

主辦機構



香港西區扶輪社  
Rotary Club of Hong Kong Island West



香港教育工作者聯會  
Hong Kong Federation of Education Workers

全港中學

「兩文三語」

(第十八屆)

菁英大比拼

The 18th Biliteracy & Trilingualism Composition and  
Speech Competition

優

優秀作品文集



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### 全港中學「兩文三語」菁英大比拼(第十八屆) 籌委會主席余大偉校長



由香港教育工作者聯會與香港西區扶輪社攜手合辦之《全港中學「兩文三語」菁英大比拼》今年已經是第十八屆了。一如以往，比賽極受香港學界歡迎，有100間中學共544位同學參加。

「兩文三語」菁英大比拼的比賽模式包括中英文寫作、廣東話自我介紹及即場演繹、普通話朗讀和英語小組討論。從初賽及複賽脫穎而出的初級組(初中一至三學生)及高級組(高中一至三學生)各十名菁英進入決賽，在

多位評判面前，再一次演示他們兩文三語的短講及演講能力。

香港是一個多元化社會，中西文化交匯，中英兼善是我們的優勢。提高學生「兩文三語」能力，一直以來，都是特區政府訂下中、小學教育的目標之一，目的是培養香港的新一代成為「扎根香港、背靠祖國、面向國際」的菁英，為香港、為國家、為世界培育人才，而「兩文三語」便是他們達成理想的必要語文基礎。

今年，扶輪社的年度主題是「以服務改善人生」(SERVE TO CHANGE LIVES)，所以比賽題目都與此有關。在現代的社會，人類不應該獨善其身，祇有互相關心，世界才有希望。今天的教育，除了傳授知識之外，也同樣重視價值觀的培養。我們希望這一代青少年，將來除了可以實現個人的夢想之外，都會關心社會、報效國家，為人類謀福祉。

俗語說：「有競爭才有進步。」我們設立這一個語文比拼的擂台，讓同學可以切磋和觀摩，在課堂外有一次相互學習的機會，為推動「兩文三語」提供助力，創造語境，備受學界歡迎和重視。由於參賽者水平甚高，所以每屆都菁英薈萃，競爭異常激烈，優勝者都是實至名歸，可稱為菁英中的菁英。

我們每屆都會出版《優秀作品文集》。一方面固然是對優異學生的鼓勵；另一方面讓未能獲獎和未有參加比賽的同學有機會閱讀到好文章。學生可以透過閱讀別人的優秀作品，提升自己的語文水平，擴闊視野和胸襟，增強分析思考能力，可謂一舉多得。

是屆「兩文三語」菁英大比拼能圓滿成功，實有賴各方鼎力支持。本人謹代表香港教育工作者聯會，向合作伙伴香港西區扶輪社、提供比賽場地的基督教香港信義會信義中學、協辦的香港高齡教育工作者聯誼會、各支持機構及贊助機構、各位培訓導師、扶青社的義工、各校校長和指導老師，致以衷心的謝意；並期望日後再有機會合作，為提升香港學生「兩文三語」的水平而共同努力。



## 香港西區扶輪社羅肇翔社長 2021-2022



大家好！時光飛逝，轉眼間由香港西區扶輪社及香港教育工作者聯會合辦的香港學界盛事-「全港中學兩文三語菁英大比拼」-已經來到第18屆。本人很榮幸能夠在這裡代表香港西區扶輪社，跟大家分享今年比賽的一些感言。

香港是一個非常獨特的城市，是一個匯聚了東、西方文化的大都會，背靠祖國、面向世界，一直以來，這個國際都會都需要大量能夠善用兩文三語的人材，本社就是一直持着這個信念，鍥而不捨地投入資源，鼓勵及培育莘莘學子們對兩文三語的重視和掌握，透過是項比賽，提供一個讓同學與同輩們互相切磋及學習的平台，增強大家在聆聽、書寫和演說多方面的語言能力，打好基礎，將來為國家和社會作出貢獻。

雖然新冠疫情仍未能徹底解決，但透過協辦機構教育工作者聯會的努力不懈，第18屆兩文三語菁英大比拼的所有比賽程序經已圓滿舉行。即使受到疫情影響，今年仍然有100間中學、超過550名同學參與這項充滿意義的活動，過程中看到各參與單位、師生、家長及一直對我們不離不棄的贊助機構的無比忍耐及全程投入，令本人感到十分欣慰。

今年項目的另一個亮點，便是在決賽名單上我注意到有更多同學來自不同光譜的學校。這說明了今屆進入決賽的同學的水準更平均，而他們亦來自更多元化的學校群。我認為這充分肯定了我們項目多年來的目標：就是透過全港中學生互相切磋，使整體同學們的兩文三語水平得以提升，而並不是只是為獎勵最優秀的學生。我認為這是本屆項目最有有意義的收穫！

本人特別感謝籌備委員會主席及各成員、各位參與賽前講座、初賽、複賽及決賽的校長、老師及專家評審。他們的專業精神，讓我肅然起敬。本着扶輪社的“行動者”的熱情，西區扶輪社的成員和各支助友社參與亦是功不可沒。此外，我亦加以表揚中大聯合扶青社多位社員的熱心服務，為我們作義務比賽司儀及監考員！

是次活動得以順利完成，並能進行得有聲有色，承蒙各位教育工作者、協辦團體、贊助機構和同學們的耐心忍耐和鼎力支持，本人希望藉此感謝以下合作方和贊助機構(排名不分先後)：香港西北區扶輪社、港城西北扶輪社、太平山扶輪社、香港金紫荊扶輪社、半山區扶輪社、教育局、齡記出版社有限公司、am730、楊敏健律師行、德隆鋼鐵、Coffee Academics、香港中文大學亞太研究所、香港中文大學聯合書院扶輪青年服務團、香港普通話研習社、香港教育大學文學及文化學系、語文教育及研究常務委員會、香港高齡教育工作者聯誼會、香港教育行政學會、香港佛教聯合會、仁濟醫院董事局、東華三院、香港島校長聯會、九龍地域校長聯會、新界校長會、香港中文中學聯會、香港英文中學聯會、香港直接資助學校議會、香港津貼中學議會、香港私立學校聯會、香港中文大學校友校長會、中港文化交流促進會、香港女教師協會、教育傳媒、香港資優教育教師協會、香港初等教育研究學會、香港中華文化發展聯合會、中國移動香港有限公司、edmodo及基督教香港信義會信義中學。

最後，本人謹代表香港西區扶輪社感謝各界的支持，讓我們繼續發揮扶輪精神，為培育香港青年人的語文修養作出貢獻。



## 扶輪宗旨

扶輪之宗旨在於鼓勵並培養以服務之理想為可貴事業之基礎，尤其著重於鼓勵與培養：

1. 藉增廣相識為擴展服務之機會；
2. 在各種事業及專業中提高道德之標準；認識一切有益於社會的職業之價值；及每一扶輪社員應尊重其本身之職業，藉以服務社會；
3. 每一社員能以服務之理想應用於其個人、事業及社會之生活；
4. 透過結合具有服務理想之各種事業及專業人士，以世界性之聯誼，增進國際間之瞭解、親善與和平。

## OBJECT OF ROTARY

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

1. The development of acquaintance as an opportunity for service;
2. High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;
3. The application of the ideal of service in each Rotarian's personal, business, and community life;
4. The advancement of international understanding, goodwill, and peace through a world fellowship of business and professional persons united in the ideal of service.

## THE 4-WAY TEST:

Of the things we think, say or do:

1. Is it the TRUTH?
2. Is it FAIR to all concerned?
3. Will it build GOODWILL and BETTER FRIENDSHIPS?
4. Will it be BENEFICIAL to all concerned?

## 四大考驗

遇事反省，然後言或行

是否一切屬於真實？

是否各方得到公平？

能否促進信譽友誼？

能否兼顧彼此利益？

## 香港西區扶輪社簡介

回溯1953年，本港只有香港扶輪社及九龍扶輪社。是年國際扶輪社社長西比利於十一月訪港，特建議香港扶輪社另設新社，務使有更多人共享扶輪，為社會服務。終於1954年3月26日成立香港西區扶輪社，而東區扶輪社亦於此時成立。香港西區扶輪社為首個以粵語為法定語言之扶輪社，創社社長為已故馮漢柱，創社社友共三十人。

香港西區扶輪社自成立以來，全港首次獲得阿克·柯藍夫獎，曾多次獲得本扶輪地區優良服務及區總監之獎勵。亦為世界上首個保羅哈理斯之友超越社員人數之扶輪社。每年均有多項服務計劃及活動，現今社員共有五十多人。

香港西區扶輪社，創立至今已六十八年，歷屆推廣公益，服務社群不遺餘力，例舉其中表表者：

- 1978/79：前社長李漢忠乃創社社員，每次開會，帶領社友為出席的生日社友唱生日歌賀壽，故有「歌王」美譽。
- 1980/81：前社長羅天携創辦香港西區扶輪社匡智晨輝學校，該校為第一間由扶輪社創辦的學府。
- 1990/91：馬照祥前社長以信心和熱誠弘揚扶輪，與馬尼拉市中心扶輪社結盟為姊妹社。
- 1994/95：前社長周湛樵為本社創舉國際配對計劃，與菲律賓姊妹社協辦二萬四千元貧童食物計劃；又與中國紅十字會協辦賑災，捐出七十五公噸米予國內水災難民等等，更獲當年最佳國際服務計劃獎。
- 1995/96：前社長劉漢華設立連續性由民政署協辦之全港青年故事創作比賽至今。
- 1996/97：前社長程國灝亦與中國紅十字會協辦希望工程計劃，成功建造學校及醫療所。是年，馮漢柱夫人慷慨捐贈五十萬予世界自然基金會，在米埔建設兩座觀鳥亭以紀念已故創社社長馮漢柱。
- 1997/98：前社長高叔平：“1997年是香港回歸祖國，香港西區扶輪社各社友，群策群力為各項社會服務，貢獻良多。適逢當年擔任五社聯席餐舞會主席，幸得各社社長鼎力支持，除為當年籌得可觀善款外，令我欣喜是獲得至誠的友誼。”
- 1998/99：陳晴佑：“令我難忘的事情是香港西區扶輪社45周年社慶，剛巧是本人擔任社慶主席，邀請各姊妹社蒞臨參加慶典。在籌備過程中，學懂『追求你的扶輪夢想』理念，正如當年扶輪口號一樣，以及各社友鼓勵，才得以順利舉行。”
- 1999/00：前社長梁家鏞秉承國際扶輪當年之主題，“持恆、持守、持續的行動”。積極參與區活動。並提升國際聯誼，拜訪了台北、馬尼拉和吉隆坡姊妹社參與當地社會服務活動。
- 2000/01：前社長黃汝靈舉辦全港中學網頁創作比賽至今，並獲地區年獎；又屢次捐助蒙古雪災及中國地震災民。
- 2001/02：前社長招天聰在任中，為本社爭取兩項區年獎；其一為最佳職業服務計劃獎，其二為最佳社會服務計劃獎。



2002/03：前社長林東仁在任期間，香港爆發「沙士病疫」，社會活動幾乎全部停頓；但西區扶輪每星期例會照樣舉行，只是社友全部佩戴口罩出席。是年區年會在澳門舉行，由周湛樵前社長出任區年會主席。

2003/04：前社長呂元信秉承西輪優良服務精神，實行多項服務計劃，茲錄數如下：

1. 參與3450區第五地域國際扶輪百週年紀念計劃，旨在重修米埔自然保護區斯科特野外研習中心。中心重修後，將命名「國際扶輪百週年紀念濕地學院」為自然基金濕地研究工作及教育用途。

2. 成立香港西區扶輪青年服務團。

2004/05：前社長陳建宇在2004-2005年國際扶輪百週年紀念年度，致力推動教育項目，與香港教育工作者聯會聯合主辦《全港中學「兩文三語」菁英大比拼》。透過寫作、討論和演講，提升參賽中學生運用「兩文三語」的能力。這項目在學界和扶輪，獲非常高的評價和表彰，在2006-07扶輪年度，獲國際扶輪頒發國際扶輪重大事功獎殊榮(Rotary International 2006-07 Significant Achievement Award)，及兩次獲得扶輪3450區最佳教育計劃項目獎(Best Literacy and Education Award in District 3450)。

2005/06：前社長胡督祿為配合教統局推動提昇語文能力，繼續舉辦「兩文三語」項目，突顯本社對教育工作之關注與熱誠。另於同年製錄「聽賞雀鳥指南」光碟，免費贈予視障人士，使他們有機會欣賞香港二十種最常見的雀鳥及對大自然有進一步認識。

2006/07：前社長區緯國秉承扶輪「超我服務」宗旨及西輪優良服務精神，實行多項服務計劃錄數項如下：

1. 與香港教育工作者聯會再次合辦《全港中學「兩文三語」菁英大比拼》這個項目對推動香港語文教育的成效，得到國際扶輪的認同及肯定，並獲頒發「國際扶輪重大事功獎」殊榮。

2. 與匡智會及世界自然基金會合辦香港首個「智障學童大自然學習計劃」。這是智障學童首次有機會親臨米埔自然保護區，欣賞美妙大自然，及學習大自然生態、野生動植物和濕地保育。藉着這個計劃，更多社會人士有機會增進認識及接納智障兒童。

3. 成立聖類斯中學扶輪少年服務團。

2007/08：前社長余國樑為響應環保，與環境保護署合辦「清新空氣、停車熄匙」，喚起市民環保的意識，其中扶少團獲安排參觀機電工程署環保大樓，香港代表隊運動員、學校團體、多間商業機構一起響應「停車熄匙」。另外，一如以往繼續舉行「兩文三語」比賽，活動更成功取得多個贊助。余社長更響應國際扶輪捐助「世界水監測日」，宣揚珍惜食水。余社長更為本社取得國際扶輪公共關係獎、地區最佳網頁(英文版)、最佳生態項目、傑出公共關係項目等獎項。

# 兩文三語

2008/09：社長吳梓坤秉承西區扶輪社之服務社會及友誼精神，推動的社會服務有「扶輪聲韻創晴天」推動社會關注自幼因聽覺問題而失去學習語言能力的兒童，提升這些兒童口語技能，免至他們失去永久說話的權利。此外社長亦抽暇參加各姊妹社之週年慶典，秉承友誼至上的扶輪精神。

2009/10：兩文三語轉眼間已舉辦超過六屆，在早期同學在英文和普通話的水準不極平均。這種情況在近幾年比賽中已改善，學生的英語和普通話的運用都表現出相當的水準。

香港教育工作者聯會在推動普通話普及化作出努力的成果是有目共睹。兩文三語精英比拼現在已成為各學校重視的項目之一，每年到差不多的時候便會主動致電到香港教育工作者聯會來詢問有關比賽的詳情，參加的人數也不斷的增加，水準一年比一年好，能和香港教育工作者聯會合辦兩文三語這項目的是我們的光榮。我代表香港西區扶輪社在向香港教育工作者聯會致謝。

2010/11：前社長李富強致力推動病人資訊，於在任年度，得到地區簡易資助計劃及本社的支持，在港島華富邨內的香港洗腎中心籌建了一所病人資源中心，當中設施包括電腦、投映銀幕、書籍及單張，中心並可舉辦多至二十多人的講座，為南區的市民及病友，提供了寶貴的健康資訊。另外本社亦繼續支持宣美語言中心的工作，不但協助該中心的學童購買耳聾機，並邀請該中心的師生及家長到尖東觀看新年燈飾，以及享用豐富晚膳。本年度我們除了到訪馬來西亞的姊妹社慶祝她們的五十五週年社慶外，她們為癌症病童的社會服務，依然是我社重點之一。

2011/12：前社長楊敏健律師有幸榮得各社友鼎力支持推廣在港內外扶貧教育及醫療工作。香港西區扶輪社榮獲國際扶輪社頒發亞太區2011-2012年度Changemaker Award大獎以表揚對本社在社群公益有卓悅貢獻。本社與國內上海扶輪社合辦為患有心臟症幼兒作心臟手術使國內無數患病兒童獲得適當治療與照顧。本社亦會同香港造口人協會合辦對大腸癌預防推廣包括製作光碟派發給各香港社會團體及醫療中心。本着服務社會的精神，本社積極向本港社會團體支持，包括為老人服務之安貧小姊妹會聖瑪利安老院；為患有語言障礙幼童之宣美語言及聽覺中心提供協助；支持對弱智兒童之香港西區扶輪社智晨輝學校。最後，最值得一提就是踏入第九屆的全港中學「兩文三語」菁英大比拼，致力為香港年青人提供一個適當平台積極而又認真地交流與競爭。過往無數贊助機構的支持實令本社深感無限光榮。

2012/13：前社長郭立華帶領香港西區扶輪社本着服務社會的宗旨，透過與香港教育工作者聯會合辦「兩文三語」菁英大比拼，希望鼓勵全港中學同學，提升自己的語文水平，加強中英文聽、寫、講的能力。全港中學「兩文三語」菁英大比拼2012年已進入第九屆。是屆有九十二間中學，五百二十二位同學參與。過程中同學積極參與，表現出色，印證了他們對兩文三語的重視。這次活動反應熱烈，得到各學校的校長、老師和同學的鼎力支持。另外，亦要感謝多位慷慨的贊助機構的鼎力支持，包括新鴻基地產、齡記出版有限公司、瑞士英納格錶、雅仕維、Teelocker、楊敏健律師行、星島日報、倫敦大酒樓，以及香港西北區扶輪社、太平山扶輪社、港城西北扶輪社、半山區扶輪社、獅子山扶輪社；對於各協辦和支持機構：香港四邑商工總會黃棟珊紀念中學、東華三院張明添中學及語文教育及研究常務委員會，香港西區扶輪社致以萬二分的感激。

- 2013/14：前社長李道邦除過往舉辦的全港中文故事創作比賽，瑪利安老人院探訪，與上海扶輪社為經濟有困難的患病兒童支付手術費用和安排預備和事后服務外。這年更是全港中學「兩文三語」菁英大比拼舉辦的第十屆。得到多方的大力支持在九龍紅磡海逸坊內圓滿地舉行了頒獎典禮及分享會。得到理事會的支持為貴名香港西區扶輪社匡智晨輝學校建設了一個特別配備的房間為有需要的同學服務。又藉着是香港西區扶輪社創社60周年，在社慶籌備委員會領導下，更得到眾社友和各扶青團的支持和參與。在太平山頂舉辦了慈善步行，並在香港鄉村俱樂部舉行了60周年晚宴等籌款活動，為日後社會服務籌得活動經費。
- 2014/15：前社長張文翰香港西區扶輪社本著服務社會的一貫宗旨，繼續舉辦「全港中學兩文三語菁英大比拼」，獲得多間學校的支持，共派出500多名學生參與，成績斐然。除此以外，我們亦繼續服務患有語言障礙幼童的「宣美語言及聽覺中心」，及服務弱智兒童的「香港西區扶輪社匡智晨輝學校」提供協助。本年度我們多位社友亦到訪姊妹社台北西區扶輪社參與其六十週年慶典活動。而在繼續與上海扶輪社合作服務國內患有心漏病的幼兒的同時，我們亦在本年度與上海扶輪社締結了姊妹社的關係。至今我們已有5個姐妹社，共同在不同地域和範疇服務社會。
- 2015/16：前社長莊錦祥響應今屆扶輪主題「成為獻給世界的禮物」，實行多項服務計劃：全港中學「兩文三語」菁英大比拼，第十二屆參加人數歷來之冠，有106間中學，657位學生參加，可見這比賽深受各校長、老師、同學及家長的支持和重視。扶輪國際配對計劃：與上海扶輪社繼續為患有心漏症的幼兒進行心臟手術。與美國矽谷庫比蒂諾扶輪社，欣欣教育基金合辦農村老師培訓，更安排及贊助香港中文大學聯合書院扶輪青年服務團到福建仙遊縣欣欣小學，進行義教工作。莊社長為加強扶輪社國際友誼，於在任年度帶領社友前往夏威夷及馬來西亞參加扶輪姊妹社社慶大典。本社亦對本港社會團體作出支持，包括支持對智障兒童服務之香港西區扶輪社匡智晨輝學校，對柴灣長者鄰舍中心服務的銀杏基金，樂餉社麵包收集行動，香港西區扶輪社扶輪青年服務團及聖類斯中學扶輪少年服務團等。
- 2016/17：「兩文三語項目」是香港西區扶輪社主要的社會服務項目，該項目的確帶動學校對兩文三語的關注，從而增加同學們的認知以及其重要性。除此之外，前社長何志謙與樂餉社也合作多年，為有需要人士派送麵包。在老人服務方面，於農曆年期間與社友們前往探訪長者表關懷之餘，亦參加香港西區扶輪社匡智晨輝學校聖誕聯歡會，與同學們一起歡度佳節。至於參與海外姊妹社服務項目，與上海扶輪社合作為患有心漏症兒童做手術；及參與馬來西亞姊妹社為危疾病童安排歡樂週末。本社每年都會贊助香港中文大學扶青團、香港西區扶輪社扶青團及聖類斯中學扶青團社會服務項目。今個扶輪年度最感覺到榮幸是參與地區宣傳扶輪基金百周年紀念項目。
- 2017/18：本年度香港西區扶輪社秉承傳統，致力籌辦多項社區服務。其中與香港教育工作者聯會(教聯會)攜手舉辦的「兩文三語菁英大比拼」是每年重點活動之一。透過運用兩文三語即時寫作、討論和演講等三部分進行比賽，提升學生的語文及表達能力，更鼓勵學生關心社會時事，以迎接未來挑戰。本年度共有二十一位校長、博士及教授等教育界精英擔任籌委顧問，百餘間中學及超過六百位同學參與其中，可見此活動深受學界、老師、家長和同學歡迎。



