

主辦機構

Rotary

Club of HK Island West
香港西區扶輪社



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

全港中學

「兩文三語」

(第十九屆)

菁英大比拼

The 19th Biliteracy & Trilingualism Composition and
Speech Competition (Secondary School)

優秀作品文集



▶ 感言	1
- 活動籌委會主席 余大偉校長	
- 香港西區扶輪社 陳衍舜社長	
▶ 扶輪宗旨	3
▶ 香港西區扶輪社簡介	5
▶ 香港教育工作者聯會簡介	12
▶ 比賽簡介	13
▶ 複賽入圍名單	14
- 初級組	
- 高級組	
▶ 入圍名單—決賽	16
- 初級組	
- 高級組	
▶ 優勝者名單	17
- 初級組	
- 高級組	
▶ 優秀文章名單	19
- 初級組	
- 高級組	
▶ 冠軍得獎者文章	21
- 初級組	
- 高級組	
▶ 優秀文章	28
- 初級組	
- 高級組	
▶ 鳴謝	90
- 協辦機構	
- 支持機構	
- 贊助機構	
- 籌委顧問	
- 大會評審	
▶ 活動花絮	93

感言

第十九屆全港中學「兩文三語」菁英大比拼

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》今年已經是第十九屆了。一如以往，比賽極受香港學界歡迎，有 102 間中學共 558 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，中英兼擅是我們的優勢。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有國家觀念、熱愛中國文化及具國際視野的菁英，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「想像」（IMAGINE），所以比賽題目都與此有關。現代社會發展一日千里，很多我們從前以為祇在電影裏才會出現的事物，今天一一實現；很多日常生活的創造與發明，都徹底顛覆了人類一向以來的認知和經驗。人工智能的不斷開發和進步，「元宇宙」的出現，除了改變我們的生活方式之外，也同時給予我們無限的想像和發展空間。這些革命性的轉變，就是源自科學家 and 社會領袖無窮的想像力。今天，很多大學和大企業招攬人才，已不限於他們的既有知識，而更加着重他們的想像力和創意，因為這些蘊藏的創造力才是未來社會所需的原動力。但是，話又說回來，任何發展都有利有弊，我們在發展的同時又應該反省一下因高速發展而帶來的破壞，尤其是地球環境的失衡。今年的比賽題目，就是希望讓各位都一同想像，一同思考。在比拼語文的同時，也藉機進行思想交流和討論，探討發展背後應有的價值觀，可謂意義深遠。

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，因此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 陳衍舜社長 2022-2023



大家好！我是香港西區扶輪社今屆社長陳衍舜。由香港西區扶輪社及香港教育工作者聯會合辦的「全港中學兩文三語菁英大比拼」今年已經來到第十九屆。本人好榮幸，好高興自己已經是第五年參與，並且第一年以香港西區扶輪社社長身份參與！以下是對今年比賽的一些感言。

在過去的五年，我一直以扶輪精神「採取行動的人士」採取行動，支持及參與兩文三語比賽項目的不同環節，包括職業導向分享、複賽評判和頒獎禮頒獎嘉賓等等。其實一直都覺得自己與學生一起學習，並在學習中獲益良多！正所謂學海無涯，每一次兩文三語比賽中總有一個文字，一個讀音是我新認識的。每一次見到學生出眾的表現都令我很感動！學生們可以用流暢的兩文寫作和流利三語溝通，令我留下深刻印象！全世界大部份國家民族都只可以用一文一語或者兩文兩語溝通，所以香港學生們可以精通兩文三語真的是好出眾，並能突顯到香港中學生擁有的獨特優勢！

香港是一個非常獨特的地方。香港特別行政區政府在 1997 年成立後實行「兩文三語」的語文政策：中文、英文作書寫；粵語、英語和普通話作為口語。我覺得兩文三語的角色好重要！除了中文與英文之外，可以繼續推廣、應用及保留粵語這個有九個音的地區方言文化，實在非常難得！

第十九屆「全港中學兩文三語菁英大比拼」今年總共有 102 間學校參加，共有 558 名學生報名（包括 268 名初級組學生及 290 名高級組學生）。所有比賽程序已經在 2022 年 10 月至 12 月期間順利舉行。當然不出所料，所有參賽者都展示了高質素語文能力及技巧，把題目表現得淋漓盡致！雖然比賽有輸贏，但我覺得最重要的是同學們已投入自己百分百的努力並享受過程，贏到的是新知識、經驗和與同學們之間的一份友誼。

值得一提的是新冠疫情雖然沒徹底解決，但透過香港教育工作者聯會與協辦機構的悉心安排，加上靈活變通與一份堅持，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、太平山扶輪社、港城西北扶輪社、半山區扶輪社、香港金紫荊扶輪社、齡記出版有限公司、楊敏健律師行、am730、THE COFFEE ACADEMICS、香港中文大學聯合書院扶輪青年服務團、德隆鋼鐵、香港教育局、語文教育及研究常務委員會、中國移動（香港）有限公司、香港教師會、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、香港普通話研習社、香港教育行政學會、香港中華文化發展聯合會、中港文化交流促進會、香港女教師協會、教育傳媒集團有限公司、基督教香港信義會信義中學及香港高齡教育工作者聯誼會。

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，為培養香港青年人的語文修養做出貢獻。

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，尤其着重於鼓勵與培養：

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，創立至今已六十九年，歷屆推廣公益，服務社群不遺餘力，例舉其中佼佼者：

- 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美元貧童食物計劃；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：前社長梁家鏘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：前社長黃汝霆舉辦全港中學網頁創作比賽，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。

2008/09：前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：前社長周宇明推動“兩文三語”不遺餘力，與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漏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匡智晨輝學校。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棣珊紀念中學、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冠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六十周年晚宴等籌款活動，為日後社會服務籌得活動經費。

2014/15：前社長張文翰本着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少團社會服務項目。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，雖屆八十三高齡，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。去年是我們創社六十五週年，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資助給惜食堂，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。

2021/22：羅肇翔前社長—香港西區扶輪社本年繼續積極投入社會服務，發揮扶輪精神。第十八屆兩文三語菁英大比拼圓滿舉行。即使受到疫情影響，今年我們仍然開創把項目延伸至全港小學。另一個亮點就是在決賽名單的同學來自於多元化的學校群。這標誌着同學的語文水準更平均，亦充分肯定了我們項目多年來的長期努力，使全港整體中學生們的兩文三語水平得以提升！回顧今年，本港爆發第五波疫情，令很多基層市民的生計大受打擊。本社第一時間向「惜食堂」發放緊急緩助以增加全港低收入家庭的飯盒供應。此外，我們亦分別捐助西區扶青社及第五分域友社金紫荊扶輪社舉辦抗疫物資派發活動。

今年我們邀請區總監周基業光臨探訪西區扶輪社匡智晨輝學校。那天我們品嚐同學們製作的美味聖誕午餐及參觀學校設施，並確認了學校參加來年地區舉辦的扶輪服務日項目。

會務方面，本社長今年介紹兩位新社友何家榮及廖偉明加入，令西區社人數淨增加二人至五十二人，有幸成為全地區第二大社。

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 年四月，一直堅持「愛國愛港」的立場，本着「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。

教聯會第二十屆理事會主席為黃錦良校長、會長為劉智鵬教授、副會長為胡少偉教授、鄧飛校長、朱國強校長及伍煥傑校長，以及由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。此外，教聯會亦設有教聯國際文化交流中心及教聯創科教育中心。

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： 二零二二年十月至十二月

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
中華基督教會基元中學	徐康晴	新界鄉議局元朗區中學	羅焯熙
仁愛堂田家炳中學	何卓羲	旅港開平商會中學	田懿寧
佛教善德英文中學	陳學鉦	旅港開平商會中學	鄧 維
保良局第一張永慶中學	郭楚雄	東華三院甲寅年總理中學	張宸溪
保良局第一張永慶中學	梁樂恩	東華三院甲寅年總理中學	李朗晴
保良局羅氏基金中學	葉 橋	浸信會呂明才中學	郭以謙
保良局董玉娣中學	張凱盈	浸信會呂明才中學	何漫之
協恩中學	葉湘瑩	港大同學會書院	周麗琦
協恩中學	龐佳楠	港大同學會書院	陳珮珈
協恩中學	劉彥彤	瑪利曼中學	庄亦昀
協恩中學	許又菡	皇仁書院	羅文杰
啟思中學	田宇軒	福建中學	鄭子言
嘉諾撒聖方濟各書院	唐 嘉	筲箕灣官立中學	陳睿晴
嘉諾撒聖瑪利書院	趙心誼	聖保祿學校（中學部）	陸熙玥
嘉諾撒聖瑪利書院	鄭凱瞳	聖保祿學校（中學部）	朱睿芙
培僑書院	姜水山	聖保羅男女中學	馬端行
培僑書院	童璐璐	聖公會曾肇添中學	楊灝照
培僑書院	李語嫣	聖公會曾肇添中學	曾子桐
基督教崇真中學	陳雯欣	聖公會林護紀念中學	區愷悠
宣道會陳瑞芝紀念中學	張芷喬	聖公會林護紀念中學	關穎心
宣道會陳瑞芝紀念中學	文雅兒	聖公會莫壽增會督中學	黃羨恆
德望學校	李 晴	聖士提反女子中學	古明意
拔萃女書院	袁伊婷	荃灣官立中學	許珈瑋
拔萃女書院	李如伊	荃灣官立中學	周卓盈
拔萃女書院	許卓怡	香港培正中學	蘇安琳

複賽入圍名單

高級組

就讀學校	學生姓名	就讀學校	學生姓名
伊利沙伯中學	孫慧琳	瑪利曼中學	劉潔穎
何明華會督銀禧中學	梁柏塋	瑪利曼中學	黃恩行
佛教善德英文中學	陳幸樂	福建中學	施倩欣
保良局第一張永慶中學	李若谷	聖保祿學校（中學部）	劉可沁
保良局第一張永慶中學	黃灝正	聖保祿學校（中學部）	楊婷嵐
保良局羅氏基金中學	林嫻錡	聖保羅書院	汪宏威
保良局羅氏基金中學	蔡宜彤	聖保羅男女中學	鮑可悅
協恩中學	程 琛	聖保羅男女中學	勞雯懿
啟思中學	董曉晴	聖保羅男女中學	蔡淳欣
嘉諾撒書院	危笑逸	聖公會曾肇添中學	嚴家盛
嘉諾撒聖方濟各書院	郭知行	聖公會曾肇添中學	許樂晴
培僑書院	門睿涵	聖公會曾肇添中學	陳可欣
基督教宣道會宣基中學	蔣佳含	聖公會林護紀念中學	陳駿言
基督教宣道會宣基中學	蘇泳橋	聖公會林護紀念中學	溫嘉明
庇理羅士女子中學	凌乙允	聖母玫瑰書院	李靜儀
德望學校	費愷澄	聖母玫瑰書院	王鄭藍
拔萃女書院	楊凱如	聖母玫瑰書院	楊栩怡
拔萃女書院	蔡沛殷	藍田聖保祿中學	姚彥君
新界鄉議局元朗區中學	葉蕙菁	趙聿修紀念中學	唐心兒
東華三院甲寅年總理中學	區懿其	趙聿修紀念中學	李芷悠
東華三院甲寅年總理中學	周紫童	趙聿修紀念中學	陳曉雪
沙田蘇浙公學	林沛賢	迦密主恩中學	陳卓瑜
浸信會呂明才中學	吳芷蕎	迦密主恩中學	施栢倫
王肇枝中學	梁錦琪	香港培正中學	陳彥嵐
王肇枝中學	陳曉晴	香港培正中學	劉海晴
風采中學（教育評議會主辦）	陳艾青		

決賽入圍名單 初級組

就讀學校	學生姓名
保良局第一張永慶中學	郭楚雄
德望學校	李 晴
拔萃女書院	袁伊婷
拔萃女書院	李如伊
港大同學會書院	陳珮珈
皇仁書院	羅文杰
福建中學	鄭子言
聖保羅男女中學	馬端行
聖公會曾肇添中學	楊灝照
聖士提反女子中學	古明意

高級組

就讀學校	學生姓名
伊利沙伯中學	孫慧琳
佛教善德英文中學	陳幸樂
嘉諾撒聖方濟各書院	郭知行
基督教宣道會宣基中學	蘇泳橋
德望學校	費愷澄
拔萃女書院	楊凱如
聖保祿學校（中學部）	劉可沁
聖保羅男女中學	鮑可悅
聖保羅男女中學	勞雯懿
聖保羅男女中學	蔡淳欣

優勝者名單

初級組

冠軍	聖保羅男女中學	馬端行
亞軍	拔萃女書院	李如伊
季軍	港大同學會書院	陳珮珈
優異獎	聖士提反女子中學	古明意
	拔萃女書院	袁伊婷
	福建中學	鄭子言
	德望學校	李 晴
	聖公會曾肇添中學	楊灝照
	保良局第一張永慶中學	郭楚雄
	皇仁書院	羅文杰
最佳文章——中文	聖公會曾肇添中學	楊灝照
	培僑書院	童璐璐
	福建中學	鄭子言
最佳文章——英文	拔萃女書院	程 熹
	拔萃女書院	李如伊
	新界鄉議局元朗區中學	羅焯熙

優勝者名單 高級組

冠軍	佛教善德英文中學	陳幸樂
亞軍	聖保羅男女中學	蔡淳欣
季軍	聖保羅男女中學	鮑可悅
優異獎	聖保羅男女中學	勞雯懿
	基督教宣道會宣基中學	蘇泳橋
	德望學校	費愷澄
	聖保祿學校（中學部）	劉可沁
	拔萃女書院	楊凱如
	伊利沙伯中學	孫慧琳
	嘉諾撒聖方濟各書院	郭知行
最佳文章——中文	佛教善德英文中學	陳幸樂
	聖公會曾肇添中學	陳可欣
	聖公會曾肇添中學	嚴家盛
最佳文章——英文	佛教善德英文中學	陳幸樂
	沙田蘇浙公學	陳美喬
	聖保祿學校（中學部）	裴悅同

優秀文章名單

初級組

文章類別	就讀學校	學生姓名
中文優秀文章	聖公會曾肇添中學	楊灝照
	培僑書院	童璐璐
	福建中學	鄭子言
	皇仁書院	羅文杰
	浸信會呂明才中學	郭以謙
	東華三院甲寅年總理中學	李朗晴
	筲箕灣官立中學	陳睿晴
	旅港開平商會中學	鄧 維
	港大同學會書院	周麗琦
	港大同學會書院	陳珮珈
英文優秀文章	拔萃女書院	程 熹
	拔萃女書院	李如伊
	新界鄉議局元朗區中學	羅焯熙
	新界鄉議局元朗區中學	鄭珈鏗
	德望學校	張皓晴
	德望學校	李 晴
	協恩中學	成 懿
	協恩中學	許又岐
	聖保羅男女中學	古舒心
	香港華人基督教聯會真道書院	陳博文

優秀文章名單 高級組

文章類別	就讀學校	學生姓名
中文優秀文章	佛教善德英文中學	陳幸樂
	聖公會曾肇添中學	陳可欣
	聖公會曾肇添中學	嚴家盛
	嘉諾撒書院	危笑逸
	聖母玫瑰書院	李靜儀
	香港培正中學	劉海晴
	聖母玫瑰書院	王鄭藍
	保良局羅氏基金中學	蔡宜彤
	基督教宣道會宣基中學	蔣佳含
	保良局第一張永慶中學	黃灝正
英文優秀文章	佛教善德英文中學	陳幸樂
	沙田蘇浙公學	陳美喬
	聖保祿學校（中學部）	裴悅同
	荃灣官立中學	嚴蘊希
	聖保羅男女中學	蔡淳欣
	寶血會上智英文書院	馬靖殷
	聖公會林護紀念中學	溫嘉明
	聖公會曾肇添中學	嚴家盛
	聖保羅書院	黃健安
	聖士提反女子中學	鍾綽凌

冠軍得獎者文章（初級組）

水的頌讚

聖保羅男女中學 馬端行

你看！滋潤大地的雨水、解渴消暑的飲用水，淙淙不停的河水……放眼四周，生命的每一個角落也有着水無聲無息的存在。然而，何曾有人真正欣賞過水呢？我們都不過是隨手拿起水杯，一股腦兒地把水倒進口裏，又或埋怨着雨水弄濕了我們新買的鞋子，卻從未想過水是多麼的值得頌讚。

首先，水是無畏的，正正展現出「雖千萬人吾往矣」的精神。在最嚴重的旱災中，只要挖得深一點，也總會找到地下水；在最炎熱的沙漠裏也總會找到一股清泉；在最骯髒的地方裏也總會見到一些清澈見底的水源，或許在湖中，又或許在山頭蜿蜒流下的一道小瀑布。儘管環境種種的阻礙跟水唱着反調，水依然不斷流動着，這不正是一種不畏困難，寧願獨自闖出一片天的心態嗎？提到水，「萬世師表」孔子頓時在我的腦海裏浮現。「萬世師表」孔子當年周游列國，宣傳自己的儒學理念，卻遭諸侯們冷待。正當所有人都打擊孔子的想法時，他仍勇敢地堅持自己的理念，永不放棄。最終，他的故事流芳百世，儒家的理念亦流傳至今，影響深遠。孔子就像沙漠裏的水一樣，不畏反對者，只是一直一直慢慢地流，結果成就非凡。

此外，水還是無私的，甘願鞠躬盡瘁，為世界做出貢獻。面對世人對自己的漠視、污染，水卻終究任由我們利用。我們一方面把農藥等有害物質丟進水裏，使原本清澈的水變得混濁，一方面卻伸手把水用作飲用、悠閑、娛樂……可是，水目睹這一切，依舊默默地為我們付出，給我們吃的魚提供生態環境，給我們種植的花草提供雨水，為我們自私的人類提供生存的必需品。看到水，我想到人稱「提燈天使」的南丁格爾。那是，醫院衛生情況十分惡劣，南丁格爾遂進行革新，改善環境，親自到每個傷者的床前打理一切，喂食物給他們吃。有一次辛勞過度導致發高燒，也只是休息了三天便重新復工。然而，她在當護士期間並沒有受到應得的待遇，反而遭到男醫生的歧視，遭病人的冷眼，認為她身為女人不應在病房裏搗亂，只應留守家中，結婚生孩子。儘管如此，南丁格爾終生為病人一心一意地服務，深受後世敬仰。她就像水一樣，雖然不受尊重，但始終無怨無悔，無私地貢獻着，展現出春雨「隨風潛入夜，潤物細無聲」的精神。

說到這裏，問題就來了。我們讚頌像水一樣無畏的孔子，敬仰像水一樣無私的南丁格爾，卻把水的無畏看作平凡，把水的無私徹底忽略了，只顧從水榨取更多利益。我們視水為一件商品：從海床底下奪取石油，打算把含有輻射的物料倒入海中，卻看不見水值得我們讚頌的一面。

水啊！無畏又無私的水啊！我要讚頌你，讚頌你的獨善其身，讚頌你不求回報的奉獻！但願在如今香港這個如此功利的社會中，人們也能如水一般，憑着堅毅不屈的精神和服務他人的心，攜手創出更美好的明天。

If you could speak to trees, what do you think they would say? Imagine if you asked them the question, “How can I save the earth?”. What would they reply?

