subsidise elderly people who live alone in public housing to employ domestic helpers from overseas, specifically those from Indonesia or the Philippines, to look after them. In addition to sharing my views on the policy, two suggestions are to be made to ameliorate the situation.

The government should have estimated the possible fall in living standard of the elderly people. Everyone knows that the apartment assigned to elderly people living alone is too small for the singleton elder, not to mention having one more person to live inside. If the policy is to be in effect, not only will there be insufficient living space for both of them, but the domestic helper may even lose his/her privacy. When an extra bed is installed in the nano flat, the average living space for each resident (i.e. the singleton elderly and the domestic helper) will dwindle. What we can expect is the flat, originally meant for one resident, will be as crowded as a subdivided unit. If employing a domestic helper leads to a fall in quality of life of the elderly people, I have a strong conviction that they would rather live on their own.

In addition to the potential deterioration of quality of life, another practical problem stemming from this policy should also be addressed. The majority of, or even all, singleton elderly do not speak English. When domestic helpers are employed, how is it possible for them to communicate with them? The different language use makes communication between the elderly and the domestic helpers difficult, if not impossible. It is for sure that the language barrier will only increase the level of difficulty for domestic helpers to take good care of the singleton elderly.

What’s more, this is not an easy job! The domestic helpers have to take care of the elderly who suffer from chronic diseases like high blood pressure, stroke, dementia, cancers and so on. These old people need to be looked after with special care. Are the domestic helpers knowledgeable enough for the elderly’s medical needs? Are the domestic helpers patient enough to take care of them? Take dementia as an example. For one who suffers from this mental illness, he/she is so forgetful that he/she may repeat the same things all the time. If the domestic helper is not caring and patient enough, he/she may only feel annoyed. At the end, it is the elderly person who suffers more rather than the caregiver. The policy is, once again, easier said than done.
Alternatively, the government may adopt other ways to help the elderly people who live alone.

First, the government may provide more training to domestic helpers who are about to take care of singleton elderly. When trained by professional nurses, the domestic helpers will be well informed about different kinds of diseases and the corresponding measures to be taken to help the elderly people. By doing so, we can at least guarantee that the domestic helpers are capable enough to provide basic care to the elderly people.

Another suggestion is that the government may consider providing more nursing homes in Hong Kong. When singleton elderly live in nursing homes which are well equipped with medical facilities and where medical personnel is at hand for assistance, the elderly will be given more appropriate care. It is for sure that subsidising nursing homes is far more beneficial than subsidising the employment of foreign domestic helpers when it comes to looking after singleton elderly.

From my point of view, what the government proposed is surely not a well-thought out policy. I sincerely urge the government to take my suggestions into consideration so that singleton elderly can have a better terminal episode.

Yours faithfully,

CW

Chris Wong
How Should We Actually Knit

5B Joshua Leung

With a round of applause, you step on stage. Lights on, music starts and you begin knitting your life's story.

You were sluggish in the beginning, bit by bit learning how to knit the perfect life of yours. Slowly but certainly, you fumbled your way through the darkness knitting faster and faster, hoping to excel your peers at school and get straight As in exams.

After a quick scene change, it's the adults' world. You were overwhelmed by luxurious jewelry, jaw-dropped by costly handbags and blown away by Michelin-starred food. "One day I'll be one of those regales," you told yourself, as you knit quicker than before, trying to out knit your colleagues. Yes, you do earn enough to lead a comfortable life. Yes, you do get rich enough to build a family and raise one or two kids, but "No!" you thought to yourself, "That's not enough!". You always wanted more. You wanted fame, you wanted power, and you wanted wealth. And when reality doesn't allow it, you took a turn into the dead-end of gambling and lotteries while reminding yourself that there's always a way out at the other end.

By chance, you do win a few rounds at first, equipping yourself with the confidence as you bet in more and more, hoping for a more sumptuous return, only until that dreaded slim chance of losing became reality. But you "persevered" through, having the faith of finding that way out in the dead-end. You tied your hair together with the scarf, making it longer and closer to all the things you desired.

We all know the ending, right? Ultimately, you'll run out of hair, falling into the grave hole dug by yourself bit by bit. With each step you took over the years, you got further from what you sought, but closer to that pitch-black grave hole of failure and hopelessness.

It's humanity's weakest point- greed. From a kid, we fought for more toys, more candies and even more love from your dear mommy. Nobody taught us, but we always wanted more. The famous spiritual leader, Gandhi once said, "There is a sufficiency in the world for man's need but not for man's greed." It's greed that causes so many problems in our society- the disparity between the rich and poor, sub-divided, unlivable flats appearing all around the city, followed by countless jewelry shops and pharmacies not for you, but for the rich tourists that flood the streets, bringing them an endless source of cash.
It's not only you that was knitting that way, the whole society is.

For a moment, you might think the society is knitting to its way to fortune and success, but look closer, and you'll see that fatal drop not far away from where we are. Citizens are only able to sleep in tight, unhygienic homes, elders are pushing tons and tons of waste cardboard boxes or newspapers while barely able to even walk and warm; friendly shops are replaced by yet another chain-store, all because of the greed of mankind. Sky-soaring rental prices, cruel landlords neglecting fire safety and hygiene regulations and trying to squeeze the most people into their already-cramped flats are weavers of our society don't even recognize what they are doing, but bit by bit, they are pushing the society into that bottomless pit.

And we all need to act now and take a step further from the hole, and closer to that pair of scissors.

As the old Chinese proverb goes, "Happiness consists in contentment." We don't all need a red Ferrari and a massive mansion to make ourselves pleased. You don't need to squeeze every bit of the citizen's money to fulfill your desires and ambition. Always be satisfied with the things you already have, and help those who need the funds more than you do.

Remember, it's not the one who knits the fastest and the longest wins the game, but the one who uses kindness and care to knit will come up with the most beautiful scarf humanity has ever seen.
In recent years, taking up a summer job has been increasingly prevalent among senior secondary students, yet, it has stirred up controversy as cases of students falling victim to job scams have been brought to light. Unfortunately, I was also one of those who had been victimized by job scammers last summer.

One day, while I was home lying on the sofa and scrolling on my mobile phone, an advertisement popped up, “Do you want to be a travel experiencer? Free travel and well-paid!” These few lines really caught my eye.

“That’s my dream job!” I thought. No sooner had I read the advertisement than I scooted off to the company’s office for a walk-in interview.

Just as I went into the office, a finely-dressed man stepped out and greeted me, “Morning, young lady, can I help you?” He said in a gentle voice.

“I want to apply for the post of travel experiencer.” I answered.

“I can see your potential. You look very pleasant and I think you can bypass the interview,” he complimented me at once and continued, “but before we assign you any jobs, you need to join us as a VIP member by paying a $2000 membership fee.” He explained that the fee included a free training course and the license fee to be a travel agent. He further assured me that the fee would be easily recovered by going on one or two trips. Hardly could I reject his offer due to much persuasion and the eagerness of making easy money and getting free travel opportunities. I acceded to signing the contract and paying $2000 for the membership fee accordingly. After that, he asked me to go home and wait for notification.

So elated and delighted was I that I instantly shared my experience with Sally, my close friend. Contrary to my expectation, her response struck my raw nerve. “How ignorant and naive you are! This is definitely a fraudulent ploy that swindlers use to lure innocent students to fall into a trap.” sneered Sally coldly. I was down in the dumps and was indignant about being ripped off after Sally had rained on my parade.
In no way could I stand this kind of fraud, so I dashed to the office and demanded the termination of the contract. Not only did the man reject to end the contract, but he also rebuffed to refund. During our fight, he insulted me with vulgar language. His behaviour was the exact reverse of how he treated me earlier. I refused to leave and kept arguing with him in the vain hope that he might give me back my money. At last, he stated what I was requesting was a breach of contract and called out two brawny men to throw me out of his office. Therefore, I had no alternative but to seek help from the Labour Department. After intervention by the Labour Department, the company eventually refunded half of the membership fee and terminated my contract.

Having been beguiled in a job scam, I will be more prudent in order to avoid falling victim again. Most importantly, under no circumstances should we sign a contract without thorough reading of the clauses or parental supervision.
Dear Editor,

As the popularity of the internet surges without pause, it is inevitable that the world has to take this new and powerful giant seriously. The rise of the internet is no different than any other new technology in the past, it could be as destructive as it is constructive. While we enjoy the convenience brought by the internet on a daily basis, some of us and especially the general public fail to realize the crimes that one could commit with it. Unbeknownst to most, cybercrimes happen every single day and even minute. In order to prevent ourselves from falling victim to another crime which is assisted by our own devices, it is of paramount importance that we learn how to prevent them.

To begin with, let us start with something that is relatively less serious. I am sure most people have attempted or actually did download songs or videos directly from YouTube. While some might not give it another thought, the action itself is legally speaking, unacceptable because you are possessing somebody’s intellectual properties without paying for it. However, this action might bring worse consequences than you could imagine. Downloading from unknown websites for example, you might accidentally open the gate of your computer’s safety to the invading computer viruses. Truthfully, no one can be sure what else is in the downloaded content, be it harmful files or even damaging viruses, that is all it takes to make you regret your own actions. Speaking of computer viruses, the damage they could inflict is more egregious than one could anticipate. While you have your merry way with your illegally downloaded songs or films, they could easily have compromised your device’s firewall. And once they have breached your defenses, all your information and secrets will be at the mercy of their pillages. These viruses can sack and steal all the information in your device and sell it to different companies which might use it to their advantage, for instance, advertisements. They can also use your information to access your bank account and steal your money. And as you can see, the first and most crucial step to preventing this sort of cybercrime is to stop illegal downloading.

However, the reign of terror of cybercrime does not stop there. A larger and more horrifying kind of cybercrime is what we call cyberterrorism. Unlike the viruses that might have slipped in by illegal downloading, these are deliberate and aggressive invaders that usually have their ways with helpless victims. They typically commence an enormous attack with tens of thousands of victims worldwide. Not only will they loot all of your information as they please, they
will also lock you out of your own files and devices and blackmail you for a ransom. One of the most noticeable terrorist attacks happened in 2017 with the computer virus WannaCry. That attack successfully broke into countless computers, including those of multi-billion dollars corporates or even the devices used by public services such as the hospitals in the UK. The attack locked the users out of their files and downloaded an unacceptable amount of money. If one hopes to avoid being the next prey, the best course of action could be installing the latest and most advanced anti-virus software programs. These software programs could stop the assaults of potential attackers and safeguard your invaluable information and safety.

Another very common type of cybercrime is what has been dubbed phishing. As we have gone through, cybercrime has a nasty interest in personal information, and phishing is yet another despicable and detestable technique of theirs. It includes setting up seemingly authentic websites and lure people into giving up their personal data voluntarily. Nine out of ten times, people recklessly believe in everything they see as real, unfortunately, eyes can be deceiving and as they walk into the traps of phishing, they literally become the fish that get hooked. To prevent such scenario from happening, it would be wise for one to always have the sense of security and a cautious mind. It is of utmost importance to check the authenticity of the websites that we are browsing and try to go through the comments of the websites or sellers so as to be certain that they are trustworthy. And always purchase through reputable websites such as Amazon. If not, you might be putting your credit card number, address and other information at risk.

To summarize, cybercrimes are growing as fast as the growth of the internet, and the fuel of this merciless machine is mostly the ignorance of the public. From illegal downloading to an open attack on computers via viruses, its deeds are as disgraceful as you can imagine. To prevent such crimes, we can start by refusing to download files illegally and installing up-to-date anti-virus software programs. In addition, always shop online through recognized and trusted websites as not to be fooled. With these in mind, one can protect oneself from the threats of cybercrimes.

Yours faithfully,
Chris Wong
To Face, or Not to Face, That Is the Question?

5B Wong Kwan Yin Mendoza

“Men worry more about what they can’t see than about what they can”. That is a quote from Julius Caesar—a quote that highlights the fear of human beings, which is facing the unknown.

To face something is to believe in yourself because when you attempt a new task, you are accepting that there is a chance you might fail, which means that even when you know that you might fail, you still try to put in the hard work in order to mask the chance of failure because we were all brainwashed as a child with a phrase, and it is “hard work equals success”. This dictates that anything that is faced is solvable when hard work is applied to it, but life is not all roses and rainbows. Take Vincent Van Gogh as an example. He is now a famous artist who is praised for his work in the modern world. But in his time, from when he started painting to the moment he drew his last breath, he only sold one painting, which was Red Vineyards near Arles. It takes a lot of brainlessness to actually twist the story of Van Gogh and draw him as a persevering artist, wake up people, he went into insanity because he couldn't accept that he failed as an artist in his time. The key here is that you must understand when to call it quits. But it is not easy, as “hard work equals success” is engraved into all our minds. But remember we all have shortcomings. As Julius Caesar puts it, “Experience is the teacher of all things.” And you can only gain experience from failure. You must understand that not everything that is faced can be changed.

Now perhaps you might expect me to preach about existence, or just accepting what you have or what not. But actually I am here to say the future is uncertain, therefore each action and decision we make is a risk we are willing to take, in the hope of changing the future.

Take walking across the street to get to a coffee shop as an example. You cross the street, fully knowing a car could run over you and kill you, yet you still do it, because you believe that you will not get hit by a car. In this situation, you are accepting that the risk you take can inevitably change the future, which is getting you to the coffee shop. Now imagine, the situation being unchanged, you decide against walking across the street, overthinking your chances, and decide against crossing. Here you are accepting that you are incapable of changing anything, which leads you to deciding to do nothing, in the end leading to nothing being changed. The important point to take away here is that you can never predict the future, and you must believe in yourself and take the first step. Furthermore, you must accept failure as a stepping stone, instead of deadweight and never hold onto what you can’t change.
Let’s take Elon Musk as an example. He founded PayPal and had gotten millions. He had an idea of creating affordable transportation. So he took a huge risk, a risk, mind you, that had an unpredictable future and proceeded to found SpaceX and Tesla, both of which nearly went into bankruptcy. However, he learned from both failures, and changed strategy instead of just putting in brute hard work by completely renewing his company structure and in the end gained success. The point to take out of this is you can never predict the future. So you must believe in yourself and take the first step. You must accept failure as a stepping stone, instead of deadweight, never hold onto what you can’t change.

In the end everything is uncertain. You must accept a failure for what it is, a process that leads to success, as opposed to an outcome that portraits you skill.

Some people take failure as an outcome that portrays their own skills. When the person fails, he/she gets discouraged and struck down by their own shortcomings as such their self-confidence would lower, leading to a growing fear of failing again, which inevitably leads to the person refusing to try or face anything again, but as Edison once said, “I have not failed. I’ve just found 10,000 ways that won’t work.” A person must understand that failure is a process that leads to success. In this situation, when the person fail, instead of getting discouraged, they would seek the reason as to why they failed, which leads to them finding a solution or a cause for their failure, giving them a confidence and a hope that they can succeed. In the end, it leads to a growing hope that they can succeed next time, which would lead to the person attempting the issue once more. However, they attempt to achieve this not with brute hard work, but with an understanding of where they failed, as such, they would make sure that they would not make the mistake a second time. You must accept failure as a stepping stone, instead of deadweight, never hold onto what you can’t change.

In conclusion, to face or not to face? The answer is, face it because the worst that could happen is even if you fail, you gain experience and you improve, that is the worst case scenario. The best is that you would succeed.

Aim for the moon, and if you miss, you can land amongst the stars.
Becoming a Lemonade Maker

5C Rachel Yu

Beep, beep, beep! I rolled over and turned off my alarm. It was Friday, the last day of suffering this week. “One more day, finally,” I murmured to myself.

I am a high school English teacher. I used to be enthusiastic and motivated, but now I am frustrated and exhausted.

Carrying a heavy stack of notes, I entered the classroom. As usual, the students ignored me and continued to snack, lounge on their desks, and chat amongst themselves. I sighed, putting the notes on the desk. I announced my presence, “Good morning class.” They didn’t bother to stand up and greet me.

Shuffling to their seats, they kept on talking, “Can she just stop pretending to be formidable? She’s not even eligible to teach.” Sometimes I simply wished I were deaf.

Despite being flustered, I forced a smile and instructed, “I’ve prepared some notes for tomorrow’s exam. Please pass it down.”

“And now she actually thinks that we’re going to study for her stupid exam,” someone murmured. The others burst into laughter. I rubbed my face with my hands, willing the rage to subside.

“Oh, class, let’s do a quick review of what we’ve learnt. Who can tell me the past tense of ‘quit’?” My eyes swept across the room. No one was paying attention. I folded my arms and continued, “Claire, can you venture an answer?”

“Don’t know,” Claire rolled her eyes indifferently.

I survived the lesson without bursting into tears. Back to the staff room, I collapsed on my seat and tears rolled down my cheeks. They were tears of rage, disappointment, and frustration. The behaviour of the students had been worsening, and I just couldn’t figure out a way to deal with them. I felt like they were ripping me apart. It was my second year of teaching. I used to make notes and prepare for lessons tirelessly since I was passionate about teaching. Now, I had lost my zeal and I only taught to survive.
I sat up, switched on my computer and saw an email notification from the principal with the subject “Complaints from parents”. I heaved a sigh and started replying to the email.

That night, I sat on my bed and placed my laptop on my lap. As I switched it on, the wallpaper on the screen caught my attention. It was a picture taken on my graduation day of The Education University. I was wearing a gown, a graduation cap and a big smile on my face with Mr Haston, my favourite professor, standing next to me. The conversation I had with Mr Haston on that day popped up in my head.

“Your students are just teenagers. Don’t be surprised if they are rebellious. Don’t lose your passion. By the time you gain their trust, you will experience how rewarding it is to be a teacher.” Mr Haston assured me.

“What if I just can’t? What if they don’t want my help?” I muttered.

He put his hand on my shoulder, “It’s not going to be easy. There’re definitely going to be obstacles, but don’t you remember what I always say? When life gives you lemons, make lemonade. The trials you face as a teacher are your lemons, but you are going to add sugar to them. You have got to figure out what kind of sugar to add, as you have to cater for learners’ diversity. Be optimistic like you always are, and you will overcome these obstacles. I have faith in you, so trust yourself. You are going to end up making delicious, refreshing lemonade!”

I slammed my laptop shut. “I’m not going to lose my passion for teaching. I will face this challenge and turn it into lemonade.” I murmured to myself. Instantly, I could feel the fire inside me rekindling.

I stayed up all night and a thought finally dawned on me.

The following Monday, I walked into the classroom with bare hands, no notes, no books, only confidence. “Hey guys, settle down. Today we’re going to do something special.” They looked at me skeptically.
“There will be no grammar, reading or writing lessons this week. We’re going to spend the week doing some sharing.”

“No homework for the week?” Isaac asked.

“No.” I said with a smile.

“Hooray!” the entire class cheered.

“I want you all to think about two things. One, what does English mean to you? Two, what’s your aspiration for the future?” The students exchanged looks.

I cleared my throat. “Let me start first,” I said while pulling out a picture from my pocket. An old lady holding a book was sitting next to a little girl lying on her bed. “This little girl is me. My grandma, who was an English teacher, used to read English bedtime stories to me every night. Story time was my favourite time of the day. Whenever I encountered a new word, my grandma would explain it to me. That’s when I started to develop a liking for English.” I noticed that for the first time this year, my students stayed focused on me. “I was 10 when she passed away and that was the time I decided to be an English teacher.”

“English used to be my biggest fear. To be frank, it still is.” Jose stood up and spoke in accented English. “My parents are new immigrants. They don’t know English. They often feel inferior because of it. That’s why they are very strict with me when it comes to learning English. Once I failed in an English exam, and my father was extremely disappointed and kicked me out of the house. He wouldn’t let me go back until midnight.” He struggled to hold back his tears. “I understand that my parents don’t want me to be despised like they are. I want to improve my English too, but I just can’t figure out how.” He blinked back his tears. Rubbing his hands on his face, he forced a smile. The class applauded in encouragement.

Just then, the bell rang. I realized that it was the most peaceful lesson I had ever had with this class. For the first time this semester I did not leave the classroom in dismay. I smirked. “You’re making lemonade,” I breathed in relief.
My eyes caught sight of Jose walking down the hallway and I ran towards him, “Hey Jose! Are you free after school? I want to chat with you!”
He stiffened, “Oh…Yeah, sure…” “See you then!” I returned to the staff room.

Filling up two cups of sweet tea, I sat down next to Jose in the meeting room. He pressed his knees together, looking nervous. “Relax, we are here to chat,” I reassured. He grinned sheepishly, evidently putting his guard down.

“So, why do you avoid English? What stops you from overcoming your fear?”

“Learning English is disheartening. No matter how hard I try, I can never master grammar. It’s dreadful and I don’t want to face it.” He heaved a heavy sigh.

“You’re seeing English the wrong way.” I said. “Try not to see it as a mundane school subject, rather see it as a fun language. Do you enjoy reading?” I asked.

“A lot, I love reading Chinese fiction.”