此外，香港西區扶輪社作為母社，一直身體力行支持中大聯合書院扶青團及香港西區扶青團，積極推動扶青團參與多項由其舉辦的社區服務，例如到香港盲人輔導協會與視障人士交流等，與扶青團團員共同成長。前社長王傑生同時重視與其他社互相學習。本年度參與了「香港水足印定向」及「Golden Child Project」等聯同不同扶輪社合辦的本地及國際服務，能服務社會之餘亦能與不同社友建立友誼。

2018/19：本社自1954年創社至本年度適逢六十五週年社慶之期，惟本社於遴選社長事宜，極為躊躇，蓋當年度竟臨青黃不接階段。樂得資深鄭從毅社友，雖介八十三高齡，亦奮然而出，及後幸獲各位理事暨全體社員悉心支持，合力扶攜本社各項傳統服務圓滿延續，實踐是年度扶輪主題“BE THE INSPIRATION”成為勵志成城之目標。

前社長鄭從毅於社區服務項中，特重推動與教聯會合辦之全港中學「兩文三語」菁英大比拼（本社每年之重點活動），蔭於前社長陳建宇協領下，再獲學界肯定與歡迎。此項活動乃透過運用兩文及三種語言，即時寫作、研討、演說共三部分比拼，以致提升語言之表達正確目的，無使“LAUNCH PINIC”說成“LOUNGE PINIC”、“我”說着“啊”之現代青年陋習。此中言語，實對語言不尊，甚至侮辱。世風日下，此非吾輩所願矣。

2019/20：2019-2020年對前社長張仁宇和西區扶輪社帶來兩次考驗，但西區扶輪社憑社友豐富的經驗和友社長期的協同關係，成功地達到社會服務的目標。受益的計劃包括和上海扶輪社合作的“Gift of Life”，和馬來西亞Petaling Jaya 扶輪社合作的“Golden Child”，在香港的香港西區扶輪社康智晨輝學校和『兩文三語菁英比賽』。

重大的事故也讓我們深深體會到未雨綢繆的重要性。去年是我們創社65週年，我們在資深社友和前社長推動下設立了『六十五週年基金』，在我任內成功籌了數百萬港幣，為日後的社務和社會服務計劃奠定了鞏固的經濟基礎。『兩文三語菁英比賽』今年也應時勢要求，順利轉為網上比賽形式，無懼疫情帶來的種種挑戰而吸引了多位精通多種語言的同學踴躍參與，實在是令人鼓舞。我謹此恭賀『兩文三語菁英比賽』主辦和支持單位再次成功舉辦2020年度的比賽，也感謝胡一威社長及其團隊今年領導有方，令西區扶輪社能繼續支持這個有重大意義的比賽順利進行。

2020/21：對胡一威前社長是非常特別的一年，新冠疫情一方面為本社的社務帶來了不少挑戰，但另一方面卻讓我們看到很多突如其來的社會服務需要。國際扶輪是年的口號為「打開機會」，本着「打開機會、服務社會」的精神，我們一眾團隊推出了多項社會服務，七月底，與三個扶輪友社合作提供現金支助給惜食堂，為低收入家庭提供膳食支援，九月中旬，贈送二百套教材予西區扶輪社康智晨輝學校，讓有特殊需要的學童在家隔離期間亦能繼續學習，十月至十一月，再度與三個扶輪友社及苗圃行動合作，探訪低收入家庭、並致送平板電腦予他們的在學子女。

全港中學兩文三語菁英大比拼一向是本社之重點服務項目，儘管面對疫情的影響，在籌委會與教育工作者聯會同事們的努力和堅持下，項目最終能順利進行，規模不下於往年，並感謝前胡督祿社長的大力支持及陳建宇前社長的協調，今年的頒獎禮能夠在「虎豹樂園」這個極具歷史意義的場地上舉行，為第十七屆的賽事畫上完美句號。

## 香港教育工作者聯會簡介

香港教育工作者聯會(簡稱「教聯會」或「本會」)成立於1975年4月，一直堅持「愛國愛港」的立場，本著「凝聚專業，服務同工」的精神，以理性務實的態度，促進教育事業發展。

教聯會第十九屆理事會會長為黃均瑜校長，主席為黃錦良校長。理事會由六十多位資深校長及老師組成，下設五個專責部門，分別為專業發展部、教育政策部、社會事務部、會員福利部和傳訊及出版部，另設若干工作小組。2001年本會興辦了兩所學校，分別為香港教育工作者聯會黃楚標學校及香港教育工作者聯會黃楚標中學；多年來兩所學校都能辦出特色，體現教聯會的教育理念。

多年來，教聯會創建了一些品牌活動，包括「教師體育節」、「優秀教師選舉」等。其中「教師體育節」為教育界大型的年度體育盛事，為教師提供舒展身心的機會；「優秀教師選舉」旨在表揚教師的貢獻，彰顯教學成果。此外，本會關注香港的教育發展，就教育議題進行調查研究，並公開發表意見，促使政府回應業界訴求。

除關注本地的教育發展，與本港政府教育局及各教育團體建立緊密的聯繫和合作外，教聯會亦將會務向外擴展，多年來與國家教育部及內地各省、市的教育部門、工會等建立了互信的良好關係，合辦活動無數，促進兩地教師互相學習和啟發，從而達到共識和共用，實現「教學相長，共同進步」。

## 比賽簡介

香港作為一個國際都市，要在世界經濟上爭取佳績，市民必須擁有良好的英語能力；而中國在國際經濟、貿易扮演的角色日益重要，要掌握普通話、了解祖國國情，才可以把握自身的優勢，有效地與內地和國外溝通、合作及發展。

有見及此，香港教育工作者聯會(教聯會)及香港西區扶輪社一年一度舉辦【全港中學「兩文三語」菁英大比拼】，讓香港青少年透過寫作、討論及演講，鼓勵同學培養良好的中英文表達能力、溝通技巧及關心社會時事，並提高其運用兩文三語的能力，以迎接未來的挑戰。

**參賽資格：**初級組 - 中一至中三學生；高級組 - 中四至中六學生

所有參賽者均需由校方提名，每間中學可提名各組別最多五位中、英文俱佳的學生參賽

**比賽日期：**二零二一年十月至十二月

**比賽項目：**初賽——即時作文比賽

參賽同學須於120分鐘內完成中、英各一篇文章。

字數限制(不少於)：

|     | 中文   | 英文   |
|-----|------|------|
| 初級組 | 300字 | 300字 |
| 高級組 | 500字 | 500字 |

出線名額：初級組及高級組各50名

**複賽——小組分享會話**

入圍同學須以廣州話、普通話及英語分別作自我介紹、文章朗讀及小組討論。

出線名額：初級及高級組各10人

**決賽——演講**

入圍同學以廣州話作即場演講、分別以普通話及英語演講初賽之中英文文章。

| 初級組     | 高級組     | 比賽項目         | 比賽語言 |
|---------|---------|--------------|------|
| 每位同學2分鐘 | 每位同學3分鐘 | 即場演講         | 廣州話  |
| 每位同學2分鐘 | 每位同學3分鐘 | 文章演講——初賽參賽文章 | 普通話  |
| 每位同學2分鐘 | 每位同學3分鐘 | 文章演講——初賽參賽文章 | 英語   |



## 複賽入圍名單

### 初級組

| 就讀學校      | 學生姓名 | 就讀學校          | 學生姓名 |
|-----------|------|---------------|------|
| 中華基金中學    | 王嬌吟  | 何明華會督銀禧中學     | 黃筱婷  |
| 中華基金中學    | 楊嵐欽  | 保良局羅氏基金中學     | 羅靖誼  |
| 保良局董玉娣中學  | 劉蕊芯  | 保良局羅氏基金中學     | 黃樂彥  |
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## 向貨車司機致敬

港大同學會書院 張韻

疫情四起，恐懼席捲了整座城市。如今情況漸好，可看見家中還沒用完的醫療物資，曼憶便如沅珠槿艷般在眼前浮現……

新年伊始，今年的新年卻是與眾不同：大街上寒風瑟瑟，本該繁華的街道空無一人，空留那孤伶伶的路燈相映做伴。因為疫情爆發，大家都在家中隔離，好不無聊。華燈初上，炊煙染紅了晚霞，我跪坐在落地窗前，看著萬家燈火，一切好像都沒變，又好像都變了。剎那間，街口的紅綠燈前出現了一輛大貨車，原本被冷落的紅綠燈閃爍著興奮的光芒。那大貨車上赫然掛著幾條大紅幅，上面寫著：「抗疫人人有責，醫療物資我來送！」這幾個大字。心中一驚：那貨車司機竟是不懼疫情，冒著風險去送物資！仔細一看那車，原來這車原是用來運水果的，難道貨車司機是自願的？心中不禁佩服，敬意湧上心頭。

幾天後，便是到了去小區辦事處領取物資的時候了。因為隔離在家，便由政府派發物資給居民。左右鄰里都將口罩捂得嚴嚴實實，有的甚至還帶了護目鏡。我踏著碎瓊亂玉，走在冷冽的風中，許是大家心中都忐忑不安，這一路上全是緘默的味道。到了辦事處，大家井然有序，有條不紊地領取物資。我的餘光卻瞟到不遠處一個貨車司機的身上。本知不該在疫情期間與他人有過多接觸，但按捺不住心中好奇，向他彳亍。他看我踟躕而來，忙憨厚地說：「我綠碼，沒事，放心！」我莞爾一笑，回到：「我也綠碼！」大叔撓了撓頭，問我來意。我將心中好奇告知予他，怎會在疫情肆虐之時自願送物資呢？他聽後心下瞭然，思考片刻便笑著說：「哎，其實我就是覺得總要有人挺身而出，抗疫人人有責，我不過是幫了點小忙罷了。送點貨，本來就是我的活，不就是換了批貨嘛，我也希望疫情能夠快點過去，所以能幫一點是一點。」他的眼睛清澈見底，口罩下的一張臉卻是無形中透著一絲憨厚。聽完他的話，一抹暖意升在心頭，融化了外界的寒冷。敬意油然而生，我望著那乾淨的眸子，說著最真摯的一句：「謝謝」他又是撓了撓頭，隨後眯了眯眼，許是衝我笑了笑，便跑上了車。我一怔，後又隨即報以微笑目送。太陽從烏雲後面探出頭來，替代了氤氳，我走在陽光下，將敬意在心中種下。雲蒸霞蔚，杳靄流玉，抬頭，陽光正好。

回憶如浮生若夢般在眼前播放，而後又消失殆盡。即便是如今想起，心中仍是被敬意皺起陣陣漣漪。貨車司機平凡的偉大不禁讓我震撼，然而即使不在疫情之下，他們仍兢兢業業，將貨品不遠萬里地送往各地，不辭辛苦地將這個世界用車連接，織成一個巨大的網。對於貨車司機，我有了新的敬意，也有了新的尊重，而記憶中的那位眼神清澈的貨車司機也成為了我的榜樣。現此，吾誠向各貨車司機獻上余之敬意！

**A letter in the newspaper suggests that it should be a legal obligation for children to support their parents when they are old. Write a reply, discussing the issue and stating whether you feel this is a practical or sensible suggestion. Sign yourself 'Chris Chan'.**

Angelica Zhang Wan

Hong Kong University Graduate Association College

Dear Sir/Madam,

I am writing this reply to discuss the issue of the legal obligation for children to support their old parents. Here are some opinions and discussions.

Firstly, I consider supporting children's own parents are a legal obligation. As the civilisation has evolved, the spirit of filial piety should not be forgotten. Our parents cultivate us, educate us and provide us with care and security, we should show our grateful love to them. Many young men are not aware of their parents' situations as they are too busy from work, it is a chance for them to show their care and love by fulfilling the obligation. When our parents get old, there are many obstacles come from various aspects. For example, physical abilities, mental health and financial difficulties. As a return, or as a way of showing our care to them, we should definitely support them with no doubt.

Secondly, suggesting children to support their parents as a legal obligation has been real cases in a myriad of countries. For instance, China has adopted the law of considering children supporting their parents as an obligation, no matter in a financial perspective or a physical perspective. The law has claimed that children must support their parents with reasonable amount of money each month, and they must visit their parents at least once a year. Under this law, it regulates some unresponsive people who do not show gratitude to their parents, and to go visit and support them. At the same time, it encourages those who are grateful for and always show their care to their parents to keep doing that. In this way, it would be a practical suggestion since various of countries have adopted it.

To conclude, my main points would be agreeing with the suggestion of considering children supporting their parents as a legal obligation, and consider it as a practical advice. As I have mentioned, it is because it can bring many advantages, and it has been introduced in many countries. Therefore, I show my full support to this suggestion. Thank you for your time!

Best regards,  
Chris Chan



## 「施比受更為有福」在今天的意義。

聖保羅男女中學 古冰心

贈人玫瑰，手有餘香；助人，我們又能得到什麼呢？在今日這個功利主義社會，白白的付出似乎成了一種愚蠢的施捨。常言道“施比受更有福”也被許多人質疑不合時宜，但事實果真如此嗎？我想並不然。

首先，幫助他人，又何嘗不是幫助自己呢？施者雖然不求回報，但受者定會心存感激，知恩圖報。阿里巴巴創始人馬雲在創業成功之前生活拮据，幸得了一對澳洲夫妻的接濟，支持了他的基本生活和創業理想。當馬雲的事業走上正軌后，他也不忘報恩，不但資助了兩人的生活，更以他們的名義成立了獎學金，弘揚他們的慷慨。今天你為別人遮風，明天別人為你擋雨。所有的善行也最終結為甘甜的善果回到自己手中。由此可見，助人即為自助，此乃是施者的第一“福”。

其次，施者不但能得到物質上的“福”，更是心靈上的“福”快樂。人稱“深水埗明哥”的陳灼明十多年來風雨不改地為香港草根階層提供一口暖飯。他的臉上總是洋溢著喜悅和滿足。問他原因，他的答案都是：“看到別人因為自己得到溫飽，我便十分快樂了。”的確，助人為快樂之本，我們把擁有變成給予，他人因收穫笑逐顏開。難道你不感動、不快樂嗎？此外，人的善心本是一個上鎖的盒子，施捨則是打開盒子的鑰匙，幫助我們收穫善性。助人的過程中我們的人生觀、價值觀會變得豁達開朗，減少自私性，成為善人，得到心靈上的滿足。這便是施者的第二“福”。

此外，施者亦可在施捨服務的過程中實現自我價值。愛因斯坦曾言：“當一個人服務他人時，他的一生便有了價值。”確實，我們往往能在助人的過程認清自己，找到自我價值。著名護士南丁格爾出身貴族，但她卻不甘於眼前的富貴生活，為了實現自己作為護士的理想，她遠赴克里米亞戰場，用雙手救治無數苟延殘喘的病人傷兵，妙手回春。在施予服務的過程中，她找到了自己生而為人的意義救死扶傷。她也被受助的士兵稱為“點燈女士”，是上天派來的天使。可見，若是人在社會中願意傾自己所有去幫助別人，將可在這個過程中受到別人的肯定和感激，從而收穫自信和成就感。此為施者的第三“福”。

施者，付出了無數的時間和金錢，卻不求回報。他們真的什麼都沒得到嗎？不，他們得到了更完整的人格，成就了更豐滿的人生。快樂和自我價值看似無形，實則比施捨出去的更有意義。施捨，從不是一盤生意，只論盈虧，而是一種修養，真心可貴。狄更斯曾說：“世界上能為別人減輕負擔的都不是庸庸碌碌之徒。”贈人玫瑰，手有餘香；助人，我們得到的是全世界。

**Write about a time when you help someone less fortunate. What did you do? What is one thing that surprised you about your experience. How did you feel afterward?**

Ku Ping Sum  
St. Paul's Co-educational College

Children are our precious pivotal pillars of the future society. Childhood should be the most enjoyable stage in our lives. However, intergenerational poverty has posed an unprecedented challenge to some less fortunate children in Hong Kong, making them the so-called “underprivileged kids”. After learning about their “sorrowful and hard” lives in our Liberal Studies lessons at school, my sympathy had arisen deep inside my heart. At that very moment, I told myself, “I should give my helping hand!”

As a person who only volunteers once in a blue moon, the experience of visiting them and distributing care packets was indeed the most unforgettable memory I had had in years. During the preparation for the packets, I had been looking into research online to figure out what is in short for these children. Stationeries, books, snacks, toys, electronic devices... More and more lacking items came into my sight. I literally could not imagine how boring life could be without all these “necessities”. Fortunately, there were lots of generous sponsors in our warm community who were willing to pay for these products. Very soon, the packets were ready to be given out!

On a hot summer day, a group of “Santa Claus” set off for their journey to the house of the less fortunate children under the blazing sun. When we arrived at the subdivided flats of the children, everyone was soaked to the skin due to the sweat condensing on our skin. Surprisingly, there was no air-conditioning in the tiny flats. It did not make sense to all of the volunteers -- how could anyone survive the burning summer in Hong Kong without air-conditioning?

As soon as we met the children in the dark corridor, everything went out of our expectations. No sad faces at all. Every kid was playing with some easily created toys believed to be made by themselves. Paper planes folded from advertisements were flying around in the air, aluminum cans rolling on the floor, laughter echoing through the corridor.

Having received the care packets, smiles were blossoming on their angel-like faces. They immediately opened the packets and started to share the snacks inside. Life was simple for them, happiness was also simple for them. Even without all the items regarded as daily necessities to us, life still went on well for them. While we are crying over not having enough, there are some less fortunate people of our age smiling for having one.

At the end of the day, I was reluctant to leave. Their happiness was so influential that I could never forget. I felt mixed emotions, feeling sorry about their fate and lives while

longing for their simple happiness. This thought strengthened my will of serving them and the others in need in our society because they are worth having more than what they own.