St. Paul's Co-Educational College Ma Tuen Hang Luann

Strolling along the footpath, I gazed at the trees, towering tall above me, yet with no sign of condescending authority. Instead, the leaves hanging down from their branches rustled and stretched, waving to me, as if welcoming a long-lost friend. Deep in my heart, I know that they were indeed talking to me, so I opened my mouth and said, “I’ve missed you.”

“Come, my child, rest here.” The trees opened their welcoming arms, calling to my softly. I sat down on the fresh grass, leaning against the thick and sturdy tree trunk. There I lay, wholly relaxed, listening to the trees’ stories under the cool, protective shade of their bodies. “Did you know that once upon a time, Isaac Newton had sat here, right here at this very spot as well?” They asked.

“No way! Don’t tell me it was here that the apple dropped onto his head!” I exclaimed, laughing at the absurdity of the situation.

“Exactly. So, I’d say I had played a part in discovering gravity, too! That’s how old I am.” The tree explained. Caught off guard, I marvelled at how the trees had stood here for so many years, quietly listening to the legacies of the people generation by generation. It seemed like a wonderful and relaxing afternoon, simply speaking with the trees, until they came...

Of course, they refused to come quietly. Groups of burly men stampeded into the forest, holding daggers and hammers and machines of all sorts, glinting dangerously under the golden sunlight. “Just chop them all down and get it over with, I need my salary!” One of them bellowed. Immediately, the men set to work, brandishing their weapons, and heading for the trees.

“Oh no, what do we do?” Frantically, I asked the trees as the men started to put on their protective glasses, fully ready to chop the trees down. At that moment, the trees’ branches and leaves stopped moving – in fact, they seemed to have frozen, their anger silently brooding from their roots up to the tips of their branches.

“We cannot alter the foolish way humans’ think by. We can only place our hope in those who think rightly.” The eldest tree said gravely, watching the men draw closer and closer.

“But, you... you’re going to die!” I sprang to my feet, blood kicking in my veins, imagining how I would slap the men right on their faces.

Before the trees answered me, the man closest to us sneered at me, “Little girl, shoo now! You aren’t going to stop us all by yourself, are you?”

I swallowed. “Child, we die, but our spirit of being Earth’s protector lives on in you.” The trees swayed, calling after me.

“How then? How can I save the Earth? Please tell me!” I said loudly, insistently. The trees had served as the Earth’s guard for so long, providing us with sufficient oxygen to live, and I was determined to continue their work to protect Mother Earth.

“First, you yourself must actively save the earth, as the predecessor of our spirit. Plant more of our siblings in the soil, so that the people get more fresh air. Reuse paper until all spaces are filled up, so that less of us will have to sacrifice ourselves and so that the Earth won’t run out of protectors or providers of oxygen. Recycle paper, put used paper into recycling bins just a few steps away, so that we will not have died in vain, so that we can be used more than once to prevent further chopping down of our kind...”

“Clunk! Clunk! Clunk!” It was too late, the men had already started, leaving hideous cracks in tree trunks. I tore my eyes away from the heart-breaking sight, yelling again, “Continue! Continue, please! How can I save the Earth?”

The trees’ voices were softer, weaker now. “And then, tell your kind what we have told you. Tell them that they have the responsibility to become Mother Earth’s protector after all that they have taken from her. Tell them to be kind – be kind to Earth, be kind to themselves, be kind to their future generations. Tell them that just one drop of effort each can change the world...”

“Clunk! Clunk! Clunk!” The chopping carried on incessantly, but my voice soared louder, over all the noise. “Trees, I’m listening! Continue, please!”

Their voices were now not more than a whisper, but they resonated in my heart. “What you sow, you reap. Do what we have told you, and you... you can save the world.”

On my way back home along that very same footpath, I gazed sadly at the stumps of trees below me, yet they showed no sign of weakness anyhow. Instead, the circles and circles of lines on the stumps called to me, reminding me of my important mission. “What you sow, you reap.” From now on, I knew I was going to devote myself to saving the Earth, and Reader, I hope you will too. After all, the trees are counting on us!

畢業是個破折號

佛教善德英文中學 陳幸樂

一個個小孩子擁在一起，高高興興地唱着畢業歌，一旁的老師卻全都哭得泣不成聲。純真的孩子啊，怎會知道畢業是一段旅程的終結呢？

穿着全紅畢業袍的你顯得無比可愛，在旁的母親一邊稱讚着你一身帥氣，一邊為你整理好衣領。鏡子裏的你滑稽可愛，只管拼命挺起胸膛，讓自己看起來更像一個成熟的小孩。純真的孩子啊，你只知道畢業是一段旅程的新開端，畢業於你而言，是不是只是代表連續的破折號呢？

小時的你，像其他小孩子，不懂離別之痛。儘管要和朋友各散四方，也毫不依戀。這不是因你生性冷漠殘酷，而是童年的純真不容許讓世界的悲痛玷污孩子。

轉眼間，你已長成。經歷了六年的風風雨雨，你曾為成績不好哭過，曾為成績優異笑過。但六年的旅程轉瞬即逝，哪怕在六年的期間有多麼痛苦，六年一過，時間奔流到海不復回，把歲月的甜、歲月的苦、歲月的咸統統沖刷淨盡，剩下的只是在心田那一塊的回憶。酷愛閱讀的你啊，你總以為你會因在書中世界看過太多離別，而同樣為自己將要的離別而傷心。可你沒有。在畢業禮上，你拿着畢業證書，在台上笑得比誰都要燦爛。原來，你對新階段的憧憬，把一切離別的哀愁都沖淡了。和小學的分別，於你而言，只是一段新旅程的開端嗎？

日漸成熟的你啊，你的雙眼把你對中學生活的期待——展現。哪怕你要和朋友分離，你也不害怕。人的緣分像是一條條支綫，哪怕肉體上有了分離，精神上的緣卻是依舊在相互連接，織成一個個龐大的網。縱使人不在一塊，心還是在彼此靠近。

日漸成熟的你啊，畢業把你連繫到另一段新旅程，把你和朋友的緣繼續延續下去，於你而言，仍是一個綿長的破折號吧？

流年暗中偷換，第二個六年也悄然逝去。你由一個小孩子，慢慢成了一個有了個人想法的青年人。這六年不如你六年前想象般那麼美好，昔日的純真——融進每夜流淌的淚裏，被時間釀成了初時刺鼻，後而甘醇的美酒。六年間，你曾被別人排擠，

逐漸凝在一個無人知曉的角落，卻又幸而活了下來，只因你的朋友一直在背後支持着你。你在許多次有了自殺的念頭，但最終都因你找到了一個活着的理由而咬牙撐了下去。回頭看去，昔日看似天快要塌下來的日子，不過是書中殘舊、為你所不喜的一頁。

少年哀愁的你啊，竟不知不覺間已到了要畢業的時候。六年的痛苦——逝去之時，你卻不願脫下你身上的校服。

這時你才知道，畢業之所以是個有連綿性的破折號，不只是代表了一個階段的延續和開端，而是一道有着長度的橋——哪怕你再不情願，也得踏上人生的橋，看着身後的路逐漸被湮沒，身邊的人也是如此。

不捨校園的你啊，你早已領略到時間改變一切的魔力，你也知道這麼的一別，已可把你們岔開到不同的路了。你們一一踏上了畢業的破折號後，逐一踏上了一條條分叉複雜的分岔路。羽翼漸豐的你啊，將要走的不過是由一條破折號分支而成的萬千個破折號。

一個個青年人擁在一起，盈着淚水地唱着畢業歌。這次，大家都哭了。

破折號雖有着連綿性，卻都是有限的。

你在想着，許多年後，當你從大學畢業後，找到新工作後，成家立室後，父母離去後，身邊人逐一散佚後，你是否也要面對自己生命的畢業？活了這麼多年，或許也需為自己披上最後一套畢業袍，迎接最後一段旅程。

將來風燭殘年的你啊，你為自己披上最後一套畢業袍。那是最後一回了。但沒關係，畢業終究是一個破折號。你的血脈早已流淌於你的子女之中，你生命的破折號分支成了一條條新的破折號，延續着生命的故事。

滿是破折號的世界啊，是因為你不忍世界萬物流逝，才給予了我們延續下去的機會嗎？如果是，請讓我以區區一個破折號，向你致謝。

Save the World – Now!

Buddhist Sin Tak College Chan Hang Lok

There is often a common perception that going green is nothing less than a mammoth undertaking in that it requires us to change our lifestyles, habits or the way of living considerably. This perception is not entirely wrong, yet environmental conservation can be done in many other ways you have never imagined. As a global citizen, both you and I should actively take up the responsibility to slow down the deterioration of our Mother Planet, because after all, we are protecting ourselves and our offspring to have a habitable planet – but not a burning rock sphere. Therefore today, I am here to introduce you an easy yet very significant act which goes a long way towards conserving the Earth. What is it? It is changing your eating habits.

Make no mistake: I am not requesting you to be vegetarian now, but by consuming less fast food and meat-based products, we can definitely make a giant leap on environmental conservation. Meat-based products are all the rage now, right? No matter whether we are in fast-food restaurants, Chinese restaurants, or American eateries, we can always see some products made of beef, pork or goat meat being placed on the top of the menu, ranging from a tasty yet fatty hamburger, to Chinese noodles with spicy beef meat balls, and so on. There is no denying that meat products are delicious and able to quench our hunger immediately, and they are also rich in protein and iron – probably our favorites. Nonsense as reducing consumption of meat products may seem, we need to do so as we have often turned a blind eye to the huge detriment brought by meat production.

Do you know which country has taken up the position for exporting the largest number of cattle? It is Brazil. Similar to most tropical rainforest countries, Brazil utilizes half of the tropical rainforest, the Amazonian Rainforest, for cattle ranching. Due to the rising global demand of meat, more and more tropical rainforests are deforested and fragmented. In most of the cases, in order to reduce the production costs, enterprises simply burn all the trees into barren grounds to utilize the ash as nutrients. Why is it so detrimental? It kills the other organisms living on the trees at the same time, directly stifling biodiversity within a second. And we consumers who are happily enjoying our 30-dollar hamburgers know nothing about the ecological disaster happening in any given instant.

Apart from that, during grazing of cattle, thanks to complex digestive and excretory systems livestock has, more than tonnes of greenhouse gases are emitted before they are processed into products. Meanwhile, processing consumes a gargantuan proportion of energy every year, directly reducing the storage of fossil fuels. Therefore, not to exaggerate, when the glaciers are melting; the Amazonian Rainforest is burning; the coastal regions are being inundated, I can always relate these thorny phenomena to the over-consumption of meat-based products.

I hope that the above analysis does not scare you or frighten you, but it is how our Earth is doing now, just because of the many hamburgers, noodles and pizzas we are savoring and enjoying. It is high time we made a change – by reducing over-consumption of meat.

It is not hard to accomplish the goal, but we have to start it step-by-step. Firstly, we need to review our daily eating habits. Not meant to promote stereotypical thoughts – men love meat more than women, because scientifically to say, men need more meat to support their daily metabolic needs. But we have to think meticulously – where are our energy from? If you study Biology, you should be no stranger to this – carbohydrates. If truth be told, vegetables and cereals are so densely packed with carbohydrates, more accurately, starch that the energy they provide can readily outweigh that meat provides. Thus, it will be a wise move if you can enjoy more vegetables by replacing a whole-meat lunch meal with a bit of moreish Chinese noodles, but with more vegetables. This shift does not only ensure you to possess sufficient energy for growth and development, but also protect the environment by reducing the total meat consumption.

That is not the end of the story. After making modifications over your diets by reviewing, it is also suggested that you can encourage your friends to do so. We are not pushing you to shift to a total vegetarian diet, as little to medium amount of meat-based products utterly better our days, but we are encouraging you to ask your friends to have at least one meal with vegetables or cereals as the dominant component of the dishes each day. You do not have to repeat the whole tale that I just told, but you can just simply ask them to have a lunch or dinner with you in a more vegetable-based restaurant. There are many of those in Hong Kong, where most of them are utterly able to provide you with delicacies. Why do you not give it a try?

The initiative of cutting the consumption of meat is not new to us. WHO, GreenPower, Green Peace have long been doing this. What we need to do is to scale up the trend by posting more posts regarding having a great meal in a vegetable-based restaurant, reposting similar posts made by others, and trying out some of the restaurants suggested by others. Together we can definitely make a giant leap in restoring biodiversity and preserving our gorgeous planet.

Climate change is worsening like never before – Australia is beset with endless forest fires; the Europe is suffering the unprecedented heat waves; and we HongKongers are facing the hottest fall for the first time. We are not superheroes – we cannot turn things around immediately. But by gradually changing our eating habits, it is my firm conviction that each small step of us will make a giant leap for the humankind, just like how Armstrong said when he first landed on Moon.

Will you join us to save the world?

水的頌讚

聖公會曾肇添中學 楊灝照

道家有言：「一生二，二生三，三生萬物。」而水作為生命之源，就是當中的「三」，孕育萬物。

老子曾說過：「上善若水，水善利萬物而不爭。」水雖然滋養着生命，但卻從不為自己索取回報。我們每天需要水才能生存，樹木需要水才得以茁壯成長，魚兒需要水才得以暢泳，可見水是生命的源頭。但是水卻從來只在萬物身後默默耕耘，他沒有火焰熾熱，沒有狂風澎湃，更沒有土地凝實，但它卻勝在柔和。在我們欣賞海底世界的絢麗時，又何曾注意過在背後默默付出的水？在我們欣賞自然的美麗，讚嘆着造物主的鬼斧神工，又何曾注意到水，才是造物主的心血結晶？水的不求回報，確實值得我們學習和仿效。我雖然肯定那在舞台上大放異彩的人，卻更願意成為在背後默默付出的工作人員，因為前者只為自己，後者卻為他人，孰高孰低，不是顯而易見嗎？

水同樣能貫徹「有容乃大」的原則。在那廣闊無垠的海洋，當中包含無數的海洋生物，有魚、蝦、珊瑚等，真可謂包羅萬有。而在那河流、小溪，同樣有着各樣生物。哪怕是人類製造的垃圾，水同樣無怨地承受下來，其心胸之廣闊，確實令許多人值得慚愧。在我們平日的許多紛爭，其實只是「忍一時風平浪靜，退一步海闊天空」。但願會有更多人願意學習水的無垠，明白心胸廣闊的道理。

水滴凝結，匯納百川。無論是海洋還是小溪、河流，都是由無數水滴相聚而成。沒有水滴，何以聚江河？水，早已參透團結的重要。積少成多，同樣是水暗暗對我們的啟示。若不是火的日積月累，我們怎樣看見海洋、河流的廣和深？我們平日學習，亦是一樣的道理。積少而成多，只有日積月累，終有所成就。

自然裏，其實有很多事物看似毫不起眼，實質只要細心觀察，就能從平凡中找到不平凡，獲得許多人生啟示。世界並不缺少美，缺的只是發現美的眼睛。但願我們能重拾發現美的心靈窗戶，並貫徹水的默默付出而不求回報，包容和日積月累的決心，成為一個更好的自己。

你們的中學校長今天突然宣佈：為了推行環保教育，讓同學學習愛護我們的地球叔叔，從明天開始，無論氣溫高低，都不可以啟動班內的空調系統。在你的想像中，學校將會變成甚麼境況？

沒有空調的一天

培僑書院 童璐璐

我眯着眼，懶洋洋地站着，等待早會開始，今天是平凡的一天，千篇一律，和往常的日子沒什麼分別。

等待的時間格外漫長，太陽火辣辣的，渾身熱氣，像是想把人烤成肉乾。我煩躁地皺着眉只想趕緊回教室。站在我後面的心怡也開始嘟囔起來：「校長來了沒，真是要熱死了！」一邊用手扇風。校長來了，他站上臺，激動地宣佈：「同學們，學校決定推行環保教育，讓同學們愛護地球！從明天起，無論氣溫高低，都不可以開空調！」這話一出，整個操場都沸騰了，大家吱吱喳喳的聊天，剛剛還嚴肅的早會瞬間變成菜市場。現在正值酷夏，不開空調可是要了人命啊！但大多同學都不以為然，課室有風扇，圖書館也還有空調，應該也沒什麼吧。

就懷着這樣緊張，又有點期待的心情迎來了第二天。一大早我來到教室，只見平時放在課室的空調遙控都消失了，教室也空無一人，只有幾個孤伶伶的書包在教室的椅子上，我看着教室裏唯一坐着的人，問：「一心，他們都去那兒了？」一心說：「唉，都去圖書館避暑去了，快點吧，我也準備去，一會兒圖書館就滿人了！」她加快拿東西的速度，匆忙跑走了。我站在教室裏，不知所措，也把要用的書本搗了出來。不一會兒，我就感覺自己開始冒汗，整個人像是在蒸籠裏，又悶又熱。頭頂上嗡嗡作響的風扇，都吹不散我心中的火氣。我滿頭大汗的奔向圖書館。沒想到，平時空空的圖書館今天門口竟排起了長長的隊伍，圖書館裏面，也全是人。外面排隊的同學虎視眈眈的看着圖書館裏的同學。裏面的同學一人捧着本厚厚的書，像是沒到上課就不會離開。看着這裏凌亂的局面，我只好垂頭氣地回到教室。心中暗暗嘆氣。

終於等到了第一節課，早讀的短短十五分鐘在像熱油鍋般的課室，被無限加長，想到接下來的一天，我痛苦的閉上眼。隨着上課鈴的響聲，同學們像是來到沙漠的旅人，一個個如枯了的花般垂着頭，沒有精神。有的人用課本當扇子，有的人揮着手扇風，有的人趴在桌子上，有氣無力的樣子。相信此時大家都希望能有一股涼爽的清風

能光臨這個熱騰騰的教室。老師進來了，看到大家這樣的樣子，大喝了一聲：「都輕聲點，上課了！」炎熱的溫度下，光是待在椅子上都像一種酷刑。同學們紛紛怨聲載道，老師又生氣地拍着桌子，說：「聽課！大家都很熱，不只是你們。」在他兇狠的眼神下，同學們像見了狼的羊，安安靜靜地專心聽講，又稍稍用手扇風。

終於度過了一節課，方老師這時進來了。儘管同學們都很喜歡這個友善的老師，但經過剛剛半個小時如在熱鍋裏煮的體驗，大家都虛弱地趴在桌子上，懂得了什麼叫度日如年。方老師見狀也決定給我們休息一下。播放一段影片。「每年，有上千多個北極熊，因為冰川融化，無力游到另一塊冰上而生存。曾經冰上的一帶霸主為何淪落如此？」視頻如主持人唸課文般聲情並茂的聲音吸引了我們的注意力。大家像用最後一絲力氣抬起頭看向螢幕。視頻繼續，我驚訝地聽着，全球變暖，產生溫室效應，一年中有多少，大塊的冰川一瞬間化成了水，北極熊，企鵝死去。」班上有些同學甚至哭了起來。「人類，」那個視頻繼續說着，「水位線上升，海嘯漸漸平凡，大自然不會放過任何一個曾經傷害他的人。停下吧，節約用電，少開空調，減少洗澡時間，我們是時候改變了。」視頻播完後，全班沉默，不知哪一塊角落開始響起了掌聲，我聽到有人喊：「保護地球！」，這一刻我才懂了校長設計這項活動的用心良苦。