“Good, perhaps it’s time for you to try out some English ones.” I skimmed through my bookshelf and picked a book out, then presented it on Jose’s lap. “Here, you’ll like it.” “Really? I can take it home?” Jose looked at me. I smiled and nodded.

“Take your time to read it, you’ll fall in love with it. Trust me.”

He shot me a look of skepticism, “Okay.”

Two days later, I heard someone calling my name in the hallway, “Miss Yu!” It was Jose.

“Good morning, Jose!” His eyes turned bright.

“I’ve finished the book! It was so good; I can totally relate to the main character as we are in the same stage of life. It was so enlightening!”
“That’s great!” I replied.

“Not only that, at first I thought it would be too difficult for me. However, it turned out to be manageable! When I encountered words I didn’t understand, I looked up their meanings on the Internet and I’ve learnt a bunch of new words!” His voice was filled with excitement. “I’ve written a reflection on this book! Do you want to take a look? Oh, by the way, can I borrow another one?” Jose continued with growing fervour.

I’ve made one glass of lemonade, and I will try making more.
Dear Sir/Madam,

I would like to express my concern about the mental fragility of the younger generation, which is often dubbed the “snowflake generation” because they are thought to be less resilient, more self-centred and easily offended. In my opinion, youngsters who display the aforementioned qualities have largely been shaped by their overprotective parents.

Overprotective parents, more commonly known as “helicopter parents” and the “snowflake generation” are closely related. First and foremost, overprotective parents do not let their children take up their own responsibilities. Some parents never bother to teach their children self-care skills but they themselves assume the role of personal assistants of their children. They pack their children’s schoolbags, make their beds and even buy tissue rolls for their college-aged children who stay in dormitories. How can children learn to care for themselves, let alone develop problem-solving skills in this way?

Owing to the above, deeply ingrained in the minds of children is the mistaken mindset that their parents will handle everything on their behalf. Thus, when they grow up and encounter obstacles, they still expect their parents to help them rather than tackle problems by themselves. Modern technology makes it easier for helicopter parents to provide their children with assistance. Now a variety of mobile applications allow parents to “swoop in” within a moment’s notice. Without experiencing the trials of life, kids are incapable of thriving in the real world on their own.

Nowadays, many couples only have a single child and hence, they pamper their child and drown them with immense love. When their kids encounter frustrations, their parents are too ready to pacify them and coddle them. They are always the centre of attention in the family. As a result, children raised under this kind of indulgent parenting style find it more difficult to take in other’s opinions. It also hinders their ability to deal with the strains of adulthood when they commence work in society.
To rectify this issue, parents ought to take a step back and put their children back in the
driver’s seat such that they may be trained to take charge of their own business. It is inevitable
that children may mess things up and pale in comparison with tasks completed with their parents’
assistance. However, learning from one’s own mistakes is an invaluable experience and can build
resilience and character. Developing self-reliance and assuming more responsibilities are necessary
skills in order to prepare the younger generation for the adult world.

With a view to helping the younger generation become less self-centred, parents should
guide them in dealing with their emotions and maneuvering their way out of frustrations. When a
child discovers how to deal with frustrations, he or she will become more accommodating and
receptive to opposing ideas.

Hence, what is truly terrible is not our children, but those “helicopter parents” who
moulded the kids into who they are. Too many parents are overbearing, overprotecting and overly
involved in their children’s lives. If they do not want their children to become “snowflakes”, they
are the ones who need to change.

Yours faithfully,
Rachel Yu
Dear Editor,

I am writing to express my opinion on the reasons why Hongkongers are losing their “Lion Rock Spirit”. I am going to use Marlow’s hierarchy of needs to prove why they are losing their Lion Rock Spirit. Lion Rock Spirit is inherited from the previous generation. It contains togetherness, unity, grit, diligence, fearlessness and solidarity. Hierarchy of needs is a theory proposed by Marlow. It includes five-tiers of human-being needs and combines them into a pyramid. The need of each tier must be satisfied step by step in order to reach the top one. The five-tiers from the bottom to the top are physiological needs, safety needs, sense of belonging needs, esteem needs and self-actualisation respectively. Lion Rock Spirit is an esteem need, but as the needs of Hongkongers at the bottom ones are not met, the “Lion Rock Spirit” is fading away gradually.

First and foremost, not all the Hongkongers achieve physiological needs as the gap between the poor and rich has widened throughout these years. Physiological needs are some basic requirements to maintain our lives such as water or food. Not having enough money to live, the physiological needs of the poor could not be met. According to the figures revealed by the government, the grass-root citizens cannot benefit from the city’s economic growth. The government has taken numerous measures to improve the income of the poor, such as increasing the minimum wages to $34.5 per hour. Yet, the poverty rate of 2016 has increased up to 14.7%, which was slightly higher than the 2015 figures. Also, one in five people was living below the poverty line. In 2016, 1.35 million Hong Kong citizens, who comprised 20% of the 7.35 million citizens, were living below the poverty line. It showed a remarkably great rich-poor gap. The richest 10% of people earned nearly 44 times more than the poorest 10%. Thus, the rich people are getting richer day by day and the quality of life of the poorest is getting worse. The poor citizens do not have enough money to maintain the quality of their life. These people are living in a partitioned flat or not even capable of having enough food. Therefore, citizens except the middle class or the millionaire in Hong Kong are not able to meet their physiological needs. Thus the majority are not able to move up to meet the level of esteem needs.
Moreover, Hongkongers are not able to meet the safety needs. One of the safety needs is whether a person has a shelter or place to live. Hong Kong has been ranked the least affordable housing market in the world for nine years. According to an article by Demographia, a resident with an average income needs to save up for 21 years without spending any money in order to buy an average-sized apartment. Demographia also found the ratio of the medium property price to the median household income to be 20:9, which is impossible for a middle-class citizen to afford buying a flat. By Demographia’s definition, a city with a median multiple of 5.1 or above is considered “severely unaffordable”. Hong Kong’s median multiple is four times of 5.1. Besides the unaffordable housing price, the lack of land is also an obstacle for the Hong Kong citizens to satisfy their safety needs. According to the future 30 years supplementary of land plan done by the government, Hong Kong requires 4800 hectares of the land, but in fact, there is only 3600 hectares usable land for housing. In other words, Hong Kong is in lack of 1200 hectares and among these 1200 hectares, only 230 of them are designed for housing. As a result, land shortage will initiate a vicious cycle as lack of land causes less supply of housing, resulting in an increase in housing price and it will not lower until the land problem is solved. As the housing price is continuously increasing, Hongkongers will not be able to escape from this dead end and meet their safety needs.

Last but not least, Hongkongers have lost their sense of belonging. The reason why they gradually lost it is due to the brittle bond between Hong Kong and China. Hong Kong was the colony of the United Kingdom before 1997. Citizens in this tiny harbour are still heavily under the influence of English culture. There are cultural conflicts after the return. Because of the different style and culture of the two countries, Hong Kong becomes the knot that has to adapt to two cultures. Citizens’ identity are usually nurtured and built through socialisation, namely cultural exchange and experience. With the co-existence of the two cultures in Hong Kong, it is not difficult to understand the tension citizens are experiencing. Growing up with such heavily diversified environment, citizens in Hong Kong might sometimes face difficulties in identifying their nationality. Exploration of oneself always takes time, not to mention understanding one’s nationality. Therefore, the sophisticatedly complex cultural and historical background Hong Kong has definitely stands in citizens’ way, making them difficult to gain a sense of belonging.

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To conclude, on each tier of the pyramid, there is a hurdle stopping Hongkongers from going up to the next tier. With respect to physiological needs, the poor and rich gap blocks many Hongkongers from meeting the physiological needs. In the fourth tier, safety needs is blocked by unaffordable housing price and land shortage. In the middle tier, sense of belonging and the historical and cultural development of Hong Kong create confusion to Hongkongers’ sense of belonging. As HongKongers are not capable of achieving these 3 tiers, they are not able to achieve the esteem need tier, which includes the Lion Rock Spirit. If the abovementioned problems are unable to be solved and are passed on to the next generation, the problem will only become more serious. Thus, the Lion Rock Spirit will not be inherited by the next generation. I hope these problems will be solved later and the Lion Rock Spirit will be passed to the future generation but not just a part of Hong Kong history.

Yours faithfully,

Chris Wong

Chris Wong
Dear Editor,

I am writing with regard to the reasons why Hongkongers’ “Lion Rock Spirit” is gradually diminishing. “Lion Rock Spirit” is the attitude which represents the merits of HongKongers, like togetherness, unity, indefatigability, perseverance, diligence and fearlessness. According to Maslow’s hierarchy of needs, there are five levels, which are physiological needs, safety needs, sense of belonging, esteem needs and self-actualization. “Lion Rock Spirit” is on the level of esteem needs level. In order to reach this level, you have to fulfill the first three levels. So if Hongkongers are not fulfilling the first three levels, they can’t attain the Lion Rock Spirit.

Firstly, the reason why the “Lion Rock Spirit” of HongKongers is weakening is that they are not satisfied with the physiological needs. In Hong Kong, one in five people is living below the poverty line, which means some HongKongers are struggling to make ends meet. When a person is in poverty, he can barely earn a living and his bread and butter. The minimum wage of Hong Kong stands at $37.5 an hour, but the wages do not keep up with living costs. It causes long working hours and the HongKongers who are poor need to work 14 to 15 hours a day to earn a living. So the pursuit of dreams is not attainable for these people and it is impossible to have Lion Rock Spirit because people cannot even have their physiological needs satisfied.

Moreover, the reason why Lion Rock Spirit of HongKongers has been fading away is that they cannot reach the safety needs level. Hong Kong has now been deemed the least affordable housing market in the world for nine years. An average family with an average income needs to save up for up to 21 years in order to buy an average-sized apartment. The skyrocketing property price and the unaffordable rent has deprived lots of HongKongers of a safe home. When a person wants to buy a home, he has to work very hard to get more money. It brings a fierce competition and people may not have job security. It will cause a vicious cycle, and HongKongers can become more self-centered and egocentric and will not help each other because of the competition. How can HongKongers develop togetherness and unity in this situation? Unaffordable housing prices and rents are the factors why HongKonger’s Lion Rock Spirits are fading way.
Lastly, losing sense of belongings is a big reason that causes the weakening of Lion Rock Spirit. Back in the times when ancestors were breeding a big clan, parents in each family did not have ample time to cater individual needs. Thanks to the strong bonding and the idea of neighbourhood, ‘strangers’ living nearby just like a relative of one’s own family member are more than willing to offer help to look after the younglings when parents were unavailable. However, with the rise of individualism, together with the limited time people have, the sense of neighbourhood and the will to help have drastically been undermined. It is very rare to see people nodding heads and greeting in the morning, not to mention inviting strangers to take care of one’s children for a whole day. To nurture the sense of belonging, it always starts with the smallest unit, which is community bonding. With the weakening of community bonding, Hongkongers have gradually lost their sense of belonging to their living area, and further to their living place. That is why the Lion Rock Spirit is fading.

In conclusion, the reasons why Hongkongers can’t reach the Lion Rock Spirit level are that they cannot fulfill the physiological needs, safety needs, and sense of belonging level. If this situation is not improved, Lion Rock Spirit may forever disappear in our life. We shouldn’t let it happen and we should learn how to love people and develop this high-quality attitude to safeguard our precious virtues and collective values.

Yours faithfully,

Chris Wong
Chris Wong
Dear Editor,

I am writing to express my view on the reason why Hong Kong people’s “Lion Rock spirit” has been fading away. It has recently provoked a lot of controversies in society. The definition of Lion Rock spirit is that when people face tough life, they will be diligent, industrious and united to overcome the obstacles. But nowadays, the Lion Rock spirit has changed. Because the structure of the hierarchy of needs in society has broken down, people cannot fulfill their physiological needs, safety needs and even the sense of belonging, so they cannot reach the tier which represents the esteem-needs. That will be directly detrimental to society.

Based on the hierarchy of needs, the most basic requirement is the physiological needs, which is about the need of food and water. Currently, the price of commodities is skyrocketing. It seems that most of the merchants are very likely to have the tendency to raise the price in the market. The inflation rate has never stopped rising for the past few years, reaching a maximum point of 3.5%. I believe that this phenomenon of rising price has become omnipresent in Hong Kong. Not having enough money, people can hardly make ends meet. Although there are some subsidies provided by the government, people who live under the poverty line are still having a long way before they can satisfy their material comfort. In other words, the physiological needs of the citizens at the grass-roots level are not satisfied.

The safety needs, the second tier of the hierarchy of needs, focus on the shelters people live in. According to the data provided by the Census and Statistics Department, more than two hundred thousand people live in only ninety thousand subdivided units. Worse still, the average living space per person is less than 56.5 square feet. It was as if the people are living in a tiny van. This is the consequence of the high property price. It is unaffordable for the grass-roots to own a private flat. However, the government has ignored the urgency of building public housing, expecting the market economy to adjust the ratio of the amount of houses to meet the market’s requirement. Consequently, all of the private land agencies minimize the quantity of housing they built in order to maximize the price level. This issue directly widens the gap between people’s income and the soaring property price. So many families have no choice but to rent the subdivided units. As we know, subdivided units’ environment is dirty and filthy, and it will be highly likely for flu and infectious diseases like H7N9 to break out. Not having a safe and cosy domicile, people will easily get sorrow and despair. It means the optimism, which is one of the core values in the Lion Rock spirit, will be spoiled when people cannot fulfill the safety needs.
Besides, the final step of reaching the Lion Rock spirit is having the sense of belonging. If a person does not have any sense of belonging to the community, he or she will be like a boat losing its direction in sea, not knowing their place in society. Overwhelmed with loneliness, a person will not be able to develop his or her perseverance, fearlessness and togetherness. Those are the significance of Lion Rock spirit. Nowadays, Hong Kongers lack the sense of belonging. I remain skeptical about whether Hong Kong people become selfish. Based on my observation, some of my local friends will do an assessment to see whether something is worth doing. No matter what they do, even if it is for a good cause like contributing to the charity, they will only be concerned about what they will gain in return. Those behaviours may hinder the progress of a society. Every one only cares about themselves, so society will be full of apathy. Sense of belonging will also decrease naturally. On the other hand, I think the low cultural identity will equally weaken the sense of belonging. If people do not know or are interested in the history, culture and civilization of one place, they will neither generate the feeling nor get the sense of belonging in that place. And the point is that Hong Kong’s culture soft power is weak, there are fewer teenagers who participate in the traditional activities. It might jeopardize the development of local culture and fall in a vicious circle—the culture development stagnates, no one wants to participate in such a monotonous traditional activity, and then the speed of development keep decreasing. All reasons put the trouble on citizens’ shoulder. They will find it hard to regain the sense of belonging.

In conclusion, no level before the esteem needs level is achieved, so Lion Rock spirit is fading away and in no way secured.

Yours faithfully,
Chris Wong
Chris Wong
Dear Sir/Madam,

I am writing to express my great concern over the trend of “helicopter parents”. The term “helicopter parents” first appeared nearly two decades ago to describe parents who spend a lot of time, energy and thoughts on raising their children. However, instead of waning, the number of helicopter parents or monster parents seems to be on the rise. I am worried about the effects this style of parenting may have on kids.

Having experienced deprivation in resources in their childhood, these helicopter parents try every effort to create the best conditions for their offspring. However, they go to the extreme by controlling everything in their children’s lives to ensure their success.

Juveniles are at the stage of growing and exploring. Young people may confront some daunting tasks and need to overcome barriers in life. When facing challenges, they have to make choices. Yet, these helicopter parents hover over their children and rescue them at the first sign of trouble. Hardly can adolescents get the opportunity to make their own decisions. Unfortunately, I am one of those overprotected Hong Kong children. When I was 14, I still relied heavily on my parents to make decision for me, including picking the extra-curricular activities I should take. Everything was just perfectly arranged by my parents. Whenever I encountered a problem and needed time to figure it out, my parents, especially my mom, would swoop in and take over the problem. Gradually, I lost the ability to make even a negligible decision without them, let alone overcome hurdles in my life.

A worrying outcome of overparenting is that it develops intense dependency in the children. The worst example of helicopter parenting includes previously unheard-of behaviour like parents accompanying their children on their first day at university or calling college professors to argue over a grade. It is not surprising to see parents showing up at their children’s job interview one day!
Some may argue that when children are too young, they need parents to help them cope with their problems. True, they may not be mature enough to make the right choice and may make things worse. Some researches also reveal that a certain degree of hands-on parenting can actually be beneficial to children. However, parents should slowly give the chance back to the kids and oversee them behind the scene. Let the children attempt first and wait until they seek your assistance. In fact, it was reported that those who claimed to have over-controlling parents experienced higher levels of depression and were less satisfied with their family life. When they received parental support which they had not requested, they felt less competent and took less initiative than their peers who were not raised in this way. In short, they lack confidence because of the intense parenting style.

Parents should strike a balance between controlling and letting go. They should bear in mind that their role is to offer advice and support to their children, not to dominate their lives. Parents should prepare them for their future lives by allowing them to take risks and resume responsibilities. Otherwise, they will grow up to be immature adults or virtual adults who detach themselves from reality.

In recent years, a derogatory term “snowflake generation” has popped up to describe young people who are less resilient and easily offended. It is negative and insulting. The “snowflake generation” may be a by-product of the helicopter parenting style. It is time to reverse the worrying monster parent trend and allow children to resume ownership and responsibility of their own life.

Yours faithfully,

Chris Wong
The Indefinite Quest in Life and the Know - How to Let Go
(The Last Knit Review)

5E Henry Tse

The Last Knit is an extremely inspiring animation video for me. At first, it seems like very confusing. A knitter quietly walked toward a cliff. She looked around, feeling satisfied with her surroundings, and got ready to create her masterpiece. She created a beautiful, long scarf. She reached down to a pair of scissors at her feet, getting ready to cut the wool and finish her masterpiece. However, she hesitated and decided to keep going. As she continued to knit, her fingers moved skillfully, faster and faster. The scarf grew longer and longer, curled and piled up by her feet. She stretched her legs and gave the pile a gentle kick. After a while, as the scarf started to become longer and longer and extend towards the end of the cliff, she was being dragged on the ground toward the edge of the cliff. She couldn’t reach back for the scissors. There was nothing nearby for her to grab on. In a moment of desperation, she decided to knit her long hair into her creation. She thought she could buy enough time to pull the entire thing back from the cliff. However, she simply didn’t have the strength and was dragged down the cliff by her beloved masterpiece. Luckily, she was able to climb back up the cliff with her knitting pin and throw it down the cliff.

After watching the video twice, I was stunned by its depth. On the surface, it looks like a rough and slipshod animation video compared to others. However, after giving it a deeper thought, I think that the scenes in the video represent a lamentable situation in modern life. Watch the video again! But replace the action of knitting with “working”. The scarf represents the money, fame, power and anything else that the knitter is determined to achieve in life. The scissors represent what she thinks she has archived enough of. As time passes, the more she accomplishes, the more ambitious she becomes. She could have used the scissors to cut the scarf when it’s “good enough”, but her ambition and her attachment to her “masterpiece” pushed her to keep going, allowing her to push far beyond her own limit, and almost led to her own death.

The video works as a reminder for people who don’t know when or how to “let go”. People spend their whole life pursuing fame and fortune, just like the woman in the video. They ignore and give up everything in order to achieve their goals, family, friends, and probably themselves. This story reminds me of a passage of God’s words: “What does Satan use to keep man penned in
and controlled? (Fame and gain.) So Satan uses fame and gains to control man’s thoughts until all they can think of are fame and gain.” Just as the word God says, life is so short. In order to gain fame and fortune, we pay all the price. As the scarf started falling down the cliff, the woman was struggling to catch it so she attached her own hair to the scarf. However, it is this crucial move which got her almost killed, she was dragged down the cliff by it. I think this represents that when a man has too much ambition and doesn’t know how to let go, he will finally attach too much stuff to it and pay a great price. He may endure too much pressure from others and himself which will eventually crush him and send him to a desperate strait.

In life, there are so many things greater than fame and fortune. It is a pity to concentrate on endless work. It is right to take things seriously but letting yourself fall into an unbreakable loop is definitely a serious mistake. The video taught me not to be tied by fame and fortune but to live freely as an unrestrained person.
Lesson of Balance

5E Suen Wing Hay

6 minutes, 360 seconds. In your life, there are over millions times of 6 minutes. How do you spend them? What do you expect to learn in 6 minutes? You may think nothing because 6 minutes is too short to learn anything, it is just enough for you to release a new post on the social media or brush your teeth. However, can you really learn nothing in 6 minutes? Definitely not! 6 minutes is very valuable if you spend it on watching “The Last Knit”.