After stepping out of my comfort zone and volunteering for the underprivileged children, the sympathy in my soul was sparking. As a result, I have joined a student-led organization for voluntary work, such that love for everyone could be spread to a wider territory, such that more and more needy could be reached out to. Last but not least, I always hold the belief that better late than never. If you still have not tried to participate in any service like this, why not get the ball rolling right now? Your ball is in the court, I strongly believe everyone could be the helping hand for others.

## 向速遞員致敬

旅港開平商會中學 凌悅儀

在二十世紀，科技的發達令人越來越懶惰，即便是買食物和日常用品，都決定以網購的形式購買，而在這種消費方式下，便誕生了速遞員這種新興職業。他們橫跨南北，追著時間的尾巴，只為準時地送上包裹和熱騰騰的美味給門後的我們，他們值得被致以敬意。

速遞員大多講求一個「速」字，與時間爭鬥，單一流向的時間從不駐足，他們也不停歇，趕在最快的時間裏將貨物送到顧客手中。他們不聽夏蟬的歌，不賞落下的葉，不啜燙口的茶，不浪費一切時間，開著摩托車奔向我們。儘管我不會認得他們，僅僅一句「唔該」便把門閉上，但他們卻為這一刻奔波了半天。從快遞貨運站接走沉重的一堆包裹，便踏著烈日出發，從多個區中穿梭，爬上沒有電梯的高樓，再離開大廈，直至這個步驟重複幾十次，直至天空落下幕布，他們才能停止工作。比起坐一整天的文員，他們就像「武員」，行走「江湖」，每日都與不同人、不同地方打交道，更要在限定時間內完成這一切，每日都像是遊戲中的「地獄難度」。

速遞員的新薪普遍不及白領，許多人對此表示：「速遞員，沒有什麼文化水平的才做呢，幾千元月薪都合理啊！」就我看來，速遞員真不是一般人可以勝任的。他們走路敏捷，雙手又能提重物，更能化身小司機，還能忍耐高溫，光是這幾點我已經打退堂鼓了。或許他們不要求有什麼經濟學的學位，但也不代表這是份容易的差事。正因為這些，能堅持做速遞員的人才值得被尊敬。令人疲憊的不是高山，而是鞋子裏的一顆沙，而速遞員不止要爬高山，更要踩著滿鞋子的沙前行。不論是三十攝氏度的高溫，還是沒有電梯的二十樓，或是路上塞車的十分鐘，都是硌腳的砂礫，都是讓他們疲憊的理由。但他們從未停止步伐，只是在準備踏上另一條征途的路上。

每當我們按下「下單」的時候，只需坐在床上看手機，過一會兒便有熱騰騰的外賣送到手中。在這個看似普通又尋常的事情背後，少不了速遞員的辛勞，他們三步併兩步地去餐廳拿起屬於我們的外賣，然後既要小心湯汁灑出，又要迅速地到達我們的門前，按響門鈴。就如我們在享受千人帶來的便利，我們亦正在享受速遞員的辛勞成果。不少人輕蔑地看待這些他們正在享受的服務，認為這是他們工作的一部分，不需感謝。小孩子表現良好尚能得到一朵小紅花，員工完成策劃也能獲得老闆的嘉獎，那我們為何不能向速遞員表示感謝呢？

速遞員如大樹，我們就是在樹蔭下乘涼、嬉戲的小孩，依靠著他們。他們跨越不同地方，免不了疲累；他們堅守崗位，免不了厭倦，；他們直面風吹日曬，免不了煩悶，但他們是速遞員，永遠走在路上，向我送上最暖手的佳餚，遞上如百斤重的包裹，背負著我們的期許及希冀，為我們而前行。我向他們致敬，致上最誠摯、最欽佩的敬意。

舉世著名的印度詩人泰戈爾（Tagore）認為：聰明的人，他的一生都為別人而活。你同意他的看法嗎？為甚麼？

聖公會林護紀念中學 秦定娜

在這個世界上，沒有人是一座孤島，可以自全；在這個社會上，沒有人是完全獨立的個體，可以獨善其身。人與人之間有著不可分割的羈絆，沒有人能終其一生為自己而活。我們皆需要被幫助，同時亦需要幫助別人。聰明的人，他的一生都為別人而活，因為他知道，為別人而活，也是在為自己而活，能夠同時改善別人和自己的人生。

首先，為別人而活，能幫助有需要的人，從而改變他們的人生。幫助別人的方式有很多種，可以是心靈上無形的支持，也可以是物質上肉眼可見的援助。無論是怎樣的方式，皆能使他人受惠。從物質幫助上舉一個例子，世界遍佈貧窮的人，他們三餐不得飽足，甚至連基本的生活必需品也缺乏。衣服、食物和教育這些在我們看來垂手可得的東西，對他們來說皆是奢侈的冀望。一個一生為別人而活的人，會願意通過參與服務幫助他們，例如到山區派發物資給當地的人。儘管物資並不高級，但他知道這並不重要，一件簡單的棉衣，足以令當地人他們在嚴寒下得到一絲溫暖；一個普通的麵包，足以讓當地人長期空洞的肚子得到飽足。他知道這些舉動能將一個個在長期飢餓和惡劣天氣侵蝕下，搖搖欲墜的生命拯救，改善他們貧乏的人生，為他們本為黯淡的生命添上色彩。聰明的人，知道為別人而活能改善千千萬萬人的生命，所以他願意這樣耗盡自己的一生。

其次，為別人而活能為自己的生命賦予意義，從而改善自己的人生。為別人而活，其實不過就像照亮一盞明燈的道理一樣，昏黃的燈光照亮別人外，同時也照亮了自己。當我們為別人服務的時候，心底裏的惻隱之心和同情心也會被激發出來，我們自私的想法會減少，亦會感受到幫助別人所得到的快樂和滿足，更加樂於去為他人服務，為社會貢獻，彰顯生命的意義，散發人性的光輝。同時，一份正確的價值觀和人生觀亦因此建立，明白施比受更有福的觀念，推動我們去做更多有意義的事，影響我們的一生。著名發明家愛迪生曾說：「為別人而活，才是值得的生命。」為別人而活，能為我們的生命附上一份連一切名利、權力和財富皆無法取代的價值，這份價值是心靈上的富足，是價值觀上的完整。這份價值勝過世間萬物，能與日月爭輝，與宇宙並存。聰明的人知道這一點，知道為別人而活亦是在為自己而活，所以他甘願這樣貢獻自己的一生。

古往今來，也不缺願意為別人而活的「聰明人」。例如廣為人知的德蘭修女。她終其一生為貧窮的兒童而活，貢獻自己一生的年華，為山區兒童興建學校。她知道，為別人而活能改善受患者的生命，也能改變自身的生命，使自己的生命更有意義。

「贈人玫瑰，手留餘香」正是聰明人領悟的道理，把玫瑰贈人，除了使對方得到嫵媚的玫瑰，手心也遺留著飄逸千古，永垂不朽的芳香。同樣道理，為別人而活除了使他人受惠，自身也會有所收益。聰明人不把為別人服務歸納為單方面的付出，他清楚知道為別人而活也是為自己而活。把自己的一生贈人，永恆的美與意義也自此遺留在我們心中。

一生為別人而活是聰明的人，因為他們改善別人生命的同時也改善自身的生命。



舉世著名的印度詩人泰戈爾（Tagore）認為：聰明的人，他的一生都為別人而活。你同意他的看法嗎？為甚麼？

福建中學（小西灣） 葉茵茵

泰戈爾認為聰明的，他的一生都為了別人而活。我以一個愚蠢的人的角度來否認這個看法。

首先，我對聰明的定義是有智慧的。這兩個詞是相近的，但聰明的人不一定充滿智慧，畢竟有一種人，他很聰明，但那只是靈光一現的「小機靈」；同理，有智慧的人不一定聰明，即使學會了全世界的智慧，也只是一個書呆子。

聰明的人需包括以上兩點，總的來說是一個充滿智慧且曉得世故圓滑的人，而一個懂得世故圓滑、懂得變通的人，難道不是自私的嗎？我是愚蠢的，我常常為了「別人」的事盡心盡力；為了「別人」去爭個高低而吵架，時間從這些小事中流走。我的事呢？沒有時間完成，因為我太善良了，把我的時間都奉獻給了「別人」。

聰明和愚蠢佔據了天秤上的兩個極端，相信看待事物的角度都不同。聰明的人知道避開小事。聰明人不會為了「別人」做事，因而欠下人情，從而產生更多牽連。他們不會和「別人」爭吵，因為他們是聰明的，正確的。

聰明的人拿着他們認為正確的事看待這個世界，批評愚蠢的，也就是我，或是「別人」。父母常說「我是為了你好」，難道這不是把他們的想法強加在我身上嗎？

聰明的人為了別人而活，難道不是為自己嗎？他們自私的認為只有他們是擁抱真理的，而我們是不被接納的。

綜上所述，聰明的人是為了真理而活。「真理往往掌握在少數人手裏」，聰明人難道不是稀缺的嗎？他們是為了保護這難得的真理，為了真理而活，而非「別人」。

**Recently, your grandmother visited a doctor's surgery and did not have a good experience. She had the following problems: She had to phone the surgery six times to make an appointment because the phone was always engaged, the waiting room was hot, there was nothing to drink in the waiting room, the doctor had the wrong notes and thought she was a different patient. How do you feel? Explain your reasons and suggest improvements.**

Yiu Yeuk Wan  
Heep Yunn School

I had a dreadful encounter last week. I accompanied Grandmother to a doctor's surgery, in hopes to mitigate her backpain. Though her pain was eased to some degree, our spirits were inflicted great pain throughout a series of mismanagement from the staff. I am appalled and infuriated at such poor administrative work from the surgery and feel that improvements should be looked upon as nothing less of an imperative duty.

The day before the appointment Grandma was in the 'greatest of agonies', or at least she had claimed to be. Grandma is known to be dramatic and an active user of hyperboles, though exaggeration seems to fall short to the reality detailed in upcoming events. That day, poor Grandma phoned the clinic when the pain had become insuperable. The first time, nobody answered. The second, the third, the fourth...on and on Grandma received no form of response and poor her, how must she had felt! Till patience ceased to be a virtue, the caller answered to the sixth call, and how brush and impenitent she sounded. She made an abject excuse for the delay, claiming their side was bombarded with engagements, and abruptly ended the line. These were all packaged vividly in Grandma's apt of storytelling, though who would not but seethe at hearing such dreadful receptions!

I accompanied Grandma to the clinic the following day. The clinic was thronged with patients. Although staff and nurses were scrambling to-and-fro, it almost seemed as if not a single patient was being attended to. It was all a complete havoc, and it was hot. Sweltering, excruciatingly hot. The air conditioner was out of order and not a single fan was in sight. There we sat, sweat was brimming up in my eyes and Grandma dripping bullets of rain. There was not a water dispenser in the waiting room. What's all that talk of water being essential to the sick and ill? I could've passed out of stroke that moment, so it's a miracle Grandma remained responsive when the doctor finally attended to us.

The doctor arrived, and boy was I petrified. He took the most massive syringe there ever existed and was proceeding to inject Grandma's arm. Good grievance! 'What is this?' I

was on the edge of my tethers. 'She is to be vaccinated, isn't she?' The doctor shoved the patient's note in front of me. 'Doctor, Grandma is not '13-year-old Henry Lau!' I spoke with icy, white fury. The doctor blinked and the last of color escaped his face. He threw us an abject apology and decamped the room. Grandma sat inert; her grey eyes somber.

Grandma had her treatment by the end of the day. She assured me the pain had been alleviated, though it could in no respects subdue my contempt.

How is it a clinic could be so poorly administered? Back pains are trifling matters (no offense Grandma), but I dare not perceive how a patient with a much more severe injury could endure this. Still, I beckon no ill to befall the clinic, though I must here raise some improvements I gauge to be indispensable. First, addressing the reception of calls, the clinic should assign more staff to take on the posts of handling phone calls or digital engagements. Managers should look to bolster the efficiency of reception, as well as assign back-ups to mitigate overwhelming demands when necessary. Also, authorities should improve the efficacy of registration of patients. Complying patients' information systematically, routinely checking for mistakes in incoming registrations and engagements ... small initiatives like these could entail huge benefits to the administration of the clinic. Lastly, it is pivotal to install air-conditioners of higher quality or quantity, and maybe put forth free water bottles to cater patient's needs in waiting in the absence of a water dispenser.

The ill deserves to be looked after with every inch of care, not solely on a medical basis. I hope my considerations and proposals would not be fallen onto deaf ears; I look to having a better experience on my next visit.

**A letter in the newspaper suggests that it should be a legal obligation for children to support their parents when they are old. Write a reply, discussing the issue and stating whether you feel this is a practical or sensible suggestion. Sign yourself 'Chris Chan'.**

Au Cheuk Yi  
Diocesan Girls' School

Dear Editor,

I am writing to address my views towards the issue that lawful obligation should be enforced upon children to support their parents when they grow up. I personally stand for this suggestion, and I strongly believe that it can bring benefits to our society.

Currently, there is no such rule stating that children must support their parents when the time comes. This results in a phenomenon that once children group up, or once their parents become of age, they simply leave their old and helpless parents to live the rest of their lives and to die their death all alone. It is not uncommon to see cases where the elderly were being abandoned by their children who emigrated overseas, having no choice but to live in a subdivided flat on his or her own, even though they had had a rich background. They also do not have sufficient money for their high-priced medical fees. Soon, they would die of their diagnosed disease because it has been left unattended for too long, leaving this cold, hard world of cruelty with immense sorrow just because their irresponsible children had left them with no money, no property nothing at all.

With this in mind, it becomes extremely reasonable and sensible to have children support their parents for various reasons: first and foremost, children have the certain responsibility to take care of parents once they grow older. It can be thought of as a cycle: parents work extremely hard, just to ensure the best for their kids. They spend their hard-earned money not on their own hobbies, but on their child's education and all-rounded interests. When children grow up, it is entirely reasonable for them to support their parents, both financially and emotionally. It would be immoral to just abandon their parents once they don't need them, right? It has been their parents who taught them the most basic life skills and provided them the opportunity to learn all they need after all it's time for them to retire and enjoy the fruits of their devotedly-raised child, and it's time for children to return their love to them through actions.

Secondly, it ensures a stable standard of living among elderly. If grown-ups financially support their parents, their parents would have a reasonable amount of money for their own needs or for afterlife ceremonies/ duties, as well as good living conditions. For example, they no longer need to live in "sardine cans" (subdivided flats), and they could pay for

medical fees with money from their children. Their well-being is ensured and of quality; society as a whole would have less (or none) elderly in poor living conditions, and the aforementioned situation would not happen.

Thirdly, from the child's perspective, this policy can encourage people to work harder and raise the social standards as a whole. This policy acknowledges the next generation that it is a must to provide support for their parents, leading them to think that they should work harder for a better life, not only for themselves, but also for their parents who love them so dearly. When this is promoted on a large scale and most children have this sense of obligation, they would, by theory, all work harder. As a result, everybody's ability and education standards will be raised, and society is being pushed forward in a healthy way.

Therefore, I believe that this is an absolutely sensible suggestion which brings practical advantages to a large group of people in our society the elderly. It impacts positively on both a small-scale and a large-scale, both short-term and long-term, ensuring the best for both young and old, and ideally, all members of the society. I sincerely hope that this suggestion will be taken by officials and rolled out as soon as possible!

Chris Chan



**There are many ways of helping others in the community, for example by treating others with kindness, supporting each other, giving help to someone or fundraising. How do you feel when helping others? How do you feel when others help you?**

Hui Cheuk Yi  
Diocesan Girls' School

Serving and helping others are fundamental parts of a society. Martin Luther King Jr. once said, "Everyone can be great, because everyone can serve." Helping others connects people together, regardless of their nationalities or social statuses. We often see volunteers helping underprivileged children with their academics and supporting elderly who are alone, without their family and living in solitude. There are many different ways of presenting help to people in need, it might as well be a simple act of giving your bus seat to others who are more desperate for a rest than us. All of these actions, even if they seem insignificant to us, bring warmth and positivity to others on the receiving end.

I have been volunteering in a tutorial session for underprivileged children in the community. Every week, I prepare some notes and games for the children, who do not have enough financial support from their families for them to join extra-curricular classes. The children grow up in a less well-off household. They cannot change their background, but they still have a long way to go in the future. Their future is in their own hands, being the next generation of the society, it is crucial for them to receive education and learn more when they are young before sending them into the "real world". We are fortunate enough to be able to receive education and explore our hobbies, but those children lack resources to do that. Therefore, one of the reasons of joining the service was to serve others with my knowledge, to help children grasp knowledge more firmly, so that they would have a brighter future for themselves. Through helping them, I have had the joyful experience of teaching others. When the children successfully understand a concept that I have taught them, they instantly start laughing and blissfully start to demonstrate their newly learnt talent. I always share their happiness, because it proves that all the hard work and preparation I had put into the program paid off. When children discover a new skill that they acquired, a sense of pride and satisfaction fills my heart, and it reminds me that serving others often brings us joy.

Although I enjoy helping others, we sometimes need others' help. There was once when I forgot to bring my octopus card on my way to school. I was already running late, but I caught a bus just in time. Relieved, I reached for my octopus card in my pocket and a surge of anxiety rushed up my throat. I had forgotten to grab my wallet earlier that morning, as it lay still on the cupboard. Heart racing and voice trembling, I told the bus driver about the situation, waiting for an annoyed voice to ask me to kindly exit the bus. Unexpectedly, the

driver calmly reassured me that it was alright and paid the bus fare for me. I could not believe it at that moment. Still in shock, I thanked the driver and walked into the bus, my flushed face resembling that of an apple. Rethinking the incident, I realized how much of an impact an act of kindness could have on someone. The bus driver was a total stranger to me, but he did not hesitate to help a student who was running late by paying her bus fare. He could have easily refused to help me, but his generosity saved me from being late. Through his act of kindness, which was probably an insignificant action to him, he made an unforgettable impact on me, reminding me that a small act of kindness can mean a lot to others. I was grateful and thankful, but also a bit embarrassed to have received help from others. I believe many would also think that receiving help from others is something embarrassing and would feel shameful for needing help, but at the same time relieved and grateful for others' sacrifice and grace.

Both helping and receiving help from others happen around us all the time, we should help others whenever necessary because we might need help from others at some point. Treating others like how others treat us make a difference in the society and creates a loving and harmonious community.