從那天起抱怨少了，靜下心來，其實風扇的風也很大，窗外也總吹來陣陣清風，只是那些心浮氣燥的人無法發現罷了。人類，一個人在地球上多麼渺小，但地球上所有的人，那麼多！不開空調可以是第一步，但絕不應該是最後一步。

水的頌讚

福建中學 鄭子言

泰戈爾曾言：「是水的載歌載舞，使鵝卵石臻於完美。」

人生漫漫，我們的成長路途上無處沒有受到「水」的恩惠。在我們誕生之時，本只是一顆平平無奇的鵝卵石：或色澤黯淡，或棱角鋒利。在雨水的俏皮輕撫下；在溪水的細細流淌下；在海水的遼闊包容下，才使我們能在陽光之下熠熠生輝。

在我年幼時，父母因工作忙碌而鮮少給予我陪伴。我常眺望窗外那遙不可及的湛藍海水，生活中卻絲毫受不到「水」的浸潤，這使我的性格變得乖戾、暴躁。忘了哪一天，一場突如其來的春雨打破了孤寂。這些隨雨而來的小夥伴並未嫌棄我的性情，反而用他們細小而溫暖的水滴，洗刷掉我心頭的苦悶。他們帶我四處嬉鬧，伴我讀書認字，陪我談論心事。是雨水的沖洗，才使我不因被灰塵掩蓋而拒人千里。

後來，到了學校我仍未能改變兒時那桀驁不馴的性格，身上的稜角也常常會把人劃傷。有一天，我從草地滾落，落入溪水當中。如溪水般溫柔的老師們並未厭惡我的稜角，反而用流水包裹着我。他們在成長過程中，給予了我許多的安慰和鼓勵，以及挑戰自我的機會。「相信我，你可以的」、「沒事，有老師在」，這些溫柔的話語似溫潤的流水般浸潤着我，使我不再因害怕失敗而退縮。是溪水的緩緩流淌，磨平了我的稜角，剔除了我的膽怯，使我展露出獨一無二的花紋。

不知何時，我發現兒時眺望過的海水並不是那般的平靜冷漠。在我自願地落入到他們的懷抱後，我才發現他們的浩瀚遼闊。即使我在兒時反覆將他們劃傷，他們也從未埋怨半句；成長過程中，對於我的叛逆、幼稚，他們也只是在我沒有察覺時用海水撫平我的不安。他們並非冷漠，只是海水的愛過於深沉，深沉到我們或許未能察覺。是他們對我如海水般的包容，才使得我學會了愛與信任，在陽光之下閃耀光芒。

「滴水之恩，當湧泉相報」，可面對成長路上那麼多「水」的恩惠，我竟不知何以為報。只能向我的朋友、老師、父母表達最真摯的感激。「水」，作為我們生活中最平凡，卻也最不可或缺的資源，卻時常會被我們忽略。何不細細回想：我們的成長路上是否都佈滿了「水」的恩惠？

If you could speak to trees, what do you think they would say? Imagine if you asked them the question, “How can I save the earth?”. What would they reply?

Diocesan Girls' School Ching Helen

I walked with small, quick steps on the pedestrian sidewalk. Numerous cars sped past me, and some which stopped at the traffic lights puffed out dusty breaths onto the concrete road. This certainly wasn't the best place to take a leisurely stroll, and the trees planted there seemed to agree with me.

“Look at us! We're thin, limited to one square meter of space, and we need poles to support our growth!” one tree whined in a tired, exhausted voice. The leaves of the tree were of dark green color, small and hung onto fragile-looking branches.

“People only know us and plant us because we provide shade to humans, and because some of us bloom pretty flowers. But we do so much more than that: we absorb carbon emissions and give out oxygen, purifying the air. We also give out water vapor and make the weather less dry! And yet every time a new road or building is to be constructed, we are immediately chopped down, and even if not, we're only given a small amount of space.”

Their frustration to being mistreated and taken for granted was evident. Without them, the air would be so much more polluted, full of dust, and other particles rendering more humans to vulnerable to respiratory diseases. The air would be void of moisture, and much fewer fruit could be harvested from these trees. The earth would be a dystopia, one which would bring diseases and potentially starvation as well. Most importantly, they are living beings, just like us! Perhaps they are unable to directly speak to us their feelings and emotions, but their unhealthy appearances should be enough to remind us just how badly we treat them. Nature is one big ecosystem, and if we continue mistreating trees like that, one day we will bear the consequences.

“How can I save the earth?” I asked, wanting to put an effort to help the trees.

“Start campaigns! Promote our importance! And use products that are environmentally friendly. We get it, some of us have to be sacrificed, but we'd like to minimize the chances of that. Use paper on both sides to reduce the number of chopped trees. As for some of our companions in the rainforests, their health is also threatened by deforestation and commercial logging. Buy products which have labels showing that the logging for the product is legal and minimized. These are tiny actions, but small steps go a long way.”

I nodded, and promised that I would do as they said. As I walked away from the trees, I could tell that their leaves had straightened up a bit, their branches now holding up with more energy. Perhaps that was their way of expressing relief. As for me? I walked with new goals to work on, and a new sense of purpose.

Studies show that very few people recycle. Consequently, the earth is being overrun with trash. Why should we recycle and how would you convince your family to do it?

Diocesan Girls' School Li Ruyi

Why should we recycle? This question has been asked by many over the years. Scientifically speaking, the earth is overrun by trash and a lot of habitats are polluted due to our waste, which results in a sharp reduction in biodiversity. Consequently, the number of endangered species rocket up. This causes a more serious issue at hand, which is the imbalance of the food chain and there would eventually be a scarce amount of food for humans. But if the impact of not recycling is that significant, why are there only a few people willing to make a difference?

A few days ago, I came across a film about animals ruling the world. Animals were portrayed as prime ministers, reporters, workers, or even teachers, replacing every role that humans play. Animals, like humans nowadays, were indifferently living their own lives and not recycling. Suddenly, to my horror, the camera zoomed in onto the trash-filled beaches, and I saw humans living in that area, desperately finding food while many were poisoned by plastics. I was terrified because human lives were portrayed as fragile, but so worthless. I realized in shock that this is how we have been treating planet earth and other animals. We must stop believing that one person cannot make a change, as every piece of trash could be the deciding factor of an animal's destiny.

After this shocking experience, I decided to convince my family to recycle by showing them the film and encouraging them to look at matters from another perspective. As the saying goes, "Do to others as you would have them do to you", stepping into the animals' shoes makes us experience how cruel we have been towards them, and helps us understand how starting to recycle does, indeed, make a difference.

Studies show that very few people recycle. Consequently, the earth is being overrun with trash. Why should we recycle and how would you convince your family to do it?

Nthykyldss Law Cheuk Hei

As human civilization continues to grow, so does the trash that we make throughout the centuries. Gradually the earth is starting to get saturated by garbage, and eventually, with the current growing rate of trash increasing so rapidly, present junk yards will soon be filled up, and they will be covered with a thick layer of disgust. Then, our beautiful planet will be no more. Therefore, we started to promote recycling towards the public. There are leaflets everywhere about recycling. Posters are placed in every single inch of walls you can possibly imagine. However, the results do not seem obvious at all. Not much of the human population would recycle. The problem remains severe and out of control. Thus, let us dig deep into the roots of the problem, discuss why the majority of the population refuse to recycle, why we should do so, and how we can start with our own families.

First and foremost, why do most of us refuse to recycle? Well, it would be awkward to say that we don't do it because we don't know much about it. We have all learnt that through the omnipresent recycling advertisements, posters, magazines. Even our textbooks have recycling as one of the main topics. Therefore, it wouldn't be this reason, right? In my opinion, I believe we all know about the existing problem of garbage overflowing. Yet, we don't take any action because we believe that others will do so, so our mere contribution to the great nature is nothing. However, what most of us don't know or most possibly ignored is that others have the exact same thought as ours. Therefore, at the end, no one is doing anything because they count on others to do it for them. This is the real reason behind such few people recycling. This is the main thing, the main problem that we should tackle, instead of not enough advertisements.

After talking so much about recycling in this passage, why is it so important actually? As I have said earlier, as our civilisations grow, we make loads of trash and wastes, especially after the Industrial Revolution. Resources are starting to deplete, but trash and wastes continue to rise. With this trend, the amount of wastes will soon surpass the resources we have. When this time comes, production will surely suffer from utter hardship. This is when recycling comes in. Recycling means to use processed materials which are thrown away, also known as 'junk' for the public, again after certain renewal processes and produce new products with it. But why is this important? Well, as you see, each time we produce things, we put in resources to get products, but then as time goes, it becomes rubbish and gets thrown away. Therefore, we need to put in resources again to get new products. This is why resources are depleting but the rubbish meter is increasing so rapidly. Yet, with recycling we can put in the same old good resources that were thrown away and produce new products with it. This lowers the amount of trash, but still have the same amount of resources as before. With that, our planet can get away from all of that rubbish and get the same amount of

materials as before. Now that we have learnt about the importance of recycling, how can we and our families do so? Well, this is my take on convincing them.

My family are just like the majority of the people, they count on others when it comes to environmental problems, so they are not into recycling. Therefore, what I am going to do is to tell them the fact that everyone has to take part in it, in order for it to work. Just like everything in our lives, every single matter in this universe is made by zillions of atoms. Each atom plays a role in this vast, boundaryless universe. Yet, if every single one of them refuses to follow the laws of nature, nothing will work out. Even our part seems like nothing, a mere crumb of the gigantic planet, it counts. I believe telling them about the fact that everyone's part is as vital as everyone else's is the most convincing to them. Moreover, as the government has recently set up recycling stations all over Hong Kong, this can be an attractive factor for my family to recycle things. It is more convenient than ever. And there are even points to earn and prices to get by redeeming the points. It does not only benefit Mother Nature, but ourselves as well. What could possibly be more 'intriguing' to most people and my own family than this?

For everything in a nutshell, recycling is now increasingly vital to our lives. Soon the earth will be filled up with horrendous scents of trash, looking like a post-apocalyptic world, which was once only in fictional movies, but now slowly coming true. Therefore, I hope that this passage can raise your awareness on the serious problems of trash overflowing. Start taking action with recycling!

水的頌讚

皇仁書院 羅文杰

「上善若水」，良有以也。

壓力奇大，把我壓得不能喘氣。茕茕孑立，為短暫遠離壓力，我邁步沿着葱鬱的灌木走，不知命運將引領我至何處。俄而已到達某郊外，我藉地而坐，背後的河流潺潺，也許在低聲吟說宇宙的奧秘。地上的荒榛蔓草仍舊濕潤，也許剛受到雨水的滋潤，恢復了生命力，蒼翠的綠色似在對水滴無私的付出慷慨地道謝。

我仰望遠瞻，只看見高聳入雲的崇山峻嶺，也許水的恩惠不只波及小草，也把整片大地變得煥然一新，因為儘管天上掛着旭日、殘月黯然，天上卻是一朵一朵烏雲在跳、在滾，也許他們唯一的任務就是要讓水滴抹走天地的灰濛。大地經已受到水滴無私的奉獻，可整裝待發，為別處帶來水，兀自為世上萬物帶來抖擻的營養。

山麓的積水，倒射了我熟悉的面龐，面龐卻冒出陌生的笑靨。微風撩拂着我滿頭的散髮——我前所未有地開朗。也許水滴把我長久以來的心力交瘁沖洗走，換作泥土的營養，或被微風帶往別處，堙滅於地球滿載着曦曙與光明希望的那一隅。

昂首挺胸着，我攜着前所未有地輕盈的身軀，與夙昔教人懊惱——卻已泯然——的壓力說再見，繼續順應着命運，不加反抗地跟隨着水，向前方走。

受到雨水恩澤的雀鳥，餘音嫋嫋，為大自然譜出悅耳動人的交響樂，且有琳琅滿目的綠蔭隨風而舞，婆娑着，讚頌着水的偉大，使他們復活。

一切叫我回到以前，卻被樹蔭的露水弄醒，示意並告誡我活在當下，別為過去惆悵淒戚——畢竟行色匆匆的往日的確不要人好受。

我走到某湖水附近，倚坐在大樹之下，泉水反射着天上的酷日，餘暉奇麗。如此濕熱，本應弄得我汗流滿背，難受不堪。我卻毫無此感。酷日映照我佈滿希望的內心，只因湖水的喃喃似想使我弄懂人世的真理。

這卻是個慵懶的下午，我闔上眼簾，在湖水親切友善的陪伴下忘掉一切，安心入眠。

再睜開眼，已見華燈乍上，缺月在樹尖桠梢之間。睡眼惺忪中，天空似閃爍着流星。我眨眨眼，只覺是我盈眶熱激的眩耀。水擁有着無窮的形態，在無垠天地被風帶着走，旨着給予天地萬物希望。蔚藍的水卻是撲滅世間淒冷的不二法門，真不可貌相。

在草地給人慰藉的懷抱之中，我枕藉着，任由臉上的水珠眺望萬物，看着不同形態的自己的傑作。它勾留着，不肯乾涸，似在自矜。

在水珠的協助下，我洞悉到人生榮華起枯是必然的。不須驀然回首；不須展望將來，只須珍惜並享受現在，以不同形態面對人世。我豁然開朗。

我再闔上眼簾，世界的媚態的殘影逐漸褪色，壓成一條線，裂成數個儼然水珠的點。我只見一片光明，一切皆因水的啟示，水滴、水珠，着實值我頌讚。

「上善若水」，良有以也。

「堅毅力 想像力 專注力」 學習要成功，何者最為重要？

浸信會呂明才中學 郭以謙

作為香港的中學生，學業佔去了同學生活不可或缺的一大部分。隨着學習課程變得緊湊，不少學生也認為他們無法成功學習，更因此厭惡學業。事實上要成功學習，最重要的是專注力。

學習的成功，一般可理解為已明白並對上課內容熟悉，而且能將知識運用在測驗考試，甚至工作上。而學習的過程，是由專注上課開始。專注地上課，對於吸收知識來說至關重要，尤其是當你第一次學習該知識的時候。這樣你在上課時，就已經能記得知識的大約內容，因而不需要花很多時間溫習。再者，如果你不專心上課，即使之後多花時間溫習，都只是事半功倍。專注力的效果並非堅毅力和想像力可達到的。

再說，專注力能提升人的學習效率。如果人們在大腦專注力最高的時候——即起床後兩小時及晚餐前兩小時學習，記憶力，知識能更容易深入大腦，提升學習質素，同時節省不少時間。相反，如果人學習時不專注，經常分心，這樣就需要更多時間才能複雜同一份量的知識，浪費了時間。

有人說，堅毅力和想像力比專注力重要。事實上，有堅毅力的人，或許能更容易學習，他們堅持的精神能讓學習更容易，使他們更好地達成目標。只是，那些人如果不專注，即使有多堅持學習都只是在虛度光陰，可見專注學習是不可或缺的一環。

那，想像力呢？想像力能讓我們以聯想的方法記憶，對於加強記憶力是有效的。不過，過多的想像力只會令學生在學習時過分地思考，容易令他們分心、胡思亂想，到頭來對學習的幫助，特地專注力來得要多。

有了足夠的專注力，才能令學生在學習時事半功倍，在茫茫的人海中脫穎而出，能有更多學習機遇，也讓我學會更多知識，將來報答社會，回饋香港。

你們的中學校長今天突然宣布：為了推行環保教育，讓同學學習愛護我們的「地球叔叔」，從明天開始，無論氣溫高低，都不可以啟動班內的空調系統。在你的想像中，學校將會變成什麼境況？

東華三院甲寅年總理中學 李朗晴

在炎熱的夏天，空調是必不可少的。要說都市麗人沒了空調，那就不美麗了！正當我在午睡時，空調被關了。

無知的我還在呼呼大睡，卻沒發現已經滿頭大汗，眉頭不時皺一皺的神情。終於，睡意抵擋不過熱意，我睜開眼睛，大聲喝罵：「誰把空調關了！快熱死我了！」我們班的環保大使一邊搧扇子，一邊告訴我校長為環保而禁止開空調的消息。同學都對此政策十分不滿，但都無奈接受。

一開始，大家還有耐力忍受，維持平日的校園生活；但漸漸的，大家變得沉默寡言，行動極慢，好像老公公和老婆婆。上樓梯時，一聲不吭，一腳步再一腳步彷彿要花上十年，不說還以為在做康復訓練。

小息時，平常熱鬧的課室也變得冷清：通常會聊天、玩遊戲、男生還會「搏鬥」的活動通通取消。大家像提線木偶一樣乖乖地坐在位子上，因為熱得不想動，就開始相信「心靜自然涼」的這句話。

在課堂時。老師也不再高聲演講、在課室走來走去，而是坐在教室台前，有氣無力地說着，也不在喝斥同學，而是心平氣和地說。不動真格，維持體溫，瘋狂喝冰水，就是老師的標誌。而學生們則是忽發奇想，還是絕境求生：想到用書扇涼，帶電風扇，更用濕紙巾擦臉，有空就去廁所洗把臉的奇異舉動除暑。

在潮濕悶熱的香港，空調早已成為我們生活的一部分。現在沒了它，就像沒有了靈魂。平時最愛說冷笑話的志誠都變得滿頭大汗，自然冷笑話都變成熱笑話了。

在課室裏，空氣中都瀰漫着汗臭味，身體濕濕黏黏的，很不好受，加上臉上被口罩遮蓋，上氣不接下氣，呼吸得不舒暢。

而且人還會變得十分暴躁，眉頭長期緊皺。當我做不出數學題時，心情會很煩躁，但現在又熱又煩，火上加油，像下一秒就要爆炸的火山，頭頂出煙，就快要升天的感覺。

相反，有人歡喜有人愁，小賣部的凍飲則掙得盆滿盆滿。冰水可謂變成時尚單品，每個人：無論是老師，同學還是校工都有一瓶，平均一小時喝一杯解暑。

「真的受不了！每天就像生活在火爐裏。為何要承受這肉體心靈之痛啊啊啊啊……」

「醒醒！上課了。」我的同桌拍醒我。我頓時清醒，原來那是夢啊！我心愛的空調還在為我服務啊！

平時毫不起眼的空調對生活有很大影響。在我的想像里，大家都會因空調而變得沉默，痛苦不堪。這讓我反省人類是否太依賴某種物品時，會變得很痛苦？我想：是的。

空調是新時代人類所依賴的。所以在失去後才會覺得痛苦；如果從未擁有，又怎麼會失去呢？依賴某種物品時就如同吸毒一般讓人上癮，離不開它。所以無論人和物都不可以過度依賴，否則後果不堪設想。