“The Last Knit” is about a woman who fought a battle of scissors, cliff and knitting. One day, a woman set up a chair facing the cliff and the rising sun. As a knitter, she started to create her masterpiece, which was a beautiful, long, multicolored scarf, with this amazing view. She reached down to a pair of scissors at her feet and got ready to cut the yarn in order to finish her masterpiece. However, this passionate knitter hesitated and kept knitting, even knitted her own hair into her creation! Her fingers moved skillfully, faster and faster, which pulled her toward the edge of the cliff, closer and closer until she could no longer reach the scissors. It was a stupid and foolish decision, wasn’t it? The edge of the cliff was fast approaching and carried the knitter to fall off the cliff with her beloved masterpiece. Luckily, she cut off her hair and climbed up with her strong arms. Later on, she threw away her knitting supplies, sat down on the chair she had set up before and approached the pair of scissors. She tried to think about what would happen if she cut the yarn when she reached the scissors. Would she finish her scarf completely? Would she still have her long straight hair? Unfortunately, all these were too late.

“The Last Knit” is a 6-minute lesson of passion, balance and letting go. The knitter’s knitting supplies stands for the intense passion, the pair of scissors stands for letting go, the chair stands for the balance, the scarf stands for the goals. There must be something you are fascinated with and pursue for your whole life. You are so passionate about your work and so devoted to your own creation: be it your job or your interest......Just like the way our primary school teachers taught: Passion. You did it completely successfully and you showed how passionate you were. However, a bigger lesson is waiting for you, Balance. It is not uncommon to see people who lose their balance in life, like losing their health while building their careers, still be captivated even though knowing their boyfriends are a cheater, still gambling even though knowing that it is impossible to win, the list goes on. It is too late for you to notice that you lose the balance when you “fall off the cliff”. The message of “The Last Knit” is to let you know how important balance is before you become compulsive.
“The Last Knit” teaches you not only passion, but also the balance between passion and obsession, which means you are over passionate. As the adage goes, “passion is the way to success”. And for me, the way to success is finding the right balance. People should know when to persevere and when to let go. When you are exhausted with your work, try to take a nap. Just pick up your scissors and cut it off, nothing is more important than your health, isn’t it? It does not mean that you cannot be passionate. Instead, it means that you need to let something go willingly in order to save both your business and your health. As I have mentioned, find the correct balance.

Look before you leap. Cut the yarn before it is too late. These are what “The Last Knit” reminds us of. Anything that goes to the extreme is unhealthy and is a bad thing. Hence, find your own life balance and have a comprehensive life and a brighter future.
Is It the Very Time for Us to Review Whether We Are Missing Anything?  
(The Last Knit Review)  

5E Alex Ho

The Last Knit, an animation created by Laura Neuvonen, is about a woman who was weaving her scarf on the edge of the cliff. The scarf lengthened and started sliding down the cliff and the woman tried so hard to prevent it from falling off. Not wanting to give up the scarf, she did not stop weaving until she had used up all wool. She wanted the scarf so much that she even connected her hair with the scarf, and the heavy weight of the scarf started to pull her off the cliff. She struggled to save herself by cutting her hair off the scarf, but she failed. Eventually, she was saved as her hair was luckily torn off.

Of course, this is only the story of the animation on the surface. There are, however, deeper messages in the animation. The scarf implied things that we endeavoured to pursue like money and power. However, excessive pursuit will only make us fall into the endless abyss, just like the woman in the animation. The following is my reflection on this story when it comes to our real life.

When the scarf became longer and longer and fell deeper and deeper down the cliff, the woman started to feel the heavy weight of the long scarf. Although the wool had finally run out, it did not stop the woman from weaving as she linked the scarf and her hair. It symbolises that we are perhaps sacrificing something that we possess for the sake of pursuing fortune and power. We do not only spend our time excessively but also consume our body and health in pursuing these things. This animation is not encouraging us to be lazy. Instead, it is telling us to think deeply what really is important. I have heard many stories of Hongkongers, who have been working so hard to pursue fame, fortune and power, lost their health and family relationship at last. A question then pops up in my mind. Are we sacrificing something very important to ourselves in exchange for something that is less important? Will all of us be as lucky as the woman in the animation, who could be saved before she fell off and died?

In the animation, the woman seems to be thinking that the longer the scarf, the more successful she will be. In real life, there are also people thinking in the same way. It is often perceived by our society that the more fame and fortune we have, the more successful we will be considered. But is this really the truth? Success, in my opinion, is the sense of satisfaction we gain in all areas in our life: a harmonious family relationship, friends that can motivate us to make the
best of ourselves, a suitable job that can support the living of our family... These altogether constitute the success of a person. Therefore, the endless pursuit of power and wealth is not the key to success in my opinion. We should strike a balance between all areas of our life, but not spend our life blindly on something that might only make up a small part of it.

If you notice yourself have been working on one thing restlessly and you do not feel happy with this situation, let’s ask ourselves a question: is it the very time for us to review whether we are missing anything?
Should S6 Students Be Allowed to Come Back to School in Casual Wear During Their Study Leave? No!

5E Karl Chan

Good morning honourable adjudicators, Mr Chairman, ladies and gentlemen. Today’s motion is that ‘S6 students should be allowed to come back to school in casual wear during their study leave’. When everyone is on leave, they would prefer to wear casual clothes, wouldn’t they? However, our team believes that such a preference is not applicable to every situation. Undoubtedly, students, regardless of which form they belong to, should wear school uniforms as long as they are still students of our school. For ‘SURE’, the motion today must fall.

As far as ‘Security’ of the school is concerned, S6 students should not be allowed to come back in casual wear. Students wearing school uniform can guarantee the safety of the school. The Affirmative Team claimed that wearing casual wear is convenient, but should we sacrifice other students’ safety just because we want to let the S6 students enjoy convenience? It is true that whenever a visitor enters the campus, the security guard will jot down the information of his/her ID card. However, there will be a time when the security guard is away from his position. There will be a time when students’ domestic helpers flock to school to bring them lunchboxes. In that case, not allowing the S6 students to put on casual wear helps to minimise the possibility that an outsider sneaking into the campus and hence maintains the security level of our school.

Following ‘Security’ is the importance of ‘Unity’ of our students. A school uniform should exist as it is indispensable in a sense that it helps to establish the sense of unity among students. When everyone dresses in the same way, it truly reflects that we all come from the same family. We all grow up in this piece of land where we pursue our dreams, share our joy, and experience ups and downs together. The school badge and uniform remind us of our identity during adolescence. So important is such a reminder, especially to our S6 students, who are about to graduate from secondary school and will no longer get the chance to put on this identity marker in the future. Therefore, S6 students should not be allowed to come back to school in casual wear.
The third reason justifying our stance is that S6 students wearing school uniform does not affect their ‘Reading’ atmosphere. The Affirmative Team claimed that S6 students should be allowed to dress casually so that they can study in a relaxing way. Considerate as it may seem, we are disappointed to see that our formidable opponents have overlooked the fact that students from S1 to S5 all wear a school uniform. Are they not studying well? No! Are they very tense when wearing our school uniform? No! Then why should S6 students enjoy something different when wearing a school uniform DOES NOT affect their reading and learning atmosphere? Letting them come back in casual wear is nothing but a redundant policy.

Lastly, not allowing S6 students to dress in casual wear also upholds the principle of ‘Equality’ to every student of our school. Although S6 students are having their study leave, it may be true that they are entitled to dress casually. However, let’s not overlook the fact that their study leave overlaps other students’ normal school days. Most importantly, the S6 students have not had their graduation ceremony. It means that they are still officially our students. Thus, they are not supposed to enjoy any other additional benefits. Ladies and gentlemen, I am sure everyone, including the Affirmative Team, would agree that upholding equality is of utmost importance in this day and age.

Without a doubt, the arguments our team has presented are well justified. I am ‘SURE’ that the motion today must fall. Thank you.
Filming on Phillip Island

5E Rex Ma

Another remarkable adventure! This time, my destination was Melbourne in Australia. But of course I didn’t stay just in urban area. I had travelled to the countryside where the special experience took place.

Phillip Island is an islet in southern Melbourne and is home to different kinds of animals. This trip to Melbourne was specially made for visiting this place.

My first attraction was the Wildlife Park. In the park, there were kangaroos, koalas, ostriches etc. During the visit, I was able to have intimate contact with those animals and feed them with breadcrumbs provided by the keepers. It was a marvelous feeling when the kangaroos ate the breadcrumbs out of my hand. I could feel their tongues licking my fingers gently. By the way, I had made a minor mistake that I moved my hand a little away when they were eating. As a result, they bit me! Had I made them angry anyway? At night, I visited the Penguin Parade on a beach. It was the time for the penguins to travel back to their caves on the beach. Thousands of adorable penguins teetered past me cutely. It was indeed the most spectacular scene I have ever seen.

However, there were also some troubles during the filming. As we know, cameras are novel stuff for animals and they always wanted to smell and explore what the stuff was. The kangaroos were calm but the ostriches were a bit too excited. They chased after me from quite a distance until I hid my camera in my pocket. That was close! Despite the slight trouble, it was overall such a sensational trip.

Last but not least, I want to thank my subscribers for supporting my latest vlog. I saw thousands of likes and many positive comments on YouTube. The production of a video is not easy but is well worth it for the appreciation from my supporters. I promise I will continue to produce quality videos for those who have backed me for years.
Dear Editor,

I am writing in response to your passage targeting at the potential growth of silver market. I agree that there is much room to improve within the business as there is an rising number of people entering the age group. As mentioned in the essay, dissatisfaction with telecommunications, catering and tourism was of utmost common among all kinds in the market. Take electronic gadgets as an example, with the light-speed technological advancement in society, technological illiteracies are excluded in the mobile phone market. The grey hair definitely contributes major population to the excluded group. Multifunctional small black boxes substituting mono-functional Nokia3310, Camera-installed phones replacing ones with simple dialing function, button-less touchscreen phones taking the place of phones with button panel, no one would have imagined such alternations on mobile phone emerging in this era, not to mention the elderly who prefer traditions than innovation. Surely, the development has occurred in more than one field, and the IT industry’s attempt on provision of elderly-friendly mobile phones has proven success. Other industries would definitely not let the IT industry take all the advantages and the silver-hair friendly market should never simply adhere to technology business. In fact, businesses should grab this golden opportunity to establish a new market, the silver market.

Facing four plain walls with no one to talk to, heading to wet markets for cooking ingredients, tidying up the whole flat without any help, taking up these situations alone would inevitably drive the old ones to the experience of loneliness. Retirees leaving their workplace and going back to a leisure life would bring them different extent of boredom and pessimism. Behind this vague allegation is an understanding of ones’ value in a community. While they were still working, they were acknowledged as the breadwinner of the family. The situation has been prolonged for an approximate 40-odd years. Having reached the age of 65, the all-time energetic labours will eventually face their first drastic change in life – retirement. This is when working labour cease being vibrant. Retirement life can first be interesting as they can finally spend some time on their long-lost hobby, but as time goes by, the retired life could turn out being repetitive. Wake, then meals, and wake at six the other day and so on. Without any excitement and stimulation in life, it is not difficult to savour the boredom and loneliness the old people are facing.
Loneliness could actually be dealt with easily. There is a quote written on The Book of Tec by Kakuzo Okakura that goes, ‘The art of life lies in a readjustment to our surrounding.’ To eradicate the gloomy atmosphere built up by ageing population problem, community associations can hold and promote various work programmes aiming at the regaining of the sense of achievement they once received in their prime time. To retrieve their dignity, participating in social work allows them to find an alternative to contribute to society, feeding stray dogs, taking care of children in the day-care centres or even providing help to each other, just to name a few, could be possible activities to give them chances to make contribution. With the completion of such social work events, the elderly have a relatively greater likelihood in raising their sense of achievement thus making them appreciate themselves as much as they did during employment. In addition, the diversities of the kinds of work create changes that turn the seniors’ lives polychromic. This project may not be as lucrative as developing technology in short term. However, when the project has gained enough reputation that appeals to more participants, the business would be enlarged and the funds accumulated will not be much less than that in IT development.

Apart from rejuvenating their dull and mundane life with exuberance and hard work, keeping their mental engine going is crucial to maintain their passion towards life. One of the most common sicknesses seen among the elderly is Alzheimer. In light of the fact that most elderly were born in the early 20th century, their prime time in life would be in the mid-60s when chain belts, frayed bell-buttoned jeans and Jesus sandals could be easily seen on streets. However, every human being, especially Alzheimer patients, have to go through the sad yet unavoidable stage of ageing, they have to face memory loss and confusion in time from happening or even earlier among their social circle. This surely brings inconvenience to the old-aged lives. For instance, getting lost on streets and mixing up faces and names. Nonetheless, their cognition will one day deteriorate, so does their mental condition. They may feel helpless towards the fact that there is no cure to the disease. The fear of gradual loss of self-care ability and the worries of forgetting all the great memories with their loved ones would definitely trap our grey hairs into an abyss that is seemingly unescapable.

Even though there is no antidotes for the elderly, infrastructure of Dementia Village is a potential way to get them out of the endless swirl. An example of the operation of the village is Hogeweyk in the Netherlands. There gathers 152 geriatrics and builds up atmosphere similar to
that the elderly recognize. With dementia villages, the aged are given the opportunity to live their lives and be surrounded with residents of similar age. This can help the Alzheimer patients as they will not have to worry about being detached from the 21st century. In terms of economic growth, money is circulated among the villagers. The more attractive the village seems to the elderly, the more likely that they are to live in the community. When there are more people living in the community, more money can be earned from their living cost. Hence, resolving the problem of elderly sickness while earning great fortune.

Thanks to the enlarging circle of the grey generation, more problems have started to emerge, boredom in the elderly’s lives, dementia diseases and more. I agree that entrepreneur may consider mapping out programmes to resolve obstacles the aged are facing while gaining huge profit from it. Thus, this will be a win-win situation to both the silver-haired and the enterprise.

Yours faithfully,

Chris Wong

Chris Wong
As anything goes, if we as humans are the ones who initiated it, we are the ones who are responsible for controlling it. Any activity could have started out as a harmless passion, but irresponsibility could ultimately lead to our demise, obsession.

Although the importance of persistence and grit are encouraged, sometimes it is vital to let go where sustaining the pursuit of boundless goals is detrimental, and that would truly be the last act of yours. It is like a tangent curve, which tends to infinity all times and leads to no points of inflexion, or a mountain with exponentially steeper and steeper sides that have no mountain top. As you relentlessly put more effort into climbing that wall, you are deeper and deeper “in the zone”, where everything in your tunnel vision is that one hypothetical end or that one recursive action, and see nothing else in your peripheral vision that would pose a threat to you, basically, losing situational awareness. In the case of Singapore Airlines flight 006, tunnel vision of the pilots claimed the lives of 82 passengers. This example is not essentially about learning to let go, but it is still a great example of the potential consequences of tunnel vision, which could be caused by an obsession. On 31 October 2000, due to the heavy rain and severe wind and gusts caused by a typhoon, the taxiways were slippery and the flight crew had to focus on preventing the aircraft from skidding, and that caused them not to realise having lined up at the wrong runway 05R with ground equipment on it instead of the instructed runway 05L. The aircraft then collided with said ground equipment and got engulfed in flames. Because of the increased attention on a relatively smaller issue, the flight crew overlooked other fatal details. It is the same as in The Last Knit, where the protagonist combated the skidding of the scarf with more knitting, instead of investigating the cause of it, leading to her falling off the cliff by getting dragged by the scarf. She was in the tunnel vision of just knitting, not realising the true cause of that action.

Imagine this, you are flying a small general aviation aircraft, and it is not gaining altitude at full power. If you pull on the yoke to pitch up more, the angle of attack would increase until it exceeds the flight envelope and stall to the ground. On the other hand, if you let go of the yoke and let the aircraft pitch down, you would be still flying safe and sound. This is not the result of tunnel vision, but the result of one’s own decision and action. The aircraft resembles the person, the yoke resembles the activity one is obsessed with. Holding onto the passion could be calamitous while letting go could ease oneself and keep going.
Aside from the morals of the video clip, as a science student, I could not hold back not talking about the absurd physics of said clip. Though you could argue that it is an art form and physics does not have to make sense. It is apparent that the scarf seems to have no friction between the ground and itself, and a slight nudge could drag the entire strand off the cliff. First off, the woman nudging a small pile of knitting wool away from her feet should pile up in front of her and energy is applied to deform the elastic object, other than acting as a rigid body and slide towards the edge inch by inch. Even if the end slid off the edge, the weight of that section of yarn would not be enough to overcome the friction created by the large contact area. At the point when the yarn pulled the woman off the chair, it would not be possible to have a sudden acceleration forwards as the yarn is subject to constant acceleration due to gravity, and the woman’s centre of gravity would still be on top of the base of support, therefore she should not have fallen to the floor, and let’s not talk about the flying yarn. As she tried to crawl to the scissors with her knitting needles if the force acting on the needles was truly greater than the weight of the yarn, the needles would at least endure through plastic deformation instead of instantly snapping off, but apparently that force is not enough to reach the failure point of the material but enough for the full weight of a person going back up the cliff. The last illogical point I would point out is that she turned into Rapunzel when she ran out of yarn.

All in all, this is a great clip moral-wise, but would definitely stay true just as an art form but not reality-friendly in terms of physics.
Stop in Your Tacks - A Response to the Last Knit

5F Ken Kuang

Contrary to the title, the last knit never actually came. We were presented to a woman knitting a scarf on a cliff side. She was so absorbed in her work that she became oblivious to what was happening: the rug has become so long that it’s slowly but surely began to slide down the cliff, pulling the rest of it into the abyss below. Completely oblivious to this, she began knitting away at an even faster pace to compensate for the carpet moving away. Instead of checking what was wrong, she kept her eyes on the needles. Like an ostrich burying its head in the sand.

This rings a resounding alarm for everyone. These days when we meet obstacles, we are encouraged not to be consternated and overcome them. However, in situations like these, is it really prudent to step up against the obstacle? By putting our emphasis on simply working harder, we might in actuality be moving ever closer to a dead end. If we don't take a break and catch a glimpse of the condition in the grand scheme, we may get ourselves stuck in tunnel vision, like the woman knitting; Instead of remedying the problem, we are escalating it ever further: like the woman did with her knitting. The more she sewed, the more she knitted pulls her down.

Sometimes we just need to appreciate the art of self-reflection. A quote once told us to "stop it, get some help." Had the woman used her scissors, which were available all the time, she could have avoided getting dragged off the cliff by her own creation. The solution was to just cut it off. Be that as it may, she didn't do it, because she didn't want to lose progress. In the same way, people refuse to stop, no matter how it may seem stupid by others. The thing is, we are the spectators this time, however, this is not true for all instances. When we are the one doing the "knitting", will we notice our mistake? Or will we continue doing whatever we were doing and make an absolute scene? Lethal errors, more often than not, are a potpourri of mistakes and indolence to stop it from snowballing into something of epic proportions. The woman's plan is somewhat flawed from the outset: She should never have tried to knit a rug on a cliff side to begin with. This wouldn't be a worry in itself, until gravity tried to pry the rug off the woman's hands. It was a forewarning. The knitter was too obsessed to care, and she paid a heavy price. She was struggling to keep up with the falling rug, even using her hair as a desperate substitute when the threads had run out. She was remarkably passionate about knitting, no doubt about that. Nonetheless, this was not a subterfuge for being insouciant to her predicament, and evidently it was not a solution.
Whilst we are watching this in amusement, let us ask ourselves: have I been in moments like this? When things are not going swimmingly, perhaps it is a sign to stop, before things spiral out of control and you are going to lose out big time. In the end, despite the woman’s "valiant" attempts to relentlessly knit everything back, she, along with the rug, was tugged down the cliff. She did try to scrabble herself to the pair of scissors that had been sitting there, but at last, it was too late and too futile for anything. Life sometimes can be unforgiving, but it is undoubtedly fair: it dishes out adequate alerts. Not being vigilant enough is a recipe for disaster.

Make no mistake that the video is portraying the quality of concentration in a negative light. It is in many ways heralded as the ingredient to success. Obsession, on the other hand, is totally a different story. It should be noted that being stout-hearted and fraught with determination is not tantamount to being stupid. When the rug started to move away, she could have figured out quickly what's wrong, moved away from the cliff, and carried on without any risks. It's not as if she lost anything; she didn't, and when eventually she was too annoyed to continue, she has lost the time to do anything. It was too bad that she was too busy to get a share of this wisdom.

To some viewers, this video seems simply childish, even on the verge of being ridiculous. In the interim of laughter, it is mind boggling to see the same people being unable to keep a cool head and be sensible when they are the protagonist or the "knitter" in this case. When we are besotted by the tasks at hand, our vision is somewhat masking the surroundings. I wager to say that everyone has been there before. Next time when you are stitching to success and that elusive "last knit" never comes, you know what to do: take your handy pair of scissors, and cut the threads. Take a step back, and you may circumvent a lot of trouble.
Students Should Have Their Right to Choose the New Principal? No!