## 向速遞員致敬

保良局羅氏基金中學 羅靖誼

速遞員，總是被認定為「讀不了書」才去從事的行業，總是被鄙視，總是活在這個變了質的社會下異樣的目光。可是，速遞員真正的偉大與辛苦，卻被這些偏見一一埋沒。

我也曾看不起速遞員這份工作。覺得他們無知；覺得他們的存在根本沒有意義；覺得，我們根本不需要這群「勞工」。可是事實並非如此。

我曾在街上看見一個速遞員正在履行職責。他收到電話傳來的指令後，急忙趕至餐廳，從店員手中接過那份食物後，他檢查了有沒有任何遺漏，再將那份食物珍而重之地放進保溫袋。當他在捧著那份食物走回自己的摩托車時，一名路人不小心撞了他一下，食物全跌落地上。那名路人看了一眼，得知他是一位速遞員，便擺出一副不屑的樣子，最後連一句「對不起」也沒有便不疾不徐地離開。那名速遞員看著地上的一盤散沙，沒有作聲，只是默默地收拾好。看著他的背影，我感覺到一種說不出的委屈、無助，但卻又用寬容的心包容了別人。最後，他走到餐廳，自己付錢買了一份新的，附上一張「對不起，讓你久等」的紙條放在外賣袋裏。

一夜，外面雷雨交加，我自己一個待在家，家中沒有食材讓我烹煮，在外用餐又過於危險，我只能叫外送。過了沒多久，速遞員就拿着那份外賣站在我家門前。他渾身濕透了，那份外賣居然沒沾到一滴水，他顫抖、瑟縮着，雙手遞了那份食物給我，說了句「謝謝」。

我接過那份熱騰騰的食物，看着他疲累及堅定的雙眼，心中無盡的內疚與感激湧上心頭。是誰無名無份風雨不改地在背後默默服務大眾，留下的汗水淚水卻被全然忘卻？

是誰寧願犧牲自己，也要確保送到客人手上的，是毫無破損的？是誰尊嚴一直被摔落滿地，卻用那對被碎片割傷的手，捧著他們對所有人的尊重，獨自地走著？

從前的我看不起速遞員，現在的我，卻對他們抱有尊重。對啊，被漠視的那群往往也是最偉大的。我們從速遞員手上收到那份期待已久的食物時，只著重於那份食物的美味、廚師的厲害，卻全然忘卻了那個在風雨下仍挺起身子，不怕辛苦的速遞員。被種種荒謬思想綑綁的我們把他當成了街燈，以為他是必然地為我發光發亮，只是那條街道不起眼的一角。但那「街燈」絲毫沒有介意，他只是無名無份地燃燒自己，照亮與照暖路人的心。倘若我們都失去了這「街燈」，晚上的街道還剩下什麼？一片黯然無光。

## 向速遞員致敬

保良局董玉娣中學 劉蕊芯

速遞員，一個不起眼的職業，甚至會有尖酸刻薄的人以不屑的目光看著到處奔走勞碌的他們。我卻覺得，他們身上透出光輝，值得讓人尊敬。但是一般人，包括以往的我，難以發現這不顯眼的光芒……

「你要好好讀書，不然長大後就要和他一樣只能做這種低賤的體力活。」路邊一個婦女對穿著速遞公司制服的背影指指點點，她身旁的孩子只懵懂地點頭。

「唉，這大熱天的，地面都快被太陽融化了，竟然還要工作，真是可憐。」一個撐著遮陽傘的少女這樣說道，嘴角的笑容不知是憐憫還是嘲諷。

我看著那個單薄的身影被人海淹沒，只是不發一語，但耳邊仍迴響著那些涼薄的人所說出的話。要是那個速遞員聽到這些話該有多傷心？這樣想著，那個背影在我腦海中只留下落寞淒涼的形象。

真正令我改變對速遞員的印象的是一個下雨天。

狂風在窗外肆虐，暴雨在街上橫行霸道，我聽著雨水打在窗戶上的滴答聲。遠在外國的外祖母前幾天給我寄了一份生日禮物，預計今天便到。但我看著那似乎越來越厚重的烏雲，把灰濛濛的天空塗抹成一片漆黑，我知道那份心心念念的禮物今天是不可能送到我的手上了。

失望把我心裏的陽光也遮蔽了，那份隨著等待的時間膨脹的期待，被一根尖刺刺破，化為泡影消失無蹤。下雨天本就令人心情低落，那時我甚至覺得自己好像被人從雲端打落谷底，最終只能發出一聲短暫而沉重的嘆息。

在我不知嘆息多少次後，有不速之客按響了門鈴，我拖著無力的身軀往大門走去，也忘記了向著對方禮貌地擠出一個微笑。我輕輕轉動門把手後，映入眼簾的竟然是一個貼滿膠帶的褐色紙盒！

「你好，這是你的速遞，請簽收。」門外身穿制服的速遞員禮貌地說道。

我驚訝得無法言語，只是直直注視著那個紙盒，緩緩眨了幾下眼，才相信那份日思夜想的禮物，真的出現在我觸手可及的地方！我激動得想要奪過那個紙盒，用手指細細地摩挲，感受它粗糙的觸感。

我這才從驚喜中回過神來，看向一臉困窘的速遞員。他的頭髮被狂風吹亂，濕透的衣角還淌著雨水，胸膛急速起伏，口張開喘著氣，唯獨手上的盒子完好無缺。

我呆呆地在紙上簽名，接過了盒子。他還親切地笑著說：「請拿好。」，便又匆匆地在走廊上奔跑，空曠的廊道裏只有他漸行漸遠的腳步聲，地上是一個個用雨水留下的鞋印。

直到第一個印記消失，我才抱著盒子關上了門。

我開始後悔沒能對那位速遞員說一句「謝謝你」或是「辛苦了」。

不知道他是怎麼在暴雨中開闢一條道路，也不知道他是怎麼讓那個紙盒不受風雨侵襲。我只是在幻想，幻想他把那份禮物緊緊護在懷裏，用雨傘，用身軀，用盡一切辦法，去把這份寄託了祝福和希望的禮物送到目的地。

我想，他把陽光和希望送到了我手上。

這時，我的唇角泛起一個自然的笑容，心裏有種喜悅油然而生。

我想，他把歡笑也送到了我手上。

速遞員的拔腿狂奔是為了把希望還回每個人的手裏，他的狼狽不堪是為了給每個人送去溫暖和歡笑，驅散他們心底的烏雲。

一股敬意在我心裏升騰，伴隨難以言喻的感動。

他們受盡了偏見和嘲諷，卻仍然恪守職責，低調地成為一個把希望送到別人手上的使者。他們無懼風雨，無懼烈日，像泥土一般不起眼，卻托起了這個社會。

其實，我們是不是應該抱持少一分的偏見，給與他們多一分的欣賞和尊敬呢？

## 向速遞員致敬

港大同學會書院 陳珮珈

每種工作，都有其可敬之處。上至公司總裁，下至掃地工人，都是值得尊敬的。然而，我們卻時常把最常出現在生命中的職業速遞員給遺忘了。

我暑假時常常無所事事，幾乎每天都在長期開着空調的房間中做一條「棉被蟲子」。父母都上班了，而我既不想出門，又不會做飯，自然就成為了外賣平台的常客。

有一天，我再次習以為常地點開了外賣平台，查看我午餐的位置，卻發現外賣居然還有整整一公里的路程才會送到。我情不自禁地感到詫異：明明已經過了半小時，怎麼還有那麼遠才到？我只好繼續耐心等待了。

時間過了五分鐘、十分鐘、十五分鐘，我的耐心也逐漸跟着時間一起消逝了。等到我等待的第五十分鐘，家中的門鈴總算是響了。

「抱歉，讓你久等了。」門外那速遞員皮膚黝黑，五官因為南亞的血統而特別深邃。寬闊的額上滿是汗水，訴說着辛勞；簡單的衣著和帶着歉意的微笑，顯露着他的純樸。

「我的摩托車在來的路上壞了，所以拿着保溫袋走了過來，不好意思。」雖帶着濃重的口音，但他語氣中的歉意與誠懇，卻無比親切。

「沒關係，辛苦你了！」我會心微笑，接過仍然溫熱的外賣。

吃飯時，我不禁感慨。我在冰涼的家中享受的同時，速遞員在烈日當空的街道上奔走；我在沙發上不耐煩地等着外賣時，速遞員正萬般焦急地為客人服務，只為得到一個「好評」；我「飯來張口，衣來張手」的同時，速遞員正為那份微薄的工資而不辭勞苦地拼搏。更何況，大多的速遞員，都是南亞裔的少數族群，不僅要適應陌生的環境，更要承受向他們投來的歧視目光，極為艱苦。

速遞員的辛勞，是值得尊重、佩服、欽敬的。既然你會尊敬大公司的高層，又為何不會敬佩為生活而努力的、可敬的他們呢？讓我們向速遞員致敬吧。



舉世著名的印度詩人泰戈爾（Tagore）認為：聰明的人，他的一生都為別人而活。你同意他的看法嗎？為甚麼？

皇仁書院 濮愷俊

泰戈爾曾說：「聰明的人，他的一分都為別人而活。」而於我看來，這句話可以說是顛撲不破的。

聰明的人是辛勤的。愛因斯坦曾言道：「天才，是一分的運氣加上九十九分的努力。」大眾很多時候會認為聰明是與生俱來的。然而，「君子博學而日三省乎己，然後知明而行無過矣。」智慧是經過學習來獲得的。既然如此，聰明便確是辛勤學習而凝結成的燦爛結晶了。至於孔子亦曾說「學而優則仕」，指的便是：學習有所成功，亦即聰明的人便應該做官，回饋社會，所以「能者多勞」，聰明的人經常是最勤奮的，勤奮的人是有能力的，有能力的人又常常是最不辭勞苦，燃盡自己，為人類在各領域中衝鋒陷陣，此即謂「先驅」，難道就不是為別人而活嗎？

聰明的人又是無私的。居里夫婦是聞名遐邇的化學家，作為放射學的先驅。不為人知的是，居里夫婦為了提煉純淨的鐳，不得已在簡陋的工場中工作。即使二人皆已疲累不堪，卻仍堅持不懈，冒著罹患癌症的風險，最終成功提煉，為科學的發展作出莫大的貢獻；北宋宰相范仲淹勤政愛民，曾說道：「先天下之憂而憂，後天下之樂而樂。」他們全是絕頂聰明的人，但正因為其無私，讓他們甘於勞役自己而成全所有人類。

另一方面，聰明的人所得卻遠遠大於庸俗之輩。所謂「多勞多得」，聰明的人一生辛勞，為他人着想，所以說「一生都為別人而活」。不只在於金錢等物質上的回饋，精神上的滿足是更為純粹的。歷史上中外的各位偉人，如達文西、牛頓、孔子、張衡等都是無人不曉的歌頌對象，正正是因為他們無私的貢獻感染了整個社會，而由此成就了他們的名聲。聰明的人所幫助的是整個社會。有云「助人為樂」，作為「為別人而活」的人。其心中必是充盈着快樂，才能驅使著他們繼續發光發亮。

聰明的人一生都為別人而活。即使我們未能達到如此的無私、如此的勤奮，但面對着這些人，可以做的便是投以尊敬和掌聲了。

舉世著名的印度詩人泰戈爾 (Tagore) 認為：聰明的人，他的一生都為別人而活。你同意他的看法嗎？為甚麼？

聖保祿中學(中學部) 何珮瑜

「聰明的人，他的一生都為別人而活。」這句話是出自於舉世聞名的印度詩人泰戈爾的。而我也同意他的看法，聰明的人的一生都為別人而活，但這是貶義的嗎？不，事實卻正好相反。

首先，何謂聰明？對我來說，聰明不只局限於知識層面上，更多的是在心靈層面裏，真正地透悟了人生的意義：為生命、為世界而活。簡單來說就是要學會運用自己所得的知識，去幫助別人，改變世界，讓世界變得更美好。舉個例子，一個人如果只擁有知識，卻不懂為人付出，他不是真正聰明的人，因為他忽略了獲得知識的目的：用知識助人，這樣是無法取得完全的勝利和快樂；相反，一個聰明的人，會以自己的才能幫助別人、幫助世界，因為他知道只有每個人都懂得付出，為別人而活，才能讓世界更好地運作。

不少曾在歷史上創下功績的偉人也是如此，他們有的是科學家，付出了自己的一生，用自己的知識來進行實驗，失敗了那就重來，成功了就再反思，就這樣一直重複，他們為的只是希望能把更多的知識帶給世人；有的是文學家，把畢生的所有以寫作的形式傳達給世人，悄悄地把意義藏在書中，讓讀者尋找，並加以反思；更有的是像德蘭修女一樣的人，用自己的一切來幫助有困難的人，而他們也感染更多的人來幫助別人。以上的人所做的事都各有不同，但在某方面上他們都是一樣的：大家都是聰明的，因為他們知道，人，是該為別人而活。

而讀到這裏的你們，又可否想過你們也可以試試為別人而活？你們也可曾幫助過別人呢？雖然我們不像偉人們般，但我們也能做到不少為別人和世界所付出的事。舉個例子，當有慈善活動，不妨可以嘗試付出自己的一點金錢來捐款，又或者多鼓勵身邊的人一起參與。一點小小的付出也足以幫助別人了，而且懂得學會如何為別人而付出的，也是聰明的。

我常常認為人就像光一樣，因其他的光而生，而當每一顆光組合在一起時，就能發出更強的光，正如泰戈爾所說：「聰明的人，他的一生都為別人而活。」當所有人都懂得運用自己擁有的一切，來幫助別人，為別人而活的時候，大家都是聰明的，因為我們學會付出，領悟了人生真正的意義。而也因為我們的改變，從而令世界也跟着改變，變得更美好。我希望大家可以相信自己的能力，不要害怕自己的付出能否換來收獲，也希望大家能記得這句「為別人而活」。能做到為別人而活的，總能獲得各自的收獲，所以大家也嘗試以這句為目標，令生活、令人生、令世界變得多姿多彩吧！

## 向速遞員致敬

聖保羅男女中學 蔡淳欣

上街時，總會看到速遞員拿著大包小包的速遞，一邊瞄著手錶，一邊扶穩手上的盒子，一邊使勁地往前衝。他們焦急的臉上流著汗水，一滴滴汗珠彷彿能夠匯聚成河。看到眼前辛勤工作的速遞員，我心中必會出現一股暖流，更會對他們陪生一種敬佩之情。

不管夏天還是冬天，晴天還是雨天，速遞員都馬不停蹄地工作著。他們冒著風雨，在多條街道中穿梭，為的就是給人們帶來期待已久的包裹。尤其是夏日炎炎之際，若果還碰上大雨，人們大多安坐家中，盯著手提電話，享受着空調的涼快。然而此時，速遞員正捧著我們的包裹或外賣，咬緊牙關，狼狽地奔跑著，汗水和雨水早已混為一體。他們敬業樂業的精神，難道就不值得我們點頭致謝，甚至心生敬意嗎？換作是自己，真的可以風雨不改，盡心盡力地服務他人嗎？

縱然他們如此辛勞，人們仍是不懂感恩，有的責怪他們送速遞的速度太慢，有的則投訴他們打翻東西。速遞員趕到人們的家門前，早已汗流滿面、筋疲力盡，人們卻不但不體諒他們，還要在他們身上多踩上幾腳。可是，他們仍是毫無怨言、笑臉迎人，堅持以最好的服務態度服務他人。他們笑容背後的辛酸，又有多少人理會過呢？他們的無私奉獻，可真是絕不容易啊！

或許社會上有不少人認為，速遞員薪金低、地位低，不值得尊敬。然而，他們不畏艱辛的服務精神已經勝過一切了。若然將來再碰見速遞員，我必定會把握機會，由衷地對他們說一聲：「您們的付出，大家有目共睹。感謝您們，也尊敬您們！」

## 非以役人，乃役於人

英華書院 溫祖楠

「非以役人，乃役於人」你聽過這句話嗎？

這句話是我校英華書院薪火相傳的精神，訓誡我們不應要他人作我們的僕人，而是要作他人的僕人。

那是我來到英華書院的第一天。鎂光燈照射著在台上的鄭校長，在莊嚴肅靜的鈕寶璐禮堂內，校長一臉認真，鼓勵我們一眾中一新生熱心服務，「非以役人，乃役於人」是令我這刻仍記憶猶新的一句話。他貴為一校之長，大可教導我們孝親敬師，他卻選擇要我們去服務他人。

當時仍天真如孩提的我，只覺這不過是句口號，一句無用的口號，一句無聊的口號。

一年過去了。

我加入了紅十字會，申請參與到老區探訪那些無人理的老人家時，只一心想賺取服務時數，也沒有想過這個活動最大的意義讓我們明瞭到「非以役人，乃役於人」一句的箇中道理。

大概到那天前，我都沒有想過，這句話的真正意義。

那天是我十四歲生日，但也適逢我要參與那探訪活動。天空烏雲密布，像是準備大哭一場的樣子。我到了平常探訪的周伯家裏，他和我閒談數句後，便匆匆趕入房中，說是要給我看一些特別的東西。

「啊！」周伯一聲大叫，嚇得我立即趕到他的房中察看，這個老而彌堅的老人家跌傷了。於是，我捧著急救箱，如數家珍著逐樣提出，為他包紮消毒。

休息過後，他將手提電話遞給我：「你看！」。原來他是搞不懂如何用智能電話，我指著螢幕中的每個像素，逐一解釋。他學懂後那個如釋重負的模樣，這秒仍長存在我的腦海中。

行動不便的周伯突然站了起來：「我想喝水。」但剛跌倒的老伯，又豈能自己倒水？擔憂著他的我，扶他坐下，然後毛遂自薦，要他安坐。癱坐在梳化上的周伯，不花一分一秒就將水全吞噬到喉嚨中。「謝謝你，今天如此照顧我。」周伯握著我的手說。

「何必謝，只是倒杯水而已。」

只是倒杯水而已可倒這一杯水，卻換來了一句道謝。這句道謝，平凡卻又格外珍貴。

「非以役人，乃役於人」，這句話是我今年最佳的生日禮物。

為受傷的周伯包紮、教他用電話、倒杯水給他，這些通通是我能力所及的事情。原來運用自己的能力幫助到他人，也是一種快樂與滿足。

「施比受更有福」不是一句謊言；「非以役人，乃役於人」亦不僅僅是一句口號。

一股莫名的滿足感湧上心頭，走在街頭的我在寒風中感到格外溫暖。此時，一堆紙皮從老婆婆的手推車上跌下，我衝到老婆婆的身旁，陪她一同把紙皮拾起。

「非以役人，乃役於人」我願作眾人的僕人。

**There are many ways of helping others in the community, for example by treating others with kindness, supporting each other, giving help to someone or fundraising. How do you feel when helping others? How do you feel when others help you?**

Wong Yin Hon

The Chinese Foundation Secondary School

We can always help others. By treating others with kindness and supporting them. Besides, we can always receive pleasure after helping each other. Unfortunately, I wasn't that lucky to find this "key to happiness".

23rd October 2021. I was scrolling Facebook as usual. I had seen many people who asked for help on the Internet. People used to leave comments under the posts. However, I didn't have this habit until I read a post posted by a marathon runner, Jimmy.

He had joined races 16 times and had got pretty good results. However, he was upset and depressed after he received the report from the hospital. He got Parkinson's disease. His family wanted him not to join the race anymore. But he still wanted to keep his hobby.

"Last time I joined the race, I was having severe handshake and I tried to take my medicine. However, I accidentally dropped it. I was overwhelmed by depression and sadness. I had even thought of licking the floor to take the dropped medicine..."

I was shocked. I knew the feelings of having Parkinson's disease. My father died because of this.

I decided to help him by designing a cylinder.

I knew that this would cause a lot of time and work, so I asked for help on the Internet for the first time.

"Yes! I would like to help!"

"Love this idea. Anything I can do for you?"

It was strange to be helped by people. I was helped by people from all around the world. Some of them provided technology, some of them provided the design diagram. Although we didn't speak the same language, we were all working on the same product. I appreciated how people help each other. And felt delighted to help others with my own hands.

Finally, Jimmy received the product. He thanked everyone who put effort into it. I wasn't proud of myself by helping others with my own knowledge but learnt the importance of the word "help".



**A letter in the newspaper suggests that it should be a legal obligation for children to support their parents when they are old. Write a reply, discussing the issue and stating whether you feel this is a practical or sensible suggestion. Sign yourself 'Chris Chan'.**

Lau Yin Tung  
Heep Yunn School

Dear Sir/Madam.

I have read a letter in your newspaper about whether it should be a legal obligation for children to support their parents when they are old. I think this is a practical suggestion, with my suggestions below:

First, logically, this can solve the root problem of more and more elderly being unable to support themselves. Seeing them begging on the street is heartbreaking but becoming more and more common on the busy streets. However, as elderly's competitiveness has declined greatly in the job market, the majority of them may only rely on their savings to sustain their lives. If children provide their elderly parents with money to support themselves, at least they will have a shelter to live in and their basic needs will be guaranteed. This can protect the elderly's rights and contribute to the serious problem.