原來沒有空調的生活如此艱難，看來人類對空調的上癮程度還大過吸毒。我們實在應該好好戒掉這個壞習慣，做到：有空調固然好，但沒有它也對我毫髮無傷。

你們的中學校長今天突然宣布：為了推行環保教育，讓同學學習愛護我們的「地球叔叔」，從明天開始，無論氣溫高低，都不可以啟動班內的空調系統。在你的想像中，學校將會變成什麼境況？

筲箕灣官立中學 陳睿晴

「叮鈴鈴……」早會的鈴聲響起了。

「為了推行環保教育，讓同學們學習愛護我們的『地球叔叔』，從明天開始，無論氣溫高低，都不可以啟動班內的空調系統！」校長威嚴地公佈了這則重要的消息。

一時間，台下噓聲不斷，「甚麼政策嘛！沒有空調我會熱死的！」「只有風扇怎麼夠啊！」校長卻揮了揮手，示意老師們帶着學生離開。

我跟着老師返回課室。回去的路上，我想：「呵呵！現在可是炎炎夏日，香港最熱的七月份。幸好我從小就習慣不開空調，要不然明天真的會被熱死！」

很快便到了明天。一如校長所言，課室只能開風扇，空調全都不能用了。空氣中瀰漫着一股淡淡的汗臭味以及風扇的「嗡嗡」聲。在課堂上，我瞧見同桌「全副武裝」，一個手搖式小風扇，一包香體止汗巾以及一桶冰水。我心服口服，佩服得五體投地，但同時亦暗暗感歎現在的人真的太怕熱了，熱一點點都受不得。

到了午飯時間，吃完午飯後，男孩子們會去打球，女孩子出去散步，消消食。今天，男孩子在打球後，回到課室，便想着可以吹空調降降溫，才想起今天沒有空調，於是一個個回到座位後就猛扇扇子，沒事兒的就用書本扇。一時間，「呼呼」，「嗡嗡」的聲音此起彼落，汗臭味也加重了好幾分，男生坐的後兩排簡直就是「重災區」，臭味都快趕得上生化武器了。

在最後一節課的時候，校長叫全體師生到禮堂集合。進了禮堂，校長笑咪咪地告訴我們，「今天熱嗎？」「熱死了！」同學們齊聲回答。校長剛剛笑咪咪的臉瞬間變得嚴肅起來：「那你們有沒有想過，以前有空調的時候，外面熱不熱啊？當然很熱！是誰很熱呢？不就是我們的『地球叔叔』嗎？所以我們不能浪費能源，要愛護我們的『地球叔叔』！」

同學們全都從這次活動中明白了校長的苦心，明白了要愛護環境，明白了熱浪帶來的痛苦。願我們一起推行環保，共塑一個美好的地球環境！

水的頌讚

旅港開平商會中學 鄧維

身為人類一份子，看慣了江河湖海，吃慣了江河湖海，你我卻只覺一切稀鬆平常；千百年來，人類文明建立於水旁，發展於水旁，卻不見人們對她多有讚頌。殊不知，或是靜默的一捧水，或是洶湧的一片海，都值得我們為她駐足，譜上一曲獻給「自然之母」的讚歌。

生在藍色星球，你可知身側便是佔地球七成面積的海洋？你可知早於被母親誕下時四周已被溫暖羊水包裹？水，是生命的象徵。早在億萬年前，第一粒生命的種子便是生於海底，順着水流，蔓延得無處不有，生命發芽，水功不可沒。在歷史的長河上奔行回首，人類亦是生於水邊，靠吃水生存，華夏祖先建立在黃河一帶，自此出現部落，文明延續，水功不可沒。一場雨，乾裂的土地變得鬆軟；枯竭的生靈得以滋潤。一切的從前以至現在，乃至將來，皆得益於水的存在，她是值得感激、值得誇讚的。

水是包容的。隨着人類發展，我們狠狠地掠奪資源，無情地排放污水，自以為是地利用這位無私的母親。伴隨着愈趨嚴重的污染，水默默承受，依舊海納百川，她用一顆慈愛大度的心，供養一切海中、陸上生靈。洗去污穢，淨化人間，億萬年來大愛溫柔的雙眼蔚藍依舊，亙古經年地看着地球，沉默地愛着子民。

水是美麗的。她美在聲：流水潺潺，怒海翻騰，多少你我享受着她的好而忘了留意她的本身？湖澗溫柔，江海磅礴，水流的碰撞構建出無與倫比的聲之形，深入人心。她美在色：水本無色，似鏡，自然總會為清澈的靜謐上色。蔚藍在上，則海天一色，林中幽湖，則映出一片林影蔥蘢，多變且美麗的，這可是不曾留意的過的水？

水無私大愛，沒有她，生命不得以存在，不得以延續。水溫柔美麗，卻也有無窮威力，只是她選擇了愛我們——「黃河之水天上來，奔流到海不復回」，享受着愛，亦要以愛相回，猶記心存感激，心存敬畏，猶記心中存一片海，習她大愛。

你們的中學校長今天突然宣布：為了推行環保教育，讓同學學習愛護我們的「地球叔叔」，從明天開始，無論氣溫高低，都不可以啟動班內的空調系統。在你的想像中，學校將會變成什麼境況？

港大同學會書院 周麗琦

隨着科技不斷的進步，如無限的泉水般把我們的生活推向一個又一個層次。而在這麼多偉大的科技發明中，在夏天必不可少的東西中，在每個香港的學校裏的學生最喜歡的空調系統突然消失，學校的每一個角落，都會是一幅獨特的風景。

今天校長突然宣布要停止啟動班內的空調系統一事，原因是為了推行環保教育。而正在冷冰冰的課室內享受着的同學們，卻因此被拉出「空調母親」的懷抱，獨自面對「夏天父親」的燃燒「烤」驗。

放眼望去，有一群剛上完體育課的同學們上氣不接下氣地衝回課室。他們有的滿臉通紅，與其說是一顆紅通通的蘋果，不如說是一個經烈日燒烤後快要爆開的紅氣球；有的面部曲折，如一張白紙般，而經過驕陽的慰問後早就成了一張廢紙，把痛苦二字寫滿全臉。此時大家的心達成一致，唯一的期盼就是回到清涼的課室，在涼爽下喝着冷飲，睡在涼涼的桌上享受天倫之樂。可現實卻打破了他們夢中的幻想，把他們拉回身處烤爐的現實。經烈日的擁抱下，整間課室就如蒸籠一般，可憐的同學們立馬成了可憐的嚇人，饅頭和腸仔，各個發出淒慘的尖叫。此時，他們是多麼懷念曾經有空調的時候，隨時隨意便可把它開啟。有時可能並不是很熱，同學們也毫不在意地開啟它；有時要出去集體上課，空調也就隨意地開着，沒有人會去關上它。而此時，每個人都萬分後悔自己曾經的浪費。

放眼望去，有群坐在課室裏聽課的同學，而他們的臉上卻寫滿了輕鬆。在沒有空調的課室裏，不時會有幾陣清風拂過同學們的臉，引起他們的回憶：他們曾經在空調房裏何曾出來感受過自然的氣息？與其在刺骨的空調房穿着棉衣，也不願意關上空調感受自然的微風。

轉念一想，空調的消失提醒了我們深處於科技發達的城市是多麼幸福，而在世界的另一處，又有多少人受困於科技和資源的匱乏。我們肆無忌憚地使用現有的資源，只會使全球暖化更加嚴重，何不是助紂為虐？而身處於世界另一處的同胞們，只能無奈的接受我們的自私給他們帶來的這麼。因此，我們應該改變我們的生活習慣，儘管身處於科技發達的時代，也要懂得善用科技，明白仍何事都是褒貶不一，任何東西都是有利有弊的。所以，每當我們在使用任何電器或資源時，摸着自己的良心詢問自己：真的有必要嗎？不要等到「地球叔叔」病倒了，任何靈丹妙藥都救不了他時，才後悔自己當初的自私，只能感嘆害人終害己啊！

水的頌讚

港大同學會書院 陳珮珈

我們時常讚頌身邊的人——含辛茹苦的父母、給我們春風化雨的師長、鶴立雞群的同儕……這些都必曾是我們所頌讚的對象。但是，我們又有曾歌頌過那流在江流百川、流在天地萬物的水嗎？

水，靈活而善變，晶瑩而剔透。人們常用清水來象徵那些正直高潔的人，亦以「上善若水」來比喻人們須富有彈性、擅於適應。水能化作各種形態，時而溫柔地親吻着人的傷口，時而兇猛地泛起強大的波瀾，頗有「不鳴則已，一鳴驚人」的氣勢——這也是作為生於這個時代的人，必要的能力。如今時間的步伐走得越發飛快，沒有任何挫折能令時光駐足。若人們在遇到困難、改變的時候裹足不前，只會不知所措、自暴自棄，那也只有眼睜睜看着一切往他方奔騰而馳的份了。隨情況作出調整，「上善若水」，方可跟得上世界的步伐，邁向成功。

水，樸實而無華，中用而謙卑。水雖為地球上最常見的物質之一，看似平平無奇，卻是世間萬物不可或缺的。動物沒了水，會飢渴而亡；植物沒了水，會乾枯而萎。水在一切之中，都扮演着極其重要的角色：在驕陽似火的夏天，時而獻出如磐大雨，為大地送出滴滴甘霖，賜予生機；在血液之中，成為勤奮不懈的快遞員，將身體所需的一切，「挨家挨戶」地送到各個器官；在湖泊之中，擁抱着水中各種生靈，讓牠們歡快地暢遊……水值得歌頌的用途，實在數之不盡，可它有像一些人那樣，昂首挺胸地去領功嗎？它只是繼續默默無聞地為一切貢獻着，對回報毫不計較。水的有用和謙遜，難道不值得被頌讚嗎？

水的高尚，使人望而歎服，使人無比欽敬，使人無不讚頌。然而，我們卻似乎對它毫不珍惜，有人甚至不知羞恥地肆意浪費着它、污染着它、褻瀆着它。水如此對我們施以恩澤，竟有人對其純淨的泉源恩將仇報，實在不可饒恕。

讓我們頌讚水、珍惜水、感謝水，讓這翩翩君子，得到其應有的報答吧。

Outstanding Writings (Junior Form)

If you could speak to trees, what do you think they would say? Imagine if you asked them the question, “How can I save the earth?”. What would they reply?

N.T. Heung Yee Kuk Yuen Long District Secondary School Cheng Ka Hang

“How could I save the earth?” I asked Chris.

“It is simple. As a tree, I live longer and I know more knowledge than the humans. Let me tell you more about it!” Chris replied.

Nowadays, the technologies have been developing rapidly, and we often use lots of plants to maintain our daily lives, for instance, we cut trees to produce paper for daily use. However, we also built a tremendous amount of factories to manufacture daily goods. They produce excessive amount of carbon dioxide which causes global warming. This makes the natural environment worse than the previous years. As I am the chairperson of the Environmental Protection Club at my secondary school, I asked my friend, Chris, who is a tree, to give me some ideas to tell my schoolmates to save the earth.

“Hey mate! I haven’t met you for a long time, how’s life?”

“Good afternoon Chris, I am disappointed right now.”

“What happened? I can give you a helping hand!”

“As I have told you before, my class teacher, Mr. Lee, assigned the role of being the chairperson of the Environmental Protection Club to me. I need to think of some ideas to encourage my schoolmates to save the earth. Oh wait! Chris! You can help me! You’ve lived in the earth for over 300 years, please tell me how to save the earth!”

“Ah, that’s easy. Let me give you some suggestions.” Chris replied.

He continued, “The environment is getting worse in the 20th century. The humans tend to build factories and they cause various pollutions. For example, the exhaust gas produced cause air pollution, which leads to different respiratory problems for the residents nearby. As you’re only a teenager, you can start to save energy or cut off waste to save the earth.”

“Okay, got it. By the way, what should I do? Should I organize a competition?” I asked.

“That’s a great idea! You can organize a ‘Let’s save energy!’ competition. You can treat it as an inter-class competition. Each class will receive one hundred marks as the base

score, and will be deducted five marks when they forgot to switch off the electrical appliances, such as lights, fans, air-conditioners and projectors. The highest score among the classes at the end of the school term will be the winner and they will receive some prizes.” Chris suggested.

“That’s a brilliant idea! The competition can let them save energy. On the other hand, prizes can make my schoolmates to join the competition. Thanks for your idea, Chris!”

“Haha. It is very simple for me to think of this. However, one competition is not enough for the whole school term. Let me think... Oh yes! We can also give them a handbook.”

“Handbook? Sorry, Chris, I don’t get what you mean.”

“I mean an environmental protection handbook. You should give each schoolmates a handbook for them. They should write something that they do in their daily lives which is environmentally friendly. The best 10 students will get book coupons as rewards. This is a nice idea, isn’t it?”

“Oh my god! Thanks very much, Chris! You helped me a lot! Let me tell Mr. Lee about this!”

“No problem. You should also share with your classmates about ‘low carbon living’ in the morning assembly. Producing excessive carbon dioxide enhances the greenhouse effect, which causes global warming. You should suggest ways to promote low carbon living, such as choosing to walk instead of taking public transport when you are going to a place where distance is short. Also, we should purchase produce from supermarkets which do not have too much packaging in order to use less plastic.”

“Well, I think that’s enough. I think my schoolmates will understand and our whole school will promote a low carbon living lifestyle!” I thanked Chris for his help.

Afterwards, I shared the ideas with Mr. Lee, and we will organize the competitions in this year. I think our school will save a lot of energy if we continue the program in the whole year.

If you want to do something to save the earth, don’t hesitate! Let’s promote a low carbon living lifestyle to save the earth!

Studies show that very few people recycle. Consequently, the earth is being overrun with trash. Why should we recycle and how would you convince your family to do it?

Good Hope School Amelia Cheung

Dear Father and Mother,

“Turtles entangled in plastic bags”, “Plastic bottles and tin cans found in a dissected whale’s stomach”, “Marine creatures losing their habitats...” These are all headlines concerning the issue of our earth’s environment we see on news that ensued because of our daily habits.

Why did this phenomenon occur, you may ask? The amount of unwanted waste has been surging rapidly these years, giving rise to issues detrimental to our earth. Such waste may be sourced from food packaging, abandoned books, or unused clothes. The final destination of this trash is clear - the landfill. Our landfill's capacity has been decreasing dramatically in recent years. News reports and statistics have already been conducted that it is just a matter of time until our landfills become full, but the public is still oblivious to our city, our country, and our globe’s biggest problem - the overrun of trash. To tackle this worldwide problem, I suggest our family embrace recycling.

There are a few advantages to recycling. Firstly, by making good use of recycling bins, we can minimize the amount of waste being sent to landfills. Living in an advanced city, a wide variety of recycling bins can be sought in our community that are located to arouse public awareness of recycling: yellow bins for cans, blue bins for papers, brown for plastics, and even miscellaneous ones for clothing, batteries, glass et cetera. We should make good use of this infrastructure and dump our abandoned products into the bin. Through this simple act, we can already minimize the trash being wasted, and new products can also be produced from the resources we’ve given away. For example, after finishing up canned sodas and bottled drinks, we can give them a light rinse and send them to their respective recycling bins. I’m positive both of you won’t want to live in a polluted earth, right?

Moreover, through recycling, we can make use of unwanted products and transform them into something brand new, which will reduce the pollution emitted by factories from making products from scratch. As we all know, Mom is a huge denimholic. Instead of throwing her older pairs, she can place them into the clothing recycling bin to give a new life to the jeans. Producing denim jeans requires a lot of cottons, which are grown from toxic chemicals. Factories also produce a lot of harmful gases and sewage, polluting nature. By recycling mom’s old jeans, we can let planet earth take a break from pollutants, and our earth will soon be a clean place as we actively recycle. I’m sure you wouldn’t disagree with me right, Mom?

In order to make this recycling process more fun and family-friendly, I suggest that we should have a mini competition on recycling! The most active recycler can get a free ice cream and a token of appreciation by planet earth. Besides, we should limit ourselves from buying excessively packaged goods and consider wisely before purchasing unnecessary accessories. Similarly, the MVP will get a free ice cream and a token of appreciation by planet earth.

However, I know you may think that recycling is a tedious and time-consuming process. Indeed, recycling does take more time and effort than dumping. But these extra few seconds, extra few steps, mean more than a leap for our planet earth. Through recycling, we can lead our earth into a better place, a place once again suitable for our future generations to live in. Therefore, our family should certainly take part in recycling.

Trash is a huge problem in not just our society but the entire globe. It is not fair, nor right, nor just for our future generations and the natural habitat to live in a place of pollution, of misery, of suffering. Only by taking part in recycling, a simple process that takes no more than a minute, can we already minimize the amount of waste produced and help conserve our environment. Mom and dad, we should all gather together and recycle, to restore our environment, and lead a healthy life for all kinds!

Love,

Daughter

Talking with the Trees

Good Hope School Sunny Li

I opened my eyes and shockingly, found out that I master the tree-spoken language-unbelievable, stunning and a little bit funny, isn't it? Anyway, that's the 4th days me talking to the trees. I record some of our conversation here. Listen, because it can really save our world. (This is quite depressing though).

My 'tree' friend told me that as the world rapidly developed and entered the technological era, many friends and families of hers died, silently. They don't even have a chance to say goodbye. She's in panic and shrouded in fear every day, worrying her life will be ended in silence, 'maybe tomorrow, maybe the day after, who knows' she said this with a bitter smile on her face. Just like a person who had a lung cancer and just sitting here, waiting for the announcement of death.

Her eyes are glittering with tears. 'We didn't do anything wrong, but we passed away, one and another. We have no choice,' she sighted, with hopelessness in her voice. 'I saw my friend, a little bird, lost her life because of losing habitats. She hadn't even started her life because she was "killed"' Her tears rolled down her cheeks.

While she was saying these, guiltiness grows in my heart. I never realized how many lives we have killed, not until this point when I'm really. Hearing the poor experience of the trees.

'At first, back in my childhood, I viewed you humans as a great friend. At that time, people won't cut down any trees. Instead, I was watching them growing trees and flowers and carefully protected us. I thought we're living in the same place, and we should protect our mother earth together,' She continued. 'But now, everything changes. The earth is filled with trashes, river and air being polluted, forests being deforested, natural resources are almost used up,' Anger and sadness growing I her eyes. As if saying, 'I'm disappointed by you humans.'

I want to say something, but don't know where to start. So, I asked her 'How can I save the earth'. Another tree (which is a much older one) answered with a deep voice, 'It's impossible to save the earth by you only. We want you to unite all the human beings and make them really care about the environment. Just by those posters which is, from my observation, everywhere on the street, can't save the earth. They can neither make people feel empathy nor motivates them to start doing anything. You humans can establish more movies and videos from the perspective of trees and animals, so that people can really stand in our shoes. moreover, holding talks and lectures isn't the best way to educate the children. Education is a process to explore, to perceive, to make empathy. So, teaching the, to stand

in others' shoes will be crucial. Asking them to read and write articles from the viewpoint of plants, animals or other living things on the earth may be an effective method. To conclude, teach people to jump out of their perspective. Making judgement and perceiving feelings in others' shoes in the key.'