5F Zoe Mireille Chan

Good morning, honourable adjudicators, Mr Chairman, ladies and gentlemen. The affirmative team just claimed that students should have their right to choose the new principal owing to the fact that students have encountered different teachers and can compare their teaching qualities. Hence, they can elect the principal whom they trust. Yet, the Achilles heel of our worthy opponents is that students ARE NOT experts in the realm of school management. That students will neglect the essential attributes of what a good principal should possess and exercise their voting right inappropriately is very likely to happen. The elected candidate may teach well. However, a teacher with high teaching quality does not necessarily mean that s/he is adept at managing a school. Therefore, under no circumstance should the destiny of a school fall on the hands of some, if not many, immature voters. Thus, the motion today should fall.

The inconvenient truth that students lack knowledge and ability to choose the suitable principal attests to the invalidity of the motion. Students attend schools for education. They are here to learn and should not be accountable for choosing the principal, who in this day and age is responsible for multifarious types of work ranging from mapping out school policies to facing pointed remarks from different parties, be they parents, teachers or even the mass media. Moreover, students are not familiar with daily work of a principal especially the tons of work behind the scene. In addition to teaching quality, a good principal should also demonstrate good management skills, charisma, interpersonal relationship skills, etc. Yet, students only understand few, if not none, of these criteria. They may simply opt for the candidate whom they like the most without considering whether or not s/he is qualified for the position. In some cases, students may even cast their ballots with their natural instinct. In the circumstance, the affirmative team has the obligation to justify how students’ ignorance of a principal’s work guarantees a good leader be elected.

Regarding the consequences of the election of a new principal by students, students should not have the right to choose the new principal. It being likely that students may wrongly choose the new principal, the operation of the whole school may be in jeopardy. Since the duty of a principal is not tantamount to that of an ordinary teacher, the new principal may lack the calibre our team has just mentioned. As a result, s/he may lack vision. When it comes to addressing contentious issues, s/he may be indecisive and hence fail to take the next step. Ladies and gentlemen, our team has a strong conviction that everyone, including the affirmative team, would agree that when such a person is in power, never is it beneficial to our students, parents, alumni and the development of the school. Therefore, the motion today must fall.
To justify our stance, the negative team would like to point out that some, if not all, students are actually unfamiliar with their teachers. No offence, but we must admit that Form One students who are new to the school DO NOT have a deep understanding of the teachers. It is difficult, if not impossible, for them to make a wise choice in the principal election. They may still be struggling to memorise different teachers’ names, let alone asking them to choose their own principal based on his/her leadership and teaching qualities. What will be the result? As expected, during the election, they may make up their mind randomly. It will end up having misallocation of manpower in the management personnel of the school. Then, the affirmative team please let us know whether you still think having such an election is a good thing or not.

Mr Chairman, ladies and gentlemen, I believe that you will all agree that each of the arguments we presented is good enough to support the motion on its own, and the case is overwhelming as they are combined. Therefore, today’s motion ‘students should have their right to choose the new principal’ is obviously invalid. Thank you very much.
Close to Death on the Land of Ice and Fire – Iceland

5F Melody Chan

I had never been this close to death! That was all my fault - it was me who put myself in danger without any sense of staying safe. I am stupid. I am dump. I don’t deserve to be anyone’s role model. I disappointed my big crowd of subscribers. I let them down.

At first, I was too excited to start my extraordinary journey in the land of ice and fire – Iceland. I wanted my vlog to be interesting to catch more viewers. Aiming at this only objective, I played everything down. I made the most careless decision in my whole life – Go hiking alone in the remote areas around Mount Hekla, the most famous and active volcano in Iceland. To put it in another way, I was going to risk my life in those winding lava caves. Yes, this was absolutely crazy!

Running up the slope, I was holding my “Go-Pro” with extra care. However, I was running on those perilous cliffs and edges, indeed, I put a hard effort to record those stunning views. Taking up the Go-Pro as high as possible, I nearly lost balance and fell down from the cliff, which was horrible. My heart was racing quickly that my breaths couldn’t follow. At this point of the journey, I was a little regretful.

Due to my optimistic character, I kept walking up the slope, aiming to record those lava pools and boiling river. Deep inside my heart, I was afraid, but I kept on going. Now I know that I should not have continued this risky journey, I hate my stubborn-self persevering this inconsiderate decision.

Out of my expectations, a lava pool just beside me spewed out lavas, ashes and boulders, the lavas spread in front of my eyes and across my hips, landed just right in the front of my feet. I screamed immediately, legs shaking, hands dripping sweat. I didn’t know what to do. I stood straight, being afraid of those lavas spreading in any time.

Carefully, I walked down the slope at my slowest pace. Back to the hotel, I edited my clips from this horrible journey. Proud of all my footages, I uploaded the vlog.
As expected, my latest vlog stirred up a lot of controversy. The comments were mostly “Too dangerous”, “Not Safe!” All my subscribers are considerate. They told me to stay safe under all circumstances. You are all loyal and kind-hearted. I am sorry for my inappropriate behaviour in this journey.

Lastly, I just want to tell all of you guys out there - never hike in remote areas and beware of those warning signs. That’s the most crucial of all. Safety first and learn the lessons from me.
Being a Mega Vlogger - My Extraordinary Journey to Tai Wan

5F Polly Wong

NiHao! I am dying to share with you guys about my latest vlog “My Extraordinary Journey to Tai Wan.” The experience has got me through a life lesson and also a bonus, striking an unprecedented click through rate!

It was all dated back to a month ago, when Canon, the famous brand of digital cameras, offered to sponsor me with their latest model of vlogging camera along with a flight ticket to Tai Wan. I was totally flattered to receive such honour and immediately got myself ready for it. Tai Wan has always been placed at the top priority on my to-go list. That can be attributed to those gourmets and delicacies all over the streets, yet being cheap as chips to bag them all and satisfy your taste buds. You’ll share the same feeling as I do if you’ve once been to this food paradise.

The beginning of the trip was seemingly all roses and sunshine. Right after I’d arrived at the destination, the first thing sprung to my mind was to get my stomach filled. I googled and found a 5-star restaurant “Chun Shui Tang” (Please refer to my previous video – ‘Ultimate Google Search Tactics Revelations’ for more tutorials!) and decided to order my first meal there. A glass of bubble milk tea, and a bowl of crispy chicken with Taiwanese noodles kept my eyes glitzing and my mouth salivating. But before tasting, I took out my newly acquired camera, and started commenting on the food. The filming went well and rapid, as I could wait no longer! Once I’d started my meal, I was completely immersed into the feeling of floating on clouds. Carried away by the excellent tastes of the culinary delights, I stepped up to the Chef of the restaurant to thank him. Then, I left the restaurant blissfully with a fully satisfied stomach and soul.

The worst was in the wake of my reckless act of leaving my camera behind! As a professional vlogger, filming equipment is as crucial as my life. It was already 3-4 hours away since I acknowledged the missing of my camera that I was hopeless in finding it back. Guilty as I was, I blamed my sloppiness so hard. I might even have to bear compensation to Canon for losing their sponsored product, which would be a considerably huge burden to me.
Dashing back to “Chun Shui Tang”, there was an acquainted man dressed in white standing at the front door. And getting closer, ah! That was the Chef! More surprisingly, my valuable camera was in his hand. He had been keeping the camera for me all the way and waited for my come-back. My heart was melted by his care and helpfulness to me. I can’t fully express my heartfelt gratitude to him, but to show the maximum, I stayed at his restaurant for the rest of my journey to work voluntarily. And of course, the whole process was filmed with my re-acquired gadget.

The vlog was unexpectedly shot to the top place of the Asian video rank. I am totally flabbergasted about this. Thank you to all my supporters and everyone who has once spent time watching my creation. But the utmost important goals I wish to attain is that I could widely spread the benevolence and considering mindset that Taiwanese uphold, which is applied in their daily lives when getting along with everyone. And that I could extend my deepest gratitude for the Chef of “Chun Shui Tang”!
Helping the Elderly

5F Thomas Wong

Dear Editor,

The government has been considering the proposal of subsidizing elderly people living alone in public housing to employ overseas domestic helpers from overseas. Although it is a great plan to give care to elders, it will face a considerable number of problems. I, therefore, write to explore the difficulties and possibilities for improvements of the plan.

The policy may sound nice on the surface, but execution-wise, there are actually some problems. Lonely elderly most often live in small apartments. If one tries to get a domestic helper living in such a nano apartment designated for one resident, it is very inappropriate and ridiculous when it is unlikely, if not impossible, that the elders will be re-assigned bigger flats. Isn’t it a waste of resources for the government to subsidise the employment of domestic helpers when accommodation is a problem? Spending money so unwisely, the government will only fail to accomplish its original goal.

Another overlooked detail of the scheme is that the government seems to have ignored the potential conflicts which can arise between the elderly and the domestic helpers. Most domestic helpers speak English while elders are not proficient in this language. With such a linguistic incompatibility, they may find themselves unable to explain or comprehend each other, increasing the possibility of misunderstanding. With the passage of time, such miscommunication is likely to evolve into a full-on fallout. The consequences can be much dire when an elder fails to express his/her medical needs to the domestic helper. It can be a matter of life and death. Therefore, I must again state that subsidising singleton elders’ domestic helper expenditure does not work as effectively as the government expects.

The policy aims at improving elders’ quality of life. In fact, there are some other ways to achieve this goal. First, the facilities for elderly should be improved. More parks and community centres have to be provided. Although many of the elders suffer from chronic diseases like high blood pressure, cancer, and so on, provision of such facilities allow them to have places to stretch their bodies and socialise with other people of their age and situation. They are likely to have more happy experiences when joining activities organised by the community centres. It is sure that life is much more satisfying when elders can share their ups and downs with other old people as compared with getting along with domestic helpers.
Another alternative is to provide elders with ‘needs’ vouchers. The rationale is similar to that of the current medical vouchers offered by the government. With the ‘needs’ vouchers, singleton elderly can enjoy medical services based on their needs at a fairly low price. For example, an elder may want to rid the pests of his/her house. Then he/she can use the needs vouchers to buy the service from a pest control company. By doing so, although the government may have to spend an extra amount of money subsidising this scheme, the money is well spent and best utilised as the elders have absolute autonomy of how to expend it to meet their urgent needs. Added to that, it also lightens their financial burden. This is what employing a domestic helper can’t help the elderly with.

It is not impossible to aid elderly people in their last stage of life, but employing domestic helpers should not be their first priority. More widely applicable schemes are needed to solve the problems resulting from ageing population.

Yours faithfully,

CW

Chris Wong
Rejoice always, pray continually, give
THANKS
in all circumstances; for this is God’s will for you in
CHRIST JESUS.
Athleisure, Fashion or Fraud?

6B Henry Wong

‘Athleisure’, the culture of a combination with sportswear and leisure, is now a prevalent trend in the global fashion industry. What makes the trend so appealing to many is the hybrid of the universal desire to enjoy a healthy lifestyle and the rise of minimalism in the society? Some people give credits to businessmen as they set the trend to benefit many, while analysts claim that peer recognition and consideration of cost performance value are the bedrocks to support the rise if the trend. After all, what makes the athleisure so popular in the modern age? Why don’t we take a look at the possible reasons of the trend?

It is a natural instinct to garner peer acceptance no matter in what ages. People, especially adolescents, strive for peer recognition in an attempt to gain the sense of achievement by receiving appreciation if not standing head and shoulders above their significant others. As a predictable result, they will be pious followers of trends. Referring to the preeminent trend of athleisure nowadays, people just simply follow the majority while they will dress up themselves in athleisure outfit same as their friends do. Doubtlessly, these actions may offer them peer acceptance as long as uplifting their sense of affiliation if not self-esteem. Due to how beneficial it is to dress in athleisure, little difficulty is there to understand why citizens will help extend the popularity of the trend through consumption. Besides, the human desire of convenience must be an indispensable reason for the rise of athleisure. Modern life is skewing individual’s soul out by forcing them to lead a hectic lifestyle. In line with speedy culture, the importance of convenience should be strongly underlined by individuals. While athleisure is literally providing a convenient dressing style which these kinds of clothes can be worn both for exercise and as everyday wear, it means that we can wear in many occasions. Beyond doubt, it can reduce time if not garner effectiveness towards individuals. Other than the convenience of athleisure, it also brings cost effectiveness to individuals. As we can recognize that athleisure is a multi-functional outfit for either doing sports or simply chilling, compared with other kinds of outfit fashion in the market, you can only fulfill these two requirements by separately buying a sport wear and a causal tee. Little imagination is there to conceive why customers will be willing to purchase athleisure as its cost performance value is rather high in the industry. Individuals can gain more disposable income by less consumption after choosing athleisure clothing. These kinds of reasons all stated the truth that athleisure really lures many by uplifting their self-acceptance if not living conditions as it becomes fancy trend in fashion industry.
Speaking of which, the lifestyle of society must be an essential element which helps boost and bolster the trend. In the world, humans put the whole emphasis on duties and responsibilities. They believe that industriousness and success are never mutually exclusive, they easily neglect health consideration. As their body turns on the alarm, it is already too late. After years of research, people reveal that work life balance is the key to protecting individuals from being imposed by detrimental effects. Slogans and advertisements encouraging health lifestyle are ubiquitous in the city. The importance of health is strongly underlined by the society. The advent of athleisure is also followed by health culture. A multi-functional outfit is not only for leisure, but also the encouragement of experimenting sports. You can easily perceive that athleisure is simply in line with healthy lifestyle. Little conception is needed to understand why the trend receives standing ovation from many. On the other hand, the society still upholds minimalism as living style if not dressing style. Due to globalization, the dissemination of culture is as easy as ABC. Citizens from every corner in the world can earn a chance to take a closer look at different countries’ traditions. Although minimalism starts from far east Japan, this simple living style has appealed to many. They give credits to cleanliness and relaxing living style brought about by minimalism. Athleisure, as a functional outfit, is rather focusing on usage than fancy bulky sex appealing clothes. That's why they use plain colour and materials while production. According to Hong Kong Connection, which is a well-known TV program by RTHK, Hong Kong citizens are willing to purchase fast fashion brands such as Uniqlo, the simple and neat feature is highly appreciated in the society. Containing the same Uniqlo style, athleisure is generally perceived to be greatly famous in the market. To conclude, lifestyle such as minimalism and healthiness is being upheld in the society. While being related to the trend, athleisure really stands up in the industry, and that's why it is popular among the world.

As we scratch our eyes from data to reports analyzing the sudden rise of athleisure, it is generally perceived that reasons from individual aspect or social perspective might be the most powerful factor in fortifying the athleisure trend. Unfortunately, they just blatantly ignore the one who truly inculcates the definition of ‘fashion’, they innocently neglect the one who instills the code of popularity to vulnerable majority. The businessmen are who continuously finding ways to promote different styles if not different trends as for only one main reason - to cash in on from the
market. Once they realize the global desire of healthy, simple lifestyle, they will go to their exorbitant lengths in order to fulfill the trend. The more favourable their products are to the customers, the more the revenue they will gain, the more approval they will win from the consumers, the more attention they will gain, the more acceptance they receive from the society, and the higher reputation they will achieve. That’s how the market works. To corp gold, businessmen invented athleisure to keep abreast of society’s demands. Mass production helps sharpen and strengthen the direction of trending. Businessmen even acquire marketing ploy such as celebrity effect to sexually appeal customers in order to further polish their plan of maximizing profit. As founder and starter of the trend, businessmen shouldn’t stand away from taking responsibility on this issue. It might be the main reason why the trend rises up so prodigiously, too.

It is of no dispute that athleisure is currently one of the biggest trends in the fashion industry. After all, what is worth considering in founding a trend? No one will deny that free will of individual is the cornerstone of successful fashion. What is the indispensable element in gaining public acceptance? No one will argue that society’s lifestyle lends the way to define ‘style’. As they are never mutually exclusive while starting a trend, we still need to heavily underline the importance of capitalism in running the society or even the world. The businessmen are those who are really in charge and control the market. They yearn for revenue and profit from constructing different trends in order to gain attraction from many. They are the ones who set the trend, or even monopolise the trend. Among these months, athleisure is the standard of fashion. But who knows when the trend will change while time flies? It is the moment for you to think of your character. Are you a fashion founder or a pious follower? A stylish performer or a manipulated puppet? Let’s take one step closer - is it a favourable trend or a fraud with illusion?
The Fad of Co-Living

6C Kayla Cheng

Good morning, parents and teachers. It is my honor to share with you all about a new kind of modern housing, which is built on the concept of openness and collaboration.

In this day and age, the term “co-living” has become a household name, being touted by throngs of millennials. Undeniably, Hong Kong, which is renowned for its large population and insufficient land for housing, has an urgent need for housing estates. With this in mind, prompt actions are needed to ameliorate the crisis of housing. Have you ever heard of the co-living area, Weave, which is located on Boundary Street in Mong Kok? Aside from those cheap and unhygienic partitioned flats, or those public housing estates, which families have waited an average of five years to be given, co living is an innovative idea to rectify the current situation, as it reduces the amount of space each person needs. Let’s take a closer look to this proliferating trend.

Individually speaking, co-living ameliorates one’s hefty economic burden. Hong Kong, which is known for having the highest property price in the world, people often feel helpless when they want to fulfill the universal desire of having their own flat. The reasons behind the scene are not only the skyrocketing population and inadequate land supply, but also the property hegemony. Speculation of housing will lead to the rise of property prices, due to the market mechanism. Most Hong Kong citizens yearn for a flat as it is a symbol of success. However, the steep price tag of having a flat has left them feeling uncharacteristically drained and helpless. Therefore, recently, the idea of co-living has created a stir all around the world, for it eases the shortage of housing estates. Co-living is a type of international community providing shared housing for people with shared intentions. By sharing amenities such as the kitchen and toilets, the rent is lowered, which is much more affordable than before, especially for some young entrepreneurs and free-lancers. Co-living has given them an upscale lifestyle at a relatively modest price, and as a result, their living costs are reduced, hence alleviating their hefty economic burden. This factor suffices to explain why co-living has recently shot the fame and become the talk of the town.

Not only can individuals reap the benefits of co-living, but also the neighborhood, which is tightly entwined with our lives. Nowadays, we are no longer surprised when we walk through a city of hustle and bustle and see people staring at their smartphones while they are walking, standing,
or sitting. To frankly put, we are living in a time with less physical and genuine communication. As co-living is usually pursued by young adults, due to the limited budgets they have, therefore, it has provided a golden opportunity for young adults to interact with each other when they are living in the same flat. Since these residents may come from different socio-economic backgrounds, by sharing experiences and thoughts with each other through movie nights, dinner parties, each resident has the opportunity to engage with others and make everlasting friendships. Moreover, from getting advice on career growth and personal issues, these shared communities create an environment where everyone can learn from one another, and get inspired from all walks of life. This is especially helpful in major cities around the world where everyone is accustomed to living within their personal bubble and less spontaneous interactions occur on the streets. Therefore, there is no negating that co-living can improve one’s communication skills by leaps and bounds, even turning the most socially awkward individual into a charismatic conversationalist.

As far as security is concerned, some point their fingers to co-living as it may jeopardize one’s safety. They perceive that the idea of co-living is perilous as tenants may face burglary, or even sexual harassments. Everyone has the opportunity to pursue co-living, and you will never know who your neighbors will be. For instance, where do they come from? What are their occupations? You have no idea about their backgrounds. Indeed, there are potential risks regarding co-living, but these can be kept to a minimum through solutions. Tenants shouldn’t leave valuables in their rooms when they are out, such as laptops or smartphones. In addition to this, tenants should make sure that they have locked their doors to prevent any neighbors with ulterior motives from entering their rooms. They can also make good use of a combi-line safe, which can secure a lot of valuables in a small space. By doing so to guarantee their safety, residents’ sense of security can be uplifted, thus willing to pursue co-living.

On the contrary, some people who uphold traditional mindsets are also defiant about co-living, as they deem that it is integral to live with their family as a unit. The notion of filial piety can be succinctly concluded to parents giving life to their children, supporting them throughout their developing years, education and material needs. After receiving all these benefits, children are obliged to return the favour. In order to acknowledge this eternal debt, children must respect
and serve their parents at all costs. If offsprings pursue co-living and move away from parents, parents may deem that their children have not taken their feeling into careful consideration. As a result, bonds are weakened, and relationships between families are undermined. Nonetheless, some millennials still insist on pursuing co-living even this idea is not well accepted by their parents. Having been spoiled and planned for everything since they were toddlers, young adults can live without their permissive and authoritative parents and avail the opportunities to acquire the techniques to fend for themselves. In co-living, everyone has to take turns in handling household chores like vacuuming or doing laundries. By taking part in these, they can acquire living skills, not just relying on their parents and take everything for granted. As a consequence, co-living serves as a conduit for them to stand on their own feet.

After all, what is the most crucial element in life? Through co-living, everybody in society can shower with each other the joy of gratitude and generosity, instead of just focusing on their own smartphones for the whole day aimlessly, without any face-to-face communication. With endurance and acceptance, little difficulty is there to conceive a harmonious yet united community. Thank You!
Let's Give the Thumbs Up to Co-Living

6C Psalm Chan

Good morning, teachers and parents. Availing myself of this opportunity, I would like to share about the innovative economic concept of co-living today. But before I begin my speech, I would like to raise a question: Have you ever heard of Weave on Boundary? In the past couple of years, co-living spaces has proliferated and becomes omnipresent in Hong Kong where owning a flat is a luxury as property prices continue to soar, defying government cooling measures to fizzle out the overheating. I assume that everyone of you sitting here merely know a little about the term “co-living”. Why don’t we take a closer look at the views towards the latest trend of co-living?