Secondly, ethically, it is the child's responsibility to take care of their elderly parents. Since their parents raised them when they were young, I think that the child should repay their parents and take care of them when they can no longer support themselves. Just as a parent has to look after their child, the child should support their parents when they are old and no longer have the physical and economic ability to do so.

Thirdly, in terms of the government, putting part of the responsibility of taking care of the elderly on their child can reduce the financial burden on the government in relevant aspects. This can allow the government to allocate their expenditure on other social matters. Since the government expenditure on the elderly has been rising greatly over the years due to aging population, making children support their elderly parents should be a legal obligation as it can put a stop to this trend.

Lastly, other details regarding this matter, for example exemptions for financially undurable people, can be further implemented to make the obligation more complete. It is urgent that the government addresses this problem before it further worsens. Making it a legal obligation for children to support their parents when they are old is a suitable practical solution for it. I sincerely hope that my opinions will be reflected.

Yours faithfully,  
Chris Chan

**A letter in the newspaper suggests that it should be a legal obligation for children to support their parents when they are old. Write a reply, discussing the issue and stating whether you feel this is a practical or sensible suggestion. Sign yourself 'Chris Chan'.**

Chow Man Hei  
St. Mary's Canossian College

Dear newspaper administrator,

I am a reader of City Newspaper, and I've written to support that it should be a legal obligation for children to support their parents when they are old.

Firstly, I believe that the support of children towards parents would bring tons of advantages to the society, by lowering the financial burden of Hong Kong's economy. According to the current population, Hong Kong is facing a severe problem of aging as the newborn population decreased and the age of elderly increased. The Hong Kong government stated that more expenditure has to be spent as the situation of aging population is worsening. The financial distress will be enhanced if the government has to pay for their medical, allowance and housing fees. Moreover, around 20% of elderly nowadays were sent to elderly homes by their descendants, and that the economy may be tackled. Therefore, it is sensible and necessary for children to support parents when they are old.

Also, it is a matter of moral for children to support their parents when they are old. As mentioned previously, around 20% of elderly were sent to elderly homes by their children, which is somehow unfair to them. Parents are the mighty ones who brought us up and nurtured us whole-heartedly, it is ruthless to abandon them when they become old. Hong Kong being an international city has the responsibility to ensure that citizens have the concept of gratitude and humanity. Furthermore, many non-governmental organizations provide courses for people to learn to take care of elderly, so the legal obligation can protect the moral of gratitude and fairness, while ensuring elderly's safety. It is definitely practical.

Lastly, children supporting elderly lowers the chance of elderly getting mental illnesses. It was mentioned by psychologists that the chance of lonely elderly having mental problems (such as anxiety and depression) is 40% higher than those being accompanied by family members. If everyone is willing to support their parents when they are old, elderly can maintain a healthy spirit with children keeping them company, while improving their relationships as they get along more.

To conclude, I agree that it should be a legal obligation for children to support their parents when they are old, as lots of pros could be enhanced in aspects like society, moral and spirit. I hope that you would agree with my opinions, I'm looking forward to seeing your reply.

Yours sincerely,

Chris Chan

**A letter in the newspaper suggests that it should be a legal obligation for children to support their parents when they are old. Write a reply, discussing the issue and stating whether you feel this is a practical or sensible suggestion. Sign yourself 'Chris Chan'.**

Karen Lee  
Good Hope School

I agree that it should be a legal obligation for children to support their parents. Taking care of their parents should be the responsibility of the child.

Filial piety is one of the core values of Chinese people, and there has always been a strong belief that people have intergenerational responsibilities to care for their parents. Parents love and care for their children. They take care of them when they're sick and provide unconditional support to create a desirable growing environment for them. It is only fair that children show the same kind of support to their parents when they are old, less capable, and have raised their children into independent and capable individuals.

However, it is observed that the feeling of individualism goes very deep in Western societies. People there believe that each of them are responsible for their own lives, and that parents should provide for themselves. I would respond to this pointing out that it is a selfish and ungrateful decision to not repay their parents. Elderly are generally less capable than the young. It is more difficult for them to find a job if they are unable to keep up with the rapid changes in society. It is also the generations before us that contributed to the prosperity and wealth of today's society. Therefore, supporting their parents is a rightful and undeniable responsibility of children.

I believe that the suggestion is practical and sensible. If children are unwilling to care for their parents, this will only burden the government and drain its resources. I suggest that the obligation be implemented with consideration of each individual's financial stability, similar to how salary tax is calculated proportional to one's income. Since an amount of government revenue is allocated to supporting for the elderly, this arrangement can be changed to directing a certain percentage of salary tax to supporting the individual's parents.

To conclude, I believe that the children supporting for their parents is a practical obligation to implement. It can also help promote the Chinese ethic value of filial piety and belief in intergenerational responsibility.

Chris Chan

**A letter in the newspaper suggests that it should be a legal obligation for children to support their parents when they are old. Write a reply, discussing the issue and stating whether you feel this is a practical or sensible suggestion. Sign yourself 'Chris Chan'.**

Ho Queena  
Marymount Secondary School

Dear editor,

I don't think it is a sensible and practical suggestion to make it a legal obligation for children to support their parents when they are old. Let me explain why.

Firstly, I agree with you that children have the responsibility in taking care of their parents when they are old, yet I don't think it should be a legal obligation. Talking about ethicalness, since the parents took care of the children when they were small, they should take care of them when they're old, it's like a 'vice versa' thing that we all understand but have you ever think of those children who grew up in an abusive or unsupportive family? Their parents didn't bring them up as a mentally healthy person, they didn't take up the responsibility to let them grow in an environment where they feel home, is there still a need to take care of their abuser or 'so-call' parents who have ruined their childhood?

Secondly, most of the elderly actually can live by themselves without the support of their children. If they don't have any savings, they could apply for the old age subsidy from the government, the amount of money is enough for them to live. What I think the children ought to do is to visit them more often, they should do this even without the law, so there's no need to issue a legal obligation for this.

Lastly, making this a legal obligation may bring a wrong message to people that if they raise a child, they will get 'elderly services' from them in return as it's stated by the law. Also, it's not practical as the government will not really know whether the children have taken good care of their parents or not. If they hire people just to check on this, the expenditure will increase and it will not bring good to the society as a whole. Instead, they should educate the people since they're small that they should be grateful for their parents and shouldn't leave them alone when they're old.

In conclusion, I think it shouldn't be a legal obligation for children to support their parents when they are old. It should be taught in school that they should be thankful for what and how well their parents have done and took care of them and treat them the same way when they're old. This will surely make the society a better atmosphere as children won't think that it's a 'work' assigned by the government that they should support their parents so that their love and care genuinely mean what they think in their deep heart, gratitude to their parents.

Your sincerely,  
Chris Chan

**A letter in the newspaper suggests that it should be a legal obligation for children to support their parents when they are old. Write a reply, discussing the issue and stating whether you feel this is a practical or sensible suggestion. Sign yourself 'Chris Chan'.**

Choy Shun Yan Bernice  
St. Paul's Co-educational College

Dear Sir or Madam,

I am writing to express my views on your previous suggestion. In your letter, you have suggested that it should be a legal obligation for children to support their parents when they are old. I do not think that this is a practical or sensible suggestion.

To begin with, it is not really feasible, as it is difficult to set up policies regarding this issue. Firstly, the term “support” has to be defined. Would it be financial support or psychological support? Psychological support is what most of the elderly require the most, yet it is very hard to be interpreted as a legal policy, since it's impossible to count or measure the amount of psychological support people have offered to their parents. In terms of financial support, there is also a problem. Different people have different amounts of needs. For instance, an elder who has kidney diseases and needs daily treatments would require much more financial support compared to a healthy one. A generalized amount of financial support may not be applicable to everyone. Besides, it is not sensible to conduct inspections on these legal policies. It wouldn't be possible to send someone to witness the process of people offering support to their parents. Hence, a legal obligation cannot ensure that people would support their parents when they are old.

On top of the unfeasibility, there is a problem regarding the true meaning of supporting our parents. This should be an act of filial piety of a way of expressing gratitude to our parents for their care and guidance. However, by turning this into a hard policy, people tend to support their parents just to escape from legal consequences. They may even show hostility to their parents, so as to express their dissatisfaction towards the legal policies. You have mentioned that your purpose of making this a legal obligation is to enforce people to show care and love to their parents, but I do not agree that this is the best method, as it may lead to contradictory effects.

In addition to that, legal obligations will limit the flexibility of supporting parents. For example, some jobless or poor people find it hard to maintain their own lives, let alone financially supporting their parents. Therefore, from the perspective of parents, the greatest support and comfort may be seeing their children find a job and take care of their own selves, instead of giving away their money. If supporting parents become a legal obligation,

it may be adding onto the burden and stress of the parents, but not bringing them comfort. It wouldn't be reasonable to do so.

All in all, I hold the belief that it should not be a legal obligation for children to support their parents when they are old. A better alternative solution would be to educate children on the proper moral values since they are young, e.g. through workshops and talks in both schools and the community, so that they will be initiated to take on the responsibility of supporting their parents when they grow older. I sincerely hope that you will accept my opinions and reconsider your suggestion.

Yours sincerely,

Chris Chan



**A letter in the newspaper suggests that it should be a legal obligation for children to support their parents when they are old. Write a reply, discussing the issue and stating whether you feel this is a practical or sensible suggestion. Sign yourself 'Chris Chan'.**

Cheuk Tsz Ching Nicole  
St. Paul's Co-educational College

Dear Editor,

Parents have always been everything to us. They provide their kids with shelter, food, and daily necessities. They share their experiences to make sure we don't make the same mistakes. They revise with us and answer our questions when possible. Most importantly, they gave all their love to us, and put all their hopes on us, wishing we'd be greater than them. Without parents, I doubt whether I would be able to learn English, understand the newspaper, and write this letter to you. And with that, I am beyond grateful.

It is very sensible that children should support their parents when they are old and make this a legal obligation. Firstly, family isn't a corporation; it's the definition of love. Parents take care of us not because they are legally forced to do so, but because that they love us so deeply that they are willing to give everything up for us. They give advice to us because they have been in our position, know our fears, and want to guide and comfort us. They scold us because they want us to learn from our mistakes and grow up. As we understand more about the world around us, we also develop love for our parents. We want to pay them back for taking care of us all those years, supporting us no matter what, and tolerating our awful behaviour. We couldn't pay them back when we were young as we had no source of income and we need their support. But when we are capable, we should, and we need to support them. We should stay and chat with them when they feel lonely. We should send them money every month, or even directly buy food and necessities for them. We should love them with all our hearts, and give them everything we have. Because a family is united by love.

Secondly, what we achieved are all because of our parents. We got a high-income job because of the education they provided to us, the learning opportunities they led us to, the way they helped us to release anxiety or stress, or just the formal clothing we wore on the day of interview was picked and bought by our parents. Without their shelter, without their love and care, we wouldn't be able to get to the place we are currently at. Even if they weren't our parents, we still should pay them back for all they helped us with. Sometimes people say they have achieved far more than their parents, and that they don't need their parents. However, ironically, without your parents, you wouldn't be born on their world and get to say such disrespectful words.

Thirdly, we are not of nobility and we aren't superior to our parents. If you eat at a restaurant, you need to pay for the food and 10% for the service. Similarly, if you took use of you parents' care, you should pay them back and support them when they get old. Even if you view your parents' care as a service, you still need to 'pay' for that service. Nothing is granted and we should be grateful for what we get.

Therefore, it is totally sensible to make the supporting of parents by their children a legal obligation. However, it is not quite practical. Firstly, how do you define support? Financially, morally or physically? If financially, what if a person has no job, no source of income, and is struggling with his own economic conditions? Should he borrow money from friends in order to fulfill this requirement? Or what if their parents are infected with certain diseases, and they can't walk or take care of themselves? Giving them money would be considered fulfilling one's duty, but from the parents' perspective, do they feel supported? Would they rather save some money up with no potential use, or get to see their children every day?

If morally, what actions are counted and which aren't? Thinking, missing and, calling their parents are considered an act of love, but does this count as support legally? How do we assess whether the child loves and mentally wants to support their parents? If they never talk to their parents but have sent them to certain organizations, have they fulfilled the obligation?

If physically, are they supposed to visit their parents every day and help them do everything? What if some live and work in foreign countries and can't see their parents face-to-face? What if they have certain disabilities, and can't even manage themselves?

The definition of support is rather unclear, and we don't know whether to judge from the kid's, parent's, or others' perspective. Some actions like sending money might be considered support by the child and the government, but perhaps not by the parents. Daily chats might be considered support to the child and parent, but perhaps not to the government.

The definition of parents and children can also be unclear. For example, if a woman adopted a child, should the child consider her, the adoption centre, or the biological parent as 'the parent'? Or if someone is disinherited, do they need to follow this law too? Also, whether the parents is dead or alive can also affect. If one's parents is dead, are they supposed to visit their graves, buy them food and flowers, and show some kind of support?

Lastly, 'old' can be a controversial term. What age are we talking about exactly? Some consider age 18, but at this age, some children might still be studying at universities for certain degrees. If it's in the range of thirties, firstly, some people might be unemployed, and secondly, if people get a job before that age requirement, then do they need to support their parents? There's no exact criteria to judge one's ability, and with different kinds of people with different achievements and different ages, it's hard to set a standard for when they should start supporting their parents. Even if the law states that the legal obligation is after they get a job, we still don't know whether they are able to support themselves or their parents. Many aspects need to be considered and everyone might have a different criteria to judge their ability. We can also consider what punishments are suitable if they don't follow the law and how adjudicators should judge the guilty ones.

In my opinion, supporting your parents is something all of us should do, and that forcing it is sensible. However, we need to consider whether ones are capable. Forcing it on people might also change the purpose you do this not because you love your parents and feel the need to, but because you would be punished if you don't. Love shouldn't be forced; it should be developed naturally. One should support their parents because they want to, not because they're forced to. Your suggestion still needs to be amended and discussed due to the reasons mentioned. Hope that you find this advice useful.

Yours sincerely,

Chris Chan

## 「施比受更為有福」在今天的意義。

保良局馬錦明中學 張梓然

“不要磨磨蹭蹭，快點更衣，記得鎖門，我在樓下等你”媽媽不耐煩的催促聲消失在樓梯的轉角。“好”我背著沉重的行李，略微有些不情願。

這是我第一次前往貴州省的一所窮困村落。從出生到成長，我一直活在父母的庇護下。對我來說，“受”是一個無比幸福的角色，有飯吃有衣穿，我不明白母親為什麼要帶我到那些地方吃苦。

從下火車的那一刻，我便徹底厭惡這片地方。車站很小，一眼便能看完。經過幾小時的飛行，我實在疲憊，但山區並不在這裏，我們還要跨越一些崎嶇的山路。

我抵達時幾乎一隻手也無法提起了。村長出來接待我們，又將他的房子讓給我們休息。但即使是村長的房子，依然十分破舊，骯髒的環境令人作嘔，蚊蟲在盛夏特別活躍，令我無法入睡。這是第一天。

清晨的空氣清新，有一種青草蘇打的味道，這與城裏是截然相反的。旁邊的小學傳來瑯瑯的讀書聲，我一時好奇，穿著鞋子出門了，扒在教室的窗臺上看。課室裏的人稀少，只有大概十人。一個小女孩看見我，深邃的瞳仁明亮起來，她指著我，說了聲“哥哥”，老師也看了我一眼，微笑著招呼我進去。原來在背乘法口訣呢。這時我才留意到他們破舊的衣物，面上也滿是灰塵，像是一個月沒有洗頭了，只有眼睛不受污染，依然晶瑩雪亮。後來我留了很久，跟他們說故事，教他們畫畫，漸漸也忘記了時間。我好像不太抗拒“施”這個角色了。這是第二天。

第三天時天氣不太好，天空黑壓壓的，但始終沒有下雨。我起床時，已看不見母親的蹤影，便打算四處逛逛，發現她在隔壁與一位老婆婆聊天，我便加入她們。老婆婆告訴我，她的丈夫被洪水沖走了，她守了十多年寡。失去配偶，生活起居自然變得難上加難。一個老人，同時打理農務和家務，我實在無法想象她是如何撐過來的。我們幫她曬了粟米，又幫她煮了午飯，老婆婆的臉上盪漾著幸福，像是發現了人間親情，又像在給我們道謝。過了今晚，我們該回去了。

深夜總是讓人胡思亂想的，我躺在堅硬的木板上，腰還是很痠，但可以接受。或許“施”并非扶老奶奶過馬路、幫同學撿文具如此簡單，他需要我們由心而發去行動。從那一刻開始，我漸漸明白，一個社會就是由“施”和“受”構建的。“施”者作力所能及的援助，“受”者也能心存感恩，確實是一種難得的美好。

做了多年的“受”，首次做“施”，竟然也會愛上做“施”者。或許並不能得到什麼物質上的回報，但他們一個微笑，一句感激，卻能帶來精神和心理上的滿足。

星辰閃爍，將它們連成一起，能組成不一樣的圖案呢。我凝視窗外，偶爾飛過幾隻螢火蟲，它們的尾部閃著耀眼的珍珠白，明亮卻不刺眼。能一睹這樣美麗的景色，或許也是“施”帶來的福氣呢！我閉上眼睛，很快便入睡了。

三國蜀漢劉備曾經和他身邊的大臣這樣說：

勿以善小而弗為，勿以惡小而為之。

你認對劉備的說法可以作為你做人的座右銘嗎？為什麼？

聖士提反女子中學 陳思涵

善，是中華民族的傳統美德，更是普世價值觀中永恆的守則。古往今來，海內海外，許多人因行善而留名千古，被世人銘記。古有蜀漢君主劉備曾曰：「勿以善小而弗為，勿以惡小而為之」，告誡人們多多行善，切勿作惡。我認為他的說法不但可以作為我個人的座右銘，更應該成為每個人的信條。

「勿以善小而弗為」，有時候往往行為中的一點點善意，即便如螢火般毫不起眼，有可能為別人帶來翻天覆地的改變。著名詞人蘇軾在被貶黃州後，發現當地人民不吃豬肉，雖然窮苦人家買得起豬肉卻不懂得煮，因此心生憐憫，自創「東坡肉」，把肥豬肉變成了普通民眾吃得起，喜歡吃的菜式，令窮苦得吃不飽飯的底層人民也能吃到美味又廉價的菜式。正是蘇軾這為基層人民著想的善意，令他們獲得了溫飽，也收穫了幸福。蘇軾的行為看似普通，可若沒了他這一份為窮苦人家的善意，他們可能就要繼續粗茶淡飯的生活，可見心懷善意行事能改變多大！目光放回現代，即使我沒有為官治民，我依然能感受到來自師長的善意：可能只是微小的，再普通不過的一句「我知道你做得很好！」，或是偶爾在默書成績旁貼的一張「加油」字樣的貼紙，就能讓我稍覺疲倦灰心的內心再度充盈著生生不息的幹勁。從中可見，一點點的善意也能激勵別人，讓別人從負面情緒中獲取再度前進的動力，因此我更加需要行善，只是小小的善意，便能對別人造成巨大的影響，因此「勿以善小而弗為」！

「勿以惡小而為之」，丁點的惡，也可能對別人造成不可挽回的傷害，甚至反過來影響自身，自食惡果。校園欺凌案的內容不外乎是由一大群人對某人的惡行衍生出更過分的行為，最後被欺凌者不堪忍受。選擇報告給師長，或是選擇輕生，而最後欺凌者們被採訪時也會說：「我只不過是做了一點點事，就令他/她這樣了。」可見一點小小的惡，就足以令事態發展變得不受控制：欺凌者見受害者啞忍小惡，便認為自己所做的不算得什麼，因此變本加厲，最後令受害者不堪痛苦。有時候，我們不僅對人行小惡以為沒什麼大不了的，也對我們的地球行惡，小到用大量的塑膠製品，大到各個國家所排放的廢氣令臭氧層出現巨洞，我們無心的一舉一動，令本就不勝負荷的地球雪上加霜。或許一個人用一套即棄的塑膠餐具沒什麼大不了的，那麼全港每一個人都這麼做呢？全亞洲每一個人都這麼做呢？全球每一個人都這麼做呢？每個人對地球所行的小惡，終將積成巨惡，最後地球生態系統崩潰，我們也將面臨何去何從的難題。可見一點點的惡，也能對事物和人造成巨大的損害，因此我們更應「勿以惡小而為之」！

善與惡，全在我們個人的一念之間。要行善，無論它多麼微小，去改變他人呢？還是不以為意，行惡作妖呢？相信以「勿以善小而弗為，勿以惡小而為之」為座右銘的我，會堅定的回答前者。

**It is common for students to do some kind of voluntary work. Some students think that voluntary work is a waste of time, whereas others think that it may not only be helping others, but the volunteers themselves as well. Write an article for your school newspaper on the issue. Discuss both sides of the argument and conclude with your own views on the matter.**

Nicole Mong Joo  
Diocesan Girls' School Chung

Let's face it, most secondary school students' schedules are hectic. Not only do we have numerous tests and exams, but we also have various extra-curricular activities and responsibilities, such as being the captain of the school's sports team or leading rehearsals in sectionals. 'Service hours' and 'voluntary work' have become another core aspect of students' well-rounded development in recent years. Nowadays, almost all students participate in some kind of voluntary work. Some believe that it is a waste of time, whereas others think it helps the service targets and the individuals themselves. Is voluntary work a burden on students? Or does it grant students opportunities?