A tree besides added, 'Surely, you must be brave enough to step out yourself. A small step can make a huge difference. Your behavior and views can influence people around you.'

'Making humans realize they're a part of the earth and they're also responsible for protecting and saving the environment. To be specific, spread this idea by different means like speeches, videos, movies,' Another voice added.

Therefore, that's why I publish this article on my social media. Please repost it if you can. Standing in other living things' shoes, realizing your responsibility, and most importantly, step out yourself.

You get to take one book, one food item, and one famous person (living or dead) to a deserted island. What and who do you take? Why?

Heep Yunn School Shing Yee Isis

Going to a deserted island does not sound really appealing. This question is often asked in “Truth or Dare” games, so I already have my answer. In order to not get bored, try to lead a fulfilling life, and continue to learn, I know just right what and who to bring.

Speaking of taking one book, I would not think twice but to bring *Wonder* by R.J. Palacio. This intriguing yet heartwarming novel never fails to amaze me. The characters portrayed inside feel real, as if they are your own friends. The story revolves around Auggie, a boy who is facially deformed since birth. He faces a plethora of obstacles in life, and the stares he receives seem to be ubiquitous. However, this is why I love the book so much and have gained major life lessons from it. Through learning how to navigate life with Auggie, I have gained life lessons on how to cope with my own life when things get tough. Bringing this masterpiece with me onto a deserted island can allow me to feel a little less lonely. By immersing myself into the book, I could glimpse the life Auggie has and remind myself that my own situation is not that bad. “A reader lives a thousand lives before she dies,” this book has given me another life. Reading about the down-to-earth characters, I will be more occupied and less lonely.

As a food lover, I hate to choose one food only. Nonetheless, if I were to choose, I would definitely choose my mother’s homemade lasagna. Tomato sauce and meat chops in between layers of lasagna are what I can eat all day. Since it is homemade by my own mother, it is healthier compared to the ones in restaurants. The sweet and savory flavors make it more palatable, which is why I have so much love for the dish. Moreover, since it is made with love by my mother, it makes me feel close to home when I eat it on a deserted island. The taste of it lingers in my mouth, giving me the feeling of home, which provides me with comfort.

Lastly, thinking of bringing a famous person, I would not hesitate to bring Queen Elizabeth II. Albeit she has passed away and the news of her death has hogged the headlines, it still feels unreal. It was one of my childhood dreams to visit the Buckingham Palace one day and coincidentally run into the Queen. It will be impossible to meet a deceased Queen outside the Buckingham Palace but maybe our encounter could be on a deserted island. Of

course, not only I want to be able to meet the Queen, but also to learn from her. She was known for her stoic and calm personality yet being an agreeable person who has humor. Such as iconic person will never stop amazing me with her enthusiasm and dedication. If I could bring her with me to the deserted island, I would ask her a ton of questions. It will be a great honor to get advice from the devoted monarch herself. First of all, I will ask her what the secret to her gracefulness and perseverance in her 70-year reign is. She is a role model who I have always admired and respected. Ruling a country starting from a mere age of 25, it must take a lot of courage and wisdom. I aspire to be an inspiring person like her, to be calm and graceful when facing challenges. In addition, the Queen's witty personality can keep me entertained when having conversations with her. It would be like having a companion to rely on and to learn from. Also, her calmness and intelligence could help the both of us escape from the deserted place, which is quite crucial!

In a nutshell, I believe bringing the book *Wonder*, my mother's homemade lasagna, and Queen Elizabeth II to a deserted island can turn it into a pleasurable experience. Learning is a lifelong mission, no matter where I am. Re-reading the wonderful book *Wonder* enables me to learn how to cope with life when it gets tough. It can give me hope when there is only darkness and uncertainty. Interacting with the Queen is also a form of learning. It fuels my curiosity and to gain treasurable values from her. It could help with my personal growth and help me become a better person. Last but not least, when eating my mother's lasagna, it can constantly remind me of the taste of home, and to keep it close to my heart.

If you could speak to trees, what do you think they would say? Imagine if they asked you the question, ‘how can I save the earth? What would they reply?’

Heep Yunn School Hui Yau Kiu Isis

Trees. They have been a constant presence throughout mankind’s evolution, and even before that. They are sparks of jade-green beauty dotted amid Earth’s sapphire waters, rare, bright emeralds that adorn Mother Earth’s brow. They feed hundreds of thousands of animals and flourish as the animals’ decomposing bodies feed them in turn. It is a beautiful cycle, brimming with life and wonder. But these great giants that had once stood guard for Earth are slowly, but surely, decking, when humans— us— treated our planet like a disposable piece of rubbish.

How would these mighty yet disgraced beings react to this, what would they say to us, if they could talk?

I imagine standing in front of a huge oak, a light breeze ruffling my hair and its branches. Amidst the calming rasp of leaves rubbing against each other, the old oak, wide and ancient, opens his mouth and says gently, ‘why have you come to me, child?’

For him I am but an infant; he is old, older than anyone could have ever imagined: easily thousands of years old.

‘How can I save the Earth?’ I would ask, my voice a little squeak beside his booming one.

The oak shifts uncomfortably, as if it is a question he would not like to answer. Then he opens his slit of a mouth, and begins, ‘We have been reigning for years on Earth. Dinosaurs, fierce and frightening they may be, came and went. We witnessed the birth of your race, child. We saw the first ape-man lumbering around, eventually making tools, creating entire civilizations. We watched, thinking that you will, like the dinosaurs, come and go without leaving a trace.’

I sit at the base of his huge trunk, legs crossed. I feel more like a child than ever— the way the oak talks is like my grandfather, reverting to a serene place in the past at the front of every speech. He has not approached the main point yet, I realise, and scoot closer to him.

‘Then the greatest era of your species came,’ he continues, and I am surprised to hear a note of bitterness in his voice: ‘Industrialisation. You produced great, great amounts of rotten gas, poisoning my brothers with a twisted mixture of heavy metals and toxic liquids. You came into our settlements, hacked off insane amounts of my fellow trees. Nothing is

left of my once-glorious tribe but dried stumps. Mother Earth is now an empty, lifeless husk infested by an ambitious parasite. I hear the howls of wolves in my corner, their cries of woe for a comrade fallen to hunters drifting to the lonely moon; I see ruby droplets of blood on the spongy forest floor, and a heavily injured hare, her pelt still blindingly snow-white, gasping her last breaths as hunters caught her and skinned her alive.'

He pauses, and I put a hand to my face. It comes away wet. I have not expected the fury, the sadness, the oak has felt over so many years; and now he is giving all that burden to me. I feel older, guiltier.

'I have seen too much, child,' he says sadly.

The desire to help, the desire to protect, has never burned so brightly in my heart. The overwhelming desire seems to pulse in sync with my heated face, swollen with tears.

'Tell me,' I beg, 'tell me, how can I save you?'

The oak looks at me, and I suddenly feel a potent dislike from the oak. 'You come to me, ask me to solve a problem you yourselves have created,' he growls madly, 'do you know how we have paid in blood for your mistakes? Do you know how we have suffered, living in fear of your ferocious hunters? Do we have to do more?'

I recoil from his anger, shaken to the core. In many famous pieces of literature, trees with intelligence are benevolent and wise, rarely expressing such strong emotions. The oak, however, seems spitting mad at the moment.

Then I remember what he has been through; I remember the terrible, bloody scenes he described to me, the stories of swiftly disappearing forests I myself have seen on the news.

Perhaps we have really gone too far.

The oak sees my unease and softens. 'Do more,' he says softly, 'do more for me, for us. Treat us as living beings, as sentient creatures with hearts and souls like you. Be the flame in the darkness; be a lighter that lights the fire in candles' hearts.'

I laugh through my tears. 'That is very specific,' I joke, and the oak, surprisingly, smiles as well. I catch a glimpse of his previous self, one that is not so bitter and in so much pain, in that smile; he looks ages younger, bright and beautiful. He reminds me of a carefree little boy, or a gentle, fun-loving young man. Not the seasoned, sad veteran he is now.

A stab of pity chokes me, and in my laughter I feel tears, hot and prickly, leak out of my eyes.

What have we done?

‘Well, you could use less of the strange contraception...’ he wrinkles his brow, thinking. ‘Called the air... conductor.’

‘Conditioner,’ I correct him.

‘Yes, that,’ he throws up his branches in disgust. ‘I do not know anything about these trinkets.’

I grin at him. ‘I understand now,’ I say, ‘I will try my very best to help.’

I turn to exit somewhat reluctantly; the serenity, the peace here, cannot be rivalled. But now I have a purpose. I have things to do.

The oak stops me. ‘One final word,’ he says, ‘how you do it is not important. Remember why. Remember what I have told you, and that fire will keep burning in your heart.’

I close my hand over my chest and nod stiffly. Tears threaten to spill off my cheeks again.

‘As much as I dislike this metaphor, let that flame spread like a wildfire in a forest,’ the oak shudders and continues, ‘let that thought spread, and save us.’

I nod again, and tears draw wet tracks in my face.

‘Farewell, traveller,’ he says, ‘remember me.’

I take that step and, as I carry out my mission, I think back with a smile about how he does not call me a child anymore.

And does that flame spread? Can it?

Well, I suppose that that depends on you.

Studies show that very few people recycle. Consequently, the earth is being overrun with trash. Why should we recycle and how would you convince your family to do it?

St. Paul Co-educational College Ku Shu Sum

“Reduce, reuse, recycle.” I believe no one is unfamiliar with the slogan. However, do we really put words into action?

In the past, whether we should recycle was only an elephant in the room which no one really paid attention to. However, in recent years, recycling has become a topic of controversy. Some people believe that recycling is a sensible and practical suggestion to reduce waste. At the same time, some people suggest that recycling is a waste of effort and time. A famous recycling brand Mil Mill being forced to shut down by the government has further added on to this problem. I strongly believe that we should, and must recycle, due to the benefits brought to the environment, the animals, the students, and the society.

To commence with, I would like to begin with the problems aroused because of not recycling. Firstly, our mother earth is being overrun with trash. A recent study conducted by Hong Kong Environmental Protection Club (HKEPC) has discovered that 75% of the seas in Hong Kong has been polluted seriously with trash and rubbish. over, students in Hong Kong have a lack of awareness of the importance of recycling. It is not uncommon to see students throwing rubbish into a full rubbish bin. Worse still, there is an empty recycling bin standing next to it.

Now, I would like to expand on the reasons why we should recycle from different perspectives: First and foremost, from the perspective of the environment and nature, a lack of recycling has caused serious pollution to both the oceans and land. Most of the waste in Hong Kong is discharged into the sea directly. A study has discovered that 80% of plastics consumption is from recyclable daily necessities, while most of them do not end up in the recycling bins, but in the oceans and on the land of our society. This result further substantiates my belief that recycling is harmful to the environment, leading to serious pollution problems. On the contrary, having recycling made as our habit can keep our oceans and land clean, subsequently benefiting our own living environment.

Furthermore, the wastes and rubbish disposed into the oceans because of us not recycling are found to be floating as coastal waste in the prosperous Victoria Harbour. They can as well lower the quality of beaches. The polluted waters may bring diseases and harm to us when we are using the beach for recreational purposes. Moreover, our health may as well be affected if we consumed the seafood polluted by the waste in the oceans.

Moreover, from the perspective of animals, especially marine life which suffers from the waste disposed into the ocean. Imagine you are an endangered animal, a dolphin, for example, has once been living freely. However, the wastes disposed us have been eaten by them or polluted their living environment, causing a decrease in water quality. It is even speculated that some sea animals are trapped by plastic bags or other plastic wastes that are not biodegradable in the ocean. How would they feel? Angry? Helpless?

As shown by all these, human behavior of not recycling poses a great threat to the lives of other species. Therefore, it is of vital importance for us to recycle as we could save lives. In another word, the animals' fortune is determined by us.

Furthermore, from the perspective of society, including students ourselves, promoting recycling can raise our awareness of environmental protection in the long run. According to a study conducted by the student union of St. Kong Kwok College, students are throwing away unwanted trash into the rubbish bins, in particular those in the canteen, which are always filled with plastic straws, paper cups, and other recyclable materials after every recess. The study reveals that students, or even citizens in Hong Kong are not aware of the importance to protect the environment. As a result, promoting recycling can not only make recycling and protecting the earth a habit of students, but also bring home to how a green environment is essential to us.

Some people may believe that recycling is not as feasible as it is said. However, I believe that recycling is very practical and of great necessity. For example, we can start recycling in our daily life by influencing others. Personally, I would convince my family members to have recycling made as a habit by telling them the importance of recycling. Moreover, I would explain to them what problems would arouse because of not reducing waste and how they do harm to many species and lives. In the meantime, I would propose some practical suggestions for them to apply in daily life. For instance, they should reuse the paper with only one side written. Also, they could bring their own bags every time they go to the supermarkets instead of consuming plastic bags. I believe only by these could we be able to save our mother planet.

To conclude, it is my belief that recycling should be promoted due to the current pollution problems that arise because of not recycling, as well as the benefits brought if all of us are willing to recycle. Undoubtedly, recycling may not be as convenient as directly throwing away the rubbish. However, by no means should we ignore the advantages that a little inconvenience would be able to bring us. Therefore, let's put words into action, the door of a green environment is opening. Always bear in mind that the ball is in your court, it is your choice to put words into action. "Reduce? Reuse? Recycle?" This is no longer a slogan, but a statement with an affirmative stance. Let's get our balls rolling!

You get to take one book, one food item, and one famous person (living or dead) to a deserted island. What and who do you take? Why?

HKCCCU Logos Academy Bowen Chan

A deserted island wouldn't be the first spot I'd look for when going on vacation, but if I was truly stranded, I'd bring two objects and a person. I'd take *A Tale for the Time Being* by Ruth Ozeki for my chosen book, a coconut for my chosen food, and Bill Gates for my chosen celebrity.

First, I'll have to explain the novel. *A Tale for the Time Being* is one of my favorite books, deftly combining complex quantum physics concepts with hilarious lines and the diary of a young Japanese girl. It was a finalist for the prestigious Booker Prize, and I'd definitely recommend it to everyone. Being stranded on a deserted island is an exhausting, life-threatening task, and I'd prefer for my nights and days to be occupied with skimming through this magnificent novel. This book will give me food for thought during sleepless nights, and be good company while I wait for rescue to come. If the situation gets desperate, I can even use the blank pages as fuel to ignite an SOS signal!

Secondly, the coconut. Coconuts are fruits famous for their nourishing juice and mouth-watering flesh, and I believe it should be a staple for surviving a deserted island. Coconuts are a supremely useful fruit, with everything it's comprised of being able to be used — its juice to be drunk, its flesh to be eaten, and its shell to be used for fueling fire or spelling out messages calling for help. Furthermore, as deserted islands always seem to have coconut trees growing on them, I'll never have to hunger for food or drink. If I get tired of eating them day after day, I can even use the "hair" on their husks to tie them together and fish for seafood!

Lastly, Bill Gates. The founder of Microsoft, one of the world's most illustrious companies, he's undoubtedly a genius and would be a good person to talk to during the hours spent on the island. I'm sure he'd have a plethora of wise knowledge to be dispensed onto me, and innovative ideas that will better the future of humankind. If we run out of things to discuss, he'll be able to use his smarts to build a wooden raft made of the aforementioned coconut trees or hopefully send a message to his wife, Miranda, to call for help.

All in all, this is the book, the food and the person I'd bring to a deserted island. I hope my stay won't result in my untimely death, and time I'll spend will be short and sweet! After all, I'd miss my family, friends, and beloved books — other than the one I chose, of course. What would you bring?

評審推介（高級組）

著名科學家愛因斯坦在他的《論科學》裏面說：「想像力比知識更重要。」你同意愛因斯坦的觀點嗎？為何？

聖公會曾肇添中學 陳可欣

知識是人類進步的階梯。早在牙牙學語時，父母已為我們鋪陳未來漫漫求學路，給我們上學前班、聽故事，培養對學習的興趣。而後我們花上十幾年的青蔥歲月在知識的海洋裏遨遊——在歷史的長河遊覽、研究生命的起源、學習詩詞歌賦……知識是莘莘學子亘古不渝的追求。而著名科學家愛因斯坦卻有別樹一幟之見解：「想像力比知識更重要。」而我確信，要想達到成功的彼岸，必定是二者相輔相成之成果，因此想像力與知識是同樣重要的。

古語有云：「學而不思則罔，思而不學則殆。」人生而一無所知，純乎一張潔白無瑕的紙張，因此需依靠獲取知識來豐富認知、閱歷。知識是前人留下的無價瑰寶、後人發展的基石，如醫療成就、科學理論等經歷上百年的沉澱和改良才為後人所研讀。通過汲取知識和前人智慧，我們對世界的種種方面有更透徹的理解，加以的消化和想像力，建立自己的一套知識體系。惟有想像力和知識珠聯璧合，人才能靈活運用所學知識，而不致囫圇吞棗。

知識是一切新的想法萌生的基礎。在有創新的主意前，我們需要大量的知識儲備作為參考。試想當一個人彈琴連基本的音準、音高亦一竅不通，那他該如何作曲呢？無可否認，有少部分天選之子如愛因斯坦能憑一己之力解開許多深奧問題，可這顯然並非典型情況。普遍來說，學習多年累積而成的經驗之談，總比單憑自身領悟可靠。

想像力使我們萌生新的想法，把所學同化為自身知識，並不致人云亦云。例如生物課學習人類的消化系統，我們應熟讀課文後，嘗試理解整個消化過程，而非將課文內容一字不漏地死記硬背。想像力使我們將所學知識與我們固有知識結合起來。

若只空有天馬行空的想像力，卻孤陋寡聞、知識淺陋，則一切想法都難以站住腳。常言道：「夏蟲不可以語冰，井蛙不可以語海。」科學家要取得科學上的突破，也先得學富五車、領略深奧的科學知識；運動員想刷新世界紀錄，也先得日以繼夜地苦練基本功；藝術家想創作不落窠臼的作品，也先得掌握基本畫功。任何想像力拋開自身深入而廣泛的知識儲備都只是空談。

紙上得來終覺淺，絕知此事要躬行。知識豐富我們的認知；想像力使我們有獨特見解。

著名科學家愛因斯坦在他的《論科學》裏面說：「想像力比知識更重要。」你同意愛因斯坦的觀點嗎？為何？

聖公會曾肇添中學 嚴家盛

隨着科學的日新月異，人工智能逐步取代人類在科學中的一部分地位——繁複的運算、知識的儲存早已不是人類主要鑽研的方向——人工智能在科學界已經是舉足輕重；但是，科學最為基礎的一環仍然由人類掌握和執行——那便是想像。

赫赫有名的物理學家愛因斯坦在他的《論科學》中提及：「想像力比知識更重要。」這句話確實發人深省。究竟是想像力帶領着科學，不可或缺；又抑或是知識鞏固着科學，地位無從挑戰呢？在我看來，人類之所以謂人類、之所以無法被人工智能完全取代、之所以為世界的主宰，就在於人類那無與倫比的想像力。

或許科學就如同這廣袤的宇宙，所有的知識、定理、理論就好比每一顆星球。星移斗轉，每一個星球都在各自的領域被其他星球的引力牽引着，每一顆星塵都看似互相連繫着彼此，在各自的軌道上日復一日、年復一年地來回自轉、公轉——然而宇宙不是如此死板，科學亦不是如此的不可動搖。每個人的想像力都可以擺脫引力的網縛，化身為一顆隕石，在無垠的宇宙中挑戰每一個星系：或撞在其他星球上，擦出震撼世界的火星；或牽引着無數細小的星塵，自成一系——這才是宇宙的規律，這才是科學，乃至世界的真諦。沒有想像力，廣袤的世界也不過是一池死水，濺不起一點革命性的水花。由此看來，想像力引領着科學的方向，牽動着世界的轉變，成就每一個人；反觀知識，不論是儲存、傳遞亦未必需要人類的操控，自身也好似被邊緣化的星系般，單憑知識一項，定必不能為科學、為世界、為人類踏出新的一步。總而言之，想像力的重要性可見得比知識的為大。

或許有人會說：沒有知識，光憑想像力又能拓展科學嗎？毋庸置疑，知識和想像力在數千年來相輔相成，才造就了今天的光輝傲人的科學成就與世界里程碑。但仔細想想，人類對於這世界的所有知識，不都是由想像力帶來的嗎？知識者，全都能溯源於人類對世界的猜想、對已有知識作進一步的思考、對前人所定下的理論提出的質疑。這些突破，無一不歸功於想像力。沒有超凡的想像力，單憑固有知識，牛頓不可能在看到蘋果落在地上，再進一步構想出萬有引力的概念；沒有出色的想

像力，單憑固有知識，特斯拉也不可能在直流電的基礎上，再創造出交流電這種概念；沒有過人的想像力，單憑固有知識，馬雲也不可能開創出網上購物平台淘寶等的高新科技，為世人造福。由是觀之，想像力的地位不是知識所能替代的。

進而論之，假若人類不擁有鶴立雞群的想像力，根本無法達到當下的高度。動物也有基本對自然的認知和知識，但為何猿人，我們的祖先，卻能鑽木取火，發展文明，建造屬於我們的世界呢？單憑碩大的大腦嗎？大象也擁有對身體比例來看龐大的腦袋，但牠們儘管記憶力強大，缺乏了一定的想像力，牠們也只能成為人類世界的一員，而不是主宰。可見想像力是何等的重要、何等的特別。

所以，請你們盡情發揮自己的想像力，別讓知識的枷鎖限制了妳走進成功大門的步伐。

What is the future of humanity? How do you imagine the world of the future? Will there be any robots, flying cars, wars, remote computers that can think like a real human? Let your imagination free and describe the future of the planet and people on it.