With the population in Hong Kong growing every day, the demand for housing is tremendously increasing. However, Hong Kong is facing the issue of insufficient land supply. On account of market mechanism and property hegemony, the property price is outrageously expensive. According to the Hong Kong Rating and Valuation Department, Hong Kong rents have risen for 17 straight months, by 10.6 per cent during the period. As prices go up, there is not much alternative for flexible and good quality accommodation for youngsters. At this point, you may ask - Are there any solutions for this severe situation? My answer is, definitely a yes, “Co-living”. It offers an alternative option for those young adults who cannot afford the unattainable lease for regular flats. As we all know that Hong Kong young entrepreneurs have low social mobility and it is arduous for them to earn a considerable amount for living, let alone renting or even buying a flat. The latest incarnation of living environment that extends beyond the bedroom into a series of common areas has drawn attention from start-ups as it enables them to cut down their living cost by sharing amenities such as kitchen, lounge, gym, etc. The idea of co-living also capacitates youngsters to strive for upscale lifestyle at relatively modest prices around $3500 per month in an attempt to garner the sense of competence and bolster their quality of life.

Speaking of which, many benefits do follow when one has chosen to live in a co-living space, and that is why the development of the industry has won a standing ovation from many. Not only are these spaces relatively affordable, they also serve as somewhat of a starter pack for young people who wish to live independently and practise “adulting”. When it comes to the phrase “Kong Kid”, what immediately pops up in your mind? Not knowing how to do laundry? Or not knowing how to do any household chores? Or not knowing how to cook or even cut fruit? It is ludicrous to
see these happening on a teenager. Ironically, it is a ubiquitous phenomenon to see youngsters being pampered and spoiled nowadays. Youngsters may have a harder time learning to be independent because of the over protection from helicopter parents or having a domestic helper at home. But when they reach their 40s or 50s, it’s likely that their elderly parents will expect them to take proper care of them in return. If these dynamics aren’t treated properly, this can result in tension. Therefore, it is a good option for young people seeking a taste of independence and having a transitional experience by co-living. Having a common area like shared kitchen or shared bathroom, they are required to comply with the roster of doing household chores on their own, thus instilling and inculcating the decorous mindsets of self-discipline and self-reliance. These can, beyond doubt, benefit the life of youngsters.

As the older generation has a traditional mindset which upholds the traditional Chinese value, they are inclined to the belief of property ownership as the indicator of success and wealth. In this case, the older generation tends to exert intangible pressure to young adults, hurrying them to own a flat. However, millennials, different from the older generation, put their emphasis on well furnished and stylish space, and where they can expand their social circle. With the same range of rents, they would prefer to put these considerations before the size of a room. A lot of young people uphold the value of hedonism, saying that they would rather spend their time, money and resources on having an entertaining life than on paying for real estate. The idea of Co-living is often positioned as a lifestyle choice. Young adults can create their own environment, such as the nomadic lifestyle of having so few belongings, to live in a hassle-free way. Preventing the infringement of privacy at home which may cause interpersonal conflicts, co-living provides them with a private area like premium en suites or simply a cabin where they can do their own stuff privately and thus enhancing their sense of security. Therefore, little imagination is needed to understand why co-living has become so preeminent in these days.

It is of no dispute that an interacting atmosphere can also be created by co-living. Let’s put ourselves in the shoes of an ordinary young adult. When you’re working full time, it’s almost impossible to spontaneously meet up with friends for dinner as everyone is busy. But living in co-living apartment, you’ll never eat alone. According to the episode about co-living from Hong
Kong Connection by RTHK, the young adult Chau was often greeted with hearty home-cooked meals when she returned from work. Sarcastically, this seldom happens at home as gruelling schedules make it difficult for family members to have meals together. Other than that, the concept of co-living emphasises on the community and the space where young people can share and interact with other tenants, which usually lacking in apartment blocks. As co-living spaces gathered people from different backgrounds, nationalities or socio-economic status, it provides a perfect platform for young adults who yearn for intellectual and inspirational exchange with peers, thus sharpening and strengthening their communication skills. Young professionals who value community may find the higher price points worth it as they may have a higher chance meeting people with the same profession along the way so far as to get business opportunities too. As you can see, co-living does not only benefit the young adults personally but their career as well.

Above all, genuine communication and independence are indispensable elements for a holistic development of a youth which co-living can provide training on these two features. I hope you all sitting here now have a better understanding on the idea of co-living. At the very last, I would like to leave you all with an inspiring quote, “Good to look at as they may be, flowerets in greenhouses are not resistant to wind and rain.” Little difficulty is there to conceive how co-living can relieve your burden of worrying the youngsters’ future. Thank you.
Will E-Book Replace Printed Books in the Future?

6C Violet Ng

Dear Editor,

I am writing to discuss the rising popularity of e-books. E-books are getting more and more popular nowadays. In my opinion, it is a desirable trend and I think that e-books will eventually replace printed books in the future.

First, e-books are delivered to readers almost instantaneously. We can purchase, download and start reading them within minutes without leaving our chairs. We do not have to go to a bookstore to buy them, neither do we have to wait for them for days, weeks or sometimes even longer to arrive in our mailbox after we order them from a bookstore. Compared with printed books, e-books are more convenient to buy and easier to access.

Second, e-books take up less space. We practically do not need any physical space to store them. If we use e-books, we can carry a whole library’s worth of books in one SD card that can be read on a mobile device like a smartphone or a tablet computer. In other words, nothing is needed to move or transport them. Traditional printed books are large and heavy. A bag or even a cart is required to move them from one place to another. With an SD card or a USB memory stick, our personal library can be reduced to one hand-held device. Given the soaring housing prices in Hong Kong, using e-books can help us to free up some precious space at home for other purposes. Therefore, the rising popularity of e-books is a desirable trend.

Some of the article writers have suggested that e-books will eventually replace printed books because of people’s rising environmental awareness. I totally agree with them because e-books are much more eco-friendly than printed books. Not only is there no need for the toxic ink or large bookbinding machines to print e-books, using e-books also helps save energy and natural resources. We can make an infinite number of copies of an e-book without making any paper and hence killing any trees. It also lowers the production costs of a book due to the non-existent printing, packaging and shipping costs. All we need do to is to purchase an e-book online and it will be available for you to download electronically.
In conclusion, e-books are more convenient to buy and store and they are more eco-friendly than printed books. Therefore, the rising popularity of e-books is a desirable trend and I believe that they will eventually replace printed books. I hope that the popularity of e-books will continue to rise and more trees will be saved.

Yours faithfully,

Chris Wong
The Rising Popularity of E-Books

6C Jeffrey Cheung

Dear Editor,

I am writing to express my opinion on the phenomenon of the rising popularity of e-books, which has triggered a divide in opinion on e-books among people in Hong Kong. I think that the soaring popularity of e-books is a desirable trend. Also, due to the booming number of e-book readers and the technological advancement of local and foreign e-book publishers, I believe that e-books will eventually replace printed books.

First and foremost, the rising popularity of e-books is desirable because it helps promote an environmentally friendly lifestyle. Recently, a tragedy has happened in Brazil. The Amazon rainforest caught on fire, the devastation has drawn the whole world’s attention to environmental protection. The burned area covers more than 900,000 hectares. Many people have become more aware of the importance of reducing the use of paper and in turn the need of wood. One of the benefits of using e-books is that it is beneficial to the environment. Printing traditional books kills trees, consumes a lot of energy and poisons the environment with ink and dyes, which upsets the ecological balance. In contrast, no trees are required to manufacture paper for e-books because they are paperless electronic copies of printed books. But even after taking into account of the pollution caused by the manufacture of the hand-held electronic devices in which e-books are stored, using e-books still have a significantly smaller effect on the environment. Thus, compared to printed books, e-books are more sustainable products.

Secondly, another reason why I think the surge in e-books’ popularity a desirable trend is that e-books are convenient to use and can reach a large audience easily. E-books, which usually come in the form of PDF files, are easy to use on computers and mobile devices. They are light, portable books which can be read on the screens of electronic devices. E-books are also cheaper to make and buy. An e-book only needs to be typed and electronically published once. Then, no extra costs will be incurred to make further copies. This makes e-books cheaper both for the publishers to make and for the readers to buy. Also, e-books are delivered almost instantaneously to the readers who purchase them. People can purchase, download and start reading them within minutes they pay the online bookstore with their credit card. Moreover, e-books are portable. You
can carry a whole library of books with you in a USB memory stick, a notebook computer, a mobile device or any kind of e-book readers, without worrying about their weight. Moreover, fonts in e-books can be resized, making it easier to read for people with disabilities. With today’s technology, you can read e-books anywhere, on the bus, on the plane or even while standing in line. Thus, e-books can bring great convenience to all types of book lovers.

Some people suggest that e-books will eventually replace printed books. I completely agree with them. As technology advances, e-books will only be more popular and convenient. Not only our reading habits, I think all aspects of our lives will become more ‘digitalized’ or ‘electronized’. Twenty years ago, nobody could imagine film cameras would be replaced by digital cameras, but within a few years, digital cameras have evolved very quickly. They have become more diversified in functions, more user-friendly and more affordable than film cameras. Therefore, I believe that e-books can make headway and eventually replace printed books.

In a nutshell, I believe that the soaring popularity of e-books is a good thing. Also, I think e-books will eventually replace printed books. I hope that e-book technology will become more mature so printed books can be eliminated soon. Let’s embrace e-books and go paperless soon.

Yours faithfully,

Chris Wong
Athleisure - The Forces Behind

6C Marcus Yung

Ever since the dawn of civilisation, mankind has long been pursuing different trends, while jumping on bandwagons in an attempt to stand out from the crowds. Athleisure, the hybrid of leisure lifestyle and sportswear, has taken the world by a whirlwind. Its preeminent success is certainly not by chance, the forces that morph athleisure from borderline mainstream to an integral part of our lives can be succinctly concluded to the alteration of lifestyle and sophisticated manipulation of market by transnational corporation. After all, what enables athleisure to be a prominent global trend? Let’s have a closer look at it and delve into the underlying secrecy.

To commence with, the advent of the Internet allows people around the globe to be familiar with “athleisure”. The advancement of telecommunication technology makes dissemination of information as easy as ABC, while the lay publics rely heavily on the Internet or social media to attain first hand yet authentic information. Be they youngsters or the elderly, with the aid of sound technological infrastructure, getting attached to “athleisure” on a cognitive level through the Internet is certainly not uncommon. As such, more and more people are aware of the presence of athleisure, setting the backdrop of the phenomenon.

Another determining factor contributing to the trend is the characteristics of adolescence. It comes in two aspects, from the extrinsic to the intrinsic. Teenagers of the current generation are reared in more well-off families. The average income in Hong Kong has grown in lockstep, from a few hundred or thousand to tens of thousands per month. Youngsters no longer have to worry about subsistence nowadays. Given that teenagers do not have to deal with the festering pressure of making ends meet, they can spare resources for leisure, buying whatever they see fit, resulting in emotional consumption. Teenagers may purchase athleisure outfit whenever they want, without concerning if they need it or not.

As for intrinsic characteristics, adolescents yearn for peer recognition. Few will doubt that teenagers are at the age of uncertainty and bafflement, and they rely heavily on peers for providing them with support to construct self-esteem. In an attempt to garner sense of uniqueness, by conspicuous consumption, peers within their social circle will pay attention to those who jumped on the athleisure bandwagon. Spotlight will be casted on them such that they can stand out from the crowds, thus obtaining the sense of uniqueness. Yet, what is instrumental to adolescents’ personal growth, in fact is the sense of affiliation. As “athleisure” partakers number
surges, this would create a shared knowledge within social circle. They may be interested in matching of outfits, discount on related accessories or which brand outcompete others and so on. In order to join the discussion, sooner there will be more youngsters getting attached to the athleisure culture. All of these suffice to explain why athleisure holds much appeal to youngsters, especially millennials.

One may wonder, how is the trend correlated to the change of lifestyle? In short, people uphold minimalism and simplicity. Gone were the days when people went to exorbitant lengths to muster as much financial resources as they can, in a view to leading a rather prolific yet materialistic life. However, they have grown tired of such a way to live. In turn, they bring the element of health to the fore in their lives. Advocating the idea of athleisure, they often put on the athleisure outfit to go exercise. With the cutting-edge “Dri-Fit” technology, the outfit can dry out in a short period of time. In this cosmopolitan, where everyone is hectic and occupied by all sort of affairs, the drying technology benefits them by allowing them to wear the same set of outfit to work after undergoing vigorous exercise. The multi-functional “athleisure” outfit can spare users multitudinous of hardships, ranging from bringing an alternate set of suit to purchasing a set of outfit designated for exercise. The above-mentioned attest that the drastic change of lifestyle is one of the reasons for the prominent phenomenon.

In addition, transnational corporations adopt marketing ploys to foster the trend. Under the impression of globalisation, breaking through the geographical barrier and cost barrier, which are brought about by the Internet, entrepreneurs unleash their potential to the fullest. By capitalising on the latest tech, coupled with advertising strategies like celebrity effect, promoting with sex appeal, hundreds of thousands of consumers will never ceased to be tantalised by fancy advertisements. Utilising social media to the full, they can shape social narrative, cultivating the trend of athleisure which can appeal to many. For instance, these corporations underline their gimmicks, like various kinds of collaborations between eminent brands. The exclusive crossover of Louis Vuitton and Supreme is a case in point. Prompted by exclusivity of the product, more and more consumers begin to follow the trend.

While many bill “athleisure” a novel perspective to view your own life, many do raise question upon it. Is it merely another attempt of entrepreneurs to cash in on us? Or should we embrace homogeneity and standardisation of products? After all, to jump or not to jump onto the bandwagon, it is all up to you.
The Unsung Utopia

6C Felix Wong

The scorching sun shed furiously upon the wild African plains, as the dry, stiff air maneuvered through the tall grass. A cautious footstep landed on the waterless soil, crackling the dried leaves beneath. Sweat dripped down his face, past those anxious eyes that squint left and right, dropping onto his rifle he held on so tightly. Its barrel led the way through the grass, his head leaning onto the deadly firearm, fingers on the trigger. Silence resonated through the field, as the man stood blind in the middle of a notorious illegal hunting zone in East Africa – Central Mozambique.

Thud thud thud…multiple trembling footsteps echoed upfront, breaking the escalating tension. The man was forced into offense, as he sprinted at the origin of the noise. In that moment, all he could hear was the tall grass swishing past him and his own heavy breathing.

The chase continued, and the man eventually dashed out of the bushes, gaining a clear line of sight. There, he finally acquired the targets he had been visionlessly running after – a squad of illegal hunters, dressed in camo suits loaded with hunting bows and arrows.

“Over! This is echo, a team of five targets in sight, track my location, over!” the officer shouted into the radio attached to his left shoulder, panting incessantly. However, he soon realised something was fishy, as the poachers signaled each other with sign language he couldn’t understand, and split into two groups abruptly. Without hesitation, he set sight onto one, and darted towards them, trying to intercept. But by the time he spotted the detonator in one of the poachers’ hands, it was all too late.

Every movement, every second turned into a slow-motion action scene, as the officer witnessed the explosion ignited in front of his eyes. He could see the flamboyant flame extending towards him, engulfing his body. The mine blasted him metres backward, knocking the officer out into coma.

Sh...sh...sh...

The officer was awaked by the noise as he gradually regained consciousness. His eyes were yet to open, but he was aware of him being dragged along the dirt ground. Every rock and humps that slid beneath felt like stabs to the back, and mentally he fought for his vision. The eyes finally responded, and as soon as his vision fully returned, the officer shot for his pistol strapped to his waist, jumping up straight into a defensive guarding position.
No one was there. The highly alerted officer stabilised his Glock on his other forearm and aimed horizontally, yet no target was identified. Confused, he lowered his weapon and scanned the area. It was similar to the terrain when he was bombed — an open grass field with occasional bushes on the surface, typical African soil. However, as the officer gazed upwards to the moon for navigation, he was left frozen with his eyes probed.

He couldn’t see moon, or stars, or the sun. He had slowly come to realise he was staring at a three hundred metres ceiling, expanding in all directions to form a colossal natural cave that at first glance, had no border. The officer began to shiver, as the unfamiliar environment had sent him through countless irrational thoughts. The belief of being captured by aliens had nearly settled in, but before he went insane, the officer spotted a tiny wooden house merely a few hundred meters away. The officer instantly darted towards it, furiously knocking on its door to seek for answers.

The door wasn’t locked. It squeaked painfully as it scratched along the floor while opening, but it sure swung open without excessive effort.

“Greetings, officer,” a deep, rigid voice sounded inside, “we have been expecting you.”

Suspicious, the officer held up his pistol again, preparing for any sudden assault. From there, he could glance at the corner of the kitchen, where the voice originated.

“There will be no need for a weapon, sir,” the voice resonated again, this time with a tint of authority, “we mean no harm.”

“You can never be too sure, especially for my...” the officer was responding, before being stunned by what he was witnessing.

Instead by a normal human living in an ordinary household, he was welcomed by a male lion in the room, standing on not four, but two paws off the ground, who was squeezing the life out of an orange to make a cup of orange juice.
“Here you go, officer,” the lion spoke as he took off his apron, sending a glass of orange juice over the bar table, “there’s no need of a gun, enjoy.”

Incredibly amazed, the officer relaxed his stance, reaching for the drink. With great disbelief, the officer collapsed onto a random couch and had a sip of the refreshing juice.

“The name is Jide,” the lion started introducing himself, “and I have been trying to contact you.”

“Why me? What is this place? How can you speak?” the officer bombarded the lion with frustrating curiosity.

“I am the king of all animals wandering on this plain,” he explained, “and traditionally I have been gifted with the ability to speak, to represent the animal realm and communicate with human race.

“But in the recent century, the African soil has been infiltrated by foreigners, aggressors that detriment my people’s lives by removing their teeth and horns, slaughtering them for entertainment. That’s why we admire people like you, the protector of our realms.

“For a whole decade, we have been executing this act of emergency, the complete migration of animals, underground. This cave hopefully will become our utopia, where my people could finally out-live the shadow of being incessantly hunted by humans.”

The officer stared out the window, and after a thunderous roar from Jide, he could gradually see different species of animals surfacing from the bushes of the plain. Necks of giraffes were the most conspicuous of them all. Then the trunks of elephants were the next to rejoice, followed by the horns seen from rhino hoards. The cave was lively again, after the signal from their king. For the first time, the officer had seen what the African wildlife should have been. Eagles glided through the air along the edges of the cave, opening gigantic holes on the walls where water shot out, forming an array of hundred-feet waterfalls.
“There will be none of us on the surface within the next decade," said Jide, who was now leaning onto the bar table, admiring the majestic view beside the officer, “and we are forever grateful of your brave service. We all owe you a great debt.”

As the officer grinned at the appreciation of the lion king, a familiar sound of disturbance reverberated around the cave, something out of place inside a natural environment, something humane. The lion’s face sunk in disappointment, “they always find a way, like the devil knocking on your front door.”

The officer rushed to the window, only to see a fully loaded Black Hawk circulating the cave like an eagle preying on its target, its blades spinning like a deadly chainsaw. In a heartbeat, the helicopter headed straight towards the house, and all the officer could remember was how the ignition of a missile looked like death itself.

A moist object licked again and again on his face, as for the second time the officer had regained consciousness. He was greeted by the lively tongue of a tiny cub, months old. He gently picked the cub up and rested it aside, but it drilled under his armpits and to continue licking. The officer found his way up on his feet, recognized saw the same bushy tall grass he had ran out of while chasing the poachers.

The pain of the injuries from the blast afflicted, and he held on to his waist, breathing lightly not to stretch the wound. A distant deep roar sounded, as the cub sprinted towards a direction, where its father was, gazing over from the far horizon. The officer locked eyes with the beast, smiled magically and stumbled backwards, where he could hear a faint engine sound — his team had come to the rescue.

The officer took a deep breath, and swore to himself that night, for he knew deep down in his heart, there would never be a utopia for the animals.

As the officers’ dark figure faded into the night sky, million stars glistened; all was well and peaceful.
It was the best of the days. It was the worst of the days.
It was the climax of civilisation. It was the nadir of civilisation.
It was the radiant of terrene. It was the gloom of terrene.
It was 2164.