Despite the benefits of doing voluntary work, some believe that serving others is a waste of time. In a competitive society like Hong Kong, students are constantly trying to bolster the impressiveness of their resumé's by adding more activities to their busy schedules in order to show universities that they have 'contributed to society' and fulfilled the 'minimum service hours'. This has become such a trend that, according to a survey conducted by the Student Council, over 70% of our students indicated that the main reason for doing voluntary work is to obtain enough 'service hours' for the Other Learning Experiences curriculum. The statistics show that most students are striving towards fulfilling a requirement in the school curriculum, rather than genuinely wanting to serve the needy when they do voluntary work. This indicates that no matter how much time is put into serving others, students are, sadly, aiming for a superficial and insignificant goal. The true joy of helping others and the memories gained from it are often overlooked. The benefits of serving the community are not realized by the students as they are so engrossed in their temporary gain of doing voluntary work (service hours) and their result-oriented way of thinking. Thus, they think that completing a service session is more important than the experience of doing so. It is a waste of time when they have more pressing priorities, like studying for tests and meeting project deadlines. Students have a lot on their plates and adding voluntary work into the equation would reduce their time for academic or other ventures. Hence, some think that voluntary work is a waste of time.

On the brighter side, some think that voluntary work is beneficial as it may not only be helping others, but the volunteers themselves as well. While helping the needy can help



alleviate the problems they are facing, volunteers can also gain a deeper insight into the service targets' unique perspectives, practice their social skills, enhance their abilities to understand others and learn to empathize. Take the Best Buddies Movement as an example. The Best Buddies Movement is a service that pairs up a person with Intellectual and Developmental Disabilities with a normal person and encourages the cultivation of a one-to-one friendship. This lends a helping hand to the service targets as they have the opportunity to develop a genuine friendship with someone who is equally invested in the relationship over an extended period of time. It gives them the chance to be, so called, 'normal', as they participate in activities with people with IDD. They can be understood and cared about by the volunteers. From the volunteers' perspective, this type of voluntary work can help them as well. Firstly, it can improve their communication skills. By interacting with people with IDD, volunteers will learn to develop a good channel of communication with them. It is, at times, hard for both the volunteers and the service targets to be on the same page due to the difference in intellectual capacity, but volunteers can soon establish an ideal mode of communication that is comprehensible and comfortable for all participants, whether it is done by using simpler language, more hand gestures or more distinct facial expression. Secondly, this voluntary work gives volunteers the opportunity to understand what the service targets are going through. People with IDD may not be as adept at solving problems and expressing themselves. Befriending them and sharing experiences with them allow us to gain a deeper insight into their problems. For instance, ordering a meal may be, at times, troublesome and challenging. Hence, this can help us empathize and sympathize with those in need as we have the chance to know what they go through. Moreover, this can demystify the stigma surrounding people with IDD as we come to realize that they are actually not too different from us and we can, indeed, have a true friendship with them. This can help broaden our horizons. Therefore, voluntary work can help both the service targets and the volunteers themselves.

In conclusion, it is rather ignorant and insensitive to say that voluntary work is a 'waste of time' and an unnecessary burden added onto stressful and busy students. When you look at the bigger picture, you will realize that voluntary work is not just merely a means to fulfil service hours. It actually contributes to a great cause. It helps those who are in need and brings immense joy to them. What's more is that it gives you memorable experiences, as well as values and skills that are essential to life.

So, what are you waiting for?

**It is common for students to do some kind of voluntary work. Some students think that voluntary work is a waste of time, whereas others think that it may not only be helping others, but the volunteers themselves as well. Write an article for your school newspaper on the issue. Discuss both sides of the argument and conclude with your own views on the matter.**

Ngai Matthew Hon Hin  
St. Paul's College

Many students nowadays will do different kinds of voluntary work, such as flag-selling, visiting elderly homes etc. It is becoming more popular for schools to encourage their students to engage more in community service, which is probably one of the causes of the above phenomenon.

It is well perceived that helping others is beneficial not only to the people being served, but also the volunteers themselves. However, some critics are arguing that participating in voluntary work is simply a waste of time, which would adversely affect their study. In view of this, I would like to share with you my opinions on this matter, that I personally hold reservations on the critics' views.

Although most of us are very familiar with the term 'voluntary work', I would like to explain its meaning in case any of our readers do not. By definition, voluntary work is doing something without any physical return, not even a penny. There are many types of voluntary work, and it does not necessarily be flag-selling or walkathon. In fact, helping your younger schoolmates on their academic study, visiting elderly homes or assisting events in community centres also count. Some people, including myself, are frequently engaging in different sorts of community work, as we believe it has the following benefits.

Firstly, participating in voluntary work can better equip yourself. Not many have noticed that participating in voluntary work can help the volunteers. In fact, participating in these activities in your free time provides you opportunities to be exposed to different environments which can give you valuable experience to deal with upcoming challenges in your life. This is because you need to learn new skills in order to cope with a new environment. For example, after holding a service project, you may notice that you need to explain clearly in a concise and precise way in order to present your idea well to a community centre. You have therefore enhanced your communication skills. Let's have one more example to illustrate. Imagine you are an organiser of a walkathon, you need to plan the route and assign work to your teammates. These all require leadership skills. In the future, when you need to hold an event or lead a team, you can simply apply what you have learnt in voluntary work. Not by studying at schools, but only by participating in voluntary

work, can you equip yourself with these soft skills. This is one of the major benefits of being a volunteer.

Secondly, participating in voluntary work can create a better atmosphere in our society. A famous Chinese actor once said “all for each, each for all” in a movie. And this exactly explains the significance of having volunteer work in our community. This quote literally means that all people can help, which implies you should help others as others helped you. When everyone is offering helping hands for others, a harmonious environment is thus created. Under this principle, as you help an elderly member, you will also be helped when you get older. Every single person can be benefited.

Having said that, some insist having voluntary work is a waste of time. They may argue it takes your time without any return, which is not economical. Students will have less time on their study, affecting their academic results. They believe doing voluntary work is not helping, but harming themselves. As a result, they are reluctant to participate.

However, it is a false argument as this is not the whole picture. You should not only focus on the material return, but also the lessons learnt, such as the soft skills. These skills are in fact as equally important as your academic results for your future career. Moreover, we all need to think of, do we really study all the time, when we are not doing voluntary work? Therefore, doing voluntary work is not the culprit for the fall in academic results. We should not use it as an excuse.

To sum up what I have said, I would once again like to highlight the benefits of doing voluntary work, which is much more than just helping others. I hope everyone of you, who is reading this article, can actively participate in voluntary work in the future, not only for yourself, but for the overall good of our society.

**'Doctors make a much more valuable contribution to society than teachers.' Write an essay discussing this statement. Examine the contributions that both teachers and doctors make to society and then state whether you agree or disagree with the statement.**

Wong Ming Yan  
Tsuen Wan Government Secondary School

'Doctors make a much more valuable contribution to society than teachers.' Is it really the case? In this essay, I would discuss this controversial issue in depth.

Undoubtedly, doctors make invaluable contributions to our community. They spare no pains to cure clients who suffer from diseases – doctors genuinely make a life-saving difference. For instance, in response to the outrage of the coronavirus, many doctors have to work overtime, take care of their patients and observe their symptoms. With a large number of infected citizens, doctors can't even return home, spending all their time in the hospital, trying their very best to help every one of their patients. Only with their selfless contributions can we live under a safe environment. Due to their invaluable efforts, the pandemic is significantly relieved. Despite the COVID-19 pandemic, doctors always spare no efforts in helping patients, they offer professional suggestions and provide them with firm support as well as medical help. It can be seen that doctors are absolutely making an invaluable contribution to our society.

On the other hand, we should never neglect the contribution that teachers made. Seldom do people realize the importance of teachers and the significance of education. To what extent does a teacher impact students? In fact, teachers make essential contributions to our society by guiding students and offering quality education. School is a miniature society while students are the future leaders of the society. Therefore, teachers are in fact fostering and nurturing the future generation. And, in the foreseeable future, the grown-ups will give back to the society, ensuring the sustainable development of our community. Teachers provide the youth with both academic and ethical education. Education is a key to well-being and personal growth. Teachers offer moral education for children and teenagers since they were young, preventing them from acquiring distorted values. With the aid of teachers, students learn to distinguish right from wrong and behave themselves. As a result, students acquire knowledge and appropriate moral concepts from teachers. They establish a positive attitude towards life and this is essential to their growth.

Given the immeasurable contributions made by teachers, I definitely disagree with the statement. Instead, I think that contributions made by teachers are comparable to the contributions made by doctors. Both of these professions worth admiring and both industries contribute a lot to the society. It is crucial that doctors bear their responsibility to cure patients whereas teachers make an invaluable contribution in education sector. In my opinion, every profession play a unique role in our community and there is no need to discuss whether which occupation contributes the most. Without any one of the professions, we can no longer enjoy a safe and convenient life. Therefore, respect all the occupations and give a big hand to everyone who contributes to our society!

### 「施比受更為有福」在今天的意義。

何明華會督銀禧中學 黃曉晴

「施比受更為有福」這句話相信大家聽過吧，我也不例外。從小時候開始，外婆便經常把這句話掛在嘴邊。

「上帝會記下每個人一生的功過，到你死了的時候就會決定你是上天堂還是下地獄，所以要多幫助別人啊。」那時候我自然不知道還沒有宗教信仰，也不明白「上天堂」、「下地獄」是什麼概念，但「幫助別人」這一概念在我心裏埋下了種子。

然而，隨着成長，我對這一說法愈來愈懷疑。提供幫助者真的比接受者更有福嗎？我不知道。一次，我和媽媽去逛街時看到一個乞丐，她二話不說便給他買了麵包和水。他聲淚俱下地感謝我們，又說媽媽是個大善人。雖然水和麵包都不是我買的，但看到別人得到幫助時，一種滿足感油然而生。也許施者得到這份獨一無二的喜悅，便已是最大的福了吧。

「喂，你今天賺了多少？」和媽媽吃完飯後，正打算踏上回家的路，突然見到剛剛那個乞丐和朋友在垃圾桶旁抽煙。我猜他肯定是個老煙鬼了。香煙可不宜，在三餐不繼的情況下還騰出錢來買煙，想必是因為早已上癮，或已戒不掉了。

「別提了，連三百塊都不到。」那乞丐搖頭，「現在的人啊，那是愈來愈不好騙了。就像今天那娘倆，只給我買什麼麵包和水，能頂個屁用啊？我現在都不知道咋向上頭交代。」他往地下吐了一口痰，「可去他的吧。」我皺起了眉頭，不是因為他吐痰的舉動，而是那令人作嘔的言語。「騙？」「上頭」？這兩個詞刺激着我的耳膜，真相呼之欲出——集團式行乞。一陣寒意從腳底升起，我相信那絕不是因為入夜了氣溫下降所帶來的。

「你聽到了嗎？」回到家後我沒頭沒腦地問，但她聽懂了。

「嗯，聽到了。」

「所以說，以後看到乞丐不必理會，直接視而不見就……好了吧……」我愈說愈小聲，因她臉色亦愈來愈難看。我不認為自己說錯了什麼。今天那一陣風雨吹得心中那棵小樹苗搖搖欲墜。

媽媽突然嘆了一口氣，「你知道，幫助人的意義在哪嗎？」我搖了搖頭。

「是問心無愧啊。我也知道這些乞丐多半是假的，但……萬一真的有一個是需要幫助的呢？」我愣住了。

「人啊，有時候只要依循自己的良心，其他一切都不重要。」

施比受更為有福嗎？這注定是個無解的問題。在當今社會，那些「受者」又真的一定需要幫助嗎？同樣無解，但也許人很多時候只因良心未泯才幫助那些人，而刻意忽略一切疑點。在能力範圍內，也許每個人都該為世界、社會付出一點綿力。

心中的小樹苗被狠狠扶正、施肥並茁壯成長，那肥料的名字是「問心無愧」。

三國蜀漢劉備曾經和他身邊的大臣這樣說：

勿以善小而弗為，勿以惡小而為之。

你認對劉備的說法可以作為你做人的座右銘嗎？為什麼？

保良局羅氏基金中學 蔡宜彤

三國蜀漢劉備曾經和他身邊的大臣這樣說：「勿以善小而弗為，勿以惡小而為之。」從多個方面來看，我認為此說法十分正確，亦有助我於待人處事的時候更得體。因此，我認為此說法可以成為我做人的座右銘，讓它在我成長的路上引領我，成為我思想行為的根本。

勿以善小而弗為，勿以惡小而為之的意思是不要因要做的善舉在你眼中微不足道而不去做，也不要因為想做的壞事在你眼中只是小事而去做。在個人，群體和社會的方面出發去思考後，這句話足以成為我的信念。

從個人的層面出發，行善固然比行惡更討人歡心，從而成就自我。比起送偷來的十個麵包，送自己用金錢買來的麵包較能讓人接受。同樣的，用不正當的手法獲得的東西根本不屬於自己，也難以利用它獲得名利成就。例如一個努力的「打工人」，即使家境不好，學歷不高，但他願意通過自己的努力獲得別人的認同。而不是在別人背後耍小手段，讓自己上位。雖然腳下的踏腳石不高，但堅固耐用。歲月的洗禮過後，惡人腳下的石頭只會不斷破碎，一個又一個的惡事也會被人揭穿。行善的人最終會比行惡的人更成功，所以，只有行善才會對自己有利。

從群體的角度來說，行一點善帶來的好一定比行一點壞帶來的好多。行善不在於數量，在於有或無，行惡亦是。只要行過善，不論大小，都會在他人心目中留下好印象，認定你是個好人，行惡則相反。雖然此刻行的善對你來說不足以讓你從中得益，但在日積月累後，行的善終究會有回報。對人好，別人也自然會多關照你，帶來好的人際關係。人際關係使自己與社會的接觸更多，從而增大成功的機會。相反，只要行過惡，別人就會把你標上「壞人」的名號，人際和其他方面都難以成功。因此，行善不需大就能讓你得益。

從社會的角度來說，即使是小的善事都需有人做，即使很小的壞事都不需有人去做。幫人拾起掉了的一元硬幣，提醒別人明天會下雨，教人寫幾個字，聽起來微不足道。但當我們把它們放大來看，若沒有一個人願意提醒別人掉了錢，那該有多少無人認領的錢在地上游走，在那之中該有多少是曾被主人在手中緊緊握著珍惜過？一元不大，那只是你的想法，行善不大，也只是你的看法，那件善事夠不夠大，只有做了之後才能發現。一件善事無分大小，都會讓人記在心頭，其實，你也能成為得益的那方，得到別人的感謝，便能開心。行惡也是如此，行的惡終究會影響他人，始終會給你帶來不可挽回的影響，令你難以心安理得地享受歡樂。由此可見，只有行善會對自己有益處。

綜合以上觀點，勿以善少而弗為，無以惡小而為之的看法能使我的思想和行為更恰當。因此，他可以作為我做人的座右銘。



三國蜀漢劉備曾經和他身邊的大臣這樣說：

勿以善小而弗為，勿以惡小而為之。

你認對劉備的說法可以作為你做人的座右銘嗎？為什麼？

書色園主辦可譽中學暨可譽小學 余詠琪

人應以行善為本，行惡為恥。三國蜀漢劉備曾言：「勿以善小而弗為，勿以惡小而為之。」短短一句，字淺意深，那我人生的座右銘。

助人為我快樂之本，不論是長輩還是晚輩、老師還是同學，乃至陌生人，我都願意為他們伸出援手。人性本善，我相信無論是簡簡單單的小事還是關乎人命的大事，人們都應伸出援手，讓社會更溫暖，世界更和諧。

我行善，不求得到別人的回報，也不為他人的稱讚，只是跟隨自己的內心。觀乎天下，不難發現現今的社會變得更冷漠了。是人們工作太忙導致的？不！人們之所以不再主動幫助別人，其實也有隱情。近年在國社交平台、電視新聞中，出現行騙的人越來越多，手法更趨離譜。我記憶中最深刻的是兩個學生路過扶起老人，卻反被老人罵他們撞人要求賠償，否則報警處理。熱心助人的學生出於良善而向老人伸出援手，卻差點害了自己，幸好有路人和馬路邊的監控作證據才能還他們清白。當我看到這則新聞時，除了對學生行事的讚賞，更多的是擔心自己也會遇到類似情況。相信也會有很多人和我一樣有所顧慮，可能下一次遇到同樣情況，自己也不敢伸出援手。就此，人們慢慢變得冷漠起來，但，這是應該的嗎？

有時候，一個小小的舉動足以改變整件事的結果。就如在朋友情緒崩潰時給他一個溫暖的擁抱，在拾到陌生人的物品時交給警局讓物主尋回。這些小小的舉動都可能拯救到一個生命。當人們情緒崩潰時，嚴重的會有輕生的想法，一個溫暖的擁抱可以讓他知道有人支持他、陪伴他；在拾到金錢時，一定不能偷走，因為這可能是他用來救命的最後一筆錢，人們拾金不昧的行為也能幫助到別人。

對，無可否認社會上有些人被金錢蒙蔽了雙眼，以欺騙的惡行來滿足自己。但正義是永遠站在正確的那一方，即便是蒙冤的學生，最後也能證明其清白。若人們都怕被騙，從此不再願意向陌生人伸出援手，實在不敢想像會有多少的生命因而斷送。

行善的行為不在乎事情的嚴重程度，哪怕只是一張紙巾、一個擁抱、一句說話都足以有很大的影響。但我堅信，行惡不論事情的大小，該行為原則上就本是錯誤的，人們也絕不應該因為是小事而行惡。

不論世事如何變遷，「勿以善小而弗為，勿以小惡而為之」永遠都是我人生的座右銘，而我也會永遠保持助人為樂的美德，絕不行惡。

三國蜀漢劉備曾經和他身邊的大臣這樣說：

勿以善小而弗為，勿以惡小而為之。

你認對劉備的說法可以作為你做人的座右銘嗎？為什麼？

天水圍香島中學 王曦

中國歷史跨越上下五千年，在這歷史長河中，古人也留給了後人無窮的智慧，其中就包含了一些意味深長的話。若讓我在這些話語中選一句作為自己做人的座右銘，那我或許會毫不猶豫地選擇劉備的這一句「勿以善小而弗為，勿以惡小而為之。」