Kiangsu-Chekiang College (Shatin) CHEN MEIQIAO

We all know that technology is a tool that supports and helps civilization to develop, and that it keeps on improving every second. Nevertheless, there is little way we could predict in which way would this technology develop. So, have you ever thought of what is the future of humanity?

Maybe, in the start of the day, it is not the alarm clock that wakes you up, but the inter microchip in your head. It could set reminders for you, search for information, or even help you make decisions. It's just like a mobile phone, but controlled by your mind. There are no longer pots in kitchen, but an AI cooking machine in it that automatically do everything for you.

Maybe, when you step out of your house, it is not just roads and highways you see, but 'cars' in the sky, all 'running' on transparent roads, orderly but quickly dashing over your head. Looking around, you might not see plants, grass or anything green around you, for the air purifying machine is working on every street and so plants are no longer needed. Walking along the road, you may found the trash cans are all gone, with tiny incinerators in exchange. There is no need to worry for lack of landfill, for all the wastes can be instantly reduced into atoms by those machines, and with the air purifying machine, there is no worry in pollution.

Maybe, when you reached your working unit, you would find that there is no need for guards in the front door anymore, as there are robots patrolling everywhere. Their eyes, flashing red light, would not miss anything illegal. In your office, you might notice that there is nothing on your desk but a computer, in which all the documents are stored in side and can be called out by mind. You found that all you have to do for your job is to check if the AIs are working properly, so off you go.

The first AI you met is auto driver. You checked on every car you met to make sure the AI driver was working properly. Just like always, everything was fine.

Then, you went on and check for the drawing AI. Wow, what a charming art piece! You were amazed. The color, the composition, the structure... everything was perfect. What a masterpiece!

For the final work, you chose to check on the teachers. You saw students sitting on their chairs, each with an AI teaching them the knowledge they want to learn easily without worrying lack of teaching resources.

However, while it all seems great, you know this is not true.

It's night, and you have finished your work. Maybe, the sky is as bright as day because of the street and building lights. There are no longer star lights nor sunset, only clouds and infinite sun.

Maybe, you would see countless homeless people along the street. You don't know them, but you know who they are.

Drivers, cooks, artists. Teachers, cleaners, workers.

Maybe, the unstoppable speed of developing technology has replaced the workers that do simple works and done all the works that requires skill. Looking around, no one has smile on their face, except you. Maybe, you were lucky enough to have high intelligence that helps you find the job, but what about the others?

Those who were replaced, they couldn't earn a living. They couldn't afford food nor houses.

Look around again, there were no sign of nature.

No birds, no tree, no flower, no grass.

Would this be our future?

People being divided into clever and stupid ones, in which only the former can earn a living. People looking down on nature and use energy sources recklessly. Maybe, there will even be wars, fighting for the precious resources.

Fortunately, this is just an imaginary story. Just like I said, no one could predict the future. But what I do know, is that if we keep on developing technology neglecting the warning of earth or the need of residents, the end of story would not be a happy end. It is extremely important for us to remember, that the development of technology, no matter in witch criteria, should be good for humanity. Or else, who knows, maybe the story would be brought into reality after all.

There are many activities people can engage in that are helpful to our environment. For example, recycling, carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. Choose one of these activities and write an essay convincing someone to actively participate in the activity.

St. Paul's Convent School Pei Yuetong Monica

Have you ever wondered if there is really a world under the sea? It is not a dream anymore. However, the underwater world is not a paradise as you have imagined, but a cruel, pitiful limbo.

Recently, many divers around the world have reported that they can only see huge pieces of furniture accumulating under the sea. These chairs, lamps and tables which should be resting on the land have now invaded our dear, motherly ocean. Precious fish species left their habitats, the water plants faded their colour, and even the blue marble slowly turned grey. Can anyone bear seeing thousands of aquatic organisms being killed ridiculously by a plastic bottle? Can anyone just stand there when they know they can stop the enormous pieces of rubbish from damaging a clown fish's home?

No. Humans can't. Being the stewards of the world, we ought to take care of the environment, so that it can be enjoyed by us, by our offspring, and by all the organisms on the Earth. There are actually too many things that we can do to heal our beautiful earth — carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. However, I consider recycling as the easiest and the most convenient way to save our planet.

Recycling is currently one of the hottest topics globally. The Hong Kong Government is strongly promoting recycling by introducing 1800 recycling bins all over rural areas and city centres. It only takes you less than a second to categorise glass bottles, paper and cans to different boxes in the recycling bin. I also participated in a science campaign and have developed a bin which automatically helps you sort your recyclable wastes into the five types, which makes it even more handy.

You will definitely be surprised when you hear a city like Hong Kong is actually having an extremely low ranking for its recycling rate. Germany, standing on the top of the list of recycling rate, actually reached a percentage of 54% in 2019. These recycled plastic or glass bottles can be melted and remade into a myriad of products, including chairs, decorations and new bottles. The amount of rubbish disposed of in landfills or seas will significantly reduce if everyone just spends a fraction of their precious time sorting these rubbish. Through this, you can see that there are much more we can do.

Moreover, recycling does not only mean categorising those wastes into different boxes, but it is also to assign them a new use. Interestingly, a lot of magazines are recently discussing how to turn a piece of old furniture into a unique design of your home. For instance, an old suitcase can be a trendy collection box; used cans can be a fascinating pencil case; peeled candy papers can even be organised into a night lamp! There is so much fun in recycling when you design your personal style of furniture by yourself without spending a penny!

It is still not the end yet. Governments like Hong Kong are providing huge support in recycling. Walking on the street, do not be amazed when you overhear that you can earn money from recycling — it is true! There are numerous recycling machines in Hong Kong that pay you back when you recycle to a certain extent. Many more countries in the world like Singapore, Germany and China are also planning to insert these rewardable recycling campaigns to encourage citizens to recycle more.

After exploring recycling in a personal aspect, companies should also never hesitate on this. Many associations or large businesses are actively supporting those newly set-ups if their products are related to recycling. Hong Kong Science parks have been a keen supporter of the development of recyclable bags or renewable energy. Your business will be saved by recycling one day!

You may be asking, “how exactly can recycling save our planet?” Let’s use Hong Kong landfills as the most relatable example. Every year, more than 10 tonnes of rubbish are disposed of in landfills. These accumulation will not only cause a large emission of carbon dioxide gases which contributes to global warming, but it also leads to soil degradation in a large piece of land. This problem doesn’t only apply to Hong Kong, but nearly to every country in the world. More recycling, less deposition, less land and air pollution; more recycling, less rubbish in the sea, more divers. Even if you do not care about the environment, look at your country’s economy! Who wants to travel to a place full of rubbish and flies? For your job, for your family and even for your own life, we should recycle.

Simple acts bring about huge changes. Industrialisation has depleted our Earth too much, so now everyone should play a role in saving it. If you do not want to live with all the trash ten years later, take action now!

畢業是個破折號

嘉諾撒書院 危笑逸

畢業，是我們人生中必定會經歷的事。有的人認為畢業是個句號，象徵着一個時期的結束。有的人認為畢業是個感嘆號，為自己的未來添了一份期待。與他們不同，畢業對於我來說，是個破折號，象徵着未完待續的篇章，仍未落幕的表演，承上啟下的段落。

小學時期的畢業已經是很久以前的事了。當時懵懵懂懂的我們不知怎的，像是乘了極速跑車，又像是看完了一齣無味的電影，便稀裏糊塗地過完了六年。六年級時，大人們都盼望着我入讀一間好中學，不負眾望地，我被名校錄取了。那時候的我知道，小學的畢業，即是新中學的開始，我迫不及待的想要迎接屬於我的續章。而此時，樂曲的前奏才剛剛結束。

歲月如梭，六年過去，中學畢業的我曉得這對我來說意味着踏入「小型社會」的第一步。朝夕共處的我們早已留下了許多寶貴且不可代替的回憶，這六年裏，我們一同課間打鬧，一同分享美味，一同朝着一個遠大的目標而奮鬥。得知大家以後都要分道揚鑣，心中濃濃的不捨還混雜着對大學、新環境的嚮往。我們都知道畢業並不會讓自己停滯不前。這時候，樂曲的小高潮漸漸落下，開啟了新的曲調。

事到如今，我已經完成了四年的大學生活，迎來畢業，準備步入社會。回首過去四年，我一直在為將來前進的路作鋪墊，一直等待着一個機會被我捕捉。皇天不負有心人，一間心儀的公司邀請了我畢業後的暑假就去實習。我相信，我的樂曲不會因為畢業而結束，而是會因為畢業後的新生活而繼續被我彈奏新的篇章。

畢業是個破折號，告別我的過去，連接我的將來。那麼對你而言，畢業又是什麼呢？

畢業是個破折號

聖母玫瑰書院 李靜儀

微風吹過樹梢，鳳凰木的花瓣緩緩綻放——這是離別的季节，也是人生新一頁的開始，更是一個未完結的破折號。

甫進入校園，我是母校年齡最小的孩子，無知又緊張，心裏一面懷着對小學同學的不捨，一面有着對畢業的悵然若失和對未知的恐懼。但即使再害怕，我也沒有回過頭，因為我曾以為畢業不會是我和兒時好友友誼的句號，畢竟我們都曾說過要做一輩子的好朋友，而那些小息時玩耍的回憶依然是如此的清晰。但初中三年說長不長，說短不短，我在新學校中認識了許多新朋友，優異的成績更獲得老師的賞識。同時，我也漸漸與小學同學斷了聯絡，並無特別原因，只是慢慢地、慢慢地，我有事想分享但是第一個告訴不再是他們；我有心事想訴說第一個找的也不是他們……這像是一種心照不宣，我和小學同學們都沒有像畢業時所說般再刻意去找對方，而是一步一步地退出對方的圈子，成為社交媒體上偶爾按讚的好友，而已。

小學畢業後的我好像也進入了青春期，變得反叛，不再是那個任父母擺佈的洋娃娃了。於是，感歎號總是在我家中飄蕩而找不到落腳點。「我已經是一名中學生了！不用你們管！」一句句傷人的說話從我和父母的口中衝口而出。我不甘願被父母看低，便加倍努力。這是我對自己從幼稚的小學生長成需要獨當一面的中學生的第一個要求。自修室是我除學校之外的第三個家。我也積極參加比賽和處理各種學校的社務，享受着更多破折號後的精彩，為的就是能向父母證明，我已經不再是那個小屁孩了，而是被小學校長認證畢業了的大人啊！

一頁一頁的紙在回憶錄裏翻飛，潮濕的夏風再次來襲，揚起一朵朵落下的鳳凰木。我，中學畢業了，奇怪的是我的內心卻沒有如初入校園的驚慌失措了，即使我要面對的是比中學更殘酷的大學，乃至社會。因為我清晰地知道，只要我回頭，身後總會有朋友和父母在燈火闌珊處，如同句子中未完結的破折號一樣持續地陪着我、支持我，之前那些我以為會完結的友誼其實從未消失，只是轉化成另一種方式存在於過去，在成長路上默默地為我鼓舞。那些我自以為傷及我可憐的自尊心的大事，其實現在看來，卻是父母的一番苦心，令我像喝茶般苦後回甘……畢業從來不是完結句子的句號，也不是加強語氣的感歎號，卻是後面還有着更多美好等待我去發掘的破折號。

「歲月終究是對我這位美少女下手了……」我的好友在一旁嘆息道。我輕笑了笑，邁步上前，與他們繼續走在蟬鳴的路上——我的青春才剛開始，而更精彩的還在破折號後呢。

畢業是個破折號

香港培正中學 劉海晴

六月畢業季，是充斥着不捨的季節。初夏的微風輕輕撫過漸短的校服裙擺，已開始變黃的裙尾仿佛在悄悄細訴：「嘿，六年了，是時候畢業了。」放眼望向即將告別的校園，無論是操場那株總為同學遮蔭的細葉榕，早會時冷氣常壞掉的禮堂，還是從前與好友追逐嬉戲時邁步走過的後樓梯，一樹一角都教人不捨。的確，手中的畢業證書可能會把你帶往另一個更精彩多姿的世界，但同時也是個決斷的句號，把青春的無憂無慮永遠地停留在上一個斷句之中。

畢業是個果斷決絕的句號。畢業禮後離開校園，你便不再是學生的身份。你書桌上不再堆滿歷年公開試的試題紙，房門口不再掛着燙好的校服裙，鞋櫃中皮鞋的黃線也可不用再塗黑了。種種紀念着校園生活的依據，將會在身份轉變後逐一消失，提醒你已踏入人生的下一個階段了。畢業後的你也不再待在學校的溫室，社會中種種現實將迫使你放下稚嫩，努力學習成為大人。句子終結後，即使再怎麼妄想回到從前，一切皆已轉變，回不去上一個句子。

畢業是個讓人捨不得的句號。你或許會惦念着那共同奮鬥六年的好同窗，互相扶持、經常陪伴左右的三五知己、好友，或是那亦師亦友、總給予你無限信心與鼓勵的班主任老師。句子完結，有些人、有些事早已不可再，或者你們間中仍會見面，但那些在炎炎夏日中坐在教室裏奮筆疾書，為前途竭盡全力備戰的日子，只能成為你們永久的共同回憶了。那些同學間純樸、毫無雜質的情誼，會永遠塵封在青春的詩句裏，把遺憾與留戀留給下一段落。

人生是動人的文章，青春是最燦爛美麗的一句句，「畢業」兩字，可能就是眾多離別中一個小小的句號吧。但句號的意義，或者不只是象徵着完結，更像是一段悠長故事中的轉折點，終結了某段情節後，帶着我們譜寫出更多精彩的後續。即使今天將要離開陪伴成長的校園，也請相信這次告別、這個句號定是最圓滿的，為青春留下了一個美好的終結。

畢業是個破折號

聖母玫瑰書院 王鄭藍

畢業，是一個擁有無限想像的詞語，讓人忍不住地去發揮小宇宙無限訴說對未來憧憬的美好詞彙，亦是部分人所希冀能夠終結一切的表達。「我終於畢業了。」這句話後面可以接着遺憾、興奮、感嘆、僥倖等等的內心獨白，若是要你用一個標點代表畢業，你會選擇什麼？要我說，它應是句號的模樣，對想盡快擺脫苦悶書海的人，它僅僅是一句句子的終結；對於心裏懷揣着對未來盼望的人，它可以為已完結的句子迎來新的篇章，是新句子的開端而已。

不管是幼稚園的畢業，還是小學的、中學的、大學的，總有人是對學習生涯充滿着厭惡、不喜，常在心裏念叨着「我什麼時候才能畢業啊？」這也不能全怪罪於他們的懶惰，更不是先入為主地認為他們只是討厭學習的未來三無青年。在那漆黑不見任何光明的角落裏，總有人承受着刺骨的疼痛，被同學霸凌欺負着、被老師漠視着、被家長威逼催促着，每句言語攻擊、每下暴力，都是他們想脫離校園的佐證，只因這一切不幸都是源於「萬惡」的校園。當然，也不排除有些人是單純地想脫離讀書苦海。畢業於這些迫不及待遠離校園的人來說，能不能是個完結的意思嗎？失去對校園美好幻想的他們，內心或許渴望着那真是個徹頭徹尾的終結。

於大部分人來說，畢業是值得憧憬的，因為那與同窗共同揮灑汗水、談天說地，洋溢着青春味道的校園時光，已經是美好的痕跡深深烙印在他們心中，他們全懷揣着憧憬，期待着人生的另一階段。在校園裏，他們甚少經歷任何形式的霸凌、欺負，甚少經歷要早早出社會養家糊口的心酸，甚少受學業壓力折磨。他們的校園回憶，就如窗口邊那搖搖欲墜的日落黃般燦爛，記憶碎片伴隨着希望緩緩落下，光渲染了半邊的天，新的篇章轉瞬又從對邊升起。對於這些幸運的人，他們自然沒有失去眼裏的光，反而更加透亮，也沒有遺憾，得以滿足地離開校園，展開人生的續寫。畢業，在他們心中是迎接新盼望的句號。