The China US Trade War initiated in 2019 split the world into two halves, leading by China and the United States respectively, which later fused with their allies and turned out to be two united communities. The rivalry lingered, in the aspect of space, technology, industry, urban and every development. Since President Donald Trump announced the America renouncing Paris Agreement, sprinting in industrialisation with its GDP spurting, the China had soon made the identical decision. Without the two tycoons, the Paris Agreement became merely a name and soon so did the World Trade Organisation, the United Nation Environment Programme and the entire United Nation adjourn. Without any limitations and constraints, intense international division of labour and global production chain (among the two camps) resulted in high efficiency. Architectures rose form lands. Satellites sent to galaxies. Artificial intelligence entered trenches. Production had reached the summit in history, and transcended it much further. Meanwhile, trees collapsed. Ozone depletion worsened. Sewage emitted to the ocean. Deforestation and pollution had met the apex since antiquity, and surpass it much farther.

With habitat destroyed and under human’s overhunting, animals no longer exist in the wild but either in zoos or in museums, where specimens of extinct polar bears, white tigers, dolphins... were preserved beside the fossils of dinosaurs, mammoths and dodos. The only wildlife was found in Amazon rainforest and Indonesian Rainforests, the last 160,000 square kilo metres of green on Earth, which was claimed by the two united governments to be enough for the survival of mankind. Some survived in city and were occasionally discovered to be sheltering themselves in abandoned manufactories. Environmentalists were being suppressed and persecuted. In the meantime, industrialists were being praised.

Ten years ago, the last wild crowd of lions was found in a rotten wooden shack next to the Amazon after another fierce wildfire was extinguished, and were all captured to the zoo except the strongest of them, which was dehydrated and stored in the collection of Endangered Species in the Smith’s Museum of Creature. A lioness was said to be giving birth to a cub in the wild before being disclosed yet nobody was able to find any trace of the whelp.
Ten years ago, in the age of 12, I overheard a phone call of my father, Mr Smith, and learnt about the lions near our home. I dashed ahead before my father and his colleagues of hunters and businessmen did to the wooden shack, unearthing the scrawny beasts. As if prognosticating their tragic destiny, instead of pouncing off the lunch standing in front, they threw a mournful gaze towards me, then at the newborn offspring in the corner. It was the last thing the 12-year-old juvenile would like to do, leaving the lives to prison and death yet it was as well as the only thing they could do for them. Hearing the adults approaching, I embraced the bloody creature, holding it on my skinny arms and darted towards the rainforest. A few minutes later, sounds of anaesthetic rifle shooting and lament broke the silent atmosphere, echoing under the smoggy empyrean.

Having washed away the blood around in the river, I discerned a strip of birthmark scratching across its eye. Hence, I designated it as Scar, naming after a character of a classic animation “The Lion King” about lions and wildlife I had been watching since toddling. Perceiving it had not a chance of survival at my house, I released it to the forest, praying that its internal brutal would help it dodge the fierce predators before it grew into one of them. Before its silhouette vanished into the woods, it stared into my eyes, giving a squishy roar. Soft as a kitten’s, I still felt that it could survive though. I could feel it.

Time flew to 2164, when the only son of the Smiths, the clan of holder of the eminent museum and hunters, becoming an environmentalist was the most ironic news around the globe. After the death of my parents, I sold the family business and focus on mine with my companions about preservation of the last inch of environment. At the same time, without my authoritative and mighty father, oppression from governments and all different sectors aggravated rapidly forthwith. Lacquer splashed on the door. Fire burnt in the backyard. Vandalism, robbery, murder and everything you could name of.

It was the day after we have our another transnational corporation’s headquarter being set on fire when a gang broke into my house, once again but this time with guns, knives and other weapons.

“Listen closely, young man,” the one who seemed to be the leader clamoured, “you had better terminate the filthy work you and your colleagues have been doing. Else we can’t guarantee whether the lives of your families’ can be kept... or maybe not even yours today.” A gun is pointed at my forehead when another knife rack on my neck, just in front of my carotid artery.
“Although it requires the sacrifice of our lives or any cost, we will still make every
deavour to prevent our civilisation from shattering.”

“As you wish,” The words followed by increasing pressure of the blade. A warm flow ran
down from the wound.

Finally the time had come. No matter how many times I had thought of it, although I had
 herald its coming, never had I thought that it would arrive so soon. Yet it didn’t matter, I told
myself, as that’s the right track and there would be others who continued the path for me. Take a
deep breath. Close your eyes. Things would be over soon...

Nonetheless, instead of pain and misery, the message my cerebrum received was a fierce
roar and shrieks. Opening my eyes, the strap on the eye got into sight, accompanied with bushy
mane, sharp teeth and another deep brutal growl. With its forth limbs stepping on the kitchen
table, our heads had only met its chest with his shadow laying on us. Shrieking in a mess, the gang
rushed out of the door.

It stared into my eyes, like it did ten years ago. Once again, my eyes followed its silhouette
dashing back into the woods and vanished, subsequent to a farewell roar. However, it was an
athletic one and this time, it was it who saved me.

Human kept on thinking that they could manipulate the nature. All they didn’t know was
that they would pay for what they had done. It fades, you fade along.

In 2065, the last patch of green human thought they had kept burnt out. Without any refill,
oxygen gradually paced towards exhaustion.

Humankind in 2019, this is no story. This is an admonishment and appeal from the future.
Things could still be altered in your times. Your world would end up like ours though it doesn’t
have to.
Co-Living - Is It a Suitable Choice for You?

6D Morco Ng

Good morning, fellow parents, teachers and schoolmates. Have you ever thought about living under the same roof with strangers whom you haven’t met before? Co-living is now gaining its fame in Hong Kong and what makes this trend so prevalent is mainly the tremendous demand for an upscale lifestyle. While co-living is given credits for its outstandingly low economic burden and cosy environment, critics point their fingers at these apartments, underlining that they are far from being secured. Additionally, they could prompt the residents to develop a living style, as a result of which bonds between their family and them will be weakened. Co-living winning the standing ovations from various stakeholders, it is still an undeniable fact that this fad is now sparking heated controversy in society. Why don’t we first take a deeper look into the pros and cons of this omnipresent newcomer in Hong Kong? Are the critics just barbarously inflicting accusations?

Recently graduated, having a low-income job, barely making ends meet, what can you choose in order to settle down? Living with your parents, while privacy is doomed to be infringed; seeking for the public estates, which could cost you years to receive an offer. Intending to enjoy a better quality of life in an affordable price, many will thereby put co-living as their first priority. Rookies in society yearn for an upscale lifestyle; it is far from satisfactory for them to live in some dirty, nasty and uncomfortable apartments such as subdivided flats even if they are destined to initiate their personal lives in a space-starved venue owing to their economic status. Co-living then comes as an ideal solution for the mountainous variation for the individual needs. For instance, in Weave on Boundary Street, which is a co-living estate currently located in Prince Edward, a tremendous variety of common facilities are put in place. From shared kitchens to a gym, demands of the residents can be addressed with ease, even if they have alternate living styles. Entertainments such as movie watching activities can effectively alleviate the stressful moods of the residents due to the hectic urban life; sports utilities such as table tennis rooms can help relieve the physical and psychological pressure. These are the pillars provided by co-living to retain a better quality of life these days.

Moreover, the absence of the monitoring of parents should also be put under the spotlight. According to the Hierarchy of Needs, the sense of security is not to be dismissed. Every child has
his freedom to shy their secrets away from their parents, not to mention the grown-ups. How ludicrous is it to have someone scrolling on your phone without your own permission? The same applies to parents gaining access to your room in any moment. Living in co-living apartments provides you with the silence which you deserve. In the meanwhile, you can be free from stress as no uninvited intruders may recklessly go through your personal documents or distract you from your work. Infringement of privacy is being undermined since the dawn of the popularization of helicopter parents. They conceive that nothing should be hidden from the parents by their kids, justifying them as an approach to show their love to their dear children. Thus, it is crystal clear that co-living serves as a boost package for the better quality of life, especially in terms of the sense of privacy.

Moving on to the economic perspective, there is no question that in Hong Kong, property price is overwhelmingly high. In accordance with the recent report put forward by the government, price for the general estates skyrocketed by half during these ten years. While this may be the consequence of the market mechanism and the surging population, which consequently bolsters the demand for housing, it is the hybrid of the intensifying price and diplomatic inflation that drag graduates back from being able to afford the luxurious payment for the flats. Bearing these in mind, co-living serves as a notable substitute for their needs. A case in point will be the relatively modest monthly rents in Weave on Boundary, which varies from $6900; not to mention that the payment for the utilities and Wi-Fi service is included. Accumulating the various expenditures, the amount can hardly exceed $15000, a value that most millennials can possibly afford. Co-living may thereby become the key to tip the scales of the lofty proportion of the unit-free members in the Hong Kong society.

However, we should not oversee the drawbacks of this living style as shockwaves are being sent through the community. Owing to the fact that you may come across many neighbors who not only share different mindsets, lifestyles but also the values being upheld, occurrence of conflicts is inevitable. Additionally, since permissive parenting style is prevalent nowadays, Kong kids are overprotected and they lack the necessary living skills. Doing the chores, evoking mutual communication with strangers, are the “kids” really capable of doing these? As you may perceive
that I am being overly offensive and exacerbating, why don’t you take a step back and try to remember the last time your kids or you, do the housework without being asked? Though there may be exceptions, they only account for a bit. With the shortage of hygiene, how can they be accepted by their neighbors when all the facilities are to be shared, especially the bathrooms. What’s more, many parents shy their kids away from society when they were young, conceiving this as a way to protect them. It does. In fact, this also shies them away from acquiring the proper skills to communicate with others. Adding that their neighbors may also have their own issues, I can only think of this ending up in chaos. However, measures can be taken to minimize the problems; for instance, reward and punishment systems which urge the residents to fulfill their responsibility; constant activities which encourage the communication among the neighbors. I am pretty sure that these could alleviate the current problems.

Another issue which should be put under the limelight is the personal security. Since the character of the strangers cannot be guaranteed to be good, you may have to live under the terror of not only being sexually harassed or assaulted, but also burglary. As co-living involves a lot of communication and interactions, it is, without doubt, that people may emerge some dirty and inappropriate thoughts. Also, think of living with someone with criminal backgrounds, won’t you be scared that they may come up with some plans to take advantage of you? Consequently, all these lead to the security issues. A necessary evil as it is, there are still some methods which can uproot the problems. While security cameras can be put in place in order to minimize the chance of crimes, resident cohabitants who apply for the co-living apartment should also be required to attend an interview, which evaluates the mental status and the background of applicants. With these being implemented, safety of the residents can be ensured with ease.

One more crucial concern which parents put their whole emphasis on is the weakening of the bond between their darling kids and them. As the co-living apartments may be far away from their parents’ home, it is far from being abnormal that parents will have these worries. The residents who adopt the living style of co-living may turn out being unwilling to have frequent visits to their family. Mothers and fathers may be scared to death if their children leave them out in
the cold. However, these, in fact, all depend on whether their kids uphold filial piety. A child who puts a premium on this value will constantly visit or contact their parents even though they are separated in the two poles of the Earth, while a child who doesn’t even give a fig to it will not even think about their parents even if they just live next door to each other. What’s more, since the dawn of the globalization of the Internet, people can communicate with each other, anytime and anywhere. The kids can contact their parents with their smartphones or computers; and with the video conferencing applications, they can even do it “face-to-face”. Now, distance is not even a hindrance to their bond unless they are not willing to do it. Therefore, co-living is, in actual, barely responsible for the weakening of the bond between the parents and their kids.

Considering all the pros and cons, co-living is a valid and effective method to conquer the current housing crisis. However, safety issues and conflicts are some of the necessary evils before further improvement takes place. With all these being conceived, is co-living for you? It all depends on your ability and viewpoints. Thank you.
Is the Rising Popularity of E-Books a Desirable Trend?

6D Boris Li

Dear Editor,

I am writing to offer my humble opinion on the rising popularity of e-books. In my opinion, it is definitely a desirable trend. Using e-books brings a lot of advantages and they will be discussed below.

As an alternative to heavy stacks of books, e-books shine not only for their convenience, but also their ability to relieve students’ heavy burden in carrying multiple textbooks all with hundreds of pages, folders of folders of worksheets and notebooks in their schoolbag. Due to the growing amount of information students are expected to study and the intensifying competition between textbook publishers, textbooks have become thicker and heavier year by year as new editions of textbooks come out. Not only is this a waste of paper, printing ink and distribution costs, but also a heavy burden for students, who are literally carrying the effect of this trend. Weight of school bags has always been a popular topic in school magazine articles, essays and even exams. We already know that most Hong Kong students carry heavier load to school than recommended, so with the introduction of e-books, their load can be reduced tremendously.

Not only do e-books reduce students’ burden, they also free up locker spaces and allow students easier access to their textbook information regardless of when and where they are. They also completely rid students’ worries of forgetting to bring their textbooks and having to write lists upon lists on what they need to bring on their homework diary every day. Therefore, they help to alleviate the immense stress they face on a day-to-day basis. It is not a secret that students stress levels have reached its peak in recent years with more than a handful case of students committing suicide by jumping off the window of their room to prove this. I am not saying that e-books will completely solve the problem of students’ high stress levels, but e-books are certainly worth using even if they just help a little in this critical situation.

Some article writers blame technology for newer generations’ worsening attitude: being lazy, rude, materialistic and such. It is undeniable that students’ reliance on the internet and mobile technology is partly to blame, but this doesn’t mean technology cannot be useful. There is
little to worry about e-books. Schools can distribute gadgets specifically used for educational purposes or designed for access to e-books to students in order to ensure that students will not be playing with their electronic gadgets while pretending to read and pay attention in class. Being more interactive and interesting are the advantages of e-books too. Using e-books also makes it easier for teachers to monitor students’ activity as students’ progress can be tracked on their gadgets, not to mention the reduced paper waste, which is just a cherry on top.

To conclude, e-books are worth using to reduce waste, to lessen students’ burdens and to lower their stress levels, and on top of that, they are safe to use and have many other merits and fewer drawbacks. It is hoped that this letter has shown a new light on the matter and that e-books can be more widely used in the future, so more people can benefit from them.

Yours faithfully,
Chris Wong
Chris Wong
Should Parents in Hong Kong Be Allowed to Educate Their Children at Home?

6D Justin Ng

Chairman, Adjudicators, Ladies and Gentlemen,

Today’s motion is that ‘Parents in Hong Kong should be allowed to educate their children at home’. We, the negative side, are strongly against the proposition that homeschooling should be allowed in Hong Kong. We are going to demonstrate why it is less financially feasible than conventional schooling. We will also explain why there is a lack of authentic interaction for these homeschooled kids, and last but not least, a lack of professional guidance.

Firstly, compared with public schools, homeschooling is less financially feasible for most urbanites. Only the better educated parents are capable of bearing the full responsibility of educating their children. If the less-educated parents intend to homeschool their children, they are required to hire a full-time tutor to coach their children. As you can imagine, the bill can be exorbitant, which can create a heavy financial burden for these parents. On the other hand, for the better educated parents, although they can shoulder the responsibility of teaching their children, it doesn’t mean they are immune to the financial problems. One of the parents has to quit his or her job, foregoing the considerable income in order to become the tutor for their kids. What’s more, they will pay for all the teaching materials or activities they join such as music classes and such like, which are free if they go to a conventional school.

Undeniably, homeschooling allows kids to bathe in the pleasant learning environment, or to be more specific, a stress-free environment. Homeschooled kids spend most of their time studying at home with their acquaintances. Rarely do they have a chance to have interaction with strangers in a real-life situation. However, students in mainstream schools literally ‘live’ with their peers for about 7 to 8 hours each day. They learn to get along with people from a diverse background, learn interpersonal skills such as how to compromise and how to negotiate, etc. as well as how to make instant responses to different situations. In this regard, homeschooled kids who come across less authentic interaction will be at a disadvantage.
Admittedly, parents can cater to homeschooled kids’ needs and learners’ diversity by designing a tailor-made schedule for them. Nonetheless, parents lack proper and professional training, so they are not familiar with the curricula. It is difficult for them to track the progress or set appropriate learning goals for their children. A customized schedule is not necessarily equivalent to an efficient schedule. Teachers holding certificates are professionally trained and they are well-informed of the pedagogical methods available. All teachers in conventional schools have been trained to be professional educators and they have a thorough understanding of the skills that students should master at each key learning stage. Therefore, teachers in schools can provide a tailor-made teaching schedule and pace to suit the needs of different kinds of students.

After an in-depth analysis of the pitfalls of homeschooling, I don’t think parents should be permitted to homeschool their kids. Let me conclude by saying once again that homeschooling is definitely not a better way to educate children and therefore today’s motion should not stand. Thank you.
Photo Exhibition - My Memories

6D Sunnie Lam

Education is Essential to Everyone

The above photo depicting a girl writing the word “thank you” has been one of the most indelible scenes that has reverberated in my cerebrum over the years, vividly reminding me of why I had become a doctor in the first place. After joining Doctors Without Borders (MSF), my initial mission was to serve the indigent rural children in Gansu, whose parents are mostly migrant workers who came home once-in-a-blue-moon. Not having a hukou, they were coerced to stay behind with little education or assistance from grown-ups.

The eight-year-old girl, who had mistakenly ingested a mushroom in the woods, believing that it was the Porcini mushroom she had last dinner. Instead, she had taken in death cap and was vomiting vehemently when transferred to our station. By the time I got there with all the equipment, the hapless kid was already having a bloody diarrhea and was in a coma. Fortuitously, we were able to rescue her and restore her liveliness forthwith. After her recovery, she became a frequent visitor, replenishing our energy with her sanguinity as we taught her English during our free time. Before our departure, she wrote us a “thank you”, which was incontrovertibly one of the most remarkable moments—witnessing her growth and transformation.

I fathomed that these kids treasured every learning opportunity and remained optimistic despite being underprivileged, which reminded me of how lucky I was, as well as the importance of education and medical services for the well-being of society. This notion accompanied me till today as I sought for more welfare and funding in a bid to ameliorate their standard of living and livelihood.

One for All, All for One

One for all, all for one—It shows all of our determination to build the first clinic in Ethiopia to treat the indigent villages. Upon arrival, we knew forthwith that the place had neither good infrastructure nor welfare, together with the viral transmittance of malignant diseases, which inevitably deterred local doctors and entrepreneurs from investing there. Nevertheless, as our motto goes “to serve, not to be served”, our team of doctors, nurses and anesthetists gathered and concurred to build a clinic ourselves.
The above photograph depicts the scene where we, alongside some indigenous volunteers, hailed each other before starting. I could vividly reminisce about the intense heat and excruciating arid dryness that accompanied us from morning to evening. Yet, the pitiful and auspicious looks of pedestrians and onlookers kept my limbs moving. At last, the first clinic of the village had been built and the shelter was replete with sanguine eager patients. Despite the fact that all the drudgery had taken the toll on my exhausted body, the blissful and gratified smile of every beneficiary immediately told me all was worthwhile. We stayed there for a couple more months before departing, culturing and training local doctors as well as teaching them rudimentary first-aid. By the time we left, the new medical personnel were ready to take our part in the clinic.

This again reminds me of the value we uphold—passing on the legacy, not to make people dependent—and it has been deeply rooted in my soul.
Proposal for the Activities in the Career Week

6D Kevin Lin

Dear Miss Young,

Proposal for the Activities in the Career Week

Introduction
Since senior form students are at a crossroads to make decision for their future studies and career and they are baffled by the different choices available, I would like to outline three activities to help them to make a wise and the most suitable choice.

1. Career Talks
We could invite university professors to introduce their faculties, departments and programmes to our senior form students. By understanding the entry requirements, course content and career prospects of the graduates, our students could set up their individual goals and reflect on their abilities. It also enables students, particularly Form Six students, to examine whether they are suited to the programmes. We could hold these talks in the School Hall so that we could accommodate more students and attendance should be made mandatory to ensure a good participation rate.

2. Mentorship Programme
A mentorship programme is the highlight of the Careers Team. It allows senior form students to be paired up with a graduate from a certain industry. During the Career Week, students could be arranged to meet their mentors and if possible, they could arrange an onsite visit to the mentors’ workplace in order to observe the daily routine in order to get an insider’s view of the job. The Careers Team could mobilize the network of alumni by liaising with the Old Students’ Association to recruit some mentors. Moreover, by the time the mentees graduate, the mentors could give careers counselling to them to help them with their job hunting.

3. Mock Interview
The Careers Team could organize a mock interview to equip students with the essential interview skills. Most of our students have only mastered skills in how to tackle written examination, but are not accustomed to an interview setting so a mock interview can familiarize
them with how to prepare an interview. Prior to the mock interview, students will be instructed on how to write an application letter, a cover letter and a CV or resume. The instructors will cover the dos and don’ts of interviews. Some successful alumni will be invited to sit in the interview panel to help conduct the interview with the students shortlisted.

Conclusion

I feel certain that the activities proposed above will achieve great success in preparing senior form students for their future studies and career. I would urge the school to give the aforementioned recommendations serious consideration.

Yours sincerely,

Chris Wong
Chairperson
Student Union
Good afternoon, Ladies and Gentlemen.

Today’s motion is “parent in Hong Kong should be allowed to educate their children at home”. We, the affirmative team, agree with the motion. As the first speaker, I will illustrate to you how sustainable homeschooling is. Our second speaker will further analyze the case in terms of the government’s policy and funding. Our third speaker will conclude our case.