記得第一次看見這句話還是在小學的中文教科書上，在一個隱秘的角落中無意間發現，雖未經老師講解，但卻以留下深刻印象。「善」與「惡」雖有大小之分，但我一直認為「小善」或「小惡」最終都能累積為「大善」或「大惡」。

先從「勿以善小而弗為」來看，為人行善並不需要幹甚麼驚天動地的大事，誠然我們作為學生或許還沒有能力去做一些拯救生命的大事，就以我來說，縱使時常能在新聞上看到某地的學生在災難中留在災區搜救傷員，看到某國的學生在街頭上甚至聯合國大會上呼籲人類環保，在歷史上也有劉胡蘭，王二小等少年英雄，但現今社會，我就如大部分學生一樣，只是一個平平凡凡過日子的普通人罷了。沒有能力，亦可以說是沒有勇氣去行「大善」，但人總歸是有一顆善心，我們完全有能力行「小善」，又為什麼不去做呢？我就抱著這個想法，每當遇到有需要幫助的人我都會盡力地伸出援手，或是同學，朋友，家人，或是陌生人，小到幫助孕婦搬抬物品，給長者讓座，大到去老人院看望長者，給他們平淡的生活增添一份驚喜，雖然看起來微不足道，但這也許已是我目前能行最大的善了吧，但我又有什麼理由不去做呢？行善不論大小，不僅可以溫暖他人，更能從中獲得滿足感，何樂而不為？

再說「勿以惡小而為之」，既然「善」不分大小，那我也認為「惡」同樣是不分大小。很多人覺得當今社會只需要遵守法律便已足夠，但法律恰是對一個人最低的道德標準，出軌並不違法，但他一定不符合道德倫理，也必然會是大惡，它毀的是一個家庭。而有部分的小惡卻又是法律所禁止的，就以我個人觀察來說，闖紅燈相信大部分人都做過，平時等紅綠燈的時候一不耐煩就徑直頂著亮眼紅光穿過馬路，後面的人也因從眾心理一同衝出去，逼得原本飛馳在馬路上的汽車只能是一個急剎車，看得我的心是陣陣緊縮，生怕一場事故就發生在眼前，闖紅燈的人卻異常輕鬆，殊不知這是違法行為，破壞的是社會的秩序。但也不是所有人都會無時無刻用法律來說事，難道還會有人看到闖紅燈就報警？無非就是靠自覺。網絡上被人辱罵，被叫「花名」，雖然大部分人都不會因此而報警，但這卻實實在在地如利劍一般刺痛被辱罵者的心。這些事情不是謀殺縱火，不是拐賣搶劫，但影響卻一樣地深遠，若養成了闖紅燈，辱罵他人的習慣，又有誰能夠保證你不會因為汽車剎不住車而葬身車輪之下，又有誰能保證所有人都不會因你的辱罵自殺或報警，讓你終難逃牢獄之災？你認為的「小惡」，卻可能造成比「大惡」更嚴重的影響。

行善積德，道德守法是中華民族的優良傳統，「勿以善小而弗為，勿以惡小而為之」是古人留給我的教誨，也作為我的座右銘永遠銘記在我心中。

三國蜀漢劉備曾經和他身邊的大臣這樣說：

勿以善小而弗為，勿以惡小而為之。

你認對劉備的說法可以作為你做人的座右銘嗎？為什麼？

聖保羅男女中學 李卓秦

星點雖小，匯在一起便成璀璨星河；滴水雖弱，堅持不渝亦能滴水穿石；星星之火，也能燎原。我們的身旁有許多事物，看似渺小，其實卻能凝結出巨大的力量，尤其是對於“善”與“惡”這兩個字。正所謂“勿以善小而不為，勿以惡小而為之”，我猶為認同。

首先，小事更能看出人的真本性。從前有個年輕人考上大學後，在暑假幫人粉刷牆壁，賺取零用錢。在所有工作完成之後，才發現新刷的牆的顏色和其他的牆壁有細微的差別，換作別人大概也就置之不理了，但他卻堅持要把剩下的牆面也粉刷一次。房東知道後十分讚賞，認為他克盡己職，便把他招進自己的公司，並處處提携而這名年輕人也果然成功了。他成了我們熟知的沃爾瑪超市集團的董事長。試想如果這位年輕人當時沒有重視那次粉刷牆壁的工作，沒有堅持恪盡職守，又怎會遇到生命中的貴人呢？但換句話說，若非這位年輕人本性忠厚，不斤斤計較，他又怎會作出那樣值得賞識的行為呢？由此可見，行小善是多麼重要！

其次，小事堆積，亦能產生巨大的影響力；小惡不除，將來也難免釀成大禍。英國有一首著名的民謠就說過這樣一個故事：由於一個工匠粗心大意，少釘了一個馬蹄釘，導致國王在戰場上人仰馬翻，最終更造成了亡國的後果。你看，哪怕是一個小小的工匠，因為粗心大意這樣小小的惡習、少釘了一顆釘子，也能使整個國家覆亡，這是多麼可怕。由此可見，再小的失誤，若不加以修正，形成習慣，也會造成問題，使人懊悔終生。

我們的人生看似漫長，年輕的少男少女們有太多時間可以揮霍，有太多機遇可以錯過殊不知，再漫長的旅途也是由微小的風光組成的，若不好好珍惜，若是一味地放縱，追悔莫及的日子就在前頭。

我們的世界看似無窮，一個普通的市井小民又算得了什麼？犯一點兒小錯又如何？殊不知，再小的一粒塵埃也能影響他人，改變世界只有當我們付出了足夠多的“善”，我們才有機會感化他人，以生命影響生命，讓生活得以溫存。畢竟，如果不積跬步，我們又何以成千里呢？

“勿以善小而弗為，勿以惡小而為之”這句話告誡我們謹慎、珍惜，提點我們保持正確的人生態度。願我們銘記這番真知灼見，規範言行，從小處做起而終成大業！

## 「施比受更為有福」在今天的意義。

聖馬可中學 周天承

作為一名基督徒，「施比受更為有福」這句話對我而言是最熟悉不過的了。從小我就被教導要愛人如己，樂於助人，可具體該怎樣實行呢？這要靠自己摸索。

這句話源自新約聖經，距今足有上千年歷史，其中教導的這種做人的方式一直為人所稱頌。古今中外，相信對這句話都有不同的解讀。那麼在如今的時代，它會對我們有什麼意義呢？

首先，這句話代表著進步。「受」的人固然有得著，可「施」的人又如何「有福」呢？就以學習為例。我們作為學生，固然得到了知識。對於老師們而言，他們帶領著一屆又一屆的學生畢業，同時也能不停鞏固自己的知識，以達到更高的學術水平。正所謂「溫故而知新」，就是這樣的道理，如此人人才能進步。

這句話亦代表了人與人之間的關係。我們該當「施予」，怎的也要有人「受教」吧。古語云：「不恥相師。」人們樂意被「施予」，才會有人施教。一人受教了，就去施教於另一人，這人又去教另一人，如此反覆循環，信息便被傳播，人與人之間的關係便能夠被維繫。這正如同學之間互幫互助、互相學習、指教的關係。正所謂「術業有專攻」，如此才能取長補短，共同進步。

這句話更體現了愛與付出。施予的人雖然犧牲了自己的時間和精力，但得到的往往不是物質上的滿足，而是心靈上的幸福。記得有一次我和同學約了生物老師為我們補課，可時間到了卻還是有很多問題想問。從原來的四點半，到五點、六點、七點，我們看著老師不停推脫，卻又不停地讓步。他看起來很無奈，但後來看到他分享的一張傍晚時的學校外景，就知道他內心是多麼的欣喜雀躍：「沒想到有生之年也會被自己的學生留在學校推殘到晚上八點，很累，但終於覺得自己真的在做老師……」這種身為師長、對於自己盡了責任而得到的一種莫名的幸福感，摸不着卻甜在心裏，我想這就是老師對學生那偉大的愛吧。

受教的滋味，我想我們都已經嘗膩了。為何不去試著嘗嘗施予的感覺，說不定回味无穷呢？

三國蜀漢劉備曾經和他身邊的大臣這樣說：

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你認對劉備的說法可以作為你做人的座右銘嗎？為什麼？

香港華人基督教聯會真道書院 李曉華

「勿以善小而弗為，勿以惡小而為之」這句耳熟能詳的古語，意思就是不要因善事小而不做，不要因惡事小而做壞事。我不得不認同，它也絕對能成為我的座右銘，成為我做任何選擇、作出任何行為的一度閘，學懂待人處事時三思而行，考慮事情的好壞善惡。

是否應該時常在地鐵上給有需要的人讓座，或許困擾了我們好一段時間。「讓座」是善良的舉動，讓行動不便的人，在繁忙而擠擁的地鐵車廂內，能夠安心坐下，舒適地乘搭交通工具。但「讓座」在各種善舉當中，似乎是最微不足道的其中一項。它並不需要金錢支出，亦不用花費太多時間，可能只是用幾秒鐘把有需要座位的人喊過來，給他讓座。對於讓座者而言，最大的付出可能是體力的消耗，因為我們要站着直到下車。因此，在不少人眼中，「讓座」因為「善小」，並沒有太大價值，所以寧願讓自己疲憊不堪的雙腳休息，也不願站起來讓座。

這也是我小時候的想法，但當我看見這讓人心酸的一幕，我就明白不要因為所作的善事微不足道而放棄，因為個人的放棄和自私會導致更多人受苦。那一次，我在同樣人山人海的地铁車廂坐着，低頭滑手機，聽到這樣的對話「小姐，你坐下吧，你身子不方便，站着會很累的。」一把微弱而沙啞的聲音說道。那位小姐回應說：「謝謝你！」聽到這裡，我不禁抬頭了解事情，才驚覺那位讓座的人是個滿頭白髮、彎着身子的老婆婆，而那位受助的小姐是名孕婦。我們竟然讓一位同樣有需要的長者讓座給孕婦？這實在是合常理。這也是因為我們每人心中都認為「讓座善小而弗為」，才導致的結果。這經歷也讓我明白「勿以善小而弗為」的重要性。

那麼我如何看待「勿以惡小而為之」？從小到大，我們被教導不能做壞事傷害他人，可是那些無傷大雅的，我們又該做不該做？我們或許會認為那些「惡小」的事，做了也不會有人察覺，所以便隨心所欲，任意妄為。以行山亂拋垃圾為例，在疫情期間，我們都無法出國，不少人便以郊遊作為假期的娛樂活動。可是，當更多人使用郊野公園，山上的垃圾，包括口罩、膠袋、食物包裝等也隨之增多。新聞亦曾報導有負責清理垃圾的工作人員表示一次上山清潔能撿獲幾十公斤的人為垃圾，數量驚人。這現象無非是因為每人心中都認為在郊野公園的草叢邊棄置一件垃圾並不會損害整個自然環境，也沒有人會發現，因此視亂拋垃圾為「惡小」。可是，當一件一件垃圾、一件一件「惡小」累積時，便會積聚許多垃圾，不但大煞自然風景，更會危害無數自然動物的棲息地，損害香港的自然生態，帶來嚴重後果。由此可見，「惡小」的事可能在起初是微不足道、毫不起眼的。但當壞事不斷積累，便會一發不可收拾。因此，我們要時刻緊記，勿以惡小而為之，而我也會以此為鑑，提醒自己。

總括而言，「勿以善小而弗為、勿以惡小而為之」，絕對能體現在生活中所有瑣事上。我們或許認為「讓座」一事作用甚微，但受助的心裏絕對會感到一絲溫暖。我們也或許認為在郊野公園亂拋垃圾無傷大雅，但長期持續累積的垃圾絕對會危害自然生態，後果不堪設想。所以，我定當把「勿以善小而弗為，勿以惡小以為之」作為我做人的座右銘，時刻提醒自己看清善惡好壞，做任何善良的事、拒絕任何醜惡的事。

**It is common for students to do some kind of voluntary work. Some students think that voluntary work is a waste of time, whereas others think that it may not only be helping others, but the volunteers themselves as well. Write an article for your school newspaper on the issue. Discuss both sides of the argument and conclude with your own views on the matter.**

Chan Hang Lok  
Buddhist Sin Tak College

No matter how reputable a place is, there is no denying that people there will definitely have an innate desire of their own benefits. Everyone is born to fight, and also fend for themselves. The nature has told us to stand on the top of the pyramid of life, in spite of being just a bullet point of the diverse world. This desire for living can be said as hereditary—that is why volunteering has always been constituted as useless and a waste of time.

I still remember once I walked on the street, a boy in demoralization was picking those plastic wastes near the drainage system. I can be almost certainly sure that he was doing voluntary work. A lady in great deportment soon came and told the boy that he could get several merits if he performed well. More unbelievable than any magic I have ever seen—the boy was so pleased that I could barely see his eyes. This is how ironic our utilitarian city is.

Having said that, it is not hard to understand why those little budding “intellectuals” will act like that. Owing to the exam-oriented system, students' schedules are often well-packed with tutoring, extra-curricular activities and many others. When the people in the past were enjoying 5-to-6-hour freedom a day, children nowadays are spending their time of sleeping for completing their homework and revising unconscionable number of tests. Voluntary work will utterly occupy some of their time, leading to a failure in tests and a dearth of sleep—although they do not have that untouchable treasure already. What students want to do, is only studying, until death does they and studying part! Rather than help the elderly in the dilapidated houses, they would choose to chase for the top desk in class.

Somebody may raise a question—how about those having an inborn hatred towards academic affairs? There are generally 2 types of teens in Hong Kong, the fanatics of studying and the fanatics of salubrious and enjoyable environment—in short, a place with air conditioners. Pervasive as doing voluntary work is, students are seldom motivated to do voluntary work due to firm conviction of “they don't need it”. As a consequence of mounting media coverage, it is not uncommon to witness how some philanthropists are hailed as gods. Despite that teenagers are predominantly unaware of social affairs and reluctant to crack the code of the dark side of the society, they are not that daft not to notice the façade of those charity shows. A natural dislike may have been fostered since then. They



have a gut that those disabled or homeless have already received astounding amount of money. Helping ones who don't need help is definitely useless-isn't it?

Not only about that, as what I have just mentioned, the generation Z loves a pleasant environment, like a cup of hot milk enveloped in the summer wind at the Mediterranean Sea. Built on the belief of “they don't need extra help”, it is of little value for juveniles to leave their homes to give an unnecessary helping hand to the people “in need”. Technology has infused them with a considerable amount of enjoyment. They do not need to go to cinemas to watch films. They can simply utilize the resources from different advanced and full-fledged software, like Netflix. On the contrary, visiting people living in substandard houses or cubicles, distributing lunchboxes to homeless people and “cleaning the beach” are exhausting, especially when they have to stand under sunshine for at least 3 to 4 hours, without rest. Though it may be a bit exaggerated, that is how voluntary work are portrayed in adolescents' minds. They don't need to be tugged on their heart strings. They don't need to learn different moral values. There is no use helping strangers. Instead, spending time home is such that it is beyond description for juveniles.

Ironic enough students in Hong Kong never deny they are utilitarian, despite that they may not even understand how does this immortal value work in authentic society.

From traditional Confucian beliefs, there are 4 “terminals” in humans, which are constituted as virtues. The most vital one amidst the 4 terminals is “Ren”, that is the self-awareness of “humans being humans”. Books are too boring for fostering values in adolescents. Talks are such that most students will simply take a nap. The best and most conducive way is voluntary work.

Voluntary work is not only about helping, but also witnessing. Have you ever thought of why students need to visit those people in cubicles, in spite of having nothing to do so as to help them? It is all about witnessing. When you witness someone in plight, you may want to help him desperately, or seek for help earnestly. That is sympathy, inborn one, can never be cultivated. The intrinsic sympathy does not mean the student is learning. Nonetheless, when the student can be aware of the omnipresent phenomenon in the society or their present situations, he/she has really learnt something. “Repent” is a word pervasively used as a punitive term but in Chinese culture, it means to reflect on yourselves. Be grateful of what you have and stop nagging for any obstacles you are facing-they are only slight hiccups compared to the people really in need. When you are complaining about why you cannot buy an Iphone 13, a boy somewhere may do not even have an intact body. When you are staggering under tests or exams, a girl somewhere may be in mortal terror of the Taliban.



To witness is to grow. The more you see, the less ego you have. That is all about lifelong learning.

Experiencing is also the best way to be profound. Take a rarely discussed voluntary work as an illustration, helping pets. Pets are so different that we can never have verbal communication with them. Two different species may never understand each other. When volunteers know how pets are going into their inevitable demise, it is too demoralizing for description. Nonetheless, it is experience. We are books with many blank sheets in it. We need to write our own tales by witnessing and experiencing. If teens get the attitude right, voluntary work can definitely broaden their horizons. Death can never be averted but we can derive pleasure as much as we can when we are still alive. That is the lesson learnt in voluntary work, which depends on whether students want to enhance themselves or not.

Academic development is generally “physical”, more accurately, touchable. However, both Chinese and Western philosophy incline to the fact that “moral values” tops our lives. Volunteering should never be about merits or awards but it should be regarded as a golden opportunity to learn. It is so void to excel academically but being daft in mental aspects. Utilitarianism is about the happiness of the masses. When you can create happiness for others and also yourselves, isn't it a really perfect utilitarian city? The genuine pleasure should only be derived from the knowledge of moral values, and knowing that we are growing to be better ones, but not those merits.

**Write about a time when you help someone less fortunate. What did you do? What is one thing that surprised you about your experience. How did you feel afterward?**

Chau Hei Tung  
Good Hope School

Being devoted to voluntary work, it was my third time joining this Bread Run Programme. I have met many people who are less fortunate than me, but Mary, this independent lady deeply engraved in my memory.

It was a rainy day; it was raining cats and dogs. Student volunteers, including me, gathered at the school hall at 9 a.m. Despite the unpleasant weather, most of us were still energetic. Except me, who is looking forward to meeting elderlies or low-income families, was assigned to meet an unemployed lady.

We depart it from school to a local restaurant, collecting lunchboxes for our targets. I was puzzled. The image of meeting an untidy young lady in a small flat uncontrollably appeared in my mind. No matter how willing I was, I had to fulfil my responsibility. I headed to Mary's flat, losing all the zest and passion I used to have.

Mary lived in an old and born beauty in Mong Kok. No wonder she was one of our targets. Her living environment was unhygienic. There are cockroaches on the floor, water dripping from the ceiling, light bulbs flashing all the time as if I was in a haunted house. Walking along the stairs, I could hear people chatting on the other side of the wall. Two people could barely walk at the same time. I could not imagine how Mary's home or Mary would be.

Finally arrived at the 7th floor, I was exhausted as if I have just finished running a marathon slowly walked down the corridor. Room 701, room 702, room 703... I was shocked. There are 17 rooms on the floor. How tiny would the flat be! I knocked on the door of room 712. Neighbours of Mary open their doors as they thought I was knocking on their doors. A casually dressed lady gradually opened the door in front of me. 'Hi, I am Marie. Please enter.' I followed her and, as expected, her room was a small - and old wooden bed, a small table, a small wooden chair, some plastic boxes, and that's all.

'Please sit.' She said. I sat on her one and only chair and she set on her bed. I looked around and spotted something special. Surrounded by a bunch of torn furniture, a white bookshelf full of books was well kept in place.

I greeted her politely. 'Thank you for coming,' she suddenly said. 'I was unemployed by my previous director as his business goes bankrupt. I lost all my income, and I had nowhere else to go. So, I decided to rent a flat here in the small building.' I immediately asked, 'Did

you try to find a job?' 'Yes, I tried, but none of them accepted me.' Her face turned down immediately. 'I once committed a crime, but I have decided to change.' My brain was all blank, gradually felt sad for her. She has done something wrong but definitely deserves a second chance.