仔細看看，句號的模樣像個滾輪，準確地說，那是回憶的齒輪，任何回憶的轉動，亦會帶動另一回憶，卻也是回憶的循環。畢業生或帶着遺憾離開校園，或帶着盼望追

憶校園，但不論是愁緒或喜悅，那都是無法磨滅的記憶。在校園光陰內曾有着黑暗回憶的，或許需要一生來治癒那傷心的經歷，是個讓人痛苦的循環；在校園時光內被善待的，或許這段回憶會成為一生珍藏的寶藏，不時回味，伴着嘴角牽動的微笑，那是喜悅的循環。這兩極的循環，都將伴隨他們的一生，難以忘卻。

畢業是個句號，因為他可以是痛苦回憶的終結，亦可以是新篇章的起點，更可以是苦的循環，也是樂的循環。畢業的前句應是青春，願所有人青春完結時，都是意味盼望的句號，更希望那經歷過灰色校園時光的人們，能夠把這句號反轉，將苦化為樂，重新拾起細碎的希望碎片，帶着盼望走下去。

畢業是個句號

保良局羅氏基金中學 蔡宜彤

「三、二、一！」黑色的方帽在空中飛舞，高低起落，又再散落一地。太陽灑落在禮堂的地板上，為原本冷冰冰的深褐色鍍上一層耀眼的橙金色。隨着那被陽光照亮的路，我悠悠地走過校園中的每一個角落，留下我最後的身影。

那純白的教室因為同學們的存在而變得色彩斑斕。昔日你我在桌上互相嘲笑對方滿紙通紅的考卷，一起無神地呆望着透明的螢幕，一起在暗黑的走廊離開。如今那抹鮮紅悄悄地移到了你那彎彎的眼中，那透明成了你那快將落下的淚珠，那暗黑成了你筆直的外袍。彷彿一切都沒有改變，又好像不大相同。還記得六年前妳我肅立在這禮堂中，仰望着那大大的校訓，小巧的身子像是一顆顆小豆子。現在，你那亭亭玉立的身姿在那台上成為了那被仰望的人，俯瞰着那一個個小人。你又將離開這一禮堂，踏進另一個龐大的禮堂，又成了一個小矮人。畢業就像是在一個圓中奮力奔跑，最終又回到了那念念不忘的起點。

廁所總是吵鬧的。有時候，廁所裏會突然水花四濺，那一個個笑臉在晨光下左閃右躲，身子時而發亮，像是一顆顆晶瑩剔透的鑽石。那面鏡子映照了不少的真面目，那一個個小空間盛載了不少的心事。一群又一群的學生進出這小房子，有時候，會有一個長期關着的格子。或許那格子化身成了暖暖的避難所，為人提供片刻喘息的空間。又或許那是個小小的監聽所，收集着不為人知的情報。但此事，那廁所成了個小盒子，為即將離開的人們清理了身上的灰塵，為他們沖去過去的不快。畢業像是個精緻的小圓盒子，讓我們卸下背負多年的重擔，讓我們保有當初那一份純真，一身輕盈地向前邁步，讓新的回憶填滿另一個小空盒子。

那籃球場曾是你我揮灑汗水的地方。拿着褐色的小球，穿梭在人海之間，互相碰撞，互相比拼。曾經，這是我們放學流連的地方，是我們拼盡最後一分精力的地方。那片地板也隨着我們成長而衰老，漸漸有了一個個破處。那正午的太陽毫不留情地照耀在你我濕透的身軀上，把你高舉的水照得閃閃發亮。那熾熱的地板像是在抱怨我們的粗暴，逼使你坐在了那小巧的籃球上。那小球像是我們的畢業，為滿身傷疤的我們提供了休息的地方，讓我們在辛勞努力後得以放鬆片刻。

還是這熟悉的禮堂，還是那熟悉的臉孔。但，我們不再是學校中為人熟知的存在了。一群群學生將會把我那以青春繪畫的畫面一一以新的掩蓋，我甘願被這所學校遺忘，只因只屬於我的學校已在我心中駐足。讓那新的故事繼續改變這我永遠敬愛的學校，願那仍然擁有我在內的故事會長久地在我記憶中停留。校長溫柔的聲線不再讓人昏昏欲睡，那一字一句都如回聲般在我腦海中蕩漾。那是一種無法言喻的不捨，不捨這盛載着你我回憶的地方，不捨那倒背如流的校歌，不捨我們那青春，不捨那時間流去。

校長停下了，我們踏出校門，一切都結束了。我又像中一時仰望那大樓，那滿佈我們蹤跡的大樓。又仰望那圓圓的太陽，那長存的太陽，那總是閃耀動人的太陽。

我們今天畢業了，像是得到了一個個句號，像是一個個永無終點的圓，像是一個個令人珍而重之的小盒，像是一個個小巧的籃球，又或許是個恆久的太陽。畢業讓你我踏上了新的起點，讓你我放下零星的片段，讓你我小休息一下。或許此刻，句號的背後是片雪白的天地，但有一天你我終將跨過那小圓點，為那冰冷的雪地添上一層自己的色彩。

畢業是個句號

基督教宣道會宣基中學 蔣佳含

躺在衣櫃的一角，我想：「畢業也許真的是個句號吧。」

日子過一天少一天，許是因為和主人上學的日子太美好，美好到讓我心甘情願沈醉當中，那時聽到人說「山高水遠，來日方長，畢業也能相見。」總是願意相信。

直到那天客廳張燈結彩，臥室寂靜無聲，恭喜主人考上名校的話劃破耳膜、酒杯碰撞聲將六年來我編織的美夢打破。那瞬間，我意識到了，有時只有「山高水遠」，沒有「來日方長」。

你問我不替他高興嗎？那可是我的主人啊！白天他把我穿在身上，我目睹過無數個他為了學習而放棄的玩樂時刻；凌晨我躺在衣櫃，我見證了每個他累到頭痛仍不願休息的倔強瞬間。我敬佩他的堅毅、隱忍、抱負，深知如此優秀之人不該囿於一方天地，就像雄鷹不應困於樊籠中，但我更清楚的是，外面的世界天地浩大，以他的才幹不缺容身之處，此去一別，大抵是永別了。幸運的話，也許一年能見上一面。

說我重情義也好，笑我太感性也罷。我不得不接受畢業是個句號這個事實，我和朝夕相處了六年的人揮手道別。他的身影越來越小，我們之間隔着萬水千山，他邁向大都會，我留在了小城市。

他走之後，家人總是來打掃房間，我每次都能看見他們望着房間某個地方出神。兒子遠渡重洋，那日的慶功酒中，也夾雜着不為人知的不捨辛酸淚嗎？對他們來說，畢業是否也算是個句號呢？

畢業是一個句號

保良局第一張永慶中學 黃灝正

時間就如手中的沙般，越想握緊，便越流得快，到最後一點也不留下。歲月匆匆，驀然回首，中學的六年生涯已經逝去，曾經的迷惘少年，已經變成身材高挑的大人。

今天便是領取文憑試成績的日子，也是畢業禮的所在日，所有中六同學都回到這個陪伴了六年的校園。雖然長久以來，校園都因設施老舊，了無新意而被我們抱怨和批評着，但今日，大家都哭喪着臉，與它作最後的道別。

雖然於文憑試中取得一個可觀的成績，但不知為什麼高興不起來。我看着展示在壁報上的書作。裏面描寫一個美麗的晴空白雲延綿交纏，卻有着不少可以直接看到藍天的缺口。此時此刻，我不知為何對這篇天空產生了共情。中學的生涯已經精彩地畫上了句號，畫紙上亦已塗滿了顏色，是已完成且精彩絕倫的不可多得之作，但仍然有缺口，那是直通心靈、刻骨銘心的。結束卻不想結束，完成卻不想完成，各種心情衝擊着我，卻教我感到一陣空虛。我不想畫上句號。

我拿着成績表，步向校園的大門，卻聽陳老師的一聲呼喚。「一心，我想和你說兩句。」此時的我仍萬念俱灰，如同失去了靈魂般。陳老師帶我到教室，他大聲疾呼：「句號代表着句子的結束嗎？」我點頭，心想這是基本的中文知識吧。「那句號代表文章的結束嗎？」我恍然大悟，人生往往不只有那一兩個場景，而是一段漫長的馬拉松，沿途所見的風景，均是人生經歷的一部份，是珍貴且獨一無二的。

回過神來，陳老師說只說了兩句話，卻有如醍醐灌頂般，讓我得到新的看法。畢業意味着中學生涯的結束，但人生路漫漫，何必過於執着於一件事的結束。換過角度看，結束並不完全是一件不討好的事，有結束才有開始，不如重新踏步，開始新的旅程。

陳老師叮囑我：「你已經是大人了，能力越大，責任越大，別再沉迷於中學生的身份了。」

小學畢業時，我好像也被這樣叮囑過，那時的心情和現在也是不約而同。完全不捨得離開母校、老師和同學。那時我也因此哭了好久，不能自己。我的班主任則和我說：「你已經是中學生了，不能在這麼淘氣了。」

現在的我雖然沒有哭出來，但內心依舊久久不能平復，仍因畢業而苦苦掙扎。我知道自己只是長大了，實質和小孩子一樣軟弱。我不是無能，也不是不能接受畢業一事，只是要做出離開舒適圈，確實不是這麼容易的。我如同在遊樂場的小孩子，玩得快樂時，卻要離開，便會鬧脾氣，不能接受。如今，我應該要成長了。

看着學校的格言：「路漫漫其修遠兮，吾將上下以求索」，我感到無比安心。雖然人生路長久，也有不少悲歡離合，始終要保持初心，如同詩句所述，努力尋覓。學校是一個供學生學習，裝備自己，讓我們崎嶇的路上也能走得舒適的地方。畢業正代表我們已經足夠強大了，可以繼續升級，與世紀間的各類猛獸切磋較量了。拿出在中學獲得的利器，繼續尋覓，直到找到自己的歸宿，這就是畢業所帶出的意義吧。

畢業是一個句號，但也代表新階段正式展開了，拿着在學校得到的知識，在人生的種種句子中起飛吧，翱翔吧！

我踏出中學，從現在起，我便是大學生了。

Topic : There are many activities people can engage in that are helpful to our environment. For example, recycling, carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. Choose one of these activities and write an essay convincing someone to actively participate in the activity.

Tsuen Wan Government Secondary School Yim Wan Hei

For consumers around the globe, carrying several plastic bags that are crammed full of shopping goods has become a daily habit. Shops and supermarkets hand out plastic bags every minute, while piles of plastic bags end up lying in the rubbish bin, unable to escape the fate of being forgotten forever. Plastic bags benefit us, as it brings convenience for everyone. However, have you ever considered the damages brought by plastic bags?

As the saying goes, ‘every sword has two sides.’ Behind the beneficial side of plastic bags, unavoidable harm to the environment exists as well. Even though plastic bags do not seem ‘harmful’, this transparent material is stronger than we could imagine. Made of chemical substances such as polyethene, plastic bags cannot be separated by physical methods. In other words, unlike papers and clothing which will be corroded by rain or separated by soil after a certain period, plastic bags can remain unchanged for many years. It can only be reshaped, bent, teared into countless small pieces, but will not ‘disappear’ completely.

Imagine a pile of ‘unbreakable’ plastic bags, lying on a piece of land, floating in the ocean, blown by a gust of wind and flying in all directions... It may seem ridiculous, as the problem has not risen to a serious level which cannot be solved. However, this devil is harming the environment every day, little by little, and will soon develop to a horrible state. Therefore, it is a must to help saving the environment from the evil ‘mouth’ of plastic bags.

Firstly, we should start by reducing the use of plastic bags. Nowadays, many countries have started adopting ‘no-plastic bags’ policies, which include charging shoppers if they need to use plastic bags, or even forbidding shops to hand out plastic bags. This brings the use of eco-friendly shopping bags, which may be made of cloth, cotton and other environmentally friendly substances. The eco-friendly shopping bags can be washed, so shoppers can use them again and again, hence reducing the discardment of plastic bags.

Apart from reducing and reusing bags, we can recycle bags as well. For example, plastic bags can be cut into different shapes, integrating into pieces of artwork perfectly. Some kindergartens and primary schools launch a campaign of 'recycling plastic bags', holding competitions to encourage students recycle plastic bags and use them in other ways. It is highly recommended that we use a plastic bag fully, not only for carrying goods, but also come up with a variety of creative uses.

Lastly, it is crucial to let the public realize the importance of conserving the environment and reducing the use of plastic bags. With the speeding development of technology, social medias and TV programmes are another effective way to promote. If more advertisements and posts about saving the environment can be transmitted through the hands of on-line users, I am sure that more people will engage in protecting the environment.

In short, the use of plastic bags should definitely be reduced, and we as shoppers, have the biggest responsibility to contribute for the protection of our world.

There are many activities people can engage in that are helpful to our environment. For example, recycling, carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. Choose one of these activities and write an essay convincing someone to actively participate in the activity.

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

Climate change has been the most widely-discussed and controversial social issue of the past decade. Many environmentalists have suggested numerous methods for governments, corporations and the general public to tackle the continuously worsening environmental problems, such as recycling, carpooling, using eco-friendly shopping bags and planting a vegetable garden. I believe that recycling is a very effective method of helping to preserve our environment.

Firstly, it is undoubtedly true that waste hugely contributes to greenhouse gas emissions, which is the most direct factor of climate change. Recycling is the most effective way to reduce waste production, and hence environmental problems. Due to increasing living standards, consumerism is rising rapidly. People have a tendency to purchase more products as a practice of self-care and the spread of love. Yet, due to the fast-paced environment of the city, consumers usually grab the products quickly, without thoroughly considering their needs towards the product. Ideas like fast fashion also encourage people to change their clothes every season, resulting in a higher potential to create waste. As it is difficult for consumers to cut down on consumption under such social norms, the best way to tackle the waste problem is certainly recycling. When consumers realise that a certain product is no longer useful, they can recycle the products by placing them into recycling bins, or donate them to some organisations that recycle the materials into new products, such as garment factories creating clothing out of used cloth. By doing so, consumers are able to make the most out of the products they find unnecessary, so as to minimise damage towards the environment.

On top of that, recycling is easier to implement. To begin with, recycling is very convenient since putting used products into recycling bins can be achieved by most people, as people can essentially place unwanted items into the bins when walking past them on the streets. Compared to other activities such as marine conservation, recycling requires only a minimal level of expertise as well as a minimal use of land and resources. In terms of the timeframe, recycling has an immediate effect on the environment, as it reduces the amount of waste produced significantly, eliminating the environmental drawbacks of waste production. On the other hand, conservations that intend to fix the existing damage are very long-

term, since it takes time to wait for the level of damage to decrease, before taking further actions like rehabilitation. The ease and efficiency of recycling increases people's incentive to carry out this practice.

In addition, recycling has a large coverage. An array of materials are found to be recyclable, such as plastics, metals, paper, cloth and batteries. As most of our consumptions fall under these categories, recycling is a more wide-spread and large-scale activity to save the environment. Besides, recycling bins are quite widespread. Since the implementation of The Waste Reduction Framework Plan, 17000 sets of recycling bins have been set up in Hong Kong, covering over 80% of the Hong Kong population. Some environmentally-friendly practices like planting a vegetable can only cover a specific zone, yet recycling can be carried out in the entire Hong Kong due to the provision of recycling bins by schools, housing estates, corporations, etc. As such, a large coverage can be guaranteed. Given the fact that over 80% of Hong Kong citizens have access to recycling bins, if every single person is willing to discard one piece of rubbish in recycling bins instead of ordinary rubbish bins, the collective effort will already contribute a lot to environmental protection.

All in all, due to the environmental impact, ease of implementation and coverage, recycling is definitely the most effective way to cope with climate change. Thus, all consumers are encouraged to start developing the habit of recycling, while corporations, NGOs and governments should take part in educating the citizens on how to utilize recycling bins to achieve environmental protection. As Helen Keller has said "Alone we can do so little; together we can do so much." Once we've found the most effective method, all of us should work together to save our Mother Earth.

There are many activities people can engage in that are helpful to our environment. For example, recycling, carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. Choose one of these activities and write an essay convincing someone to actively participate in the activity.

Holy Trinity Collegez Ma Ching Yan

Chickens are not nuggets, Pigs are not bacon. To save our overheated planet, Be a vegan !

Do you remember what Earth looks like in the pop-up books we read when we were still a kid? The perfectly shaped Earth not only has interlacing patterns in sapphire and jade, but also glowing white patches covering the Artic and Antarctic regions. What about now? When we scroll through media platforms these days, heartbreaking news regarding climate change and global warming constantly pop up on the social feed. It would never be possible to cease all these devastating environmental catastrophes until we, the global villagers, start shouldering up responsibilities to save our planet. In light of that, adopting veganism might be a participatory event that we all can engage in to rescue the environment.

To commence, going vegan benefits both our psychological and physical health. Contrary to the junk food culture trending in modern society, veganism advocates the idea of replacing meat with vegetables and bean products. In fact, countless researches have proved the close relationship between veganism and our well-being. A research published by the University of Horticultural science has revealed that plants, which are rich in vitamin A, C, E as well as antioxidants, help lower the risk of getting chronic diseases, be it diabetes or cardiovascular diseases. Apart from that, researchers at the University of Otago also concluded that herbaceous plants, ranging from spinach to sage, could significantly reduce the likelihood of developing depression and anxiety. Frankly speaking, what mentioned above are just fragments of the infinite advantages that veganism can offer.

Whether or not you are tempted to switch your diet after being inspired by the aforementioned health benefits, I would like to draw your attention back to how plant-based diet could alleviate the worsening climate change issue.

For one thing, practising veganism could lessen the carbon footprint, slowing down the exacerbating global warming phenomenon. It is universally acknowledged that exhaust gases generated from animal rearing activities account for more than a quarter of the total global greenhouse gas emission. Worse still, cattle like cow burps out methane, which is another greenhouse gas that traps heat in the atmosphere. Although many of us have a clear idea on that, the demand for meat products in the market shows surging growth every year.

Thus, the onus is unquestionably on us to initiate a change through limiting the intake of meat, if not quitting carnivore diet.

For another thing, veganism could prevent the lost of biodiversity. Candidly speaking, thousands of innocent lives are sacrificed for each aromatic and mouthwatering dish served. Why? Land owners might deforest their land before renting it out for farmers who would like cattle rearing. In addition, some fisherman would also hunt for fishes during fish moratorium. Consequently, the ecological balances in those habitats are irreversibly sabotaged, even causing extinction of certain species. Contrary to cattle rearing, which requires an average of 11 hectares of land, growing vegetables could be performed in small-scale. Eventually, the frequency of malicious human activities like deforestation could hopefully dwindle to a trickle.

Finally, taking a baby step in trying meatless diet would be a a gorgeous way to show your support for the concept of sustainable development. Sustainable development is basically a guideline, telling us to take actions that ensure our next generation could have equal access to natural resources just like the current generation. Imagine yourself being a parent of 2 kids and your family is living in a city where electricity could solely be supplied for 2 hours a day, how will that hinder the education that your child receive and your everyday life? Unfortunately, these kind of tragedies have occurred repetitively lately. Between 2021 and 2022, Pakistan and India have suffered from electricity instability several times, inducing horrific chaos in the two countries. If we want every global villagers, regardless of their race or religion, to have a better quality of life, I assure you that going vegan might be one the best options for your to kickstart your “Go Green” journey.