Let me begin with the definitions. First, according to the Merriam-Webster dictionary, the word “homeschool” is defined as parents teaching school subjects to one’s children at home. Second, according to Encyclopedia Britannica, “homeschooling” is defined as an educational method situated at home rather than in an institution designed for that purpose. It is representative of a broad social movement of families, largely in western societies, which believe that the education of children is, ultimately, the right of parents rather than the government.

My first point is that homeschooling can also allow children to socialize with peers. Homeschooling does not mean locking a child inside a ‘jail’. In “Homeschooling: A Comprehensive Survey of the Research”, one of the criteria of the empirical research explored whether the social needs of homeschoolers were satisfactorily fulfilled. The results showed that homeschooled have ample opportunities to communicate and make friends. In fact, there is now an increasing number of homeschooling groups such as The Hong Kong Homeschool Meet-up Group, who meet on a regular basis to provide socialization opportunities and activities for homeschooled kids therefore, it is gratuitous for parents to worry about their children not having the chance to interact with others.

My second point is that the flexibility of homeschooling can assist parents in monitoring and keeping track of their children’s developmental progress. Without being bound by a formal curriculum, parents can customize a schedule with regards to personal strengths and weaknesses of the children so they can learn at the pace and in the approach that are the most appropriate for them. Furthermore, homeschoolers got the chance to explore a range of topics that might not be
normally offered until high school or college. They can even study psychology or finance in primary school by using online learning platforms like Khan Academy or Workbooks. Apart from letting their children discover new things about the world, children can also have more holistic and well-rounded development as parents can adjust lessons accordingly. From here, it proves that children can benefit greatly from homeschooling.

Lastly, homeschooled children have a tendency to perform better in tests. According to research conducted by Porian Ray of the Nation Education Research Institute, home-educated kids “typically score 15 to 30 percentile points above public-school students on standardized academic achievement tests.” This is true regardless of the parent’s income or if they have had teaching qualifications. In fact, the results are even more promising for black homeschooled students, who score 23 to 42 percentile points higher than those of the same ethnicity and in public schools. This is an outstanding example that homeschooled children can outperform students from conventional schools. This gives rise to why Hong Kong parents should be allowed to educate their children at home.

Ladies and gentlemen, with the aforementioned success and benefit, the strength of homeschooling is unquestionable. Hong Kong parents should be allowed to educate their children at home. Therefore, today’s motion must stand. Thank you!
Should Parents in Hong Kong Be Allowed to Educate Their Children at Home?

6E Tracy Kong

Chairperson, adjudicators, teachers and fellow students,

The motion for our debate is “parents in Hong Kong should be allowed to educate their children at home”. I’m speaking on behalf of the affirmative team. Our team deems that homeschooling should be allowed in Hong Kong.

First and foremost, I’d like to make some rebuttals. My opponent has brought up a point that conventional schooling renders structured training and learning, whereas the curricula of homeschooling are less structured. Admittedly, a structured curriculum may enhance the progressive learning of students, boosting their academic performance. However, simultaneously, we firmly believe that it also restricts students’ scope of learning. Conventional schooling has always been infamous for its utterly rigid pedagogical teaching. Furthermore, its large class size and low teacher-student ratio also contribute to the lack of individual attention from teachers. In this sense, even when students are not capable of catching up on the curriculum, they have no choice but chase after it. On the contrary, homeschooling emphasizes autonomy in teaching and learning. Parents and students can together select teaching materials according to the kid’s learning style and needs. Our team reckons that the customized schedule and one-on-one tutoring of homeschooling cater to the kid’s interest and capability. On that account, homeschooling should be offered as an alternative to parents and students.

On top of that, our dear opponent has also proposed that homeschooling doesn’t allow the holistic development of the students involved and therefore it should not be permitted. Yet, it is our firm belief that the accusation is completely flawed. They have overlooked the effectiveness of homeschooling. To say the most, homeschooling indicates that it’s harder to access resources, but not a scarcity of resources. Homeschooled kids can still reach out for extra resources by attending extracurricular activities, just like their counterparts in conventional schools. This certainly means they are entitled to a whole-person development. Additionally, homeschooling promotes self-directed learning. When parents customise the schedules, homeschooled kids can always take the initiative to decide their study plan with reference to their interests. Under the stress-free environment, their enthusiasm and love of learning would be cultivated, gearing the students with an extremely essential trait which is beneficial to their prospects. Thereupon, it is surely an advantage to allow parents in Hong Kong to educate their children at home.
Indeed, conventional schools resemble society. If homeschooled kids receive one-on-one tutoring, one may argue that they will have fewer opportunities to have social interaction with peers. But is it really the case? Contrary to popular belief, there are precedents that homeschooled kids and their parents have gathered to form support groups. By the same token, homeschooled kids can expand their social circle through sports clubs and other extracurricular activities, giving them the chance to have some real-world experience. They also have to deal with real-life conflicts and carry out authentic communication, thus honing their interpersonal skills. On that basis, homeschooling does not undermine student’s social skills.

Given the above, I’m certain that all of you will agree that parents in Hong Kong should be allowed to educate their kids at home. Let me conclude by saying once again that homeschooling is undoubtedly beneficial to students and thus today’s motion should stand. Thank you.
Should Parents in Hong Kong Be Allowed to Educate Their Children at Home?

6E Katherine Chen

Good morning, adjudicators, teachers and fellow students,

Today, I’m here to argue for the motion “parent in Hong Kong should be allowed to educate their children at home”. It is my firm conviction that homeschooling is conducive to retaining children’s individuality, shielding them from painful pressure and forging a harmonious relationship with their families.

There are three main reasons for our stance. First and foremost, homeschooling provides children with a golden opportunity to escape from the anguished bondage of the spoon-feeding education system. It is an undeniable fact that traditional schools with glorious reputation are well-received by the general public, while homeschooling is merely the unremarkable choice by the minority. However, under no circumstances should we ignore the downside of the graded system. Even in primary schools, children are snowed under with a deluge of assignments and extra-curricular activities. Because of such a suffocating and jam-packed schedule, the whole lives of children revolve around the rigid academic curriculums and the monotonous and old-fashioned pedagogy. Children will not have ample time for rest not to mention any leisure time to explore their mysteriously potential world. In this line of thinking, you may realize that under this cut-throat competition in education, tradition schools will only churn out numerous “studying machines” whose value totally hinges on whether they can ace exam.

Nonetheless, homeschooling can cater to every individual child’s needs with its customized education choices that can address every youth’s present and future needs. Parents building inquiry-based learning into their days, children can experience a kaleidoscope of internet-led learning courses, firing their enthusiasm and developing their critical thinking. The performance in academic aspect is no longer children’s be-all-and-end-all. Their extraordinary talents can be tapped into, helping them have clearer future career guidance. In this ever-developing country, a holistic and all-rounded person is more likely to stand out from a sea of faces instead of the numb studying machine who live in the tower of ivory. In the light of this, homeschooling is beneficial for children to demonstrate their unique values.
Moreover, homeschooling can shield children from tremendous pressure which poses menace to children’s mental well-being. It comes with no surprise that students in traditional schools are exposed to immense pressure from a multitude of aspects. Peer pressure is a case in point. Under this exam-oriented education system, students may be plagued by the interminable comparison with peers. It is inevitable for students to feel inferior if they can’t meet the high par in academic results. Apart from this, children may also fall victim to a host of anti-social behaviour prevalent to schools, for instance, bullying, illicit drug use, the list goes on. Bullying happens mainly out of jealousy. At school, the high achievers may fall prey to bullying, which pushes them to the brink of mental collapse. Not only will the commendable higher-achievers’ mental health be put into jeopardy, but also the students with lower ranking. On the grounds of this, homeschooling makes children free from the stiff competition and alleviate the pressure from traditional schools. Children who are homeschooled have many opportunities to socialize with other like-minded friends in dance, sports, music and language lessons. Children will no longer suffer from the enormous mental torture by the meaningless comparison between them and their peers. Instead, they will be instilled healthy and correct values by their parents, having a sound and multi-dimensional guidance. With their parents’ patient teaching, children will be less inclined to be beset by mental illnesses. In view of the above, homeschooling can protect children from painful mental trauma they will otherwise suffer if they are in traditional schools.

On top of these, another point that should never be underestimated is that homeschooling can serve as the ‘glue’ to forge a more harmonious relationship between parents and their children in Hong Kong, which is universally recognised as a fast-paced city. Parents and children are all deprived of the luxury to spare time with each other. In traditional schools, not only will students study round the clock in school days, but also they are flooded by an array of extra-curricular activities and voluntary work. It is difficult, if not impossible, for children to devote any time to form a bond with their parents. This may be the culprit of the standoff between children and their parents. Nevertheless, homeschooling will be able to turn the situation upside down. The one-on-one teaching and the fact that they spend time together nurture an intimate relationship between the two generations.
Our dear opponents may argue that homeschooling may result in children falling behind academically with limited teaching materials. Besides, homeschooled children are unable to acquire certificates issued by registered schools, which is reckoned as a must if they are preparing to sit national university entrance examination. However, this assertion is far from the truth. Elite universities put many of their lectures and coursework online for free. One can view a lecture on quantum physics from MIT, or take a course from other universities on social and economic network and all it requires is internet connection. Gone are the days when homeschooled children are annoyed by the meager chances to get access to quality education resources, more and more support are available than ever before. Hong Kong homeschool meetup group is one of the most salient examples, in which parents can network with others in the local community and get diverse studying materials and professional teaching guidance. As for the concern associated with academic performance, according to a 2010 study in the U.S. by Dr. Brian D Ray sampling 11739 homeschooled students and their facilities, test scores for homeschooled students were above average regardless of their parents’ level of formal education or their family’s household income.

After all aspects are considered thoroughly, it is reasonable for me to conclude that homeschooling can exert enormous benefits to every child and parent, which are of cardinal importance for children’s future lives. Learning accounts for one third of children’s life, with its incredible value, it is sensible for parents and children to have their rights to choose the best way to study, to explore their potential and to achieve their ideal lives. Only when parents in Hong Kong can be allowed to educate their children at home can they make headway towards their success. Therefore, today’s motion must stand. Thank you.
New Kid on the Block: Dissecting Oriental Stardom

6E Andrew Fung

For decades, the West has dominated the entertainment market, with its industry flourishing and producing some of the most prestigious names in all of history—Aretha Franklin, Michael Jackson... and the list goes on. However, as technological advances have enabled us access to a more integrated world, they have also opened up the floodgates to enhance cultural diversification. And in particular, one has successfully cracked the mainstream of American pop culture—the Asian wave.

Asian stars’ rising popularity could be attributed to an overwhelming boost in Asian countries’ economy. With countries, most notably Japan and Korea, showing immense economic stability and maturity in an increasingly globalized world, their national strength no doubt have a profound influence on their quest to becoming culture exporters. A perfect illustration of this can be found in the Korean production “Train to Busan”. Both helmed and shot in South Korea, the film garnered rave reviews from western critics and still presently holds the title of highest grossing Korean-produced film globally. The local government, having allocated a considerable amount of resources to subsidize local film production companies, not only ameliorates the condition of local industries being beleaguered by insufficient funding and costs, but also acts as the forefront of attracting local talent to pursue careers in the entertainment industry. A prime example is India’s Aamir Khan, who shot to stardom with his debut film, “3 Idiots” in 2011. In an attempt to lift waning companies from bankruptcy, the Indian government set up talent schemes for such prodigies. And with Asian governments’ efforts to keep abreast of online streaming trends, the local companies have exported copyrights of multiple renowned TV shows and reality sitcoms to Netflix, Hulu and other streaming platforms. The more comprehensive media campaigns in western countries, including press releases, TV interviews, coupled with refined quality of exported media, can no doubt enhance Asian stars’ exposure in western countries.

With Asian stars determined to appeal to a global audience, Asian media companies have perfected the formula of media and pop music to suit everyone’s palate. Being a confluence of the East and the West, such creations are prided in their unique mixture of dazzling choreography and upbeat pop music, which combines the unconventional with the traditional, thus drumming up western audiences’ interest in particular artists or groups. The overnight sensation, PSY, famed for his “horse-riding dance” invention in 2012, was once regarded as a culture maverick. That concept has long since been debunked, with the Korean pop industry becoming a fully fledged and multi-million dollar revenue generator in a matter of years. K-pop groups such as BTS and Big Bang...
both achieved top 10 spots in the Billboard charts, one of America’s most reputable entertainment magazines. BTS was also nominated for VMAs and MTV awards in 2018, further cementing K-pop’s status on the global stage. With music groups having a large amount of members, K-pop groups possess the advantage of having the ability to adopt difficult and mesmerizing synchronized dances for their music videos. Patterns and stage effects that are entirely crafted to suit a particular piece of electronic music allows a spate of combinations that are otherwise unheard of. In contrast, the west’s dance music and creative choices spots pale in comparison with those of their Eastern counterparts. With quality content readily available, westerners could spread the word and even design their own dances in accordance with K-pop tracks, which promote Eastern culture, allowing it to gain decent reputation.

Another contributing factor is the growing prevalence of relevant merchandise both online and offline, which plays an irreplaceable role in sustaining the popularity of Eastern culture. With a new music video comes a new fusion of synthesized music, video art and fashionable outfits. The glitz and glamour of Korean and Japanese stars alike are bound to attract western attention and create a craving for purchasing such trendy combinations. Not only that, innovative Looks on the red carpet have earned these stars contracts in the fashion industry, which has propelled them into the spotlight of clothing design, further broadening their exposure and recognition. However, it doesn’t stop at clothing. Formidable arrays of beauty products, some of which are exclusive to the local market, have garnered the relentless pursuit by western teenagers who wish to fulfill their materialistic cravings. Concrete examples include the unmistakable Girls’ Generation and Black Pink, both of whom, with their premium perfume, have expanded their fanbase through online marketing. And with social media providing a plethora of opportunities for fan interactions, these limited products are sometimes promoted via giveaway activities. Through such publicity students, stars remain relevant and present a continuous dedication to fan gratification, gripping a loyal fanbase in their palms and attracting new ones in the process.

It should come as no surprise that Eastern culture has gained raging popularity. While emerging western stars like Billie Eilish are held dear by teenagers, and Taylor Swift sells out more stadium tours, the playing field is gradually being leveled. And soon, though Asian stars may not be dubbed a “cultural sensation”, they will unequivocally be greeted by hordes of screaming supporters, the numbers of whom surely comparable to their western companions.
Photo Exhibition - My Memories

6E Sarah Hui

The First Lesson on Embracement

This should be the day I longed for. In the early morning, I put on a bleaching white, oversized uniform and a loaded schoolbag, and together with me, some qualms. I was supposed to be excited, but the anxiety in my heart ascended, with the seemingly interminable stairs. As a new immigrant from Calcutta, would they accept me?

Summoning my courage to step inside, I was stunned by the refined classroom with an orderly arrangement of desks, chairs and a capacious blackboard, which I had never dreamt of. My class teacher came and welcomed me affably, and then she gesticulated to ask me to write my name on the blackboard. Looking around, no one was the same race as mine. I was worried that I would be alienated. I was timorous to stand in front of the whole class to introduce myself, feeling awkward that I couldn’t understand or speak English. I grabbed a piece of chalk and wrote with my tremulous hand. I heard whispers from behind, and immediately aroused uproar as it seemed strange to my classmates. My class teacher calmed down the class, giving an inspiration on the importance of respect towards everyone regardless of their background, and that the whole world is actually one big family. My classmates showed their acceptance for me. I flourished in a loving environment. And this marked the new start of my life onwards.

Girls Are Not Alone

I strived hard to study and pursued my ideal university. Growing up, I realized how lucky I was to turn over a new leaf in my life. Back in India, the plight of gender inequality against girls is exacerbating. I felt obliged to contribute to my home country.

In university, I meet other acquaintances who share the same vision of endorsing girls’ right, and realize that the promotion of gender impartiality is not just a women’s affair, but a global matter. Together, we put the doctrine into action by joining voluntary teaching and building schools for girls, rendering them the opportunity to learn. We saw the pressing need for the annulment of exploitation, be it inadequate access to education, forced child marriage or gender-based violence.
We continued our work after graduation by setting up the Girls Advocacy Campaign. We initiated programs to equip vulnerable teenage girls with life skills, literacy and confidence. Girls are bolstered with the ability to earn a living and encouraged to learn their value. By empowerment, young women can combat issues in their own communities with their knowledge and create changes with leadership. Their voices can be amplified. Thereby girls no longer have to face injustice and oppression helplessly, holding back and conforming to what social stereotypes dictates.

Because of my own experience, I cherish education and gender equality, therefore endeavoring my life towards the lofty goal. I hope the world can stand in solidarity with women to create a visible, bold and united force for gender equality, opening more new realms of possibilities for young women to come.
An Epiphany on Prejudice

Among the abysmal silence, a solitary hand rose up. The class murmured and scoffed as the autistic girl scuffled towards the blackboard and snatched up a fragment of chalk with tremulous fingers. I too surveyed her in disbelief; it was unfathomable that a mentally impaired student could solve the quadratic equation that had confounded all of her peers. The only audible sound was of chalk scratching against the board as she resolved the conundrum without once faltering. When the teacher had verified her work, we all gaped in awe at the girl who had been presumed to be vapid and dim-witted.

I realized then that I, like everyone else, had prematurely judged my disadvantaged classmate. Though she had been born inferior in her communication abilities, her analytical mind helped her reign superior in the Mathematical realm. Perceiving my classmates’ true strength has exposed my internalized prejudices and inherent society’s stigma. An individual should not be defined by their ineptitude in one aspect, but rather the multitudinous other qualities that make them a valuable being. We should not be repulsed by any anomalies but embrace our diversity and accept everyone as they are.

Embracing Diversity

Being able-bodied, I was never cognizant of the daily struggles of the handicapped. The pivot point in my perception arose last year when I attended the Hong Kong Disability Awareness Festival, an experience that would eternally remain etched into my memories. Women in crutches pirouetted in a modern dance routine. Musicians in wheelchairs demonstrated their prowess in an orchestra performance. Simulation games were abounding, ranging from visual impairment lenses to wheelchair experiences. These activities proffered a glimpse into the quotidian nuisances of the disabled, and consequently my respect for them magnified manifold. I ignominiously recalled instances when I tutted at an individual in a wheelchair for compelling the bus driver to unfold the ramp, or an individual on crutches hobbling in front of me, blocking my path. My split-second inconvenience was minuscule when compared to their perpetual struggles.

My eyes brimmed with tears when my disabled counterparts and I congregated around in a circle, demonstrating our support for the community. We as a society must raise the awareness of the plight of the disabled, ameliorate the accessibility of our city so that all citizens can maneuver the streets with ease and, most saliently, embrace our differences and cherish the diversity of humankind.
Proposal for Activities in the Career Week
6E Annie Chen

Dear Miss Young,

Proposal for the Activities in the Career Week

Introduction

Recent months have seen many a student pondering their JUPAS choices and their career path. In order to assist the senior form students to pave their career path, I would like to suggest the following activities that I consider to be most feasible and beneficial to students in the Career Week.

1. Mini Info-day

   To commence with, it is proposed that a mini Info-Day should be organized to provide senior form students with various information about university admission and job hunting. We believe that it is imperative for students and parents alike to get information from an Information Day. Therefore, we suggest holding a mini Info-Day on campus. On the one hand, we could save students’ time on going to the Orientation Day in universities. On the other hand, we could provide them with abundant information with a one-stop service. On the Info-Day, we would set up a series of booths providing copies of prospectus, which can propound the necessary information about different post-secondary courses to students. Leaflets about introductions for faculties and departments could be distributed to students to give students some further insights into the curriculum and school life in universities. Some booths would be reserved for careers consultation in view of proffering instant consultation service to the students in need. Alumni would be invited to station in the consultation booths to resolve doubts of students by providing one-to-one question and answer session and descriptions of university life. It is, therefore, believed that the consultation booths are methods of providing more in-depth information for their future.

2. Mock Interview Workshop

   The Career Team would run workshops on job application skills. Most of our students have never gone to a job interview in reality. However, in the international metropolitan city like Hong Kong, if a person would like to stand out from the crowd in this cutthroat world, he or she must
possess impressive and exceptional interview skills as well as personal qualities. Training in workshops seems to be of utmost importance. In the job interview workshops, students could be taught and guided through the process of writing an application letter and curriculum vitae. Teachers and some alumni who are successful in their own fields could be invited to sit in the interview panel.

3. Internship Programme or Job Shadowing

It is strongly advised that students could be introduced to internship for one to two days during the Career Week. Although some students have already decided on what degree programme they are interested in and what career path to go down, they have no idea what the front line is like. An internship or a job shadowing would allow students to have a taste of the actual workplace and they could even acquire some hands-on skills required by the job. The School could work in partnership with a few social enterprises or companies and arranged some students to work there.

Conclusion

It is believed that by adopting the suggestions mentioned above, we can truly help our senior form students to set a clearer goal for their future studies and career. Your kind consideration of our proposal is much appreciated.