I tried to comfort her and asked curiously, 'where did you get the books there?' She eventually showed a smile on her face and said. 'I got these books when I was released from the jail. They helped me a lot. I am recently reading this, I wanted to learn more about marketing!' I seemed like I had a slap on my face. Mary wasn't the kind of person I expected. She was hardworking, diligent, kind and friendly. I couldn't help her much but sent a lot of words of support to her from the deepest of my heart.

Two hours passed in the blink of an eye. I was about to leave. Mary took a book from the shelf car and gave it to me. I couldn't be more grateful for her generosity.

When I was walking down the side of the stairs, I looked at the book, titled "how to be a better self." I smiled and hugged the book tightly in my arms.

It was an unforgettable experience, or I should say it's a treasurable experience. Mary inspired me a lot. There are many people who are less fortunate than me in society, but they are working very hard to improve themselves and create a better life with their own effort. They may not own the best resources, but they are surely the most hardworking ones. Just like Mary, who has committed a crime, may not be accepted by most parts of society, but she never gives herself up. She instead keeps on working, equipped herself for better chances. Their perseverance, zest and prudence are what we should learn from.

I also hope that society would give more chances to those who have committed a crime but decided to make a change. No one ever does things wrong; errors and mistakes are always allowed it as long as one is willing to learn and change. Everyone has their specialities, so why don't we give them a chance. They deserve to be appreciated, to be respected, and to be given a second chance.

**It is common for students to do some kind of voluntary work. Some students think that voluntary work is a waste of time, whereas others think that it may not only be helping others, but the volunteers themselves as well. Write an article for your school newspaper on the issue. Discuss both sides of the argument and conclude with your own views on the matter.**

Cheung Hei Ching

Hoi Ping Chamber of Commerce Secondary School

As secondary school students, you must be very familiar with the word 'volunteering', right? In this society, many people are vulnerable and require others' help. For example, the poor, the weak elderly, and the innocent orphans. Yet, not all capable members of the society would lend a helping hand. In this article, I will dissect this issue into two aspects and suggest my own view.

First, to some of you, volunteering may just be a waste of time. Nowadays, in Hong Kong, life is in a fast pace and everyone are chasing for seconds. Students are never an exception. Under the tightly packed curriculum, we spend 8 hours a day sitting in front of the desks in the classrooms, capturing every word written on the blackboard, and completing numerous tough tests and exams. Eventually, when the bell rings, we can escape from the confinement of the school campus. Yet, there isn't a minute for us to rest. Assignments and extra-curricular activities are like awful flies around us. Sleeping is never allowed till midnight, when your mum knocks your door and pushes you to sleep. The next day, when the alarm rings at 6am, it is another 'joyful' school day. Doubtlessly, many students are overwhelmed by schoolwork already, even to a degree that they barely get sufficient rest. This gives rise to the thought that doing voluntary work wastes time. Spare time is already so precious and invaluable. It definitely doesn't worth it to allocate those time to help others.

Moreover, while time is so much like a rare treasure, voluntary work seems useless and meaningless in some of your minds. Volunteering could be of a multitude of modes and characteristics. However, there is just one thing in common -- endless boredom and embarrassment. Imagine going into a home of elderly and talking to the sick and weak elderly. Being old, their movements are limited and of the speed of snails. You can just sit beside them and listen to their unclear words. They may be too old to properly pronounce the words, or stuttering all along. Conversations are so confusing that you hardly know what to say but freeze like an ice-made statue. Is this how you want to spend your priceless free time? Probably not. Hence, it is crystal clear that volunteering is an act of dumping your time into landfills, which is unnecessary and worthless.

Nevertheless, another group of students opt for something different. Despite their hectic schedules, they do succeed in squeezing some of their leisure time for volunteering. This is all owing to the fact that they see the benefits of this act. Firstly and most obviously, it makes the community better by lending a helping hand to the needy. This world has millions billion of people suffering for numerous reasons. They are mourning and begging for help. Volunteering provides help and aid without any cost. Just like what the Jockey Club is doing. Recently, amid pandemic, they organize online tutorial courses with no tuition fee. Recruiting university graduates as volunteers, children from grass-root families who cannot afford costly tutorial classes get an opportunity to be assisted in their homework. Certainly, it rescues them out of trouble, and this is a strong evidence of the benefits of volunteering.

Indeed, this is just tip of the iceberg. Other than such icing on the cake, volunteering brings positive impacts to yourself as well. To name a few, it equips you with communication and interpersonal skills. Serving others, you can even learn from people around you and acquire knowledge of various domains. Most importantly, it supplies a sense of satisfaction and joy to you. For instance, serving others in Orbis allows you to learn about the causes, diagnosis and treatments of eye diseases like cataract and glaucoma. Assisting in eye checking, you will work with qualified professionals and fellows, enhancing your collaboration skills. You can also get contact with citizens of different age groups and races, facilitating the improvement of your communication skills. If you are lucky enough to be chosen for a foreign trip to Cambodia or other developing countries with a demand of helpers, volunteering can even broaden your horizons and expand your world map. Thus, some students would be more than happy to volunteer.

On one hand, it demands our precious time. On the other, it helps not only others, but ourselves as well. How would you choose? Personally, thinking from an utilitarian approach rationally, I would opt for a yes. I could not deny that as students, we are so busy, even struggling to get all the deadlines met. However, it is all about time management and your willingness. If you consider voluntary work crucial, I am sure that you can compress your time for entertainment and cater to the needs of the needy in the society.

In a nutshell, volunteering is basically our responsibility. We took a lot from the society. Education, transportation, food consumption, and numerous kinds of services. It is time for us to contribute. In spite of the fact that the power of a single individual may be tiny, together we create miracles. Never underestimate the power of helping. It could be a salvation to some people.

Do not hesitate, register for volunteering events and programs right now!

**'Doctors make a much more valuable contribution to society than teachers.' Write an essay discussing this statement. Examine the contributions that both teachers and students make to society and then state whether you agree or disagree with the statement.**

Choi Hoi Yeung Shannon  
Marymount Secondary School

Across Asia, there is a common belief that being a doctor is the most esteemed profession there is. As you go on to study and practise as a doctor, you become more respected and wealthy. That is why so many mothers push their children to boost their academics and join all sorts of activities that will make their portfolio 'shine' -- such that their sons and daughters can become doctors and bring pride to the entire family. On the other end of the spectrum, kids and parents alike view the job of a teacher as a filler, and even a lesser career. You only become a teacher because you failed to become a professional in your field, or because your dreams were too out-of-reach and so you had to settle for this occupation. But why is it that members of society have this thought instilled in their mind that doctors are much more admirable and make a much more valuable contribution to society than teachers?

Before we get down to cracking the code, let us first understand just how exactly each party contributes to society. As an essential member of society, doctors help you when you get sick. They prescribe you suitable medication to lessen your discomfort and even perform difficult operations and surgeries on patients to save them from mortality. All in all, doctors make valuable contributions to society as they change and improve the quality of life of members of the public, as well as save lives by putting their medical knowledge to good use and making hands-on alterations to an individual's body. But who is to say that teachers do not do the same? Well, maybe minus the latter part of partaking in surgeries and incisions, but teachers most definitely can still change, improve and save lives, perhaps in a more abstract and spiritual sense.

You see, teachers are nurturers of the young, they are people who shape you and me to become the person we are today, whether it be your mannerisms, your mindset or your character. Teachers transfer knowledge of the past to give rise to a better future. By teaching students language skills, equipping them with basic calculation know-hows, and solving their queries about science and the universe, teachers help nurture students into wiser individuals such that they become more prepared to step foot into the harsh and demanding world of reality.

If you think about it, teachers are just like the roots of a gigantic tree. They provide anchorage, which equates to support, towards their students, as well as nutrients and water which are parallel to life skills and textbook knowledge. Trees give rise to an abundance of fruits and flowers, similar to how teachers give rise to different professions, be it engineers, scientists or even those we view as most valuable and admirable -- doctors. Teachers enable a society to function, as they equip their students with the necessary skills and confidence to

pursue a certain career, and also help stimulate and encourage their students with different talents and abilities to write spectacular life stories of their own all the way back in their teenager and schooling years. As such, students will slowly get to realise their passions and talents, and can finally choose to become a professional in their desired field when they graduate, and contribute to society in their own unique yet indispensable ways.

Words may not speak louder than actions, but words can undoubtedly heal and inspire in ways actions cannot. Take the heartwarming and tear-jerking movie 'Dead Poet's Society' as an example. In it, our "Oh Captain, My Captain" Mr Keating is well known to be unconventional and evermore daunting: he teaches his English students to dare to love, dare to dream and dare to live and be alive; he gives inspiring speeches every lesson in the form of poem phrase and music lyrics and novel quotes, telling his boys how they must all "seize the day"; he shows through his words and writings that life is only worth living when we go all out and be who we truly are. His sayings ultimately proved to be effective, inspiring the originally not-very-studious students to grow to enjoy, savour and love poetry, reading and English. Yet his impact as a teacher extended far beyond the classroom; his words and beliefs epiphanized Neil, a mentally abused and originally closed-off student to stand up to his abusive father, confront him for his policing behaviour, and confess to him his true feelings and actual aspirations which he used to only hide deep down in his heart before meeting Keating. That was a true act of *carpe diem*, and it was all because the said teacher inspired his student and helped them find the confidence to get up and change their lives.

Doctors save lives, but so do good teachers. Teachers educate youngsters, and education has long been deemed the key to success. Through learning, even those underprivileged score a better chance at making it big and improving their social status and thus their quality of life. There are also 'homeroom teachers' in act in certain schools, meaning that teachers can be in more close contact with their students check on them from time to time to make sure they are doing okay both physically and psychologically. Not to mention how teachers can, upon understanding our academic struggles, subsequently make changes in their teaching methods and schedules to suit their students, which in turn can help to alleviate students' academic and psychological stress, which has proven to be a leading factor for teenage depression and even sadly, teen suicide in recent years. This goes to show how teachers can also play a part in ensuring the well-being of members of the public, essentially saving and protecting the lives that are just about to begin.

As teachers play such a vital role in society that no other profession can top, in that they nurture and create more essential and useful members of society, on top of also changing and saving the lives of students and many others no less than doctors do, I disagree with the statement that 'Doctors make a much more valuable contribution to society than teachers.'



**'Doctors make a much more valuable contribution to society than teachers.'** Write an essay discussing this statement. Examine the contributions that both teachers and doctors make to society and then state whether you agree or disagree with the statement.

Wong Yin Wai

Tsuen Wan Government Secondary School

Rarely do we hear more students in a Band 1 school want to be teachers rather than doctors. Many of us think that doctors save lives, so they contribute more to society. Many of us also think that teachers just work at school and read aloud their textbooks to students, so they contribute less to society. However, I don't think doctors should be praised more than teachers.

Undoubtedly, doctors make a lot of achievements to society. Many of them sacrifice their lives to cure patients. For example, during the SARS in 2003, many of our beloved doctors died in order to save more people. There are also a dozen brave and full-hearted doctors who join the MSF in order to provide immediate medical services to the countries suffering from wars and natural disasters. Doctors, with their advanced medical knowledge can definitely bring hope and even a bright future to the very painful patients. Moreover, they can provide the warmest comfort and the most necessary advice to the patients and also their family. With hospitals and clinics, illnesses ranging from a cough to a fever are no longer big problems nowadays. We can always feel comfortable because of the doctors' contribution. This greatly enhances our quality of life.

Furthermore, doctors help invent some medicines or ways for curing diseases. With their rich medical experience, they can join some research projects in order to improve international medical development. For example, the cases of Ebola and Rift Valley Fever in Africa greatly reduce because of deploying these professions. Cases of Polio have dropped drastically due to the invention of extensive vaccination services. Smallpox was even eliminated in the 1980s. All these helped to reduce the loss of lives, which are invaluable and should be treasured.

Nevertheless, we should not ignore the contribution of teachers. They are not saving lives, but they provide security for many youngsters' career paths. They teach them Chinese, English and all the crucial stuff for self-sufficiency, including time and finance management skills, multi-task skills and communication skills. They equip the teenagers, the future of society, with the very basic knowledge and allow them to get prepared and gather themselves before entering society.

Another achievement made by teachers is that they guide students to get on the right track. Not only do they teach us boringly, but they also care for us. I believe that many of

you had faced ups and downs during school days. Class teachers always support and stand behind you, providing you with the most sincere suggestions. They also act as a mediator when we have conflicts with others. They wish us to be a good and honest man with perseverance. They are just like our friends, aren't they? Their existence unquestionably improved our mental health. Despite scolding at us and punishing us sometimes, they actually want us to learn to distinguish right and wrong, so that we can develop self-discipline. For example, we should be rebuked by them when we are late for school, but this ensures us learning from the mistakes and being punctual for work. In the future, we will become better leaders of society.

Even though teachers cannot save lives, they save many students from depression and lack of confidence. They improve our mindset. They are the role models of youngsters indeed. Therefore, their contribution to society is not less than doctors. In fact, doctors also needed to be taught by teachers. Without teachers, there would be no one knowing about biology, chemistry nor the human structure. There would be no one having qualifications to cure patients. There would be no doctors having a kind heart to help others as there would be no teachers teaching them the correct value to treat others. Teachers, or education are the most essential elements for tomorrow. To conclude, I strongly disagree with the claim that 'Doctors make a much more valuable contribution to society.'

**It is common for students to do some kind of voluntary work. Some students think that voluntary work is a waste of time, whereas others think that it may not only be helping others, but the volunteers themselves as well. Write an article for your school newspaper on the issue. Discuss both sides of the argument and conclude with your own views on the matter.**

Liu Hiu Kwan

Chiu Lut Sau Memorial Secondary School

Selling flags and visiting the elderly have filled my secondary school life. It helps me achieve my sense of well-being to a certain extent. That's why I was in great shock when I heard someone say doing voluntary work is a waste of time. I feel sorry for them, and I will proceed to shed light on the reasons why I personally stand against it.

Firstly, being a volunteer, students can achieve their sense of well-being. Have you ever helped a person on the street and received a sincere thank from the people you helped? If so, you surely can understand what happiness is! For students nowadays, they can hardly find an opportunity to help someone, even their parents, as they have a jam-packed schedule, which discourages them from taking a glimpse of anyone. The only person whom they look at is themselves in the morning after they wash their face. It can be really stressful after having day-long lessons and tutorial classes. That's why many students say they are always 'occupied'! There is no time for them to take a breath! Doing voluntary work is a precious chance for them to know more people instead of sitting in front of the desk and doing papers like a machine without emotions. Every time after doing voluntary work, I feel refreshed like pressing the 'reload' button that I have never felt before.

Secondly, doing voluntary work can help students enlarge their social circle. I can hardly have a new friend, but through doing the voluntary work, I know different people from different socio-economic backgrounds and at different ages. I was a secondary school student who loved staying at home after busy weekdays. However, I seldom felt relaxed or content after watching TV or playing with the phone. Once in the voluntary work, I chatted with an elderly, who was a teacher. She was so easy-going that I could easily open up my mind to her. She told me some ways to relax and helped me think in different perspectives, so doing voluntary work is never a waste of time!

Thirdly, we gain experience and hear different sounds in society. We will have a narrow sight if we only concentrate on ourselves. Everyone only lives once, and we can never know how others think unless we talk to them and make friends with them. We can gain more if we know how they live. During voluntary work, we can learn from different people who help us grow faster. No story lives until someone wants to listen. If you never ask, you never know.

In conclusion, I do think doing voluntary work is a valuable experience for students. Helping others and meanwhile, helping them, can never be a waste of time. Let's start being a volunteer from now on! You will gain more than you expect!

**'Doctors make a much more valuable contribution to society than teachers.' Write an essay discussing this statement. Examine the contributions that both teachers and doctors make to society and then state whether you agree or disagree with the statement.**

Ng Cho Lok  
Pui Ching Middle School

It is rather a cliché to have different kinds of evaluation and comments in the society which value a kind of occupation more than the others, no matter what kind of occupation that is. Commentators are free to exercise their freedom of speech, but corresponding counterarguments with balanced views should also be heard and respected. Doctors save lives with excellent medical skills and knowledge, while educators also save lives, but in a more subtle yet equivalently important way with regards to one's personal growth. Therefore, I strongly believe that the statement claiming that doctors make a more valuable contribution to society than teachers shall not stand, and that they both devote themselves to society, but in different ways.

To commence with, doctors contribute to society by protecting people's physical health, which is a highly respected act to contribute to society with their medical education. With all due respect, all kinds of achievements require physical participation and devotion. Your physical health therefore is the indispensable foundation of your life. To cure disease and formulate proper treatment methods, an extremely broad knowledge base about human physiology, anatomy, pharmaceutical science and even rehabilitation treatments is pivotal in providing the most accurate diagnosis and effective medical treatments. Otherwise, a visit to hospital may become your utmost concern as well as a grave danger in terms of all the potential surgeries performed and medicine prescribed. In addition, the holy nature of the medical profession to save lives simply underpins the role of doctors in society as lifesavers without skepticism. Our fruitful and successful life is lived thanks largely to the healthcare workers who tirelessly and professionally carry out their duties and fight against horrendous diseases like lung cancer, cardiovascular diseases, tuberculosis, cholera, to name but a few. Thus, it is undeniable that the contribution which the medical profession has made to society deserves our greatest respect.

In the interim, the role of teachers in inspiring and supporting future generations to come should not be nonchalantly neglected in society. The former president of South Africa Mr Nelson Mandela had once said that education is the most powerful weapon which you can use to change the world. Indeed, the work of educators to equip our youngsters with adequate professional and foundational knowledge creates the possibility of constructing and upgrading the talent pool of society. In tandem with providing foundational knowledge, educators also play a vital role in structuring one's outlooks on life, formulating teenagers'

personal development goals and enabling students to embrace countless possibilities that are otherwise impossible to explore if educational barriers exist in one's development. Take Ruth Bader Ginsburg, the late U.S. Supreme Court Justice, as an example here. In the 1960s when women were both structurally and societally discriminated against and not allowed to have high-paid and respected jobs like lawyers and militants, her teachers in her middle school loudly rejected the gender stereotype and encouraged her to pursue her dream to become a lawyer who ensures justice is done and personal rights are well protected. Finally, she attended the prestigious Cornell Law School, continued her education in Harvard and ended up being one of the greatest legal experts, feminists, lawyers and the most recognized Justices in the legal doctrine in the United States. It is a plain truth that teachers do have a great impact on individuals' development and trajectories of life. They are the frontliners who cater both academic and psychological needs of students in real time, with the goal of fostering upright, kind and resourceful students as the future pillars of society for a better tomorrow and passing down the most valuable thing in history - knowledge.

To recapitulate the equivalent importance of doctors and teachers in society, I would like to reiterate my objection towards the statement. To evaluate the contribution made by any kind of occupation itself is an eccentric capitalist and materialistic concept which reflects the distorted values in society emphasizing personal achievements instead of the necessity and uniqueness of one another. Unequivocally, the honorable acts by healthcare workers exemplify the greatest qualities such as integrity, bravery and kindness especially under an unprecedented global pandemic. Yet it is also a truism that educators are doing their best to provide quality education to make the world a better place in spite of the seismic shift to online teaching and learning which can be deemed as a sword of Damocles to some less-developed countries such as Indonesia, Vietnam, Ethiopia and Costa Rica. Therefore, the statement must not stand as all jobs and people's contributions should be recognized.

In essence, I think both doctors and teachers are doing their very best to save the world, despite in different ways.

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日期：2021年10月16日 (星期六)

形式：Zoom 線上講座

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講者：香港浸會大學國際學院 兼職講師  
彭洵美小姐



講者：蔣一談作家



講者：香港西區扶輪社  
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日期：2021年12月11日

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