Despite the fact that stop eating meat is an action that could kill two birds with one stone, some newcomers might boggle after considering the narrow variety of food they could pick. Well, that’s definitely not the case in modern days! Today, there is a plethora of vegan-friendly products on shelves. To name but a few, Omnituna, Impossible burger and soy bean nuggets are all available in supermarkets. Furthermore, these “fake meat” mimics the textures and tastes of the real ones in an attempt to grab the appetite of those who are new to this type of diet. So, under no circumstances should anyone get panicked about the exclusion of meat from their diets, as veganism has evolved from a old-fashioned custom, to a trendy and chic method to express your awareness and concern about the climate.

As the saying goes, “Join the race to make our world a better place.”. Combating climate change is no longer a one-man issue. We, as a part of the global community, are a team now and its our joint endeavour to create a safe haven for the young blood. Therefore, we ought not to turn a blind eye to the pressing environmental crisis in front of us. What are you waiting for? Start your meatless diet today.

There are many activities people can engage in that are helpful to our environment. For example, recycling, carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. Choose one of these activities and write an essay convincing someone to actively participate in the activity.

S.K.H. Lam Woo Memorial Secondary School Wan Ka Ming

Stop burying your head into the sand: Save our planet with daily tiny acts

It is beyond dispute that our planet is at stake, as an energy crisis occurs, the ecosystem breaks down and climate change intensifies. In the meantime, the dominant species, humans, who deemed themselves the most intelligent on Earth, are still living an eco-unfriendly, damaging life. Shouldn't we be taking care of the whole creation? Hundreds of activities are waiting for us, via which we could help our planet with little effort. Among them all, I strongly advocate not using plastic products but more biodegradable or reusable ones instead.

By a recent survey, each Hongkonger produces more than 1.4 kilograms of solid municipal waste per day, most of which is plastic. That is an enormous amount; could you imagine how much that could be in larger cosmopolitan cities? We will soon swim in plastic pollution as landfills fill up like there is no tomorrow. Some may say, 'There are countless and much-faster alternatives to deal with the rubbish, like burning them in incinerators.' Yes, they are correct, but would they be efficient enough to manage the rocketing waste from the Earth's booming population? Would they be another can of worms, manufacturing other types of pollutants? Why not keep the solution simple: reducing the waste at source? This is why I eagerly suggest we shall stop using plastic products.

On top of that, I would like to convince the stubborn rest of you with the disastrous consequences of plastics. Do you think plastic waste is forever locked in place, once arrives at the landfills? Not really. As time goes on, with further pressure added on and microorganisms in soil digesting them, plastic could be transformed into micro-size. The smaller they are, the more harmful they are. The layers of soil cannot stop them from invading the underground water and eventually entering the ocean. It might be negligible at first, but then

they will accumulate in the bodies of marine animals, causing injuries or even deaths. Worse than that, some of them could be caught as our food. Microplastics cannot be digested or discharged out of our bodies. When you get older, your body can no longer fight against the toxins, you may get fatal diseases, for instance, cancers. Seeing horrifying results, you should know why we need to decide carefully on the things we consume, especially disposable ones. Plastics in your hand might end up in your stomach. We warn the infants not to put their plastic toys in their mouths, but it turns out that we feed ourselves plastics every day. We should cease being self-contradictory.

Modern people have hectic lives and most of us are short-sighted and selfish. We have low environmental awareness, only caring about our businesses— work and money. Here in Hong Kong, news about the environment is easily covered by a flood of political and economic ones. Even recently, it was reported that the government has overly prioritized local technological development, refusing to continue leasing the land to a recycling company, but instead establishing a research department for electronic devices' chips. The company had no choice but to leave. We are developing at the expense of the environment and our health. Shouldn't we carry out remedies to alleviate environmental issues?

Please, from today, avoid using plastic products. With highly accessible reusable products nowadays, we should swing into action for the sake of the rest of our lives, our next generations, and Mother Nature. Many a little makes a mickle. With these tiny acts, we could save ourselves from a disaster-ridden future, and one day, we would thank ourselves for this wise decision.

There are many activities people can engage in that are helpful to our environment. For example, recycling, carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. Choose one of these activities and write an essay convincing someone to actively participate in the activity.

S.K.H. Tsang Shiu Tim Secondary School Yim Ka Shing

Ever since the Industrial Revolution, although the technology level and the living standard of humans has been mounting incredibly rapidly, the environment has been, however, deteriorating with nearly the same rate as we develop the globe. Gone are the days when the air was unbelievably fresh and the world was having well balanced ecosystems; yet, what we can see today are the rubbish floating on the seas and the black fumes rising from the factories. What can we, as global citizens, do in order to strike a great balance between human development and environmental protection, and give a sustainable globe to our future generation and all the species on Earth?

The answer can be simple but effective—recycling. Through recycling, not only can we produce less waste, but we can also reduce the amount of energy used for producing new goods. While you might be skeptical of the efficiency and effectiveness of recycling, it does give our planet a remarkable helping hand.

First and foremost, if we could recycle those we might used to throw into the bin, for example metal boxes, plastic bottles and newspaper, we would produce much less waste in our daily lives. Imagine putting those recyclable things into the recycling bins but not the rubbish bins, how much less waste can you avoid producing? Thought that producing less waste has not much help to the world? Sorry that you are wrong! Using Hong Kong as an example, the landfills are going to be full within these decades. If we do not act now and try our best to produce the least rubbish as possible that we can, the landfills will be saturated even faster than we expect. What can we do when we have not enough place to treat out waste? Throwing all into the sea? That will impose myriads of water pollution problems and the situation will be far worse than dumping in the landfills. Burning all waste seems feasible? Ridiculous! Harmful gas discharged by burning plastics and so on will leave us a horrible air pollution level and here in Hong Kong may not be a safe place to reside in for the sake of our health. Feeling worried? Actually, if we can engage in recycling, and thus produce less waste, the issues will not be as terrible as mentioned above.

Equally helpful is that the manufacturers can remould the recycled papers, plastics and metals into new goods with less energy used. As remoulding consume energy only for melting and remoulding, maybe also for transporting, we can save megajoules of energy per day. If we do not recycle the materials that supposed can be reused, more fossil fuels have to be burned to reach the high demand of energy for extracting, purifying and so on so forth. It does not only mean that we have to extract more and more fossil fuels, and don't forget, raw materials from the earth, but more greenhouse gases, toxic gases and harmful gases will be released to the air, resulting in global warming, human health issues and many more horrible effects. Don't want to see the tragedy happens? Do act now and recycle the materials!

Every little recycled materials help. Please think for our future generation and the other species on the world. Produce less waste, consume less energy for the sake of the world. These are seemingly far from us can be easily done by simply recycling. After all, what we all want to see is a peaceful and beautiful globe.

There are many activities people can engage in that are helpful to our environment. For example, recycling, carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. Choose one of these activities and write an essay convincing someone to actively participate in the activity.

St. Paul's College Wong Kin On Christopher

Apocalypse is drawing near, or is it?

In the age of globalization, humanity has made devastating impacts to the environment. But it is far from over. Today I would like to encourage you to actively engage in our only solution to win the global warming warfare – recycling.

There are a variety of reasons that you shall recycle. First, the act assuages the backwashes of pollution to annihilate our planet. Our dear Earth has been a gorgeous habitat for life. Yet, as humans enter the era of industrial revolution, we not only consume gargantuan amounts of products, but often dispose unwanted objects frequently. The manufacturing process “belches” tons of carbon dioxide, waste in landfills also emits an astounding volume of methane gas. Increasing greenhouse effect will considerably aggravate global warming, arousing adverse ramifications worldwide. Scientists predict that humanity will literally “vapourise” in the next decade if no action is taken. Is this what we ought to witness? Fortunately, recycling is our hope. By disposing paper, aluminum cans and plastic bottles into their respective recycling bins, the purified materials can be renewed into fresh new products. Not only does this abate the demand and thus pollution of material extraction, but it also axes waste in landfills. Moreover, by recycling you can promote public awareness of environmental protection, inspiring masses to act as well. These can allay the consequences of industrialization, hence mitigating global warming. Therefore, you should not hesitate to participate in recycling for the sake of our home.

Furthermore, recycling enables us to develop an abstemious lifestyle. Researchers say over half of the waste in landfills is caused by impulse buying. When we enter arresting boutiques and supermarkets will great allure, we often end up purchasing more than we need. Yet, it would not take long for us to realize that our abode is snowed under by stacks of useless objects, so we have no choice but to throw them away. The bohemian mindset costs us millions annually as we incubate an errant habit of impulse purchases. Yet, recycling is here

to help. By recycling different materials, we will slowly become more ascetic when visiting stores as we are aware of the actual amount of waste we create daily. This saves us plenty of sums and in turn saves our nature either. Hence, recycling trains our acumen in purchasing, and ultimately helps us spend less.

Some may believe recycling is arduous. Yet, it is as simple as pie. Here are 3 ways I recommend to start your recycling routine. First, take 10 seconds to ensure that the packaging of your product is fully recyclable when touring markets. Also, take another 10 to remove unrecyclable stickers from your recycled material, as it facilitates the efficiency of recycling. Finally, pay visits to nearby recycling bins often if available. Together, it is just a matter of time to alleviate global warming.

Go green, go clean. I hope that I have convinced you to join the recycling force to combat climate change. Let us sincerely look forward to a more prosperous and sustainable future!

There are many activities people can engage in that are helpful to our environment. For example, recycling, carpooling, using eco-friendly shopping bags, planting a vegetable garden and many others. Choose one of these activities and write an essay convincing someone to actively participate in the activity.

St. Stephen's Girls' College Chung Cheuk Ling Agnes

Recycling matters

Have you ever seen some documentaries showing that the amount of trash being disposed of has been increasing drastically? Our planet will soon be a dumpster if we don't take any eco-friendly actions. Recycling is one of the best ways in saving our environment.

Nowadays, people are very wasteful and selfish. They would just directly dispose unwanted things into the bin, causing many reusable materials to be littered in landfills. Scientists have stated that over 55% of trash in landfills can be reused or recycled. It would just be a flick of a wrist to categorize your disposals and throw them into recycling and normal bins. Why wouldn't we just act a little to release the burden of landfills?

It is widely known that plastic is one of the greatest "enemies" of the environment. Every year, there are millions or even trillions of plastic are dumped into landfills. Plastic requires a few centuries to biodegrade and it makes soil infertile and harmful. Dumping them into the seas makes things even worse, it not only pollutes the seas but also disrupts marine life. Marine animals can not distinguish between plastic bags and their prey. If they consume plastic, the toxin would kill them. Moreover, Plastic being placed in seawater for a long period could be broken down into small plastic particles, which makes fish not only larger but also smaller ones could have consumed it. Recycling plastic would reduce the damage to the environment by saving both land and marine life.

Metals are also one of the recycling categories you could see in the recycling bins. It's very expensive for people to extract metals from its ore and make them into usable products. For example, aluminium can be recycled. If aluminium cans are washed and polished, it can be reused all over again as long as it is still durable and safe. This is the act of throwing a soft drink until its recycling bin could eventually make a great impact on the world. As this electricity is used to extract aluminium, the cost will be much lowered and there will be less

pollution produced while burning natural gas or coal, leading to decreased damage to the land and also to the atmosphere.

Recycling clothes and reproducing them is also a great way to help the environment. If there are some clothes or cardigans that do not fit you, recycling them not only helps save our planet but also lends a helping hand to the poor. In many poor countries, people could not afford many clothes, and the only way for them to save money for food instead of buying clothes is to reuse them over and over again. Ice clothes are reused generation after generation, so the durability of the clothes will decrease and people not have enough clothes to wear. Recycling clean clothes for some charity organisations could help the poor and allow them to have a better living standard.

Clearly, recycling could benefit most ways in our lives, from the environment, and cost Also further helping people in need. People may think that they live only once and they do not need to help the environment. But remember, our mother Earth is in our hands. If we do not treasure it now, continue damaging our homeland, the next generation would not have a clean and safe place to live. To solve this problem all humankind should start acting and save our planet.

兩文三語

鳴謝

協辦機構



基督教香港信義會信義中學



香港高齡教育工作者聯誼會

支持機構



教育局



香港教師會



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



香港普通話研習社
Xianggang Putonghua Yanxishe
創辦於 1976 年
香港特區政府認可之公共性質慈善機構及聯學團體



Hong Kong Council for
Educational Administration
香港教育行政學會



香港中華文化發展聯合會
Hong Kong Chinese Culture Development Association



中港文化交流促進會
China Hong Kong Culture Exchange Association



香港女教師協會



教育傳媒
EDUCATION MEDIA

贊助機構



香港西北區扶輪社
半山區扶輪社

太平山扶輪社
香港金紫荊扶輪社

港城西北扶輪社



齡記出版有限公司



楊敏健律師行
NORMAN M. K. YEUNG & CO. SOLICITORS



THE COFFEE
ACADEMICS
Purveyor and Roaster of Specialty Coffee
EST 2012



德隆鋼鐵

籌委顧問團

黃均瑜會長	香港教育工作者聯會
陳衍舜社長	香港西區扶輪社
余大偉主席	活動籌委會
陳建宇前社長	香港西區扶輪社
郭予光副校長	香港都會大學
馮應謙所長	香港中文大學亞太研究所
劉智鵬協理副校長	嶺南大學
施凌教授	香港科技大學
馮志弘副教授	香港教育大學文學及文化學系
區志堅助理教授	香港樹仁大學歷史學系
何德心執行副會長	香港佛教聯合會
梁偉光行政總裁	仁濟醫院董事局
吳奇壠教育科主管	東華三院
羅慶琮會長	香港高齡教育工作者聯誼會
高家裕教授	香港教師會
周蘿茜主席	香港女教師協會
方仲倫主席	香港島校長聯會
張漪薇主席	九龍地域校長聯會
邱少雄主席	新界校長會
梁冠芬主席	香港中文中學聯會
周維珠主席	香港英文中學聯會
陳狄安主席	香港直接資助學校議會
劉振鴻主席	香港津貼中學議會
譚萬鈞會長	香港私立學校聯會
司徒瑞萍主席	香港中文大學校友校長會
麥淦渠主席	香港普通話研習社
劉靳麗娟校長	拔萃女書院
梁淑儀主席	香港教育行政學會
譚國偉會長	香港天才教育協會
伍德基主席	香港中華文化發展聯合會
賴炳華主席	中港文化交流促進會
馬子斌董事兼行政副總裁	中國移動（香港）有限公司
李浩然董事及副總裁	華潤創業有限公司
王揚斌董事局主席	阜博集團有限公司
黃崇琮主席	譽德萊教育機構（香港）有限公司
奚曉珠主席	百本醫護控股有限公司
張陽教育業務副總監	商湯科技有限公司
康一橋校長	中文評審主席
文珊顧問	英文評審主席
蔣一談先生	著名作家
韓戌博士	顧問律師
陳陸安總監	教聯國際文化交流中心

兩文三語

初賽評審（排名不分先後）

英文評審	文 珊主席	英文評審（學術）	黃浩彰老師
中文評審	康一橋主席		

複賽評審（排名不分先後）

初級組		高級組	
中文評審（學術）	裴 蓓老師	中文評審（學術）	李 錚老師
英文評審（學術）	黃浩彰老師	英文評審	文 珊主席
香港普通話研習社	洪艷霞老師	香港普通話研習社	徐 冬老師
香港西區扶輪社	陳衍舜社長	香港西區扶輪社	李豪恩候任社長
半山區扶輪社	胡凱婷候任社長	港城西北扶輪社	李智聰候任社長
金紫荊扶輪社	王瑞沁候任社長	香港西北區扶輪社	吳錦雲候任社長

決賽評審（排名不分先後）

香港西區扶輪社	陳衍舜社長	活動籌委會	余大偉主席
香港西北區扶輪社	陳宏基社長	香港高齡教育工作者聯誼會	羅慶琮會長
港城西北扶輪社	賴靖中社長	香港英文中學聯會	王裕泰副主席
太平山扶輪社	伍尚敦社長	香港中華文化發展聯合會	張美美校長
半山區扶輪社	馮秀冰社長	中港文化交流促進會	黃國斌先生
香港金紫荊扶輪社	黃劍美社長	中國移動香港有限公司	蘇廣超總監
德隆鋼鐵	席時進先生	商湯科技有限公司	張陽教育業務副總監
英文評審主席	文 珊顧問	百本專業護理服務有限公司	奚曉珠主席
英文評審（學術）	黃浩彰老師	阜博集團有限公司	海 月總監
香港普通話研習社	謝裕寧老師	譽德萊教育機構（香港）有限公司	郭秀娟董事

傳意技巧訓練及職業導向講座講師

香港中文大學亞太研究所	馮應謙所長	香港西區扶輪社社友	何家榮理事
作家	蔣一談先生	香港西區扶輪社社友	廖偉明理事

活動花絮

傳意技巧訓練及職業導向講座

日期：2022年10月8日（星期六）

形式：Zoom 線上講座



講者：香港中文大學亞太研究所 馮應謙所長



講者：蔣一談作家



講者：香港西區扶輪社 何家榮理事



講者：香港西區扶輪社 廖偉明理事

初賽

日期：2022年10月15日

地點：基督教香港信義會信義中學



兩文三語

複賽

日期：2022年11月12日

地點：基督教香港信義會信義中學



決賽

日期：2022年12月10日

地點：基督教香港信義會信義中學



初級組



聖保羅男女中學
馬端行



拔萃女書院
李如伊



港大同學會書院
陳珮珈

高級組

冠軍



佛教善德英文中學
陳幸樂

亞軍



聖保羅男女中學
蔡淳欣

季軍



聖保羅男女中學
鮑可悅



我們透過扶輪

終結小兒麻痺

扶輪相信健康的社區是強健的社區，因此，我們不辭辛勞為25億名兒童接種疫苗。推動世界更進一步接近根除致命的疾病，這是採取行動的人理所當然的作為。請看Rotary.org



Rotary

採取行動的人

協辦機構



基督教香港信義會信義中學



香港高齡教育工作者聯誼會

支持機構



教育局



SCOLAR
語常會



中國移動
China Mobile



香港教師會



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



香港普通話研習社
Xianggang Putonghua Yanxishe
創於 1976 年
香港特區政府認可之公共性質慈善機構及辦學團體



Hong Kong Council for
Educational Administration
香港教育行政學會



香港中華文化發展聯合會
Hong Kong Chinese Culture Development Association



中港文化交流促進會
China Hong Kong Culture Exchange Association



香港女教師協會



教育傳媒
EDUCATION MEDIA

贊助機構



香港西北區扶輪社
半山區扶輪社

太平山扶輪社

香港金紫荊扶輪社

港城西北扶輪社



齡記出版有限公司



楊敏健律師行
NORMAN M. R. YEUNG & CO. SOLICITORS



THE COFFEE
ACADEMICS
Purveyor and Roaster of Specialty Coffee
EST 2012



德隆鋼鐵



影片花絮



電子文集