Yours sincerely,

Chris Wong
Chairperson
Student Union
The birds flew through that ever developing canvas of dawn, as if their wings were fine quills, drawing such buoyant hues. The sun rose as a canopy of gold, bright amid the blue, bidding the stars to take their nightly rest. As darkness surrendered, every colour changed from tinges of charcoal to an elegant vibrancy.

The pilot’s raspy voice came through my headset. “We’d be touching down soon.” I responded with a simple thumb-up. The twelve-hour flight has not been pleasant, especially to my companion. With golden paws crossed before his snout, the lion’s rib cage expanded and fell with the rhythm of one in deep sleep, yet he was fought to remain conscious and alert. In the piercing summer daylight he was simply golden, the sleek fur laid over his elegant frame and lean muscle. His nose was broad and eyes a soft yellow-brown, large and dark rimmed. There was a flash of pink and the sight of his long tongue. Then in one fluid movement he was up and stretching just the same as a house-cat.

My gaze followed his movements all the way. He did not turn, he need not show me his scars, coarse like scorch marks on the unforgiving desert. I held the whip. It was my job. He was just a cub when the circus stripped East Africa for lions. The others didn’t name him, perhaps fearful for judgement of their defiance against the natural order. I called him ‘Two’, since he was the second cub I trained. He whimpered in his cage. I just smiled in return.

A truck took us right to Pinewood Studios in West London. My employer didn’t reveal much about the client, except that Two was to be the first non-CGI predator to ever be on screen in a film. As we strolled on set, audible gasps rang through the entire crew. The director approached with on hand held up, reminding me of a cop with a pistol at the ready. I chuckled, attempting to sound as cocky as possible. “As requested, here before you a tamed and majestic being for your entertainment.”

“You have no right to say that, Chris. You’re just a circus trainer.”

I gazed at Two. Heavily shackled to the wall, his paws scratched the steel in a terrifying clang. “I helped expose the circus for its bigotry. If you ever hurt him, this deal is off. For instance, remove his shackles right now. He’s a good boy.”
Reluctantly, the director signaled their removal. “You’re here to control it, nothing more.”

“I’m here, because I need the payment to fund the NGO that will watch over Two once I free him. After this whatever stunt you’re pulling, he’s free. I’ll see to it.” I straightened my jacket.

“Well, we weren’t able to generate the natural lighting via graphics, so it’s here to help map out some scenes. That’s all. You see that kitchen set in front of the green screen over there? Tell it to perch on the table for a picture.”

I sighed. Kneeling down next to him, his hot breath caused precipitation on my forearms. His eyes brimmed with the desire to roam free, a majesty where he always should have been. I stroked his mane. “Not long, not long,” I whispered. Rising, he trudged slowly by my side, his vacant stare fixated on the cement floor. The press jumped at their chance, with blinding flashes of cameras filling every inch of the enclosure an instant later.

With a sudden halt, Two turned. He let out a deafening roar. Silence took over. I observed as interviewers scrambled in frenzy. Two swerved and resumed his pace, this time with a hint of carefreeness. Perhaps he was finally satisfied. I patted him out of respect - the true, untamable king of the valley.

When nature fought back, we blamed her. We say she threatened us, she wronged us, she took our loved ones. Some of us negotiate with her, albeit with meagre progress. Most spectate. And yet, some commodify. It is the urge of opportune exploitation- the epitome of greed.

Two quietly stood on his hind-legs and balanced his posture on the beige table. He turned his head, his eyes nothing but two gaping black holes into nothingness.

“I want every angle of it taken,” the director hollered. And the shutter sounds, coupled with flashes, drowned out my senses. A tragic, barbaric orchestra of human nature recurs.
Unveiling the Mask of Asian Fad - Reasons Behind the Meteoric Rise

6F Goldwin Wong

Asian culture, for instance Bollywood, K-Pop, and Japanese dance groups, has come to prominence in the global stage in recent years. But what attributes to their surging popularity? Geographical distance, alongside language barriers and cultural dissimilarity, was once regarded as a monumental hurdle for the expansion of Asian entertainment business. However, due to the advancement of technology, emphasis on visual enjoyment and craving for an alternative entertainment, Asian culture made remarkable strides in gaining the adoration of other regions, most notable being Western countries. Below are the detailed analyses.

To commence with, thanks to the technological breakthroughs, foreigners enjoy a time-space compression, meaning that it is increasingly convenient to gain access to Asian movie stars and singers. Owing to the substantial advancement of technology, electronic devices such as laptops, smartphones, tablets, is highly pervasive. Wherever you are, through a wide array of mobile applications, for instance, social media apps such as Instagram and Facebook, instant messagers like WhatsApp, Snapchat alongside searching engines Google, Yahoo and so on, the latest news of Asian celebrities spread virally. It takes mere seconds to reach your personal devices in various channels, fostering information globalization. Circulation sped up, alongside the enlarged coverage and frequency of news, turns out to be a favourable outcome for Asian culture. Fans, even those in western countries, can keep up with their activities - nothing can stand between Asian culture and their targeted western audience. Take the Korean-developed V-Live app as a case in point, foreigners can even watch live broadcasts of the daily life of Korean singers and actors that, astutely, maintain worldwide supporters by providing incessant news that keeps them unrelentingly engrossed. Since the distance barrier is alleviated, the time and effort required for westerners to access to Asian celebrities’ information is minimized, rendering Asian stars’ prosperity.

Technological advancements aside, the emphasis on visual entertainment is as well a reason Asian singers hog the limelight. Rather than predominantly focusing on the lyrics or vocals of the songs in the past, Japanese and Korean singers and dance groups now highlight visual elements such as dance moves and mesmeric costumes to river audiences’ attention. Whatever dialect they speak, one could not resist a sumptuous feast for the eyes. In the music videos of Asian dance groups, like Momoland, BTS, AKB48, it is never uncommon to see members wearing
hypnotizing costumes of mermaids, pirates, vampires and so on. To spark further discussions, some dancers may even change several costumes in one music video of 3 to 4 minutes length. Apart from costumes, choreography and gesture are other emphases. It was made to be more simple yet catchy. Korean girls group Twice member Sana Minatosaki has gone viral on the internet with an adorable gesture of “shy shy shy”, imitating a girl being shy. Moreover, needless to say, PSY’s “horse-riding dance” in Gangnam Style was the all time favourite, which could be best manifested by its 2 billion Youtube views, once being record highest. These memorable visual delight, bring Asian stars beyond language barriers, to a larger stage they go.

Ultimately and perhaps the pivotal reason of the rise is the yearning for alternative culture of westerners. Rather than regarding cultural dissimilarity as a barrier, it is better said as an attractive feature. Hollywood films represent the western culture - but it is comparatively homogeneous as in following the Hollywood stereotypes. On one hand, Asian movies, such as Dying to Survive in China, The Three Idiots in India, The Secret Scandal in South Korea, adopt thought-provoking themes that unveil the direst malady of their culture to stand out, heart-rending yet inspiring many. Indian actor Aamir Khan and South Korean Ma Dong-Seok, subsequently rise through the ranks, went on to become a much celebrated celebrity in western countries. On the other hand, Asian movies emphasize the culture heritage of their country. It demonstrates unique elements of Asian culture that fascinates westerners: Wing Chun in Ip Man, wrestling in Dangal and most intriguingly, the amalgam of cultures shown in The Great Wall, with Andy Lau, Jing Tian and Matt Damon combating Aliens on the Great Wall. These gave media exposure to the Asian celebrities. It can be seen that the craving for new culture turned cultural dissimilarity into a competitive edge of Asians celebrities, achieving a dramatic rise to fame.

Under the tide of globalization, Asian culture and its stars, having tactfully overcome obstacles, have gone increasingly renowned and adored all over the globe, contributing to the reciprocity of culture. Given the aforementioned reasons, their success is no flash in the fan. Their aspiration to be in the spotlight is not to be dampened in foreseeable future because to them the world is a stage, the one to shine on.
My Life-changing Moment

The picture depicting a girl standing in front of a blackboard marks my first ever experience performing in a drama. I, introverted and shy back in those days, was nominated by my class teacher to play a role in the school annual drama production. Feeling flustered and anxious, I accepted the challenge. Playing the role of a compassionate teacher, I recalled being extremely nervous writing on the blackboard with tremulous hands. I was relieved as the drama ended but on top of all, I was inundated with praises from directors, teachers and schoolmates. Encouraged and motivated by the warm compliments from my friends and family, I continued participating in various drama and musical performances both inside and outside school. As my acting experience accumulated day by day, I became more calm and expressive on stage. My passion and enthusiasm for acting surged meteorically at the same time. Looking back, I have never thought of pursuing an acting and performing career. That first performance has not only been memorable, but is also one of the most significant events in my whole life. It shaped me into who I am now.

Distinct Perspectives of the World

Born in Hong Kong, a vibrant and prosperous city, I have always lived in luxury and have never thought of encountering shortages in food, clean water or any daily necessities. The picture was taken during my exchange tour to Liberia in Africa. Liberia was a place infested with numerous social predicaments including poverty, spread of epidemics and inadequate infrastructure. I was shocked to witness that on the other side of the world, there were so many people struggling for their lives. The photo depicted the cheer and pump up session with my groupmates before starting to do real work. In order to provide better living environment for the impoverished people, we dug wells and installed water taps. Not only have we ameliorated their living conditions, we also gave them lessons on public health awareness and measures to prevent transmission of infectious disease like Malaria, swine flu and Dengue Fever. I was touched by the satisfactory smiles on the villagers’ faces. It was an extremely memorable experience which induced me to contemplate on my ostentatious and wasteful style of living. I was also taught not to take things for granted and always be grateful for what I possess.
Say No to Dolphin Captivity

6F Dexter Fu

Good afternoon, ladies and gentleman, I am Chris Wong, chairperson of the Green Group of Pui Ching Middle School. Today, I am here to call for help. Not for me, but for the dolphins around the world that are being slaughtered like Jews in Auschwitz concentration camp.

They are captured for scientific research, enslaved for dolphin shows and butchered for their meat. This is what dolphins in a hidden cove in Taiji, Japan are facing. The local fishermen shove sharp hunting spears into the neck of dolphins. They leave the spears right in the back of the dolphins to plug up the wound and to stop them from bleeding profusely. The dolphins then continue thrashing for minutes before they bleed to death. During the hunting process, the dolphins have experienced exceeding amount of unnecessary pain. Even pigs in slaughterhouses are killed in a more humane way. How could anyone stand such brutality? Can you?

As for those that survive the massacre, a worse fate awaits them. Young dolphins are picked up by dolphin trainers. They are then trained to entertain audiences in dolphinariums while living in an unbearably small, unhygienic and noisy tank. Once they are transported to the aquariums, they will be held captive for the rest of their life, serving as an actor or maybe I should save a slave.

You may be wondering, “If this is true, why hasn’t anybody told me about it before?” Your confusion brings us to the first issue I would like to shed light on today – the lack of information from the government and the media. The media nowadays prefer reporting news that are sensational and entertaining. Dolphin massacre is definitely not on their list of priorities. While the media selectively report news, you, the government officials bear a much greater responsibility. The government is capable of saving the dolphins, yet you do not see, do not hear and do not know anything. You close your eyes even though the brutal fact is in front of you. You insist on hiding the truth from the public. Is it because there is a transfer of interest between you and the dolphin industry? The worst thing you have done to the dolphin is you have done nothing.
Please, help save them. They are suffering. Unlike insects and plants, dolphins are mammals like dogs, cats and apes. They are self-conscious, intelligent beings. They feel in the same way that we feel pain both physically and emotionally. It is heart-breaking to see a mother dolphin murder her own child in a dolphinarium as she did not want her child to go through such pain in its life. It is terrifying to see the surface of the sea stained crimson red by the blood of the dolphins pierced through by spears at the cove. It is depressing to see that dolphins are born with a smiley face living in great pressure and pain every day, unable to roam the vast ocean freely with their family but entertain audiences at the aquarium as if nothing has happened.

It is no easy job to end a giant industry, yet efforts have to be made. It is time to stop evading your responsibilities and start facing them head on. Pass laws to ban trading of dolphins and dolphin meat. Cooperate with other countries to combat illegal dolphin hunting activities.

Remember what you have done and please act instead of letting the dolphins die in the net. Make your action reflect your words. Thank you.
“But I, with shouts of Grateful Praise,
will sacrifice to you.
What I have vowed I will make good.
I will say, ‘Salvation comes from the Lord.’”

-Jonah 2:9-
I've got the school to go  
Homework to do  
Quizzes to prepare  
Compositions to write  
Deadlines to rush  
Books to study  
And my desk to tidy.  
Exams are scary.  
They make me crazy.

I think I need some rest  
Visit interesting places  
Watch some Marvels  
Or eat a mountain of candies.

I need some rest in my bed  
I don’t want to be mad  
I can smile happily  
And laugh out loudly.

I hope it is possible....

It’s time to stop dreaming  
And go back to my work.

2B Yuki Hui
I’ve got the school to attend
So I need to wake up early.
I’ve got the books to read
The homework to do
The lessons to attend
The teachers to greet!

Returning home,
I want to take a rest.
My mum is yelling at me
The homework is waiting for me.

I want to be free
Let sunshine shine on me
Let water splash on me
Let worries go away
Let happiness come to me
Let sadness pass away
Let me free
I want to be free!

2B Sammi Wat
Student Work

I have got the lessons to learn,
The school to go,
The books to read,
The homework to do,
The level to reach,
The dictations to correct.
I have to learn harder
So that I can get higher marks.
There are tests to pass
Then take a phone call
And keep on revising.

Shine on me, spotlight.
Rain on me, shower.
Let the fried chicken wings fly around me.
Let me go out to play.
Let me listen to songs.
Snacks, games and music,
You are all that I can call my own.

2B Angel Kuan
Student Work

Wearing the uniform and shoes
Many things I have to do
The books to read
The knowledge to gain
The school to go
The homework to do
The notes to revise
The exams to take
The poems to recite
And the activities to participate

Chat with me, classmates
Play with me, sisters
Shine on me, computer games
Show videos to me, YouTube
Play with me, toys
Picture me, Instagram
You are the best
And the things that make me relax.

2B Agnes Chu
I’ve got the homework to do
The vocabulary to memorise
The project to report
The PowerPoint slides to design
The math to calculate
The books to study
The poems to read
The class to attend
The handbook to copy
And run home to study

When I arrive at home
I want to have a rest
But I told myself
I am going to do homework by myself
And I’ll have a test, a quiz, and a dictation tomorrow
And also Chinese and English novels to borrow
So I put down my phone
Switch off my TV
Sit on my chair
And start doing homework and studying

2B Janice Tsang
I Wanna be Yours

Let me be your bed
Giving you a good sleep every night
Let me be your clothes
Making you look pretty and bright
Let me be your alarm watch
Reminding you of the time
You will not be late for the match
I wanna be yours

Let me be your handbag
To carry all your belongings
Let me be your name tag
No one will touch your things
Let me be your car
Taking you somewhere far
I don’t wanna be her car
I wanna be yours

2B Lavendar Hung
I Wanna be Yours

Let me be your heater
Make you feel blazed
Let me be your shelter
Keep you safe
Let me be your candy
Be my sweetie
You are my baby
I wanna be yours

Let me be your sunlight
Shine on you brightly
Let me be your moonlight
Remind you to sleep early
Let me be your honey
Make you feel comfortably
I am so sweet and tasty
I wanna be yours

2B Sammi Wat
I Wanna be Yours

Let me be your pet
Always make you laugh happily.
Let me be your couchette
Make you rest peacefully
Let me be your phone
Make you feel you aren’t alone.
You will have a safety zone
I wanna be yours

Let me be your umbrella
Keep you from wind and rain
Let me be your broom
Sweep away all your pain
Let me be your lotion
Give you protection
I will show you my emotion
I wanna be yours

2B Remy Tse
I Wanna be Yours

Let me be your sweater
Keeping you warm in winter
Let me be your trainers
To run with you everywhere
Let me be your dock
Whenever you want to talk
You can come and knock
I wanna be yours

Let me be your plane
Taking you to amazing countries
Let me be your train
To give you safe journeys
Let me be your puppy
Fluffy and puffy
I can hug you and be your best buddy
I wanna be yours

2B Hailey Yeung
I Wanna be Yours

Let me be your orange
Keeping you healthy
Let me be your bridge
Supporting you when you’re crossing a river in difficulty
Let me be your shelter
Protecting you from rain after dinner
You will be better
I wanna be yours

Let me be your hot water bottle
Keeping you warm in arm
Let me be your bicycle
Carrying you away from dangerous harm
Let me be your protector
Protecting you with my detector
I don’t wanna be others’ protector
I wanna be yours

2C Louis Tsim
I Wanna be Yours

Let me be your flower
That you plant and care for every day
Let me be your shelter
Shading you wherever you stay
Let me be your car
Taking you away very far
You will be gazing at the brightest star
I wanna be yours

Let me be your flight
Bring you all the happiness
Let me be your light
Taking you away from any darkness
Let me be your heart
We will never have to part
I don’t wanna restart
I wanna be your

2E Lydia Cheng
Student Work

I’ve got homework to do,
Books to read,
Lessons to attend,
Classes to go,
Extracurricular activities to join,
My school bag to pack,
Dictations to revise,
Quizzes to do,
The rules to follow,
Notes to copy,
And projects to finish.

I want freedom.
I want rest.
Give me mercy.
Then let me stop,
And go back home to rest.

Stop giving so much homework.
Stop setting so many tests.
Stop preparing so many projects.
Let me leave,
And go back home to rest.

2F Thomas Chan
I have got the homework to do
The test to finish
The dictation to study
The project to present
The question to answer
And the worksheet to hand in
I have got the book to read
And a review to complete.

These are the things I usually do
Ctrl + C and Ctrl + V are the daily routine for me
I feel that school is such a chore
I feel that school is such a bore
Parents say, “School is as great as gold!”
I say, “Well, how do you know?”
Some may see school as a fortune chamber.
Some cannot wait for the holidays in December.
But it depends on how we look at school.
Honestly, positively, school is cool!

2F Supawadee Lok
I've got many subjects to learn,
The poems to recite,
The articles to write,
The algorithm to memorize,
And they burn my mind.
I am a fool.
I have classes to attend,
Mail to send,
It is a mess.
I just want a rest.

Let me go away,
But I can't find the way.
I hope I can escape,
And leave the cage.

Let me go away,
But I can't find the way.
I hope I can leave,
Before the Christmas Eve.

Let me go away
But I can't find the way.
I hope I can go,
To reach a whole new goal.

2F Isaac Pang
I Wanna be Yours

Let me be your car driver
Take you everywhere
Let me be your fashion designer
Design clothes for you to wear
Let me be your bed
Sleep nice and won’t feel bad
You wake up glad
I wanna be yours

Let me be your cushion
Make you feel comfy and cozy
Let me be your musician
Play beautiful music you fancy
Let me be your story books
Create our adventure story for you to feel good
I don’t mind how you look
I wanna be yours

2F Allie Wong
I Wanna be Yours

Let me be your dishwasher
Washing dishes, I will never say no
Let me be your locker
Keeping your heart safe
Let me be your couch
Something you can lean on
I want to be with you
I wanna be yours

Let me be your shoes
Bringing you around and soothing
Let me be your newspaper
Telling you the truth
Let me be your home
Somewhere you can feel relaxed
I want us living together
I wanna be yours

2F Thomas Law
I Wanna be Yours

Let me be your ice cream
Making you feel sweet
Let maybe your beautiful dream
Lots of goals to beat
Let me be your shoes
Accompanying you to school
You just bring me too
I wanna be yours

Let me be your cook
Cheering you up with scrumptious feast
Let me be your reference book
Bringing you knowledge nobody can beat
Let me be your teddy bear
Following you everywhere
I really dare
I wanna be yours.

2F Jacqueline Ngor
I Wanna be Yours

Let me be your phone charger
Find me when you are down
Let me be your private driver
Drive you to the nearest town
Let me be your Automated Teller Machine
Your wallet will never be thin
You know what it means
I wanna be yours

Let me be your Microsoft Excel
Organize all your business
Let me be your Google Mail
Reply to messages and show kindness
Let me be your Yahoo Knowledge
Serving you is my privilege
I can help you manage
I wanna be yours

2F Issac Pang
THIS COLLECTION OF ESSAYS IS PRIMARILY THE CREATIVE WORK OF OUR STUDENTS WHO, THROUGH CONSTANT PRACTICE OF READING AND WRITING AS WELL AS SHREWD OBSERVATIONS OF THEIR IMMEDIATE WORLD, POUR OUT THEIR HEARTS IN THE FORM OF SHORT STORIES, LETTERS, ARTICLES AND POEMS.

SUCH WORKS PROVIDE A PLATFORM FOR STUDENTS TO EXCHANGE THEIR IDEAS AND SHARE THEIR LIVES, ENABLING THEIR COMMUNICATION WITH GREATER CONFIDENCE.